

心理治疗对支气管肺癌患者化疗依从性的影响

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摘要 目的 探讨心理治疗对支气管肺癌患者化疗依从性的影响。方法 本院收治的支气管肺癌患者 80 例,随机分为对照组和观察组。对照组进行化疗的支气管肺癌患者采用常规专业护理措施。观察组 在对照组常规专业护理措施的同时,患者行心理治疗措施。结果 观察组满意度高于对照组,观察组的依从性优于对照组。结论 心理治疗不但可以提高支气管肺癌患者在化疗期间的满意度,而且可以提高支气管肺癌患者对化疗的依从性。

关键词 心理治疗;支气管肺癌;化疗;依从性;满意度

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Psychotherapy Influence on Chemotherapy Compliance of Bronchial Lung Cancer Patients

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ABSTRACT Objective: To explore the influence of psychotherapy on chemotherapy compliance of bronchial lung cancer patients.

Methods: 80 cases of patients with Bronchial lung cancer were divided into observation group and control group. Patients in control group treated by chemotherapy were given conventional nursing measures, while patients in observation group were given conventional nursing measures plus psychotherapy. **Results:** The observation group had a higher satisfaction than the control group. Compliance of the observation group was also better than the control group. **Conclusion:** Psychotherapy can improve satisfaction of lung cancer patients in chemotherapy period. It also can improve the patients' compliance to chemotherapy.

Key words: Psychotherapy; Bronchial Lung Cancer; Chemotherapy; Compliance; Degree of satisfaction

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肺癌,亦称支气管肺癌,是最常见的肺原发性恶性肿瘤,绝大多数起源于支气管粘膜上皮,可向支气管腔内或临近的肺组织生长,并可通过淋巴血行或经支气管转移扩散。化疗是目前的主要治疗方法^[1],但由于化疗药物的毒副作用及其他的一些因素,肺癌患者的化疗依从性较差,甚至影响化疗的顺利进行。本研究中,笔者观察了心理治疗对支气管肺癌患者化疗依从性的影响。现报道如下。

1 对象和方法

1.1 研究对象

选择 2009 年 10 月至 2011 年 10 月本院收治的支气管肺癌患者 80 例(男 55 例/女 25 例),年龄 51~78 岁,按就诊顺序随机分成观察组 and 对照组两组。观察组 40 例(男 28 例/女 12 例),平均年龄(63.9±7.8)岁;对照组 40 例(男 27 例/女 13 例),平均年龄(64.2±6.7)岁。两组支气管肺癌患者一般资料差异不显著($P>0.05$),具有可比性。

1.2 方法

两组支气管肺癌患者均进行化疗。①对照组 进行化疗的支

气管肺癌患者采用常规专业护理措施^[2-4]。②观察组 在对照组常规专业护理措施的同时,患者行心理治疗措施:①护士要以高度的同情心和责任心,努力为支气管肺癌患者创造一个温暖和谐的修养环境,室内保持充足光线、必要的背景音乐。②护士要及时开导支气管肺癌病人的情绪,主动向患者介绍病情好转的信息。③护士要语言亲切,态度诚恳,鼓励支气管肺癌病人说出自己的心理感受。④护士对支气管肺癌病人的心理特点制定出合理的、科学的心理护理计划,并定期行常规的心理护理,同时医生每天坚持与患者交流一段时间。⑤向支气管肺癌病人提供报纸、杂志、电视等,鼓励患者阅读、看电视或从事其感兴趣的等活动等,转移注意力。⑥根据支气管肺癌病人情况适当给予安慰剂,非甾体类或吗啡类止痛药物等。

1.3 效果评价

采用李克特量问卷调查表支气管肺癌病人的满意度,即分别对 5 级态度“很满意(Very satisfied)、满意(Satisfied)、一般(General)、不满意(Dissatisfied)、很不满意(Very dissatisfied)”赋予“5,4,3,2,1”的值,让患者及其家属打分^[5]。依从性的划分标准参考文献^[6]制定:①依从性好(Good compliance):支气管肺癌病人完全接受医生制定的治疗方案、剂量,完成完整治疗过程,疗程够,完全配合各项护理措施。②部分依从(Partial compliance):部分支气管肺癌病人接受医生制定的治疗方案、剂量,不定时治疗,对护理措施部分配合。③不依从(Compliance is not

