

Study on the Application of Refined Nursing Care in The Care for Elderly Patients with Reflux Esophagitis

Zhe Chen*, Rui Cao

Shaanxi Provincial People's Hospital, Xi'an 710068, Shaanxi Province, China

*Corresponding author: Zhe Chen, xhebqcr@163.com

Copyright: © 2024 Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0), permitting distribution and reproduction in any medium, provided the original work is cited.

Abstract: *Objective:* To investigate the application effect of refined nursing care in the care for elderly patients with reflux esophagitis. *Methods:* Following the difference in nursing style, 84 cases of elderly patients with reflux esophagitis admitted to our hospital from May 2022 to May 2023 were randomly grouped into a control group and a research group, with 42 cases each. The control group was given conventional nursing care and the research group was given refined nursing care. The psychological state and treatment adherence of the two groups of patients after the nursing intervention were compared. *Results:* After the nursing intervention, the self-rating anxiety scale (SAS) and self-rating depression scale (SDS) scores of the research group were lower than those of the control group ($P < 0.05$). The treatment compliance of the research group was better than the control group ($P < 0.05$). *Conclusion:* The implementation of refined nursing care for elderly patients with reflux esophagitis exhibited a significant effect on improving the patient's psychological state, treatment compliance, and rehabilitation.

Keywords: Geriatric reflux esophagitis; Refined nursing care; Application research

Online publication: April 22, 2024

1. Introduction

Reflux esophagitis is a common clinical digestive disease that refers to the abnormal function of the stomach and duodenum, leading to the reflux of gastrointestinal contents into the esophagus. This damages the esophageal tissue and mucosa, resulting in inflammatory lesions of the esophagus, which are characterized by gastrointestinal hemorrhage, ulceration, heartburn, acid reflux, and heartburn. Currently, clinical treatment is mainly based on medication to promote gastric and esophageal emptying to effectively alleviate the condition. However, most elderly patients lack knowledge of the disease and there are negative emotions, resulting in increased psychological stress leading to repeated aggravation of the condition, forming a vicious circle. This eventually affects the therapeutic effect of the disease, hence it is necessary to strengthen the nursing intervention for elderly patients with reflux esophagitis^[1]. This study included 84 cases of elderly patients with reflux esophagitis in our hospital from May 2022 to May 2023 and analyzed the clinical value of refined

nursing care in caring for these patients.

2. Information and methods

2.1. General information

Following the differences in the way of care, 84 cases of elderly patients with reflux esophagitis admitted to our hospital from May 2022 to May 2023 were grouped into a control group and a research group of 42 cases each. The control group consisted of 26 males and 16 females aged 64–80 years old, with an average age of 72.36 ± 5.47 years. The research group consisted of 24 males and 18 females aged 66–81 years old, with an average age of 72.52 ± 5.61 years. The baseline information of the samples of the 2 groups was consistent with no significant difference ($P > 0.05$).

2.2. Methods

The control group was given routine nursing, where patients adhered to the doctor's prescription to provide reasonable drug treatment, and nurses guided the patients' diet and so on. The research group was given refined nursing on this basis. Psychological care was provided to those with adverse psychological problems who cannot eat normally. The patient's emotional changes were monitored closely to understand the root causes of adverse emotions, where targeted psychological guidance was implemented. The patient was also encouraged to maintain an optimistic state of mind about the disease to accept treatment. The basic principles of the treatment were also explained to the patient and successful cases were also introduced to help patients establish confidence in the disease treatment. Patients were informed of the importance of following the doctor's instructions, taking medication on time at the prescribed amount, and not changing the dosage of medication without authorization. This was to ensure the effectiveness and safety of the medication. The patients were closely monitored and any adverse effects were promptly dealt with to improve the overall therapeutic effect. (3) Dietary adjustments were also made, where patients were encouraged to increase the intake of high-quality protein and vitamins in moderation, focus on balanced nutrition, and avoid spicy and raw food, to reduce the stimulation of the esophagus. Patients were also encouraged to chew their food thoroughly and carry out appropriate exercises after the meal to enhance gastrointestinal dynamics and reduce reflux. Subsequently, patients were encouraged to develop good living habits, like having adequate sleep. They were also guided to carry out moderate exercise activities, such as walking and jogging, which can promote food digestion and enhance the function of the digestive system. Upon discharge, patients were reminded to develop good dietary and living habits, adhere to exercise routines, follow the doctor's instructions for medication, and maintain a positive state of mind. Patients were also reminded to visit the hospital regularly for checkups so that the emergence of abnormalities could be dealt with promptly.

