

项目详细内容Project Details:

项目名称	提高造口病人的自我护理能力		主题	专科护理-造口护理
Project Title	Improve the self-care ability of enterostomal patients		Theme	Enterostomal care
项目负责人	黄桂芳	项目成员 Project Team	施姬、施芸、危艳萍 Ji Shi, Yun Shi, Yanping Wei	
Project Lead	Guifang Huang			
经费 Funding	RMB 3620元		3620Yuan	
项目起止日期 Project Period	起始: 2012年6月1日 Start 2012,June 1st	完成: 2014年5月31日 End 2014,May 31st		
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>每年至少有10万人因各种原因行造口手术治疗。造口人在生理和心理上均受到严重打击，他们既需要他人的关心和帮助，更需要有专业知识的护理人员的指导和治疗；其次，造口手术的并发症使造患者十分苦恼，且严重影响生活质量。据国内文献表明，造口早期的并发症一般在30%-40%，即1/3造口患者备受造口并发症的痛苦，有关研究提示66.7%-84.3%的患者不了解并发症的观察和处理、造口相关用品正确使用等方面的知识。造口相关知识的缺乏使患者自我护理能力低下，不能预防造口并发症的发生，从而导致患者的生活质量下降，需要训练有素的造口治疗师的帮助和处理。</p> <p>Every year there's at least 100000 patients having the enterostomal operations for a variety of reasons, and the patients were severely hit by the enterostomal operation physiologically and psychologically, they need either care and help or more guidance and treatment from nursing specialists; secondly, the complications of enterostomal operation can make patients very distressed, and seriously affect the quality of life. According to domestic literatures, the early complication of enterostomy in general counted for 30%-40%, that means one third stoma patients suffered from enterostomal complications. Relevant studies have indicated that 66.7%-84.3% patients did not understand observation and treatment of the complications and the enterostomal related products applications. Lacking of related knowledge of enterostomal care led to low self-care abilities, they were unable to prevent enterostomal complications, resulting in a decline in the quality of life of the patients, help and treatment were needed by trained</p>			

	enterostomal therapist.
<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>	<p>对造口患者进行全程规范化护理</p> <p>1、术前：心理护理及造口定位，为患者日后进行自我护理提供了最大限度的保障，提高造口者生活质量。</p> <p>2、术后加强健康教育：讲座与床边指导相结合，提高造口相关知识的掌握程度和自理能力：定于每周三下午16:00-17:00在25区阳光室进行造口患者健康讲座，讲座内容包括两个方面，一方面主要包括：造口基础知识、造口并发症观察和处理、造口患者生活指导、造口产品应用指导授课。另一方面是实践指导——造口袋更换的培训，主要是在模型上用实物进行造口底盘揭除、剪裁、粘贴。参加对象包括：全院住院造口患者、家属，出院造口病人及家属，护理实习同学，在职护理人员。授课人员：造口治疗师和造口专科小组人员。</p> <p>3、开设造口门诊：为出院患者提供服务。</p> <p>4、加强社会支持：成立造口人士QQ群、召开造口联谊会，通过QQ群和联谊会的形式，让病友之间相互交流</p> <p>Whole course of standardized nursing enterostomal patients:</p> <p>1. Psychological nursing and preoperative enterostomal location which provided maximum guarantee for the future self-care, improving the quality of life of enterostomal patients.</p> <p>2. Strengthening health education by the combination of lectures and bedside guidance to improve the enterostomal related knowledge and self-care abilities. Every Wednesday afternoons 16:00-17:00 we had a lecture in the meeting room of the 25th department, the contents mainly involved: the basic enterostomal knowledge, observation and treatment of the enterostomal enterostomal complications, life enterostomal patients, instructions of the application of enterostomal products. On the other hand, we trained on the practice of replacing enterostomal bag, such as removing the enterostomal chassis, cutting, pasting in the models. Participants included enterostomal patients of the whole hospital, family members, discharged enterostomal</p>