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good) 支气管肺癌病人偶尔或病情加重时治疗 ,对化疗中出现的反应和副作用不理解 ,不配合医护工作。

1.4 统计学方法

本组数据采用 SPSS 13.0 统计学软件进行分析处理。组间比较采用 X² 检验或 t 检验。以 P<0.05 表示差异有显著意义。

2 结果

两组支气管肺癌病人对护理满意度的比较见表 1 :心理治疗可提高支气管肺癌患者在化疗期间的满意度。两组支气管肺癌病人对化疗依从性的比较见表 2 :心理治疗可提高支气管肺癌患者对化疗依的依从性。

表 1 两组患者的满意度评价 [n(%)]
Table 1 Evaluation of satisfaction of patients in two groups [n(%)]

Groups	n	Very satisfied	Satisfied	General	Dissatisfied	Very dissatisfied	The total satisfaction rate
The control group	40	16(40.00)	18(45.00)	5(12.50)	1(2.50)	0(0.00)	34(85.00)
The observation group	40	4(10.00)	17(42.50)	14(35.00)	3(7.50)	2(5.00)	21(52.50)
X ²		9.600	0.051	5.591	0.263	0.513	9.834
P		<0.01	>0.05	<0.05	>0.05	>0.05	<0.01

表 2 两组依从性的比较[n(%)]
Table 2 Comparison of compliance in two groups[n(%)]

Groups	The control group		The observation group	
	before treatment	After treatment	before treatment	After treatment
Good compliance	14(35.00)	12(30.00)	15(37.50) *	21(52.50) #
Partial compliance	16(40.00)	19(47.50)	15(37.50) *	17(42.50)
Compliance is not good	10(25.00)	9(22.50)	10(25.00) *	2(5.00) #

Note : vs before treatment ,*P>0.05 ,vs the control group #P<0.05.

3 讨论

肺癌是世界范围内最常见的恶性肿瘤之一^[7] ,在我国也已经成为城市肿瘤死亡率最高的恶性肿瘤 ,目前多采用以化疗为主的综合治疗。虽然化疗方式多样^[8-13] ,但是化疗效果的差强人意、本身的毒性及肺癌病人的高症状负荷 ,使得该部分患者一直有较高的流失率 ,依从性也很差。陈裴裴^[14]回顾分析 50 例原发性支气管肺癌患者进行化疗前所签署的知情同意书进行评估 ,再根据知情程度分组分别进行配合治疗的调查 ,结果认为医护人员应适当把握“告知度” ,让患者对自己病情有一定的了解 ,帮助患者取得最佳心理状态 ,配合化学治疗 ,可达到最好的治疗效果。郭素辰等^[15]研究心理护理对贫困山区肺癌患者化疗不良反应的影响 ,结果认为对贫困山区肺癌化疗患者进行个体化系统的心理护理 ,明显减少了化疗患者的不良反应 ,提高了患者满意度。

满意是一种心理状态 ,是患者的需求被满足后的愉悦感 ,是患者对服务的事前期望与实际使用产品或服务后所得到实际感受的相对关系 ,满意度目前常用来评价患者对护理质量的满足感^[16-18]。依从性是指病人按医生规定进行治疗、与医嘱一致的行为 ,习惯称病人“合作” ;反之则称为非依从性 ,病人对于具体用药的依从性 ,即为该具体药物的依从性 ,而病人的依从性则即病人依从治疗计划的程度 ,依从性也常用来评价护理服务质量^[19-20]。本研究中 ,笔者在对照组进行化疗的支气管肺癌患

者采用常规专业护理措施。观察组在对照组常规专业护理措施的同时 ,患者行心理治疗措施。结果观察组满意度明显高于对照组 ,而且观察组的依从性也明显优于对照组。提示心理治疗不但可以提高支气管肺癌患者在化疗期间的满意度 ,而且可以提高支气管肺癌患者对化疗依的依从性。

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