2.3. Observation indicators

Psychological state: The Zung Self-Assessment Scale for Anxiety (SAS) and Self-Depression Scale (SDS) were used to assess the psychological state. The higher the score, the greater the tendency to develop anxiety and depression ^[2]. The psychological state and treatment between the two groups of patients was compared.

2.4. Statistical methods

The research data were processed by the SPSS 24.0 software. Measurement data were expressed as mean \pm standard deviation and compared using a *t*-test. Count data were expressed as % and analyzed using the chi-squared (χ^2) test. Results were considered statistically significant at $P < 0.05$.

3. Results

3.1. Evaluation of psychological state between the two groups

As shown in **Table 1**, the SAS and SDS scores of the research group were lower than those of the control group ($P < 0.05$).

Table 1. Comparison of SAS and SDS scores between the two groups (mean \pm standard deviation)

Group	SAS score	SDS score
Control group ($n = 42$)	50.63 \pm 4.96	48.42 \pm 4.56
Study group ($n = 42$)	42.22 \pm 4.06	39.68 \pm 3.69
t	8.503	9.655
P	0.000	0.000

3.2. Evaluation of treatment of adhere between the two groups

As shown in **Table 2**, the treatment adherence of the research group was better than that of the control group ($P < 0.05$).

Table 2. Comparison of treatment adherence between the two groups (mean \pm standard deviation)

Group	Reasonable diet	Medication	Exercise	Regular checkups
Control group ($n = 42$)	34 (80.95)	32 (76.19)	29 (69.05)	28 (66.67)
Study group ($n = 42$)	40 (95.24)	39 (92.86)	37 (88.1)	36 (85.71)
χ^2	4.086	4.459	4.525	4.200
P	0.043	0.034	0.033	0.040

4. Discussion

With the change in people's diet and living habits, the incidence of reflux esophagitis is gradually increasing, mainly affecting the elderly. Its occurrence is closely associated with obesity, tobacco, alcohol, mental stress, and other factors, and requires long-term medication. This disease is highly complex and recurs easily, seriously affecting the physical and mental health of the patients, and causing greater mental and psychological pressure. This results in negative emotions, which further aggravates the patient's condition. Therefore, it is extremely important to implement effective nursing interventions during clinical treatment^[3].

The SAS and SDS scores of the research group were lower than those of the control group, after the nursing intervention ($P < 0.05$). The treatment compliance of the research group was also better than that of the control group ($P < 0.05$). Refined nursing care mainly combines the characteristics of the patient's old age with their physical needs to implement targeted and refined nursing interventions, starting from the patient's physiological, psychological, and social levels. Nursing activities, including psychological guidance, provide patients with humane care, reduce their psychological pressure, improve treatment compliance, develop good habits, and guide patients to comply with the doctor's medication instructions, to enhance the therapeutic effect of the treatment^[4].

5. Conclusion

Implementation of refined nursing care for elderly patients with reflux esophagitis was conducive to improving

the patients' poor psychological state, treatment compliance, and promoting early recovery. Hence, it is worthy of popularization.

Disclosure statement

The author declares no conflict of interest.

References

- [1] Chen M, 2019, Impact of Refined Nursing Care on Compliance and Quality of Life of Elderly Patients with Reflux Esophagitis. *Chinese and Foreign Medical Treatment*, 38(36): 124–126.
- [2] Cheng J, 2019, Application Effect of Clinical Refinement Nursing in Elderly Patients with Reflux Esophagitis. *Medical Equipment*, 32(9): 145–146.
- [3] Cui M, 2019, Analysis of the Effect of Refined Nursing Care on Elderly Patients with Reflux Esophagitis. *Chinese and Foreign Women's Health Research*, 2019(9): 169–170.
- [4] Yang W, 2018, Exploring the Application Value of Clinical Refinement Nursing in The Nursing of Elderly Patients with Reflux Esophagitis. *Clinical Research*, 26(8): 152–153.

Publisher's note

Bio-Byword Scientific Publishing remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.