基于聚焦解决模式的心理护理对颧骨颧弓骨折术后患者康复及美观满意度的影响

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[摘要]目的：分析基于聚焦解决模式的心理护理对颧骨颧弓骨折术后患者康复及美观满意度的影响。方法：2019年1月-2022 年1月医院收治的颧骨颧弓骨折患者80例，采用随机数字表法分为对照组和观察组，各40例。对照组给予常规护理进行干 预，观察组给予基于聚焦解决模式的心理护理及常规护理进行干预，两组均干预至出院。比较两组干预前后心理状态、自我 效能，美学、舒适及饮食障碍评分，骨折愈合情况、患者美观满意度及住院期间并发症发生情况。结果：与干预前比较，干 预后两组焦虑自评量表（Self-rating anxiety scale，SAS）、抑郁自评量表（Self-rating depression scale，SDS）、 舒适程度、饮食障碍评分均降低，且观察组更低（P＜0.05）。与干预前比较，干预后两组红色美学指数（Pink esthetic score，PES）、自我管理效能量表评分均升高，且观察组更高（P＜0.05）。观察组软组织肿胀消退时间、骨折愈合时间、 住院时间短于对照组，瘢痕发生率低于对照组（P＜0.05）。干预后，观察组患者美观效果的满意率组间比较更高（95.00% vs 72.50%，P＜0.05）。住院期间，观察组并发症发生率在两组中更低（2.50% vs 25.00%，P＜0.05）。结论：基于聚焦解决模式的心理护理可改善颧骨颧弓骨折术后患者心理状况、自我管理能力、舒适度及饮食障碍程度，促进患者康复，降低瘢痕发生率，提高美观效果及患者的满意度，同时降低并发症发生情况。

[关键词]颧骨颧弓骨折；聚焦解决模式；心理护理；心理状况；自我管理；美观满意度

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Influence of Psychological Nursing Based on Solution-Focused Model on Rehabilitation and Aesthetic Satisfaction of Patients with Zygomatic and Zygomatic Arch Fractures After Surgery

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Abstract: Objective To analyze the eff ect of psychological nursing based on the solution-focused model on the rehabilitation and aesthetic effect of patients with zygomatic and zygomatic arch fractures after surgery. Methods From January 2019 to January 2022,80 patients with zygomatic and zygomatic arch fractures in our hospital were divided into control group and observation group by random number table method,with 40 cases in each group.The control group was given routine nursing intervention,and the observation group was given psychological nursing and routine nursing intervention based on the focused solution model,and both groups were given intervention until discharge.The psychological state,self-effi cacy,scores of aesthetics,comfort and eating disorders,fracture healing,patients' satisfaction with cosmetic results,and complications during hospitalization were compared between the two groups before and after the intervention. Results Compared with before intervention,the scores of self-rating anxiety scale (SAS),self-rating depression scale (SDS),comfort level and eating disorder in the two groups decreased after the intervention,and the scores in the observation group were lower (P＜0.05).Compared with before the intervention,the scores of pink esthetic score (PES) and self-management efficacy scale in both groups increased after the intervention,and the observation group was higher (P＜0.05).The soft tissue swelling subsidence time,fracture healing time and hospital stay in the observation group were shorter than those in the control group,and the incidence of scar was lower than that in the control group (P＜0.05).After the intervention,the satisfaction rate of the aesthetic effect of the observation group was higher in the two groups (95.00% vs 72.50%,P＜0.05).During hospitalization,the incidence of complications in the observation group was lower in the two groups (2.50% vs 25.00%,P＜0.05). Conclusion Psychological nursing based on the solution-focused model could improve the psychological status,self-management ability,comfort and eating disorder of patients after zygomatic and zygomatic arch fractures,promote the recovery of patients,reduce the incidence of scars,and improve the aesthetic effect and patients' satisfaction of the aesthetic effect,while reducing the incidence of complications.

Key words: zygomatic bone and zygomatic arch fracture; solution-focused model; psychological nursing; psychological condition; self-management; aesthetic satisfaction