

# 牙颌面畸形患者营养知识态度行为现状调查与分析

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**摘要:**目的 了解牙颌面畸形患者营养知识、态度和行为现状,初步探讨相关影响因素,为进一步推进牙颌面畸形患者营养教育提供参考。**方法** 采取方便抽样法,选取 2015 年 4—6 月于上海交通大学医学院附属第九人民医院口腔颌面外科行手术治疗牙颌面畸形患者 63 例为调查对象,使用自行编制的问卷调查患者营养知识、态度及行为情况。**结果** 63 例患者中,女性患者的营养知识得分优于男性 ( $P < 0.05$ ),不同学历患者的营养知识得分差异无统计学意义。患者对于维生素 A 和维生素 B 的食物来源、膳食结构、疾病与营养等相关内容的回答正确率均低于 65%。96.8% 的患者认为营养对健康有影响并对营养感兴趣,被调查对象 100% 认为早餐重要,但仅有 49.2% 的患者会每天吃早餐。**结论** 牙颌面畸形患者营养态度较为积极,但营养知识掌握和营养行为不容乐观,营养知识、态度、行为不统一。

**关键词:** 牙颌面畸形; 营养; 知行信; 调查

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**Investigation and analysis of nutritional knowledge, attitude and behavior of patients with dento-maxillofacial deformity** (Shanghai Ninth People's Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 200011, China)

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**Abstract: Objective** To investigate the situation of nutritional knowledge, attitude and behavior of the patients with dento-maxillofacial deformities, and to analyze the related influencing factors. **Methods** Random sampling survey method was used to choose 63 inpatients in Shanghai Ninth People's Hospital, Shanghai Jiao Tong University School of Medicine during April and June 2015. A self-designed questionnaire about nutritional knowledge, attitude and behavior was performed. **Results** Female patients mastered more nutritional knowledge than male patients ( $P < 0.05$ ). There was no statistically difference in the score of nutritional knowledge among the patients with different education background. The correct answer rates of food resources of vitamins A and B, food structure, disease and nutrition were less than 65%. 96.8% of the patients thought that health was impacted by nutrition. All of the patients recognized the importance of breakfast, but only 49.2% had breakfast every day. **Conclusion** The patients with dento-maxillofacial deformities are lack of nutritional knowledge, but have positive attitude. Behavior is not consistent with knowledge and attitude.

**Key Words:** Dento-maxillofacial deformity; Nutrition; Knowledge, attitude and behavior; Investigation

牙颌面畸形是一种因颌骨生长发育异常,导致颜面外形异常、咬合关系错乱及口颌系统功能障碍等的

疾病,其患病率为 29.33% ~ 48.87%;以理想正常牙颌为标准的调查统计显示,牙颌面畸形的患病率为 91.22%<sup>[1]</sup>。这些畸形不仅影响患者咀嚼功能、造成容貌畸形,还会引起患者心理痛苦<sup>[2]</sup>。近年来,随着人们生活水平的提高、对面部美观要求的提高,越来越多患者想通过正颌手术达到改善面型、恢复咬合功能的目的。但由于该类手术往往术中出血量大,且患者术后

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