

同伴支持对农村 2 型糖尿病患者胰岛素注射管理的效果

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摘要:目的 探讨同伴支持教育在农村 2 型糖尿病患者胰岛素规范注射管理中的应用效果。方法 2014 年 1—8 月选择上海市奉贤区下属 3 个镇大型居住社区接受胰岛素注射治疗的 2 型糖尿病患者 161 例, 采用简单随机法分为对照组 79 例和观察组 82 例, 两组患者健康教育内容相同。对照组由糖尿病专科护士统一进行课堂教育; 观察组在此基础上实施同伴支持教育, 比较干预前后两组患者胰岛素规范注射相关知识的知信行问卷得分情况、胰岛素注射技术掌握情况、糖化血红蛋白水平及低血糖发生率的差别。结果 干预 6 个月后, 观察组胰岛素知识及技术掌握情况均明显优于对照组, 且糖化血红蛋白控制水平及低血糖发生率亦明显优于对照组, 差异有统计学意义 ($P < 0.05$)。结论 同伴支持教育对于规范 2 型糖尿病患者胰岛素注射有积极促进作用, 且可达到患者和志愿者双赢的效果。

关键词: 2 型糖尿病; 胰岛素; 注射; 同伴支持; 健康教育

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Research on peer support education in insulin injection management of type 2 diabetic patients in rural area (Shanghai Fengxian District Central Hospital, Shanghai 201499, China)

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Abstract: Objective To explore the application of peer support education in standardized insulin injection management of type 2 diabetic patients in rural area. **Methods** A total of 161 type 2 diabetic patients with insulin injection therapy in three large residential communities in Fengxian District of Shanghai were selected from January to August 2014. These patients were randomly divided into the control group (79 cases) and observation group (82 cases). All the patients accepted the same health education content. The patients in the control group were educated in classroom by diabetes specialist nurses, while those in the observation group accepted additional peer support education. The scores of knowledge-attitude-practice questionnaire for related standardized insulin injection, mastery level of insulin injection technology, level of glycosylated hemoglobin and incidence of hypoglycemia between the two groups were compared. **Results** After 6 months of intervention, the mastery levels of knowledge and technology of insulin injection in the observation group were significantly higher compared with the control group ($P < 0.05$). Also, the level of glycosylated hemoglobin and the incidence of hypoglycemia were significantly improved in the observation group compared with the control group ($P < 0.05$). **Conclusion** Peer support education plays a positive role in standardizing insulin injection in type 2 diabetic patients, and can achieve a win-win patient-volunteer relationship.

Key Words: type 2 diabetes; insulin; injection; peer support; health education

糖尿病已成为严重影响人们健康的全球性公共卫

生问题。在糖尿病治疗中, 一直提倡早期应用胰岛素以降低或延缓糖尿病急慢性并发症的发生和发展。规范注射胰岛素对糖尿病患者的血糖控制有着举足轻重的作用。近年来, 随着农村城市化的快速发展、居民生活方式的改变, 2 型糖尿病的患病人数大幅增长。奉

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