

分级诊疗中应用医院-社区护理模式对糖尿病患者的影响

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摘要:目的 探讨分级诊疗中应用医院-社区护理模式对糖尿病患者延续性护理的影响。方法 选取 2014 年 1—12 月收治于江苏省徐州市中心医院的糖尿病患者 120 例, 随机分为观察组和对照组各 60 例, 对照组采用常规糖尿病治疗管理方法, 观察组在对照组的基础上运用医院-社区护理模式进行延续性护理。患者出院后随访 12 个月, 采用自制依从性行为调查表和糖尿病症状控制状况评价量表 (Control Status Scale for Diabetes, CSSD70), 调查两组患者随访期间治疗依从性和糖尿病症状控制情况。**结果** 观察组在出院后 3 个月、6 个月、12 个月时的治疗依从性高于对照组; 观察组和对照组的血糖代谢指标在出院 12 个月时均显著降低, 且观察组出院 12 个月时的 2 h 口服葡萄糖耐量试验 (2 h oral glucose tolerance test, 2hOGTT) 结果和糖化血红蛋白 (hemoglobin A1c, HbA1c) 指标优于对照组; 观察组糖尿病症状控制情况优于对照组, 差异均有统计学意义 ($P < 0.05$)。**结论** 开展医院-社区护理模式, 可有效提高糖尿病患者的治疗依从性, 改善患者的血糖代谢指标, 有利于患者控制糖尿病症状。

关键词: 糖尿病; 医院-社区护理模式; 分级诊疗; 延续性护理

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Application of hospital-community nursing model in classification and treatment of diabetes (Xuzhou Central Hospital, Xuzhou 221009, China)

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Abstract: Objective To investigate the application of hospital-community nursing model in the classification and treatment of diabetes. **Methods** From January to December 2014, totally 120 diabetic patients in Xuzhou Central Hospital were selected and randomly divided into the control group and observation group (60 cases in each group). The control group adopted the conventional diabetic therapy, while the intervention group adopted hospital-community nursing model on the basis of conventional diabetic therapy. After one-year follow-up visit, a self-designed treatment compliance questionnaire and Control Status Scale for Diabetes (CSSD70) were used to analyze the patient compliance and blood glucose control. **Results** The patient compliance was significantly improved in the observation group compared with the control group at 3, 6 and 12 months after hospital discharge. The indicators of glucose metabolism in both groups were significantly decreased at 12 months after hospital discharge. The results of 2 h oral glucose tolerance test (2hOGTT) and hemoglobin A1c (HbA1c) level in the observation group were better compared with the control group 12 months after hospital discharge. The observation group also had better control of blood glucose ($P < 0.05$). **Conclusion** The application of hospital-community nursing model in the classification and treatment of diabetes can improve the patient compliance and levels of indicators of glucose metabolism, leading to a better quality of life.

Key Words: diabetes; hospital-community nursing model; classification and treatment; continuous nursing

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