

短期正念训练在晚期肺癌患者护理中的作用

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摘要:目的 探讨短期正念行为训练在晚期肺癌患者护理中的作用。方法 选择 2015 年 1—12 月收治于徐州市中心医院肿瘤内科的晚期肺癌患者 65 例, 随机分为观察组 34 例、对照组 31 例。对照组给予常规护理, 观察组在此基础上加入正念训练。分别于入院时及出院时, 采用 Karnofsky 功能状态量表和焦虑自评量表 (self-rating anxiety scale, SAS) 对患者状况进行评分比较。同时随访两组患者 6 个月后的生存率并比较。结果 经短期正念干预, 观察组患者功能状态量表得分明显高于对照组 (69.90 ± 4.34 vs 61.20 ± 8.65), 差异有统计学意义 ($P < 0.05$); 且 SAS 得分明显低于对照组 (37.30 ± 7.14 vs 45.90 ± 6.28), 差异有统计学意义 ($P < 0.05$)。结论 在晚期肺癌患者中进行正念训练, 有助于提高患者的生存功能状态, 降低其焦虑状态。

关键词:晚期肺癌; 正念训练; 护理

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Effect of short-term mindfulness behavior training on nursing of patients with advanced carcinoma
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Abstract: Objective To study the effect of short-term mindfulness behavior training on the nursing of patients with advanced carcinoma. **Methods** A total of 65 cases with advanced lung cancer in Xuzhou Central Hospital hospitalized from January to December 2015 were chosen. They were divided into the intervention group ($n = 34$) and control group ($n = 31$). The routine care was adopted in the control group, and mindfulness behavior training combined with routine care was adopted in the intervention group. Before and after the intervention, Karnofsky Performance Status Scale and Self-Rating Anxiety Scale (SAS) were used to assess the patients' condition. The survival rate was followed up six months later. **Results** There were significant differences in the Karnofsky performance score and SAS score between two groups (69.90 ± 4.34 vs 61.20 ± 8.65 , 37.30 ± 7.14 vs 45.90 ± 6.28 , respectively, $P < 0.05$). **Conclusion** The mindfulness behavior training can improve the survival rate and alleviate the anxiety in the patients with advanced lung cancer.

Key Words: Advanced lung cancer; Mindfulness behavior training; Nursing

流行病学调查显示, 肺癌 (lung cancer) 在中国男性恶性肿瘤发病中高居首位, 居于女性恶性肿瘤发病率的第 2 位, 2013 年标化后的中国肺癌发病率为 36.1/10 万, 且由肺癌导致的死亡占恶性肿瘤死亡的

27.1%, 位于肿瘤死亡构成比的首位^[1]。因肺癌发展的隐匿性, 很多患者发现时已进入晚期, 而晚期肺癌的护理是决定患者生活质量的重要因素之一^[2-3]。正念 (mindfulness) 起源于佛学, 是个体有意识地把注意力维持在当前内在或外部体验之上, 对其不做任何判断的一种自我调节方法^[4-7]。自上世纪 80 年代正念疗法开展以来, 国内外取得了一系列的研究成果, 但关于正念训练在晚期肺癌患者护理中应用的研究报道并不

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