

项目详细内容 Project Details:

项目名称	养老院老人护理情感陪护模式探讨		主题	社区护理
Project Title	Study on emotional support nursing in elderly home		Theme	Elderly Care
项目负责人	张群芳	项目成员 Project Team	10人	
Project Lead	Zhang Qunfang			
经费 Funding	RMB 一万元			
项目起止日期 Project Period	起始: 2013 年01月01日 Start Year Month Day	完成: 2013年12月01日 End Year Month Day		
问题描述 Problem Description 请描述问题起因及存在多久、问题形塑过程中的关键人员及人数。 请以中英文填写。	<p>安亭镇黄渡养老院是一所社区一级的公办养老院，总床位数 300 个，目前入住有 245 位老人。大多是属于居保老人。由于家庭及疾病等因素家属选择了养老院这种集中养老方式。一些老人在养老院里缺少亲情关爱，感觉孤独。彼此缺乏交流，影响在院适应率，这种情况下老人迫切需要专业的护理情感陪护。</p> <p>Huangdu nursing home in Anting Town is a first-class community public nursing home with 300 beds. The 245 elderly who are currently staying in the home are mostly under government insurance scheme. Due to diseases and other reasons, the elderly's families chose for them to stay in nursing home. Many of the elderly occupants are lonely without care and concern from family members. It is even harder for them to adapt to the nursing home when they refuse to interact with others. They are in urgent need to receive professional emotional care.</p>			
解决方法 Solution 请描述可行的解决方法和形塑过程。 请以中英文填写。	<p>通过在黄渡社区卫生服务中心组建一支由主管护师、护师为团队的南丁格尔志愿者队伍，对黄渡养老院的 100 位老人进行为期半年的护理情感陪护，即利用休息日为 100 位老人提供健康照护相关知识宣讲、给予适当心理辅导，结果使参与的老人的孤独感得到改善，对养老院的适应性及满意率上升 20%。健康锻炼的参与性上升 30%、兴趣小组的参与率上升 50%。</p> <p>We set up A Nightingale team of volunteers consist of nurse managers and nurses to provide emotional care for 100 elderly staying in the Huangdu nursing home for 6 months. We made use of our off-days to conduct knowledge sharing sessions on elderly healthcare, and provided them with psychological counseling. Results showed that the elderly were less lonely after intervention, and their adaptability and satisfaction level for the nursing home increased by 20%, participation in health exercises increased by 30%, and participation rate for interest groups was increased by 50%.</p>			

成效 / 影响力

Outcome / Impact

请提供方案实施前的基线数据和实施后的成果指标。

请以中英文填写。

一、一般情况

本次研究共有男性 36 例 (35.6%), 女性 64 例 (63.4%); 年龄最小 56 岁, 最大 90 岁, 平均年龄 (81±6.45) 岁; 入住时间少于一年 4 例, 两年以上 13 例, 三年以上 83 例; 大专 3 例, 初中 2 例, 小学 16 例, 文盲 79 例; 配偶健在 13 例, 孤寡老人 87 例; 从不参加锻炼 13 例, 参加锻炼 87 例。

1. Before intervention

There are 36 male participants (35.6%), and 64 female participants (63.4%) in the study; youngest participant was 56 years old, and oldest participant was 90 years old, with an average age of 81±6.45. 4 participants stayed in the home for less than a year, 13 of them for more than 2 years, and 83 of them for more than 3 years. There are 3 of them with high school qualifications, 2 middle school, 16 elementary school, and 79 without educational background. 13 of them have partners, 87 of them are without partners. 13 of them have never joined any exercise sessions, 87 of them participated before.

二、干预前后老人孤独程度分析

从研究发现通过情感陪护干预老人的孤独感较干预前有明显好转, 其中干预前老人孤独最高分为 66, 最低分为 40, 均值 62.08±5.285, 干预后孤独最高分为 55, 最低分为 30, 均值 42.87±3.161。两者比较, 差异显著有统计学意义 (P<0.05)。(见表 1)

2. Loneliness score of the elderly after intervention

From our study, the loneliness score decreased significantly after intervention. From 40-66 with average 62.08±5.285, to 30-55 with average 42.87±3.161. The results are significant statistically with P<0.05. (Refer to Table 1)

表 1 干预前后老人孤独程度

Table 1. Loneliness score of elderly before/after intervention

组别 Group	最高分 Highest	最低分 Lowest	孤独量均值 Average	t	P
干预前 Before	66	40	62.08±5.285	31.327	<0.05
干预后 After	55	30	42.87±3.161		

三、干预前后对孤独程度改善情况比较

3. Comparison of loneliness level before and after intervention
研究发现, 通过情感陪护, 重度孤独的老人数量明显减少, (见表 2)。

From our study, elderly with high level of loneliness have significantly decreased after intervention. (Refer to Table 2)

组别 Group	例数 Case	Low 轻度 (20-28 分)		Mid 中度 (29-44 分)		High 重度 (>44 分)	
		例数 Case	百分比 (%)	例数 Case	百分比 (%)	例数 Case	百分比 (%)
干预前	100	0	0	2	2%	98	98%

干预后	100	0	0	73	73%	27	27%
x 2	110.017						
P	<0.005						

表 2 干预前后孤独程度比较
Table 2. Comparison of loneliness level before and after intervention.

