

Exploring the Role of Psychological Nursing in the Treatment of Digestive Diseases

Cai Wenwen

Jiangsu Province, Xinyi City, Jiangsu Province, Xinyi 221400

ARTICLE INFO

Article history:

Published online: 30th Sept, 2017

Key words:

Psychological care

Digestive diseases

Treatment effect

ABSTRACT

Objective: To observe the role of psychological nursing in the treatment of digestive diseases, for reference. **Method:** A total of 174 patients in our hospital were enrolled in this study. From January 1, 2016 to October 31, 2016, patients were randomly divided into intervention group and experimental group. The patients in the experimental group using conventional nursing methods, the intervention group patients were treated with psychological care, the two groups of patients with digestive disease treatment and nursing satisfaction were compared. **Results:** The therapeutic effect and nursing satisfaction of the patients in the intervention group were significantly better than those in the experimental group, $P < 0.05$. **Conclusion:** The patients who have undergone psychological care are more effective in treating patients with digestive diseases.

Introduction

Digestive disease is a more common chronic clinical disease, the patient in the course of treatment, because of pain and torture and treatment of hard work, and produce tension, depression, and even resistance to treatment of the situation. In order to improve the negative emotions of patients, psychological care intervention model is essential to help patients better receive treatment^[1]. Therefore, our hospital is now exploring the role of psychological care in the treatment of digestive diseases, the observation report is as follows.

1 Information and methods

1.1 General information

A total of 174 patients in our hospital who were enrolled in our hospital from January 1, 2016 to October 31, 2016 were enrolled in this study. 174 patients with digestive diseases were randomly divided into an intervention group and experimental group. Each group of 87 cases of digestive diseases. The age of the patients in the intervention group was between 30 and 74 years old, 40 cases were male patients and 47 cases were female

patients, the weight was 46.5 ~ 77.8 kg, the average was (48.12±1.1) kg. The age of the patients in the experimental group was between 29 and 79 years, 36 males and 52 females, weighing 51.2 to 75.5 kg, mean (50.2±1.6) kg. There was no significant difference between the two groups in general education, and there was no significant difference ($P > 0.05$). Two groups of digestive patients were voluntarily enrolled and signed a consent form.

1.2 Nursing methods

First of all, the two groups of patients with the disease to check, diagnosed with digestive diseases.

87 patients in the experimental group were treated with routine care. 1) After the patient was admitted, the patients were examined and the data were recorded. 2) Pay attention to the ward clean and tidy, keep the environment quiet. 3) At any time concerned about the patient's condition changes, problems and timely contact with the responsible physician.

87 patients in the intervention group on the basis of routine care, the use of psychological care model, 1) For patients to explain the knowledge of digestive diseases, as well as treatment should pay attention to the problem,

patiently answer the patient's problems, to eliminate the patient due to tension and cause discomfort. 2) To help patients with the doctor to cooperate with, to relieve the patient's psychological resistance, and more patients to communicate, establish a trust relationship, so that patients in the treatment can relax and the body. 3) For the patients to explain some of the treatment of cases, especially successful treatment, rehabilitation cases, can strengthen the patient's confidence in the treatment, the trust of physicians, to strengthen the treatment of patients^[2].

1.3 Evaluation indicators

In the course of the study, the treatment of the patient was investigated and the satisfaction questionnaire was used to investigate the nursing satisfaction of the patients with

digestive diseases.

1.4 Data processing

The data of this study were statistically analyzed by SPSS 16.0 software, treatment status and nursing satisfaction and nursing satisfaction were calculated in terms of rate (%), chi-square test. $P < 0.05$ that the difference was statistically significant.

2 Results

The treatment effect of the intervention group was higher than that of the experimental group, and the nursing satisfaction of the intervention group was also better than that of the experimental group, the difference was statistically significant ($P < 0.05$). See Table 1 for details.

Table 1 Two groups of patients with digestive treatment and nursing satisfaction [n (%)]

Group	Cases	Effective	Nursing satisfaction
Intervention group	n=87	83 (95.00)	86 (99.00)
Experiment group	n=87	72 (83.00)	79 (91.00)
x ²		7.14	5.74
P value		< 0.05	< 0.05

Note: Compared with the experimental group, * $P < 0.05$

3 Discussion

Digestive disease is the current clinical medicine, the higher incidence of chronic diseases, and digestive diseases for the great harm to the human body, patients suffering from digestive diseases caused by pain, but also to accept the treatment of psychological oppression and stimulation. In recent years, in the survey found that the patient's psychological condition for the treatment of the effect has a direct impact, the higher the tension and anxiety, the more the patient will lead to physical problems, making the effect of treatment weakened^[3]. Psychological care model is based on the conventional care, the patient's psychological more attention, not only concerned about the patient's treatment environment and test data, more attention to the psychological changes in patients. Digestive diseases are very susceptible to patient emotional. The patient once in the treatment of nervous and fear, these negative emotions will lead to the patient's body stiffness, abdominal pain phenomenon. Psychological care requires nurses in contact with patients in the process and communicate with the patient, so that the patient has a sense of dependence on nurses and treatment. Even if the tension arise, patient would still follow the guidance of nurses, relax the body, receive treatment^[4]. In this study, patients with digestive diseases who underwent psychological care were compared with patients with digestive diseases treated with conventional

nursing interventions. Patients with psychological care were more likely to bear the disease, and during the course of treatment. More active with the physician for treatment, for physicians and nurses of higher trust. Different care methods for patients with the treatment effect is also significantly different, statistically significant ($P < 0.05$).

4 Conclusion

In summary, the treatment of patients with digestive diseases to take psychological care, effectively improve the patient's treatment efficiency, to strengthen the patient's trust and nursing satisfaction, reduce the contradiction between doctors and patients.

References

- [1] Li Yan, Wang Haihong. Explore the Role of Psychological Care in the Treatment of Digestive Diseases. Practical Clinical Nursing E-magazine, 2016, 8(11): 15-16.
- [2] Yao Qifan. Talking about the Role of Psychological Nursing in the Treatment of Digestive Diseases. China Health Industry, 2014, 3(23): 54-56.
- [3] Li Xiaoying. Psychological Nursing in the Treatment of Digestive Diseases in the Important Role. Shanxi Medical Journal (the second half), 2008, 11(16): 1049-1050.