

Individualized nursing care on coincidence rate of cerebral hemorrhage hypostatic pneumonia.

Fanghui Jiang, Sang Zheng, Lei Li*

Medical Department, Taizhou Integrative Medicine Hospital, Wenling, PR China

Abstract

Objective: Analyze the effect of individualized nursing care on hypostatic pneumonia concurrent with cerebral hemorrhage.

Methods: Randomly divide 4200 cases of cerebral hemorrhage patients treated in different hospitals during January 2013 and January 2016, with patients with routine nursing care for control group and patients with individualized nursing care for observation group, and make effective analysis of occurrence rate of cerebral hemorrhage hypostatic pneumonia of the two groups.

Results: Observation group patients' probability of concurrent hypostatic pneumonia is far lower than that of the control group, after comparison, $P < 0.05$, the difference is significant, with statistical significance.

Conclusion: Personalized nursing care of cerebral hemorrhage patients can effectively reduce incidence of cerebral hemorrhage concurrent with hypostatic pneumonia, which is conducive to physical rehabilitation of patients and means significant implications in clinical practice.

Keywords: Personalized nursing care, Cerebral hemorrhage, Hypostatic pneumonia, Complication, Influence.

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Introduction

In recent years, with continuous progress and development of society, incidence of cerebral hemorrhage has been gradually increased. The incidence of cerebral hemorrhage in our country has also increased significantly. Cerebral hemorrhage patients have high disability rate and need bed rest which will cause serious complications. Hypostatic pneumonia is a common complication of cerebral hemorrhage, which will not only impact patients' lung function, resulting in serious damage to lung function, but also influence patients' condition and aggravate cerebral hemorrhage. Therefore, it is very important to take necessary nursing care methods during bed rest of cerebral hemorrhage patients. Personalized nursing care measures can effectively reduce occurrence of complications of cerebral hemorrhage, which takes corresponding nursing measures against patients' conditions, respects differences in patients in the processes, or proceeds from the overall situation to improve patients' nursing efficacy and satisfaction degree. To study effect of individualized nursing care on cerebral hemorrhage hypostatic pneumonia incidence, the author selects general information of 4200 cases of cerebral hemorrhage patients treated in different hospitals during January 2013 and January 2016 for necessary analysis, with relevant research results reported. Figure 1 shows CT image of cerebral hemorrhage patients.

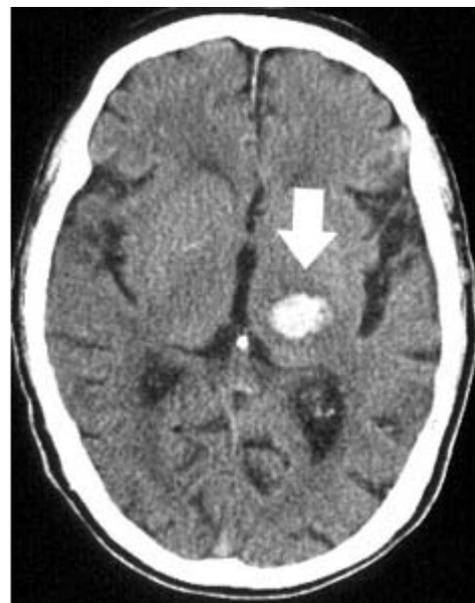


Figure 1. CT images of a patient with cerebral hemorrhage, the arrow part points as the bleeding position.

Method

General information

A total of 4200 cerebral hemorrhage patients treated in different hospitals during January 2013 and January 2016 are

selected and randomly divided, with 2100 cases for observation group and control group respectively. In observation group, there are 1065 male patients, 1035 female patients, the oldest patient is 78 y old, while the youngest is 45 y old, with average age at (52.3 ± 2.1) y. In control group, there are 1100 male patients, 1000 female patients, the oldest patient is 79 y old, while the youngest is 43 y old, with average age at (51.9 ± 2.3) y. All patients were admitted to hospital within 8 h of morbidity. The same treatment was provided to the two groups of patients. After comparison of age, gender, lifestyle and condition of patients, no significant statistical difference is observed, $P > 0.05$, so it is worth to compare the two groups of patients.

