

Analysis on the Effect of Comfort Nursing on Alleviating Insomnia in Patients with Subarachnoid Hemorrhage

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Abstract: objective: To explore the practical value of applying comfortable nursing mode to clinical nursing of patients with insomnia symptoms of subarachnoid hemorrhage. Methods: 106 patients with insomnia diagnosed as subarachnoid hemorrhage were randomly divided into the control group and the experimental group, with 53 cases in each group. The control group received routine nursing and the experimental group received comfort nursing. The effects of different nursing intervention methods on improving patient satisfaction and alleviating patients' insomnia were compared. Results: The comparison results of the insomnia rate before and after the two groups of patients participating in the nursing activities showed a decrease, and the reduction degree of the experimental group was more significant, with statistical difference ($P < 0.05$). The statistical difference analysis results of the insomnia rate before the two groups of patients were negative ($P > 0.05$). The satisfaction index of patients participating in different nursing intervention activities of the two groups was compared, showing significant statistical difference ($P < 0.05$). The satisfaction rate of patients in the experimental group (94.34%) was higher than that in the control group (81.13%). Conclusion: The application of comfortable nursing mode in the clinical nursing activities of patients with subarachnoid hemorrhage has significantly improved the patients' sleep conditions, and also shows great advantages in the satisfaction survey results. Therefore, the effectiveness of this nursing mode has been preliminarily confirmed in this study, and it is suggested that the staff engaged in clinical nursing work should reasonably choose the application.

1. Introduction

Under the condition of subarachnoid hemorrhage, the patient will indeed show obvious symptoms of insomnia, and in severe cases, a series of complications such as nausea and vomiting, dizziness and headache will cause negative emotions, and the patient is prone to anxiety, anxiety and depression, which will affect the normal life. Therefore in the process of clinical treatment of the disease, we suggest that the auxiliary nursing intervention methods to relieve insomnia patients, based on this goal, this study attempts to the clinical data of patients in our hospital diagnosed as the foundation, USES the contrast nursing intervention methods to explore the nursing intervention mode in the clinical application value of different, now the results reported as follows.

2. Materials and Methods

2.1 General Materials

All the subjects included in this study were admitted to our hospital for clinical treatment from march to December 2019, and a total of 106 patients were included in the study, all of whom presented symptoms of insomnia. The control group included 25 males and 28 females, aged 20-60 years, with a mean of 38.8 ± 7.22 years. The experimental group included 30 males and 23 females, aged 23-64 years, with a mean of 40.2 ± 6.04 years. After the comparison of the baseline data by statistical methods, there was no difference in the data of the two groups ($P > 0.05$), indicating comparability.

2.2 Methods

2.2.1 Acute Nursing

(1) ward environment: to create a comfortable hospital environment for patients, temperature control in 18°C-22°C, relative humidity control in 40%-50 %. Open the window for breathing every day, control the time around 20-30min, prohibit the noise in the ward, provide a quiet rest environment for patients.

(2) the adjustment of the body position: scientific guidance of the body position is conducive to muscle relaxation of the patient, generally requires the patient to absolutely lie in bed within 2-3 weeks, the patient feels the head discomfort to take the head to one side supine or lateral lying, reduce jugular vein compression, assist massage and turn over to prevent the patient from compression and bed sore.

(3) prevention of complications nursing: choose the type of appropriate, soft material catheter, reduce the stimulation of the patient's urethral mucosa, keep the patient's perineum dry, urethral mouth for two times a day disinfection treatment; Respiratory care, timely clean patients' mouth and nose secretions, atomized inhalation, keep breathing smooth; Assist in patting the back or using sputum aspirator to promote sputum excretion. Observe whether the patient has headache, nausea, vomiting, fever and other symptoms during the treatment of the disease, and if such symptoms occur, timely treatment should be conducted.

2.2.2 Stable Period Nursing

(1) Turn over nursing: at least 1-2h to assist the patient to turn over once, as far as possible to alleviate the patient's limbs of acid swelling and discomfort, during the process of turning the supine position to prevent excessive head tilting.

(2) bedclothes care: control bedclothes clean, neat, wet or pollution need to change sheets and bedding in time, bed to level off, comfortable, to avoid causing patients discomfort.

(3) diet nursing: guide patients to eat less and more meals, pay attention to hygiene diet, prohibit overeating, affect the quality of sleep. Family members should receive health education, make clear the patient's dietary nursing needs, guide the patient to drink a glass of milk before going to bed, improve the quality of sleep.

2.2.3 Convalescence Nursing

(1) psychological nursing: after psychological evaluation of the patients according to the results of the psychological nursing program, actively to answer the patient, listen to the patient's opinions, to obtain the patient's trust, to meet the psychological and emotional needs of the patient. Scientific selection of nurse-patient communication language, the application of communication skills to guide patients and nursing staff to establish a communication relationship, the communication process based on the patient's family background, disease characteristics, personality characteristics and other elements of the selection of the actual communication mode, improve the patient's compliance with disease treatment.