<p style="text-align: center;">执行力 Excellence in Execution</p> <p>请提供评价标准(如时间、预算、人力、干预族群的满意度), 及计划初始估计与成果的比较。 例: 规划运行4个月, 800人民币。实际为4个月, 花费680人民币。 请以中英文填写。</p>	<p>1对象与方法</p> <p>1.1对象 于2012年12月至2013年10月期间选取黄渡养老院意识清醒、能够有效沟通的老人作为研究对象。</p> <p>1.2方法</p> <p>1.2.1情感陪护人员</p> <p>1.2.2情感陪护内容</p> <p>1) 陪聊</p> <p>2) 健康教育知识讲座</p> <p>3) 多种娱乐活动提高参与率</p> <p>1.2.3评估方法</p> <p>1.2.3.1 一般情况调查。内容包括: 基本情况(性别、年龄、婚姻、教育程度)、入住情况(入住费用、费用来源、入住情况、子女看望次数)、健康状况(有无慢性病、生活自理能力、活动兴趣)、入住自主满意度共四大类内容。</p> <p>1.2.3.2 孤独调查。采用Russell编写的孤独量值评分表(第三版)。</p> <p>1.2.3 资料收集方法 调查前对护士进行统一培训, 不作引导性暗示, 以确保调查数据的真实有效性。采用自身对照法, 在干预前及6个月干预后进行问卷调查。两次调查共发放200份问卷, 回收200份, 回收率100%。</p> <p>1 Subjects and Methods</p> <p>1.1 Object Select Wong Pui sober awareness in nursing homes from December 2012 to October 2013 period, be able to communicate effectively in the elderly study.</p> <p>1.2 Methods</p> <p>1.2.1 emotion accompanying persons</p> <p>1.2.2 Emotional Chaperone content</p> <p>1) chatting</p> <p>2) health education lectures</p> <p>3) a variety of recreational activities to increase the participation rate</p> <p>1.2.3 Assessment</p> <p>1.2.3.1 General Survey. Contents include: basic information (gender, age, marital status, education level), availability (Stay, cost sources, availability, visit the number of children), health status (with or without chronic, daily living, active interest), stay independent satisfaction total of four categories content.</p> <p>1.2.3.2 lonely investigation. Russell prepared using the lonely magnitude score sheet (third edition).</p> <p>1.2.3 Data collection methods Prior to the survey of nurses uniform training, not for guiding hint as to ensure the validity of the survey's data. Using self-control method, before and after the intervention and six months intervention questionnaire. Two surveys were distributed 200 questionnaires, 200 copies, 100% recovery rate.</p>
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<p style="text-align: center;">发展性</p> <p style="text-align: center;">Sustainability</p> <p>请描述如何持续项目成果，及在其他区域的可复制性。例：若需在五个社区复制此方案，需要的战略合作伙伴为乙方及丙方，估计需要五千人民币，可能从以下三个单位获取，及资金取得的时间表。</p> <p>请以中英文填写。</p>	<p>目前，我国养老机构作为解决老人生活起居、衣食住行的一个重要社会机构，其所提供的服务也多集中在满足基本的物质生活需要，很少关注其心理需要。随着我国人口老龄化趋势的发展，老人的孤独感等心理问题也日益受到人们的关注，老年人的心理健康水平作为生活质量的一个重要指标而渐渐引起人们重视。</p> <p>研究发现，大多数老人基本都患有的一种或两种以上的慢性疾病，需要长期服药和保健治疗。通过健康宣教和聊天的方法向老年人介绍其心理、生理特点及常见的健康问题，使老人对自己的情况有一个整体的了解，在此基础上作出的针对性的指导和建议，可以很好的帮助老人有效的应对自身面临的具体问题。此次研究结果也说明了以专业的护理团队介入养老机构，通过情感陪护的方式，能在一定程度上解决老人的心理问题，且效果明显。</p> <p>At present, China's pension agency as a solution to the elderly daily life, an important social institution basic necessities, and the services they provide are more concentrated in the material to meet the basic needs of life, very little attention to their psychological needs. As China's development trend of population aging, loneliness and other psychological problems of the elderly people are increasingly concerned about the mental health of the elderly as an important indicator of quality of life and gradually attracted attention.</p> <p>The study found that the majority of elderly people are suffering from the basic one or more chronic disease that requires long-term medication and health treatments. Through health education and chat to older methods introduced its psychological and physiological characteristics and common health problems, the elderly on their own circumstances have an overall understanding of specific guidance and recommendations made on this basis, can be a good the effective response to help the elderly themselves facing specific problems. The results also illustrate the involvement of professional nursing team pension institutions, through emotion accompanying the way to solve the psychological problems of the elderly to some extent, and the effect is obvious.</p>
<p style="text-align: center;">创新力</p> <p style="text-align: center;">Innovation</p> <p>请描述方案执行中遇到的挑战、应对过程及方式。请提供任何项目执行的相关照片、影片。如前后的比较、干预对象、宣教范本等。</p> <p>请以中英文填写。</p>	<p>陪护对象：个别老人生性孤僻，不愿志愿者介入。在这样的情形之下，志愿者通过表演节目，做游戏等方式来调动老人的兴趣，自觉参加到集体的活动中来，慢慢与其他的老人及自愿者关系融洽。</p> <p>志愿者：个别护士的参与积极性不高，以及在语言方面，有一名护士不太会说本地话，而老人大多是本地户籍的，听不太懂普通话，故两者沟通上有些欠缺。采用小组结对模式，可以两个小组一起或两个房间的老人聚在一起，志愿者多以倾听为主，让老人尽量多说。</p> <p>Chaperone object: Individual elderly eccentric nature, do not want to volunteer involvement. Under such circumstances, the volunteers through performances, games and other ways to mobilize the interest of the elderly, and consciously participate in collective activities in the past, slowly rapport with other elderly and volunteer relations.</p> <p>Volunteers: Participation of individual nurses are not active, and in the language, there is a nurse does not speak the local dialect, and the elderly are mostly local residence, and did not really understand Mandarin, so some lack of communication between the two. Using group-pairing mode, two teams of two rooms together or elderly</p>

	<p>people together to listen more volunteer-based, so the old man said as much.</p>
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