Nursing methods

The patients in control group received routine nursing. Nursing staff should keep the ward clean and tidy during hospitalization of cerebral hemorrhage patients, and regularly ventilate ward to ensure that patients have a comfortable hospital environment.

The patients in observation group received individualized nursing care: Nursing staff should group the patients according to different age, gender and education degree, explain relevant nursing knowledge, reason and harm of complications to patients, and guide patients and family members in prevention and treatment of complications. At the same time, nursing staff should often talk with patients, encourage patients to overcome the disease, help patients to build confidence to overcome the disease, in order to better ease tension and negative emotions of patients [1]. Corresponding charge nurse should be chosen. All nurses have education background above junior college, have a strong sense of responsibility and a wealth of work experiences [2]. Charge nurses are also good at communication and exchange, and cooperate with doctors in relatively systematic health education among patients, explain harm of cerebral hemorrhage complications so as to arouse sufficient attention of patients. Effective evaluation of cerebral hemorrhage patients with nursing degree is done, relatively perfect diet principles and prevention measures of complications are formulated and patients are informed of importance of prevention of hypostatic pneumonia [3]. In addition, nursing staff should also conduct language rehabilitation training among patients, grade aphasia patients, and provide corresponding rehabilitation training for patients based on different degrees so that patients can have language training under the guidance of rehabilitation physicians and nursing staff and thus effectively recover language function. At the same time, necessary functional exercise of patients' paralyzed limb is required, with nursing staff formulating perfect limb functional training program and helping patients complete daily exercise [4]. In terms of activity of daily living, nursing staff should also provide necessary skills training, and charge nurses should explain some life skills to patients, which can effectively reduce incidence of cerebral hemorrhage complications and promote patients' health with other auxiliary nursing methods [5].

During health education among the patients, nursing personnel should issue necessary cards and manuals of health education. Manual contents should be straightaway, to be voluntarily read by family members of patients and demonstrated by charge nurses. Patients need cooperate with nursing work of nursing staff every day and promote normal development of nursing work. Nursing staff should also often turn over lightly to avoid serious damage to patients' skin [6]. At the same time, nursing staff should also scrub compression part of patients with hot towel every day, which can effectively maintain the skin clean and tidy. For pressure ulcers of patients, sponge mat is needed to promote blood circulation. Figures 2 and 3 respectively shows rehabilitation picture after cerebral hemorrhage and picture of a cerebral hemorrhage patient complicated with hypostatic pneumonia.



Figure 2. Rehabilitation training for a patient with cerebral thrombosis.

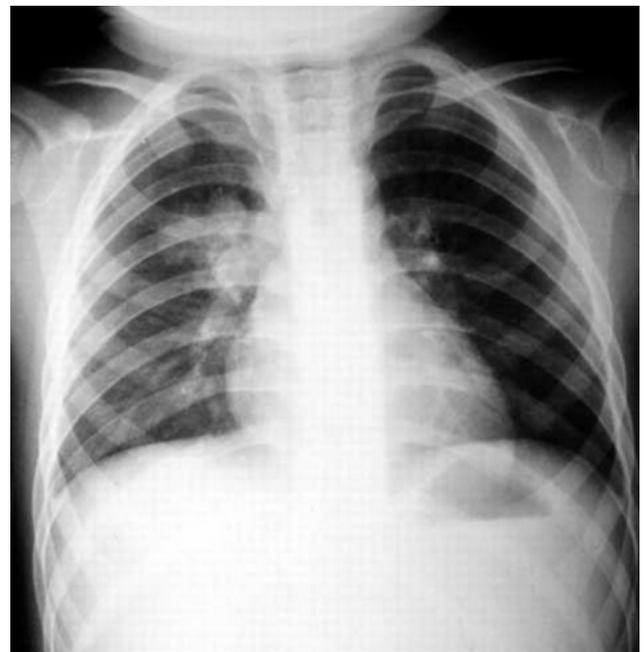


Figure 3. X-ray picture of a cerebral hemorrhage patient complicated with hypostatic pneumonia.