(2) functional recovery nursing: During the recovery period, the patient needs to help the language function and thinking training as much as possible, assist the patient to carry out passive exercise first, and then try to take the initiative to participate in simple exercise, guide the patient to exert reasonable force, according to the patient's condition to control the intensity and frequency of the patient's exercise, it is suggested to soak the foot with warm water at night, to help promote sleep.

(3) Social comfort care: encourage patients' friends and family to provide support and encouragement to patients, create a harmonious social relationship atmosphere, and bring confidence to patients.

2.3 Observation Indicators

Combined with the improvement of patients' clinical sleep quality and nursing satisfaction, the application value of nursing intervention mode was analyzed. Very satisfied: 80-100 points;

relatively satisfied: 60-79 points; dissatisfied: less than 60 points. Satisfaction = (very satisfied + relatively satisfied)/total number of cases $\times 100\%$.

2.4 Statistical Method

All the study data were recorded into the statistical software SPSS21.0, after which the measurement data were expressed as ($\bar{x} \pm s$), the t test was used, and the variance comparison was used to count the data.

3. Results

3.1 Comparison of Insomnia before and after Nursing in the Two Groups

The comparison results of the insomnia rate before and after the two groups of patients participating in the nursing activity showed a decrease, and the reduction degree of the experimental group was more significant, with statistical difference ($P < 0.05$). The statistical difference analysis results of the insomnia rate before the two groups of patients were negative ($P > 0.05$), as shown in table 1.

Table 1 Comparison of Insomnia Before and after Nursing Care between the Two Groups

group	n	before nursing	after nursing
the experimental group	53	50(94.34%)	22(41.51%)
the control group	53	48(90.57%)	32(60.38%)
X^2			10.81
P			<0.05

3.2 Comparison of Nursing Satisfaction between the Two Groups

The satisfaction degree of patients in the control group and the experimental group to clinical nursing was compared under the differential nursing mode. The result was that the satisfaction rate of patients in the experimental group (94.34%) was higher than that in the control group (81.13%), and the difference was statistically significant ($P < 0.05$, table 2).

Table 2 Comparison of Nursing Satisfaction Indexes between the Two Groups

group	n	satisfied	generally satisfied	dissatisfied	satisfaction rate
the experimental group	53	30(56.60)	20(37.74)	3(5.66)	94.34%
the control group	53	25(47.17)	18(33.96)	10(18.88)	81.13%
t					4.871
P					0.027

4. Discussion

The symptoms of insomnia in patients with subarachnoid hemorrhage are significant clinically, and the patients are prone to anxiety, which is also very adverse to the normal development of their physiological indicators. Therefore, it is necessary to carry out nursing intervention clinically to keep the patients happy, alleviate their symptoms of insomnia, and improve the quality of life. The results of clinical studies show that the conventional nursing model can help effectively improve the clinical symptoms of patients, but in the nursing process, there is still a lack of humanistic concept integration, insufficient attention to details, resulting in a decline in patient satisfaction rate [3], which is not conducive to the improvement of patient treatment compliance and the establishment of harmonious nurse-patient relationship.

As a new nursing model, comfort nursing takes the patient as the center to formulate the nursing plan, and pays attention to the personalized needs of patients on the basis of reflecting the integrity. Patients can get high-quality nursing intervention whether physically or psychologically, which is of positive significance to ease the discomfort of patients and promote their recovery. In the process of applying this nursing mode, nursing workers need to establish active service awareness,

comprehensively improve patient treatment compliance, establish harmonious nurse-patient relationship, master advanced nursing work concepts and practice methods, and provide assistance for clinical disease treatment.

In this study, 106 patients with insomnia diagnosed as subarachnoid hemorrhage were selected into the study scope, and randomly divided into the control group and the experimental group. Two nursing modes, routine nursing and comfort nursing, were adopted, and the final outcome of nursing work was compared. Results: there was no significant difference in the insomnia rate between the two groups before nursing care ($P>0.05$), but the insomnia situation of the two groups was improved after nursing care. The insomnia rate decreased significantly in the experimental group, with a statistical difference ($P<0.05$). The satisfaction degree of patients in the control group and the experimental group to clinical nursing under the differential nursing mode was compared. The result was that the satisfaction rate of patients in the experimental group (94.34%) was higher than that in the control group (81.13%), and the difference was statistically significant ($P<0.05$).

In conclusion, the comfortable nursing model intervention subarachnoid hemorrhage in patients with insomnia, can significantly improve insomnia, compared to conventional nursing mode it can also improve patients satisfaction of nursing work, the results of this study is to compare the nursing activities of fully show the application value of comfortable nursing mode, the authors therefore recommend the clinical application of comfortable nursing mode, but the application methods and principles also need our further study.

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