

## **Analysis on the Role of Nurse-Patient Communication in the Process of Hypertension Nursing**

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**Abstract:** Objective: In order to analyze the role of nursing communication in the process of hypertension nursing, specially carried out a specific discussion of clinical nursing work, greatly improve the level of nursing service, only conducive to the solution of nursing problems, the improvement of management quality, the orderly promotion of diagnosis and treatment, a number of. Methods: A total of 100 patients receiving hypertension treatment in our hospital from October 2018 to October 2019 were randomly divided into the control group and the research group, with 50 patients in each group. The control group used routine nursing interventions and the research group strengthened nursing communication. Observe the actual changes in the condition of the two groups of hypertension patients, and then compare and analyze the anxiety and depression score, nursing effect, nursing job satisfaction, complication rate, etc., constantly summarize nursing experience, so as to improve the quality of life of patients. Results: After nursing intervention, the anxiety and depression scores of the study group were significantly better than those of the control group. The total nursing efficiency and nursing job satisfaction in the study group were higher than those in the control group. The complication rate was 2.33% in the study group and 18.78% in the control group. Conclusion: Strengthening the communication between nurses and patients in the course of hypertension nursing is beneficial to optimize the treatment effect of patients and reduce the incidence of complications. The results of patients' anxiety score and depression score will affect their quality of life. Through the construction of harmonious nurse-patient relationship, the negative emotions of patients can be removed as far as possible. They have good treatment compliance and trust the implementation of nursing work. The communication between nurses and patients has extensive promotion value and needs to attract more and more people's attention.

### **1. Introduction**

The main characteristic of hypertension is the clinical syndrome that the blood pressure of systemic circulation artery keeps increasing and causes certain damage to the heart, brain, kidney and other important organs at the same time. Hypertension is a common chronic disease. With the growth of age, the risk factors of cardiovascular and cerebrovascular diseases are more and more. If the elderly do not have specific understanding of health knowledge, blood pressure concept, control methods, etc., it is difficult to ensure the safety of life. During the hospitalization of hypertensive patients, nurses provide them with high-quality nursing services. It is very necessary to truly reflect the value of nursing work by improving the status quo of abuses, supplementing nursing management, and establishing harmonious nurse-patient relationship. This experiment specifically analyzed the role of nursing-patient communication in the process of hypertension nursing, hoping to provide effective reference for other nursing staff to diversify their management ideas and accumulate nursing experience, so as to accelerate the sustainable development of modern medical and health undertakings.

### **2. Materials and Methods**

#### **2.1 General Materials**

We divided 100 randomly selected patients with hypertension into scientific groups to ensure

that they participated in the survey voluntarily and their families understood the purpose of the experiment, the significance of the study, the key points of care, etc. In the control group, there were 35 male patients and 15 female patients. The patients were between 47 and 73 years old, with an average age ( $51.79 \pm 11.34$ ) years, and an average course of disease ( $6.90 \pm 3.21$ ) years. There were 40 male patients and 10 female patients in the study group. The patients were between 50 and 78 years old, with an average age of ( $56.22 \pm 11.89$ ) years and an average course of disease ( $7.11 \pm 3.46$ ) years.

Inclusion criteria: all patients met the diagnostic criteria of “hypertension” and received blood pressure monitoring, evaluation and management in the department of cardiovascular medicine of our hospital. The nursing staff is responsible for communicating with the family members and signing the informed consent in time. Except for age, gender and course of disease, other data of the two groups were not statistically significant ( $p > .05$ ).

Exclusion criteria: patients with mental illness, language dysfunction, drug allergy and unstable vital signs in admission were excluded; patients with malignant tumors, major diseases and families who did not cooperate with clinical work were excluded.

## **2.2 Methods**

The control group carried out routine nursing intervention, involving: medication guidance, health examination, condition assessment, ward inspection, doctor-patient coordination and other work. On the basis of nursing intervention, the research group strengthened nurse-patient communication as follows:

Care for and care for patients, and try every means to meet their reasonable demands. Lead the patients to visit the hospital, make them adapt to the unfamiliar environment as soon as possible, actively cooperate with the efficient implementation of the treatment plan. Play the role of “children”, “friends” “relatives” and so on, listen to the hearts of patients, so that they from the bottom of their hearts to produce a sense of trust in nursing work. Nursing service with a smile, patiently answer all kinds of questions raised by patients and their families, the closer the distance between nurses and patients, the implementation of the nursing plan has more favorable conditions.