Evaluation method

In the course of the study, evaluation of complications of patients mainly follows evaluation criteria of hypostatic pneumonia in Basic Pathology, with complication incidence counted and analysed.

Statistics

Clinical data of diabetic patients in experimental study are tested with software package SPSS15.0. Wherein, clinical count data are denoted with (n, %) and tested with χ^2 ; measurement data obtained in diabetes treatment are denoted with ($\bar{x} \pm s$) and tested with t-value. The two groups of experimental data are statistically $P < 0.05$, which shows that there is significant difference in effect after grouping treatment.

Results

In the course of this study, nursing effect of individualized nursing care on cerebral hemorrhage hypostatic pneumonia is analysed, and corresponding comparative analysis is carried out with statistical software. The research results indicate that: After implementation of individualized nursing care for observation group patients, 24 patients have complicated hypostatic pneumonia, while 245 patients out of 2100 control group patients have complicated hypostatic pneumonia. Some patients in the two groups have complications such as constipation and bedsores, but number of complications of control group patients is far more than that of observation group. In this study, incidence rate of hypostatic pneumonia of observation group is 1.14%, while that of control group is 11.7%. After comparison, $P < 0.05$, with significant statistical difference.

In recent years, incidence of cerebral hemorrhage gradually increases, as a result, disability rate of cerebral hemorrhage patients also has a significant rise. Patients with cerebral hemorrhage usually have bed rest, so the blood flow rate will be significantly reduced. At the same time, due to malnutrition of patients, gastrointestinal motility is lowered and there will be serious complications. In clinical practice, routine nursing care can provide convenience to patients' daily life, but cannot effectively avoid complications of cerebral hemorrhage. During treatment of cerebral hemorrhage patients, corresponding nursing countermeasures should be taken against patients' gender, age and complications [7]. For patients with relatively serious illness, nursing staff should make a comprehensive assessment, develop scientific nursing programs for gradual implementation. In the process of nursing, nursing staff should often communicate with patients and families, inform them of significance of individualized nursing care, so that patients and families will cooperate more with nursing work of medical staff and effectively improve patients' confidence to overcome the disease [8]. Personalized nursing measures can effectively reduce incidence of complications of cerebral hemorrhage and promote recovery of patients' condition, which improves patients' quality of life, effectively promotes rehabilitation of patients' condition and

thus is with significant clinical implications. For implementation of personalized nursing measures, charge nurses should have comprehensive assessment of patients' specific conditions, and develop a relatively scientific and rational individualized nursing countermeasure, so as to provide purposeful and planned intervention, which can greatly improve enthusiasm of patients and their families to participate in nursing work [9]. Through individualized nursing care, nursing staff can fully mobilize patients' enthusiasm, improve their family members' compliance of treatment and nursing work, and strengthen patients' self-care consciousness, which makes patients actively cooperate with nursing work of nursing staff, shortens nurse-patient relationship, improves patients' satisfaction for nursing staff and effectively avoids incidence of complications [10]. Complications of cerebral hemorrhage include pressure ulcers and constipation, etc. Figure 4 below shows pressure ulcer picture of cerebral hemorrhage patients.



Figure 4. A cerebral hemorrhage patient with pressure ulcer (*pars sacralis*).

Discussion

In short, personalized nursing care is a common clinical nursing measure which can implement corresponding nursing measures according to specific circumstances of different patients, so that patients will cooperate with treatment and care of medical staff based on understanding of their own conditions. In this way, patients will take the initiative to adjust diet, effectively shorten relationship between them and nurses, so that patients are more satisfied with nursing work of nursing staff, which avoids serious complications in patients that threatens patients' health, makes family members more at ease, and effectively improves living comfort of cerebral hemorrhage patients.

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***Correspondence to**

Lei Li

Medical Department

Taizhou Integrative Medicine Hospital

PR China