

临床护士对胰岛素治疗认知及注射技术掌握现状调查

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摘要:目的 了解临床护士对胰岛素治疗的认知及注射技术执行现状,为探索胰岛素相关知识的培训模式、提高糖尿病专科护理提供依据。**方法** 采用自行设计的“临床护士胰岛素认知及注射技能现状调查问卷”,于2016年1—3月对安徽省阜阳市7所二级以上综合医院的423名临床护士进行调查。问卷内容包括护士基本信息、对胰岛素的认知、胰岛素注射技术及执行力4部分。**结果** 仍有较多护士对胰岛素治疗存在误区,且胰岛素注射方法的掌握及执行情况不容乐观。56.5%的护士认为注射胰岛素是糖尿病患者最后的选择;认为掌握胰岛素注射方法及部位的护士占72.1%;认为掌握胰岛素剂型、起效时间、减痛方法等的护士均低于50%;执行力最好的是“注射胰岛素后交代患者进餐时间”,占91.5%;每次注射胰岛素后均在皮下停留10 s以上占78.7%;糖尿病联络护士及专科护士对胰岛素规范应用优于普通护士($P < 0.05$)。**结论** 护士对胰岛素治疗的认知、操作等还存在一定不足,需进行针对性培训,以进一步提高专科护理水平。

关键词:胰岛素;认知;注射技术;护士;现状;调查

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A survey of clinical nurses' cognition of insulin and injection skills (Fuyang Second People's Hospital, Fuyang 236015, China)

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Abstract: Objective To investigate the clinical nurses' cognition of insulin and injection skills, and to provide the basis for exploring the training model of insulin-related knowledge and improving the nursing care of diabetes. **Methods** A self-designed questionnaire was conducted in 423 clinical nurses in Fuyang City, Anhui Province from January to March 2016. The questionnaire included four parts: the basic information of nurses, the cognition of insulin, the technique of insulin injection and the executive force. **Results** Many nurses had misconception about insulin therapy, and the status of grasping and implementation of insulin injection was not optimistic. 56.5% of the nurses believed that the injection of insulin was a final choice for diabetic patients; 72.1% mastered the methods and sites of insulin injection; Less than 50% mastered the dosage form and onset time of insulin, and pain relief methods; 91.5% could tell the patients the mealtimes after insulin injection. 78.7% could retain needle for more than 10 s after subcutaneous injection of insulin. The diabetic nurses had better standard operations than the general nurses ($P < 0.05$). **Conclusion** There exist some problems in the cognition and operation of insulin therapy in nurses, and targeted training should be carried out to further improve the specialized nursing level.

Key Words: Insulin; Cognition; Injection skill; Nurse; Status; Survey

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糖尿病是一种常见的内分泌代谢疾病,是由多种原因引起胰岛素分泌或作用缺陷,或两者同时存在而导致的以慢性高血糖为特征的代谢紊乱^[1]。宁光等完