

Application Value Analysis of Personalized Nursing Mode in Liver Disease Nursing

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Abstract: objective: To study the specific value of personalized nursing model in liver disease nursing. Methods: A total of 86 patients who received clinical treatment of liver diseases in our hospital from June 2019 to May 2020 were selected as the study subjects and randomly divided into the study group and the control group, with 43 patients in each group. The control group received routine care and the study group received personalized care. Changes in depression and anxiety scores and patients' satisfaction with nursing work were compared before and after nursing care. Results: Compared with the control group (86.04%), the nursing work satisfaction of patients in the study group (95.35%) was significantly higher than that of patients in the control group (86.04%). After all the patients participated in the nursing intervention activities, the scores of depression and anxiety decreased, but the comparison of the scores of depression and anxiety in the two groups after nursing showed that the descending trend of the scores in the study group was more significant than that in the control group, and the difference was statistically significant ($P < 0.05$). Conclusion: liver disease in clinical nursing activities personalized nursing mode application effect is more ideal, has more advantages than conventional nursing, psychological status in patients with significantly improved and more satisfaction of nursing work, and the harmonious relationship between the nursing staff, has helped to clinical disease treatment, therefore, personalized have applicability in clinical nursing, nursing mode can be applied.

1. Introduction

Clinical liver disease treatment and nursing work is relatively difficult, common liver diseases including cirrhosis, viral hepatitis, etc., patients need to participate in the treatment process of high medical costs, and suffer great physiological pain, resulting in psychological problems, ultimately affecting the quality of life of patients or interfering with the treatment process of patients. Combined with relevant statistical data, it can be seen that with the economic and social development, Chinese residents' life is changing, their work pressure is increasing, and their life is irregular, which are all pathogenic factors of liver disease. With the increase of the incidence of liver disease, more attention has been paid to the treatment and nursing of liver disease patients. Scientific nursing measures to assist patients in the treatment process is a key measure to improve the effectiveness of disease treatment. Therefore, it is one of our important tasks to choose a nursing mode more suitable for liver disease patients through comparative research methods. In this study, 86 patients with liver disease who participated in treatment activities in our hospital were selected to participate in different nursing intervention activities. The comparative study results are reported as follows.

2. Materials and Methods

2.1 General Materials

In this study, 86 cases of confirmed liver disease patients who participated in the clinical treatment of liver disease in our hospital from June 2019 to May 2020 were selected as the research objects. According to the numerical random method, the above selected patients were divided into the study group ($n=43$) and the control group ($n=43$). The control group included 25 males and 18

females, ranging in age from 26 to 68 years, with a mean age of (44.87 ± 5.65) years. Disease types: 5 cases of hepatitis a, 12 cases of hepatitis b, 12 cases of hepatitis c, 14 cases of liver cancer; The highest age of the patients in the study group was 75 years old, the lowest age was 32 years old, and the average age was (46.85 ± 6.02) years old. The ratio of male and female patients was 24:19. Disease types: 7 cases of hepatitis a, 11 cases of hepatitis b, 12 cases of hepatitis c, 13 cases of liver cancer. The patients and their families participating in this study all gave informed consent and signed the informed consent. The statistical difference of baseline data showed no significance ($P > 0.05$) and was comparable.

2.2 Methods

Among the two groups of patients who participated in the nursing comparison study, the control group patients participated in routine nursing intervention, including monitoring of patients' vital signs, data recording, ward care and diet care.

Patients in the study group participated in personalized nursing intervention, including the following measures:

(1) basic nursing: the immunity level of patients with liver disease has a downward trend. During the personalized nursing operation, it is necessary to pay attention to the ward hygiene and disinfection care, ensure at least 10min of ultraviolet light exposure to the ward every day, pay attention to the patient's age, gender, cultural level and other differences, and adjust the nursing plan.

(2) behavioral habits guide nursing: pay attention to the formation of patients' living habits, urge patients to go to bed early and get up early, develop good living habits, maintain a full state of mind, and improve the quality of patients' life.

(3) psychological care: carry out professional psychological assessment on the patients, the patients with emotional abnormalities and psychological disorders should be timely counseling, more health psychological counseling activities. Reasonable choice of recreational items to divert the patient's attention, the patient's physiological pain, attention to sleep care, to solve the patient's sleep disorders, when necessary with drug intervention. Manage patients with successful cases to build confidence in treatment and improve compliance with disease treatment.

(4) health philosophy guidance:

In terms of disease prevention and control, daily nursing, disease causes and symptoms, we should popularize health knowledge, improve the cognition of patients and their families on liver diseases, stimulate the initiative and enthusiasm of patients to participate in treatment activities, and establish a harmonious nurse-patient relationship. Explain the importance of proper exercise, guide patients to participate in moderate exercise to maintain normal body function and accelerate the recovery of disease.

