

## Analysis on the Effect of Comfortable Nursing in the Nursing of Unstable Pelvic Fracture

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**Abstract:** Objective: To analyze the effect of comfortable nursing intervention in patients with unstable pelvic fractures. Methods: All the samples in the nursing study were selected from the group of patients with self-hospital unstable pelvic fractures (from February 2019 to December 2019). In this study, 118 patients were randomly divided into the control group (n=59) and the observation group (n=59) with certain inclusion criteria as reference. The nursing intervention methods were routine nursing and comfort nursing respectively. After nursing, collect clinical data and analyze the effectiveness. Results: The complication data of the two groups of patients participating in the statistical study showed the difference ( $P<0.05$ ), and the complication rate of the control group receiving routine care (22.03%) was higher than that of the observation group receiving comfort care (8.47%). The nursing satisfaction of the observation group (94.92%) was higher than that of the control group (83.05%), and the difference between the two groups was statistically significant ( $P<0.05$ ). Conclusion: The patients with unstable pelvic fractures who received comfortable care all responded well, and the comparative clinical data also showed that the application effect was better than that of the conventional nursing group. The complications of this group of patients were significantly reduced, and they were more satisfied with the nursing work. Therefore, it was recommended to use this nursing intervention method clinically.

### 1. Introduction

Unstable pelvic fractures in clinical fracture type belongs to the type of serious, mostly due to the patients suffered from external force damage, the pelvic ring before and after pelvic ring joint injuries occur, influence the stability of the pelvis in patients with severe injuries, daily operation on the patients and caused serious influence normal life, active therapy clinical recommendations, joint nursing measures to help patients to restore the body's function as soon as possible. As a scientific nursing model that emphasizes patients' subjective experience and feelings, comfort nursing has been proved by clinical practice to have positive significance in improving patients' treatment compliance and satisfaction, as well as optimizing the effect of disease prognosis. Based on the clinical application value of this nursing mode, this paper attempts to analyze the application value of different nursing modes by combining the clinical data of patients with unstable pelvic fractures diagnosed and determined in our hospital. The report is as follows.

### 2. Materials and Methods

#### 2.1 General Materials

Patients with unstable pelvic fractures who participated in the treatment in our hospital from February to December 2019 were taken as the research objects, and the patients were grouped according to the principle of no difference. Patients who applied conventional nursing intervention measures were identified as the control group, while patients who applied comfort nursing intervention measures were identified as the observation group. There were 59 patients in the control group, including 32 males and 27 females. The average age was  $(44.35\pm5.45)$  years old, with the highest value being 67 years old and the lowest value being 20 years old. The observation

group included a total of 59 subjects, male/female = 33:26, age range 18-65 years, mean (45.02±7.21) years. There was no statistical significance in the difference comparison of baseline data ( $P>.05$ ), indicating comparability.

## 2.2 Methods

The control group of patients with routine nursing intervention treatment process, including activity guidance, vital signs detection, medication guidance and other routine content.

The observation group used comfort care to intervene in the treatment process, including the following steps:

(1) social comfort care: suggest and encourage family members to accompany patients actively, and guide patients to build self-confidence in an encouraging way; At the same time, the nursing staff carries out psychological counseling and health education activities for the family members, so as to improve the family members' cognition of the patients' diseases, so as to eliminate the patients' doubts to the maximum extent and avoid negative emotions affecting the patients.

(2) Psychological comfort: communication and communication are the main ways for nursing staff to carry out psychological counseling activities. Nursing staff should grasp the changes in patients' psychological emotions and ideological trends at the first time, so as to eliminate the negative emotions of patients. In addition, health education should be done well, disease knowledge should be popularized, patients should be guided to establish a correct concept of disease, eliminate fear, explain the possibility of cure, increase patients' confidence and improve their cooperation in disease treatment.

(3) Physiological comfort care:

1) diet care. To guide the patients to a balanced diet, focusing on digestible and high-protein foods, to pay attention to the patients' dietary preferences in the process of formulating dietary guidelines, to properly match nutrition, and to choose foods rich in vitamin C, which are conducive to accelerating wound healing and callus growth of the patients.

2) Environmental care. Ward should clean regularly and disinfect, open window regularly ventilated, maintain indoor temperature and humidity appropriate.

3) excretion care. Patients are encouraged to increase the amount of drinking water to promote urination, requiring a daily urination volume not less than 2.5L. Eat the food with high content of fiber and vitamin more, focus is given priority to with fresh fruit and vegetable, reduce bed patient to appear constipation circumstance. The patient's privacy and self-esteem are protected by shielding during defecation. The patient that has indwelling catheter should undertake disinfection nursing in time, reduce infection complication.