	<p>patients and their families, student nurses and nurses. The teachers were enterostomal therapists and the staff from the enterostomal specialist team.</p> <p>3. Providing enterostomal clinic service: providing services to the discharged enterostomal patients.</p> <p>4. Strengthening social support: strengthening the communications and support by the establishment of enterostomal patients QQ group and enterostomal Associations.</p>
<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。 <i>请以中英文填写。</i></p>	<p>通过医院造口门诊对就诊的造口人士发放问卷结果显示： 2008年11月-2012年5月造口门诊病人造口人士：28.98%可完全自理，50.53%可部分自理，20.69%不能自理；出现造口并发症41.33%。 2012年6月-2014年5月造口门诊造口人士：40.45%可完全自理，55.12%可部分自理，4.43%不能自理；出现造口并发症23.67%。</p> <p>The results of enterostomal patients questionnaire from the enterostomal clinic showed: From November, 2008 to May, 2012 among the enterostomal patients: 28.98% full self-care, 50.53% partial self-care, 20.69% was unable taking care of themselves; 41.33% had enterostomal complications From June, 2012 – May to 2014 among the enterostomal patients: 40.45% full self-care, 55.12% partial self-care, 4.43% was unable taking care of themselves; 23.67% had enterostomal complications</p>
<p>执行力 Excellence in Execution 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。 <i>请以中英文填写。</i></p>	<p>预算：开展实施2年，培训理论及实际操作费用4000元人名币。住院造口患者及家属参加率80%，造口患者自理能力（完全和部分自理）达到90%，造口并发症下降为30%以下。</p> <p>实际：开展2年，参加造口治疗师及造口专科小组护理人员3名，花费人民币3620元，住院造口患者及家属参加率为95%，造口患者自理能力（完全和部分自理）达到95.57%，造口并发症下降为23.67%。</p> <p>Estimate: The cost of training theories and practices estimate to 4000 yuan RMB for 2 years, the participated rate of training among the enterostomal patients and their families in hospital estimated to 80%, the ability of self-care of enterostomal patients (full and partial self-care) reached 90%, enterostomal complications decreased to below 30%.</p> <p>Practice: The cost of training theories and practice was 3620 yuan RMB for 2 years, the participated rate of training among the enterostomal patients and</p>

	<p>their families in hospital was 95.57%, the ability of self-care of enterostomal patients (full and partial self-care) reached 95%, enterostomal complications decreased to 23.67%.</p>
<p>发展性 Sustainability 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，需要的策略合作伙伴为乙方及丙方，估计需要五万人民币，可能从以下三个单位获取，及资金取得的时间表。 请以中英文填写。</p>	<p>如其他医院需执行此方案，需要医院护理部的指导和支持，需要有造口治疗师和造口专科小组团队，开设造口专科门诊。</p> <p>Under the guide and support of hospital leaders, if the enterostomal therapists and enterostomal specialist teams and enterostomal specialist clinic are available, this scheme could be copied in other hospitals.</p>
<p>创新力 Innovation 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。 请以中英文填写。</p>	<p>目前，国内仅有相对发达城市的部分三甲医院有开设造口门诊，开设造口门诊的医院一般也只是进行每月1次的造口健康讲座。我院不仅于2008年开设全省首个造口门诊开展每月1次造口健康讲座，并在2012年开设每周1次造口健康讲座，使得全院造口人士及家属和护士、实习护士均有机会参加学习、交流。通过开展此活动2年内，经过门诊随访患者，问卷调查显示：此活动开展以来，使得造口人士自理能力达到大幅度的提高，造口并发症发生率明显的下降，通过活动为造口人士提供互相沟通交流平台，使得造口人士相互鼓励、相互学习，增加战胜疾病的信心，能更好、更快的回归社会，使得造口人士生活质量得到明显提高。同时，该活动还在院内普及了造口知识，受到护士及实习护士的好评。</p> <p>So far, only some grade A comprehensive hospitals of relatively developed city has opened enterostomal clinic, which providing enterostomal health lectures once a month. We opened the first enterostomal clinic in our province and carried out the enterostomal health educations once a month in 2008, and we increased the times to once a week in order to meet the needs of all enterostomal patients and families, the nurses and the student nurses in 2012. The data from the follow-up patients showed: the intervention improved self-care abilities of enterostomal patients, enterostomal complication rate dropped significantly, and this intervention also establish a communicative platform for the enterostomal patients, making the participants be encouraged and learned from each other, increasing the confidence to overcome the disease, insuring them return to society better</p>

	<p>and sooner, which have improved the life quality of enterostomal patients obviously. It also popularized the enterostomal knowledge in the hospital, it was welcomed by the nurses and the student nurses.</p>
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