术前模型演示健康教育对乳腺纤维瘤切除患者心理状态及满意度的影响

周红霞，徐宏坤，黄 爽

（江南大学附属医院手术室 江苏 无锡 214000）

[摘要]目的：探讨术前模型演示健康教育对乳腺纤维瘤（Fibroadenoma of breast，FAB）切除患者心理状态及满意度的影 响。方法：选取2019年4月-2021年3月在笔者医院治疗的乳腺纤维瘤患者70例为研究对象，2019年4月-2020年3月收治的35例 FAB患者列为对照组，2020年4月-2021年3月收治的35例FAB患者列为观察组。对照组予以常规健康教育，观察组在对照组基 础上联合应用模型演示的方法，持续干预至手术结束。采用焦虑自评量表（Self-rating anxiety scale，SAS）和抑郁自评 量表（Self-rating depression scale，SDS）评价两组入院时、术前1 d心理状态；采用疼痛视觉评估法（Visual analogue scale，VAS）评价患者术后1 d、3 d疼痛程度；比较两组健康教育知识掌握情况、手术依从性、术后并发症发生情况及 手术满意度；出院3个月随访，采用生存质量评定量表（World health organization quality of life rating scale， WHOOLQ-100）评定生活质量。结果：术前1 d观察组SAS评分、SDS评分均低于对照组，差异有统计学意义（P＜0.05）。术 后3 d观察组VAS评分均低于对照组，差异有统计学意义（P＜0.05）。观察组健康教育知识掌握情况和手术依从性均优于对 照组，差异有统计学意义（P＜0.05）。观察组患者术后出血、水肿和感染并发症发生率均低于对照组，差异有统计学意义 （P＜0.05）。观察组患者手术满意度优于对照组，且WHOOLQ-100各项评分高于对照组，差异有统计学意义（P＜0.05）。结 论：对FAB患者术前应用模型演示健康教育方法可以改善患者心理状况，提高手术满意度。

[关键词]模型演示健康教育；乳腺纤维瘤切除术；心理状态；满意度；并发症；生活质量

[中图分类号]R473.6 [文献标志码]B [文章编号]1008-6455（2023）01-0172-04

Effect of Preoperative Model Demonstrates Health Education on the Psychological State and Satisfaction of Patients with Fibroadenoma Surgery

ZHOU Hongxia,XU Hongkun,HUANG Shuang

(Operating Room,Affi liated Hospital of Jiangnan University,Wuxi 214000,Jiangsu,China)

Abstract: Objective To explore the eff ects of preoperative model demonstration health education on the psychological state and satisfaction of patients with fi broadenoma surgery. Methods A total of 70 patients with fi broadenoma of breast (FAB) treated in the hospital were enrolled between April 2019 and March 2021. Among them, 35 cases admitted between April 2019 and March 2020 were enrolled as the control group, while other 35 cases admitted between April 2020 and March 2021 were enrolled as the observation group. The control group was given routine health education, while the observation group was given model demonstration health education on basis of control group. They were continuously intervened until the end of the operation. SAS and SDS were used to evaluate the psychological state of the two groups at admission and 1 day before operation. VAS was used to evaluate the pain degree of patients 1 day and 3 days after operation. The mastery of health education knowledge, operation compliance, postoperative complications and operation satisfaction were compared between the two groups. Follow up for 3 months after discharge, and use WHOOLQ-100 to assess the quality of life of patients. Results SAS scores and SDS scores in the observation group were lower than those in the control group at one day before operation, the diff erences were statistically signifi cant (P＜0.05). The VAS score of the observation group was lower than that of the control group at 3 days after operation (P＜0.05). After nursing, mastery of health education knowledge and operation compliance in the observation group were better than those in the control group (P＜0.05). The incidence of postoperative bleeding, edema and infection complications in the observation group were lower than those in the control group (P＜0.05). The satisfaction of patients in the observation group were better than those in the control group, and the scores of WHOOLQ-100 were higher than those in the control group (P＜0.05). Conclusion The preoperative application of model demonstration health education in FAB patients can improve psychological status and surgical satisfaction.

Key words: model demonstration health education; fibroadenoma surgery; psychological status; satisfaction; complication; quality of life

172