(4) Rehabilitation nursing. Help patients to maintain correct and comfortable body position, reduce the pressure and limitation of limbs, carry out traction nursing regularly, help patients to clean their beds, reduce the complications of pulmonary infection caused by sanitary and environmental factors. In addition, massage nursing, to help accelerate the blood circulation of the limbs of patients, patients should be encouraged to actively participate in stretching and flexion of the toes, contraction and other training, reduce the incidence of muscle atrophy in patients.

(5) Bedsore nursing. Change bed sheets and quilts for patients regularly, instruct family members to help frequently change underclothes, keep patients' clothes and limbs dry, reduce the incidence of pressure sores.

## 2.3 Observation Indicators

The occurrence of complications after the two groups of patients participating in nursing were recorded, and the corresponding indicators were compared. The questionnaire made by our hospital was used to collect the two groups of patients' satisfaction with nursing work. The total score was 100 points, 85-100 marks marked as very satisfied, 70-84 marks marked as relatively satisfied, and 69 marks marked as dissatisfied. Nursing satisfaction = (very satisfied + relatively satisfied)/ total cases ×100%.

### 3. Results

#### 3.1 Comparison of Nursing Satisfaction between the Two Groups

The nursing satisfaction of the observation group (94.92%) was higher than that of the control group (83.05%), and the difference between the two groups was statistically significant ( $P < 0.05$ , table 1).

Table 1 Comparison and Analysis of Satisfaction Indexes between the Two Groups

Group	n	satisfied	generally satisfied	dissatisfied	satisfaction rate
the observation group	59	36(61.02)	20(33.90)	3(5.08)	94.92%
the control group	59	32(54.24)	17(28.81)	10(16.95)	83.05%
$X^2$	-	-	-	-	9.184
P	-	-	-	-	0.002

#### 3.2 Comparison of Complication Rates between the Two Groups

The complication data of the two groups of patients participating in the statistical study showed the difference after testing ( $P < 0.05$ , table 2). It was obvious that the complication rate of the control group receiving routine care (22.03%) was higher than that of the observation group receiving comfort care (8.47%).

Table 2 Comparison and Analysis of Complications between Groups

Group	n	constipation	pressure sores	urinary infection	muscle atrophy	total rate
the observation group	59	1	2	2	0	8.47%
the control group	59	3	4	4	2	22.03%
t		-	-	-	-	5.712
P		-	-	-	-	0.017

### 4. Discussion

Unstable pelvic fractures have a high mortality and disability rate in clinical patients, and their condition progresses rapidly. Many complications and multiple injuries are accompanied in the treatment process, causing great psychological pressure and physiological pain to patients, and threatening the normal life of patients. During the treatment, patients are prone to panic, depression and other negative emotions due to their unfamiliarity with the hospital environment, low disease cognition level, economic burden, psychological pressure, physical pain and other factors, and poor treatment compliance. In addition, prolonged bedridden can lead to a series of complications such as constipation, bedsores or urinary tract infections. Obviously, in this case, the treatment of patients with unstable pelvic fractures requires reasonable integration of nursing measures to reduce patients' discomfort, guide patients to actively participate in the treatment, establish treatment confidence and accelerate recovery.

Conventional nursing methods in the clinical application process without advanced nursing philosophy as a guide, so there is a one-sidedness in the nursing content, in the nursing method also did not consider the actual needs of patients, the overall nursing intervention effect is not ideal. With the development of medical enterprise, we in the clinical nursing methods in the study also started to make some progress, the comfortable nursing measures emphasizes taking patients as the center, the main nursing goal is to combine with the social, psychological and physiological aspects of attention, accord with the actual care needs of patients with nursing plan formulation, the process can improve the patient's comfort, reduce the complications and improve patient quality of life.

This study unstable patients with pelvic fractures and chosen as the research sample diagnosis standard time range is 2 - December, 2019, according to the random way for study of 118 cases in accordance with the nursing method of dividing groups, conventional nursing group mark for the control group, comfortable nursing team logo as the observation group, with 59 cases of patients, nursing implementation after comparing two groups in different clinical effect under the influence

of nursing intervention mode.

The results showed that the complication data of the two groups of patients participating in the statistical study showed the difference after testing ( $P < 0.05$ ). It was obvious that the complication rate of the control group receiving routine care (22.03%) was higher than that of the observation group receiving comfort care (8.47%). The nursing satisfaction of the observation group (94.92%) was higher than that of the control group (83.05%), and the difference between the two groups was statistically significant ( $P < 0.05$ ). Above all, unstable patients with pelvic fractures in contrast method of nursing intervention, the comfortable nursing mode highlights its application value, compared with conventional nursing has more excellent effect, adverse reaction in patients with clinically significantly reduced, and more satisfaction of nursing work, this study based on table must attitude of comfortable nursing mode, nursing results suggest that the clinical application of the nursing science method, hope this view for some effective reference for the clinical nursing workers.

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