

呼吸康复视频在心脏手术患者围手术期的应用效果

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摘要:目的 探讨呼吸康复视频在心脏手术患者围手术期的应用效果。方法 选取 2016 年 1—8 月收治于第二军医大学附属长征医院择期行心脏手术的患者 80 例, 随机分为观察组和对照组各 40 例。观察组患者给予围手术期呼吸康复视频辅助呼吸训练指导, 对照组患者给予围手术期呼吸康复口头指导, 比较两组患者围手术期呼吸功能指标、总体疗效指标和呼吸系统相关并发症发生情况。结果 两组患者术前屏气时间、脱机评分、术后气管插管时间、监护时间和术后呼吸系统相关并发症发生等方面比较, 差异均有统计学意义($P < 0.05$); 两组患者术后住院时间比较, 差异无统计学意义($P > 0.05$)。结论 呼吸康复视频辅助呼吸训练指导, 可有效改善心脏手术患者围手术期呼吸功能, 缩短患者术后气管插管时间和监护时间, 降低呼吸系统相关并发症的发生率, 有利于促进患者术后康复。

关键词:心脏手术; 呼吸康复视频; 围手术期

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Application of respiratory rehabilitation video in perioperative care of patients with cardiac surgery

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Abstract: Objective To investigate the application of respiratory rehabilitation video in the perioperative care of the patients with cardiac surgery. **Methods** A total of 80 patients who underwent cardiac surgery in Changzheng Hospital, The Second Military Medical University from January to August 2016 were randomly divided into the observation group and control group. The observation group was given video-assisted perioperative respiratory rehabilitation guidance, while the control group was given oral guidance. The respiratory function, overall therapeutic efficacy and related complications were analyzed. **Results** There were significant differences in preoperative breath-holding time, perioperative off breathing machine score, postoperative intubation time, intensive care unit (ICU) stay and incidence of respiratory complications between the two groups ($P < 0.05$), but there was no significant difference in postoperative hospital stay ($P > 0.05$). **Conclusion** The video-assisted perioperative respiratory rehabilitation guidance can effectively improve the respiratory function, shorten the postoperative intubation time and ICU stay, reduce the incidence of complications, and promote the postoperative rehabilitation in the patients with cardiac surgery.

Key Words: cardiac surgery; respiratory rehabilitation video; perioperative period

心脏外科手术具有风险高、步骤复杂繁琐、对手术及护理要求精细度高等特点, 体外循环下的心脏手术, 对心肺功能都有较大的影响。患者围手术期的呼吸功

能是影响患者术后恢复的重要因素, 而围手术期呼吸系统的康复指导对于患者掌握呼吸训练方法、咳嗽及咳痰方法具有重要的意义^[1]。传统的围手术期护理健康宣教对患者讲解的内容多, 不够直观, 患者不易识记, 从而影响了预期的护理效果。本研究通过自编呼吸康复视频结合常规围手术期护理健康宣教, 指导心脏手术患者进行术前和术后呼吸功能锻炼, 并探讨其

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