

Application of Comfortable Nursing in the Preparation of Colostomy of Organs by Oral Magnesium Sulfate

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ABSTRACT

Objective: To explore the application of comfortable nursing in the preparation of colonoscopy in oral magnesium sulfate, and to provide scientific reference direction for nursing staff. **Methods:** 68 patients with colonoscopy were randomly divided into experimental group and control group (n = 34). In the control group, the routine nursing intervention was used, and the intervention group was treated with comfortable nursing intervention. Data analysis was performed using SPSS 20.0. **Results:** The total satisfaction score of the experimental group was (96.88 ± 1.26), the total satisfaction score of the control group was (80.65 ± 3.32), the test group (P < 0.05). The incidence of adverse reactions in the experimental group was significantly lower than that in the control group. The incidence of adverse reactions was 5.88% in the experimental group and 23.53% in the control group. **Conclusion:** The effect of comfortable nursing on the preparation of colonic gut in the oral magnesium sulfate method is relatively large.

Introduction

With the change in people's diet, the incidence of intestinal disease increased significantly^[1]. Electronic colonoscopy diagnosis and treatment is currently the most direct and effective way to understand intestinal diseases, but also the most reliable basis for the diagnosis of colonic lesions^[2]. Traditional use of oral magnesium sulfate for a long time, this article is a new modified oral magnesium sulfate method, compared with the traditional method, the bowel preparation of the adverse reactions is small, increased patient satisfaction, and are reported as follows.

1 Materials and methods

1.1 Information

Subjects were selected from February 2015 to April 2016 in our hospital treated oral magnesium sulfate colonoscopy intestinal preparation of 68 patients, according to their admission order were randomly divided

into test group and control group, each group of patients was for 34 cases. In the control group, the routine nursing intervention was used, and the intervention group was treated with comfortable nursing intervention.

1.2 Methods

1.2.1 Intestinal preparation method

By the nursing staff to explain to the patient in detail the preparation of the relevant methods of the intestine, 1d before the inspection fasting, oral 50% magnesium sulfate 100 ml, drinking in 12 min, 30 min after a large number of drinking salt water, defecation after the electronic colonoscopy an examination.

1.2.2 Nursing methods

The control group used conventional nursing intervention methods, such as catering management and appropriate control of drinking water and other measures.

(1) Diet management: the patient before the inspection

fasting treatment, so a small number of patients before the check dizziness and palpitation symptoms, nursing staff need to tell the patient 30 min before eating solid food and then check to improve the patient's resistance to colonoscopy acceptability

(2) Control the speed of drinking water: within 30 min divided into a small amount of magnesium sulfate solution to reduce the occurrence of vomiting, reduce the speed of drinking too fast and cause stomach swelling discomfort, improve the magnesium sulfate caused by electrolyte imbalance and other adverse reactions.

The experimental group on the basis of the implementation of the implementation of comfortable care methods, including the strengthening of psychological comfort care, comfortable environment care, medication comfort care.

(1) Psychological comfort care

because patients do not understand the colon endoscopy, and this inspection is an invasive operation, easy in the patient's psychological and physiological strong stress response, increase the patient's psychological Burden, aggravate the patient's discomfort, and even affect the smooth endoscopy, so the nursing staff in the patient before surgery should specify the specific steps and related precautions to reduce the patient's anxiety and improve patient compliance.

(2) The environment comfortable care: to maintain the appropriate temperature and cleanliness of the ward, so that patients can feel the hospital's humanistic concept, to keep the toilet door lock in good condition to facilitate the use of patients.

(3) Medication comfort care: oral magnesium sulfate will appear vomiting and abdominal pain and other adverse reactions, nursing staff can guide the patient in the mouth when suffering from candy, bloating feeling when gently rub the abdomen; part of the weaker patients Should be closely observed changes in its condition, medication to

the patient before the detailed notification of adverse reactions, severe diarrhea need to inform the doctor for related treatment promptly.

1.3 Observe indicators

The total satisfaction score (total score of 100 points), the incidence of adverse reactions and the degree of intestinal cleansing were analyzed. Intestinal cleaning: Class I for the whole colon without fecal and clear vision, will not affect the observation effect; II grade for the intestinal tract with a small amount of fecal and clear vision, and will not affect the observation effect; III level for the intestinal tract more Fecal and visual field blurred, affecting the intestinal wall observation effect; IV level for the intestinal wall full of feces, it is difficult to observe the effect of intestinal wall.

1.4 Statistical methods

SPSS 20.0 statistical software for data analysis, measurement data ($\pm s$), the difference between groups, the difference between the use of t test, count data comparison using χ^2 test, $P < 0.05$ was statistically significant.

2 Results

2.1 Comparison of the two groups of patients with intestinal cleansing

There were 20 cases of grade I, 10 cases of grade II, 3 cases of grade III and 1 grade of grade IV. Control group consisted of 19 cases of grade I, 11 cases of grade II, 2 cases of grade III and grade IV. There was no statistically significant difference in intestinal cleansing between the two groups ($P > 0.05$)

Table 1 Comparison of bowel cleansing in both groups ($\bar{x} \pm s, n$)

Item	Class I	Class II	Class III	Class IV
Test group (n=34)	20	10	3	1
Control group (n=34)	19	11	2	2
T	12.3211	15.0121	16.2784	19.1023
P	0.1254	0.05621	0.0687	0.0712

2.2 The overall satisfaction score of the two groups of patients

The overall satisfaction score of the test group was (96.88

± 1.26) and the total satisfaction score of the control group was (80.65 \pm 3.32). The total satisfaction score of the test group was much higher than that of the control group ($P < 0.05$).

Table 2 Overall satisfaction score for both groups ($\bar{x} \pm s, \text{points}$)

Item	Total Satisfaction Score
Test group (n=34)	96.88 \pm 1.26
Control group (n=34)	80.65 \pm 3.32
T	10.2311
P	0.02113

2.3 Comparison of the incidence of adverse reactions in both groups

The results showed that 1 case of nausea in the test group, 1 case of vomiting, 0 cases of abdominal pain, the total incidence of adverse reactions was 5.88%; the control group 3 cases of nausea, 3 cases of vomiting, 2 cases of abdominal pain, the total incidence of adverse reactions was 23.53%. The incidence of adverse reactions in the test group was significantly lower than that in the control group ($P < 0.05$).

3 Discussion

Oral magnesium sulfate has always been an effective method for colonic endoscopic examination of intestine preparation. Magnesium sulfate for bowel preparation has the advantage that oral administration does not absorb hypertonic state in the intestine and can effectively reduce intestinal absorption, cause the intestinal volume gradually increased, causing diarrhea, patients do not need enema at this time, less pain^[3,4]. Comfort care is a new concept and model of nursing in recent years. Through the study of the relationship between nursing activities and comfort, nursing staff can achieve an ideal state, or it can be said that the patient's physical and mental are in the most ideal of the state, to facilitate better treatment, so that patients can recover sooner^[6-8]. The results of this study show that comfort care can better reflect the patient-centered service purposes so that patients can feel the hospital's intentions, and then greatly improve the overall satisfaction of patients with health care workers.

4 Conclusion

In summary, comfort care in the oral magnesium sulfate colonoscopy in the preparation of patients with colorectal

play a greater role, can significantly improve the patient's overall satisfaction score, and improve the overall quality of care, reflecting the importance of comfort care value.

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