

教学反馈法在先天性心脏病患儿家属健康教育中的应用

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摘要:目的 探讨教学反馈法在先天性心脏病患儿家属健康教育中的应用。方法 选择 2015 年 7—12 月在上海交通大学医学院附属新华医院小儿心血管科行介入治疗的先天性心脏病患儿家属 60 例, 以 7—9 月的患儿家属 30 例为对照组, 以 10—12 月的患儿家属 30 例为观察组。对照组采用传统的健康教育方法, 观察组采用教学反馈法进行健康教育。比较两组患儿家属介入治疗健康知识掌握情况、健康教育满意度及患儿并发症发生情况。**结果** 观察组患儿家属先天性心脏病介入治疗健康知识掌握情况与对照组比较差异具有统计学意义, 疾病知识得分由 (8.02 ± 0.78) 分增加到 (9.67 ± 0.66) 分, 围手术期护理方法得分由 (8.83 ± 1.01) 分增加到 (9.94 ± 0.92) 分, 术后康复得分由 (9.11 ± 0.92) 分增加到 (9.95 ± 0.87) 分; 观察组患儿并发症发生显著少于对照组; 观察组与对照组患儿家属对健康教育的满意度得分分别为 (92.82 ± 5.42) 分和 (98.21 ± 5.09) 分, 两组比较差异具有统计学意义。**结论** 教学反馈法健康教育可以提高健康教育效果, 降低患儿术后并发症的发生, 提高对健康教育的满意度。

关键词:先天性心脏病; 患儿家属; 介入治疗; 健康教育; 教学反馈法

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Application of teach-back method in health education in family members of ill children with congenital heart disease (Xinhua Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 200092, China)

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Abstract: Objective To investigate the effects of teach-back method in health education in family members of ill children with congenital heart disease during intervention treatment. **Methods** From July to December 2015, the family members of 60 children with congenital heart disease who received intervention treatment in Xinhua Hospital, Shanghai Jiao Tong University School of Medicine were selected. The 30 family members selected between July and September were enrolled in the control group and another 30 family members selected between October and December were enrolled in the experimental group. The control group received traditional health education and the experimental group received health education with teach-back method. **Results** After the implementation of teach-back method in health education, the score of disease knowledge in the experimental group was increased from 8.02 ± 0.78 to 9.67 ± 0.66 , the score of perioperative nursing method was increased from 8.83 ± 1.01 to 9.94 ± 0.92 , and the score of postoperative recovery was increased from 9.11 ± 0.92 to 9.95 ± 0.87 . The complications in the experiment group were less than that in the control group at discharge from hospital. The scores of satisfaction of family members were 92.82 ± 5.42 and 98.21 ± 5.09 in the control group and experimental group, respectively. **Conclusion** The application of teach-back method could improve the effect of health education, reduce the complications and increase family members' satisfaction.

Key Words: Congenital heart disease; Family member of ill child; Intervention treatment; Health education;

Teach-back

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我国是世界上先天性心脏病 (congenital heart disease, CHD) 发病率较高的国家之一, 据报道, 我国每