

经颞部皮下不同注射方法优势性对照研究

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Control study on the predominance of different kinds of temporal-subcutaneous injection

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Abstract

• **AIM:** To compare the reducing pain-degree when inserting needle between patients accepting modified temporal-subcutaneous injection and the traditional way, and explore the clinical feasibility of the modified temporal-subcutaneous injection.

• **METHODS:** To use the patients who accepted the compound anisodine temporal-subcutaneous injection as subject investigated, some patients accepted the way of the vertical needle (modified temporal-subcutaneous injection), the other accepted the traditional way (normal temporal-subcutaneous injection), and the pain-degree of two groups were compared. The assigned persons observed the patients' response to pain with the Wong-Baker facial scale, collected the data of the patients' response to pain, then made statistical analysis of the data.

• **RESULTS:** The pain-degree of modified temporal-subcutaneous injection was significantly lower than that of the traditional way.

• **CONCLUSION:** The modified temporal-subcutaneous injection can significantly reduce pain-degree when patients accept temporal-subcutaneous injection, thereby

improve the compliance when patients accept the treatment of temporal-subcutaneous injection.

• **KEYWORDS:** vertical needle; temporal-subcutaneous injection; pain; nursing

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摘要

目的:通过比较患者对改良颞部皮下注射法和常规颞部皮下注射法进针时的疼痛反应程度,探讨改良颞部皮下注射法的临床可行性。

方法:以复方樟柳碱颞部皮下注射的患者为研究对象,将患者随机分组,分别采用垂直进针法(改良皮下注射法)、传统皮下注射法(常规皮下注射法)颞部皮下注射复方樟柳碱注射液,对两组的疼痛程度进行比较。按 Wong-Baker 面部表情量表由专人观察,收集患者对疼痛的反应,将数据进行统计学分析。

结果:改良皮下注射法疼痛程度明显低于常规皮下注射法。

结论:改良皮下注射法能明显减轻患者颞部皮下注射进针时的疼痛,从而提高患者颞部皮下注射治疗的依从性。

关键词:垂直进针;颞部皮下注射;疼痛;护理

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0 引言

随着科学技术不断发展,治疗方法、给药途径不断创新,颞部注射用药将越来越广泛,特别是眼科^[1]。复方樟柳碱注射液(compound anisodine, CA)是由中国人民解放军总医院研制,已临床应用多年的眼病治疗药物^[2]。眼部注射复方樟柳碱可以调节眼部缺血区的血管活性物质,缓解局部血管痉挛,增加血流量、从而改善眼部供血状况,提高视功能。复方樟柳碱注射液(内含普鲁卡因),针头进入皮肤后注药时,患者疼痛不明显,患者感觉疼痛的关键就在于进针时的针刺痛。在临床应用过程中,我们发现传统的皮下注射方法,患者进针疼痛较明显,为了减轻疼痛,我科 2007-03/2010-06 应用改良皮下注射方法,对 60 例 98 眼颞部皮下注射的患者进行临床观察,发现患者进针时疼痛明显减轻,效果较好,现报告如下。

1 对象和方法

1.1 对象 眼科复方樟柳碱颞部皮下注射患者 60 例 98