

对慢性肾脏病患儿开展延续性护理的效果评价

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摘要:目的 探讨对慢性肾脏病患儿开展出院延续性护理的临床效果。方法 选取上海交通大学附属儿童医院 2013 年 11 月—2014 年 11 月收治的 50 例慢性肾脏疾病患儿作为观察组, 并以 2012 年 10 月—2013 年 10 月收治的 50 例慢性肾脏疾病患儿为对照组。对照组采用常规护理方法, 观察组在此基础上给予出院延续性护理服务, 内容包括开展患儿情况评估、开设专题讲座及小讲课、提供出院后专科咨询服务等。比较两组患儿出院 12 个月后肾脏功能指标及其家属的疾病照护能力。结果 开展出院延续性护理服务后, 观察组患儿的血尿素氮、血肌酐及 24 h 尿蛋白等肾功能指标均显著好于对照组 ($P < 0.05$)。同时, 观察组患儿家长的自我护理能力评分明显优于对照组 ($P < 0.05$)。结论 出院延续性护理服务可促进慢性肾脏病患儿出院后肾功能改善, 并对提高患儿家属照护能力有积极作用。

关键词:慢性肾脏疾病; 患儿; 延续性护理; 效果

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Clinical efficiency evaluation of continuous nursing in children with chronic kidney diseases (*Children's Hospital of Shanghai, Shanghai Jiao Tong University, Shanghai 200062, China*)

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Abstract: Objective To explore the clinical efficiency of continuous nursing in the children with chronic kidney diseases. **Methods** A total of 50 children with chronic kidney diseases in Children's Hospital of Shanghai, Shanghai Jiao Tong University hospitalized from November 2013 to November 2014 were enrolled in the experimental group. Another 50 children with chronic kidney diseases hospitalized from October 2012 to October 2013 were enrolled in the control group. The control group was given the conventional nursing. The experimental group was given additional continuous nursing after hospital discharge, including the investigation and assessment, seminars, health education and specialized consulting services. The kidney function of children and care ability of family members between the two groups were compared. **Results** The indexes of kidney function such as blood urea nitrogen (Bun), serum creatinine (Scr) and 24-hour urine protein, and care ability of family members in the experimental group were significantly improved compared with the control group ($P < 0.05$). **Conclusion** The children with chronic kidney diseases should receive continuous nursing after hospital discharge. It is helpful to promote their kidney function and care ability of family members.

Key Words: Chronic kidney disease; Child patient; Continuous nursing; Effect

慢性肾脏疾病 (chronic kidney disease, CKD) 是肾脏损害或肾小球滤过率异常等疾病的统称, 是儿童泌尿系统的常见疾病^[1-2]。其病情进展相对缓慢, 可由多种其他疾病所引发, 如临床治疗护理不当极易发展成慢性肾功能不全, 对儿童生长发育及生命健康均存在

显著影响^[3]。临床流行病学调查表示, 当前我国儿童慢性肾脏疾病的发病率约达 10.8%, 且受儿童饮食结构与生活环境日趋变化的影响, 其发病率呈逐年上升趋势^[4-6]。而慢性肾脏病患儿家长疾病相关知识知晓率仅为 12.5%。患儿病情进展程度与速度均与家长的疾病认知程度存在密切相关性。因此, 医护人员及时给予患儿家属合理、准确的健康教育与护理方案成为改善患儿预后、提高疗效的重要手段。出院延续性护理服务起源于 20 世纪中期, 一经提出便获得良好

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