During the standardized operation, nursing staff should understand the past medical history, education level, dietary habits and living habits of different patients, choose better communication skills between nursing and patients, help patients to understand the disease, and have a deeper understanding of health knowledge, blood pressure concept and control methods. Introduce the harmfulness of “hypertension” with examples, instruct the patient to master oneself condition effectively, pay more attention to daily life, sports, diet and so on. If there are psychological disorders in patients, it is advisable to organize department activities to encourage patients to express their feelings of anxiety and depression. Communication, the nurse should use suggestive language, enhance the confidence of the patients with active treatment, always adhere to the “taking patients as the center” the service idea, completes the nursing methods of improvement, the service level of ascension, the implementation of the management system, successfully build a harmonious relationship between nurses and patients, is the true sense of the protect life, promoting health and benefit the people.

## **2.3 Effect Evaluation**

The “anxiety self-rating scale” and “depression self-rating scale” were used to evaluate the changes of anxiety and depression before and after nursing intervention. Sub-items of nursing satisfaction survey: very satisfied, basically satisfied, dissatisfied, total satisfaction = (very satisfied + basically satisfied) /  $n \times 100\%$ ; The occurrence of complications in the process of rehabilitation treatment and nursing management was analyzed, and the incidence of complications was calculated.

## **2.4 Statistical Methods**

SPSS 20.0 professional statistical software was used to process the research data and analyze relevant data. The tabulated data were presented as mean standard deviation and tested with  $\chi^2$ ,

$p < 0.05$ , indicating statistically significant difference between groups.

### 3. Results

#### 3.1 Comparison of Anxiety and Depression Scores Before and after Nursing Intervention between the Two Groups is shown in the Following Table:

group	n	anxiety score before nursing intervention      after nursing intervention	depression score before nursing intervention      after nursing intervention
the control group	50	65.78±3.47 48.41±2.45	59.42±3.11 55.08±2.96
the research group	50	66.40±3.76 20.15±1.52	58.91±3.04 31.37±1.90
$\chi^2$		6.118 3.102	5.853 3.556
p		<0.05      <0.05	<0.05      <0.05

#### 3.2 The Two Groups of Patients Have Different Nursing Points. for the Comparison of Nursing Effects, See the Following Table:

group	n	effective	apparent	no effects	total effective rate
the control group	50	20 (39.71%)	16 (32.11%)	14 (28.18%)	36 (71.82%)
the research group	50	35 (70.20%)	12 (23.36%)	3 (6.44%)	47 (93.56%)
$\chi^2$		9.204	5.441	8.622	8.787
p		<0.05	<0.05	<0.05	<0.05

#### 3.3 The Satisfaction Survey of the Two Groups of Patients on Nursing Work is Shown in the Following Table:

group	n	satisfaction	general satisfaction	dissatisfaction	total satisfaction rate
the control group	50	19 (38.02%)	14 (27.90%)	17 (34.08%)	33 (65.92%)
the research group	50	32 (64.31%)	13 (25.77%)	5 (9.92%)	45 (90.08%)
$\chi^2$		11.984	9.765	11.330	11.217
p		<0.05	<0.05	<0.05	<0.05

#### 3.4 Statistics on the Incidence of Complications in the Rehabilitation Treatment and Nursing Intervention of Patients in the Two Groups Are Shown in the Following Table:

group	n	MI	arteriosclerosis	kidney failure	complication rate
the control group	50	3 (6.55%)	5 (9.76%)	1 (2.47%)	9 (18.78%)
the research group	50	1 (2.33%)	0 (0.00%)	0 (0.00%)	1 (2.33%)
$\chi^2$		3.898	4.027	3.114	5.320
p		<0.05	<0.05	<0.05	<0.05

### 4. Discussion

The continuous development of hypertension has caused serious impact on the health of patients, and the frequent occurrence of a series of complications is threatening the life safety of patients. Rehabilitation treatment is combined with high-quality nursing care, scientific and effective nurse-patient communication is conducted, aiming at forming a good nurse-patient relationship, ultimately strengthening diagnosis and treatment, and further improving the quality of life of patients. In this experimental analysis, the study group strengthened nurse-patient communication,

and the nursing effect, nursing satisfaction, anxiety and depression score of patients were better than the control group. Nursing-patient communication plays an important role. On the basis of routine nursing intervention, a new nursing-patient communication model is constructed to change the outcome of patients' rehabilitation treatment, so that more diagnosis and treatment problems can be properly solved. In addition, after strengthening nurse-patient communication, the incidence of complications in patients with hypertension decreased significantly. It is of great significance to continue to study nurse-patient communication, and it is also crucial to accumulate nursing experience and integrate advanced concepts in practice.

We should build a high-quality nursing mode based on nurse-patient communication, and devote more energy to the optimization of nursing management, so as to effectively relieve patients' anxiety and depression. The communication between nurses and patients has the value of extensive promotion, which is conducive to the condition control and physical and mental health of patients with hypertension, family members' trust in nursing work, and the standardized development of hospital medical service workflow can achieve twice the result with half the effort.

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