(5) diet nursing: to understand the patient's eating habits, combined with the results of the survey to develop a targeted diet plan, focusing on light and nutrient-rich food, to maintain a reasonable diet, nutrition. During the treatment period, patients are forbidden to overeat, so as to avoid unhealthy dietary habits interfering with the process of liver cell repair.

2.3 Observation Indicators

The scores of depression and anxiety were compared before and after nursing activities. To investigate patients' satisfaction with nursing work. Satisfaction = (very satisfied + generally satisfied)/total population *100%. The lower the score of anxiety and depression, the less obvious the symptoms of depression and anxiety.

2.4 Statistical Methods

SPSS21.0 was selected for professional statistical processing of the data in this study. The data were represented by $(\bar{x} \pm s)$, X^2 test, percentage (%), and t test. $P < 0.05$ was statistically significant.

3. Results

3.1 Comparison of Depression and Anxiety Scores Before and after Nursing Care between the Two Groups

After all the patients participated in the nursing intervention activities, the scores of depression and anxiety decreased, but the comparison of the scores of depression and anxiety in the two groups after nursing showed that the descending trend of the scores in the study group was more significant than that in the control group, and the difference was statistically significant ($P < 0.05$, table 1).

Table 1 Comparison and Analysis of Depression and Anxiety Scores Before and after Nursing Care in the Two Groups

group	n	HADA		HADD	
		before nursing	after nursing	Before nursing	after nursing
the study group	43	54.20±5.56	45.12±4.53	55.85±5.60	46.94±5.67
the control group	43	54.81±5.45	49.51±4.60	56.41±5.74	50.54±5.75
t	-	9.002	6.672	10.526	6.683
P	-	>0.05	<0.05	>0.05	<0.05

3.2 Comparison of Nursing Satisfaction between the Two Groups

The nursing work satisfaction of patients in the study group (95.35%) was significantly higher than that of patients in the control group (86.04%). Comparison of professional data entry statistics software showed the difference ($P < 0.05$, table 2).

Table 2 Comparative Analysis of Patients' Satisfaction with Nursing Work in the Two Groups

group	n	satisfaction	general satisfaction	dissatisfaction	total satisfaction rate
the study group	43	24(55.81)	17(39.53)	3(6.98)	95.35%
the control group	43	22(48.84)	15(37.21)	6(13.95)	86.04%
P	-	<0.05	<0.05	<0.05	<0.05

4. Discussion

Patients with liver disease bear great psychological pressure and physical pain, especially in the case of severe illness and slow recovery, which will cause serious negative impact on the quality of life of patients. Combination treatment in our hospital liver disease data analysis results, cases of liver disease does increase gradually, due to the complexity of disease types, and infectivity is strong, patient treatment process need isolation, and family treatment process is painful, common methods of routine nursing intervention to a certain extent, adjuvant therapy, but the effect is not obvious, in patients with depression and anxiety of no was significantly reduced, is not satisfied on nursing work, lead to the quality of life. Personalized nursing model in the application of liver disease patients daily nursing activity, to help promote the psychological status of patients with recovery, improve patients satisfaction of nursing work and implementation activities such as diet, exercise and psychological intervention patients progress to targeted care programmes to help patients recover quickly, meet different progress and living habits and treatment of patients with demand, reflect patients center theory and the advantage of multiple nursing intervention mode, the nursing mode in the current play a significant role in clinical nursing work.

All the patients who participated in this comparative nursing activity participated in the clinical treatment practice of liver diseases in our hospital from June 2019 to May 2020. A total of 86 patients were selected and divided into the study group and the control group, and the changes of depression and anxiety scores and patients' satisfaction with nursing work were compared before and after the nursing. Results: the nursing work satisfaction of patients in the study group (95.35%) was significantly higher than that of patients in the control group (86.04%). Comparison of professional software for data entry statistics showed differences ($P < 0.05$). Comparing the levels of

depression and anxiety scores of the group before and after nursing, there were positive changes in both groups, but the anxiety and depression scores of the group decreased more significantly after nursing, and the difference was statistically significant ($P<0.05$).

In summary, the personalized nursing model plays a significant role in the clinical nursing work of patients with liver disease, the patients' psychological state is significantly improved, the relationship with the nursing staff is more harmonious, and the nursing satisfaction is improved. It can be seen that the personalized nursing mode has a positive impact on the treatment process of patients with clinical liver disease, and this nursing mode is applicable in clinical nursing work and meets the conditions for popularization and application.

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