The Clinical Nursing Path of Coronary Heart Disease Angina Pectoris Patient Nursing Application Effect Exploration

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Abstract: objective: to explore the effect of clinical nursing path in the nursing of angina pectoris patients with coronary heart disease. Methods: 82 patients with coronary heart disease and angina pectoris who came to our hospital for treatment were selected as subjects, and the period was from april 2017 to may 2017. randomly divided into control group and study group (n=41), the control group received routine nursing, the study group received clinical nursing. The nursing effects of the two groups were compared. Results: compared with the control group, the total effective rate of treatment in the study group was higher, the incidence of complications was less, and the patients had higher satisfaction, the difference was statistically significant (p < 0.05). Conclusion: the application of clinical nursing path in the nursing of patients with coronary heart disease and angina pectoris can achieve good application effect, accelerate the rehabilitation process of patients, and promote the improvement of quality of life.

1. Introduction

Clinically, coronary heart disease is called coronary atherosclerotic heart disease. The causes of this disease are variable factors and immutable factors. Among them, the variable factors are mostly related to the patient's own factors, such as obesity, hypertension, dyslipidemia, bad living and eating habits, etc. The immutable factors are mostly related to gender, age and family history. The existence of coronary heart disease, not only can affect the patient's normal life, reduce the quality of life, but also can appear myocardial acute transient blood loss, hypoxia, angina pectoris and other symptoms, constantly threatening the patient's health and life safety. At present, the method that uses to treat coronary heart disease is medicaments cure, although this kind of way can control the relapse of the condition, make the condition is alleviated, but easy to produce complication, affect cure curative effect. In this regard, while giving drug treatment, should also be supplemented by targeted nursing means, so as to obtain a good treatment effect, improve the quality of life and nursing satisfaction of patients. In this paper, the clinical nursing path in the coronary heart disease angina pectoris patients in the application of the effect of exploration.

2. Materials and Methods

2.1 General Materials

82 patients with coronary heart disease and angina pectoris who came to our hospital for treatment were selected as the study subjects, and the period was from April 2017 to May 2018. Randomly divided into control group and study group (n=41), the control group received routine nursing, the study group received clinical nursing. At the same time, the patients met the diagnostic criteria of coronary heart disease angina pectoris; No history of drug allergy; Has a high degree of compliance and cooperation; The complete treatment data were inclusion criteria. Patients with tumors, kidney function and other major diseases; A history of mental illness; Cranky, treatment compliance is low for exclusion criteria. Among the 82 patients, there were 44 males and 38 females. The mean age was 60.45±3.06 years. There was no significant difference between the two

groups (P >.05).

2.2 Methods

The control group received routine nursing care, including admission education, ward arrangement, medication guidance, psychological intervention, etc.

Clinical nursing pathway :(1) establish clinical nursing pathway group. The department should select excellent nurses based on working years, daily performance and comprehensive quality, and form a clinical nursing pathway team together with the head nurse. In order to improve the quality of nursing and service level, before the implementation of nursing work, to pass special lectures, knowledge and skills assessment and other ways to test the nursing staff to coronary heart disease angina pectoris nursing knowledge of the master, only through the can be on the job. (2) on the first day after admission, in addition to the actual situation and basic information of the patient, admission education should also be conducted, including the environment of the ward, the area of the department, visiting hours for family members, attending doctors and nursing staff responsible for treatment, etc. In order to improve the cooperation of patients, but also to inform them of the causes of coronary heart disease angina pectoris, attention, treatment, daily care and other aspects of the content. (3) 2-3 days after admission, nursing staff should assist the patient to complete various examinations, make a diet plan based on the examination results, instruct the patient to eat low-sugar, low-salt and low-fat food, and explain the dangers of smoking and drinking if the patient exists; To guide patients to use drugs rationally, and to specify the use method, dosage and matters needing attention of different drugs; According to the education level and understanding ability of the patients and their families, diversified methods should be used to explain the causes, hazards and treatment methods of angina pectoris of coronary heart disease, so as to improve the patients' compliance comprehensively. (4) 4-9 days after admission, the patient should be comprehensively evaluated. If the patient has psychological stress accompanied by the occurrence of negative emotions, the nursing staff should conduct psychological counseling through conversation, communication and other means, and list the successful cases over the years to help the patient establish treatment confidence; Make specific exercise plan according to the recovery of patients, so as to improve their immunity and speed up their recovery process. (5) to give guidance on discharge, advise the patients on matters needing attention after discharge, remind them to come to the hospital for follow-up visits regularly, and seek medical advice in time if abnormalities or adverse reactions are found during rehabilitation.

2.3 Observation Indicators

Treatment total effective rate, complications, nursing satisfaction.

2.4 Statistical Methods

Statistical software SPSS22.0 was used to process the data generated in the nursing process, and t and x^2 were used for inter-group test. (x±s) represents the measurement data, and (%) represents the counting data. If the difference was statistically significant, it was expressed as $P < 0.05$.

3. Results

3.1 Total Effective Rate of Treatment

The specific situation is as follows (table 1).

Table 1 Comparison of Total Effective Rate of Treatment between the Two Groups (%)

group	n	effective	apparent	no effects	total effective rate
the study group	41	21(51.22)	17(41.46)	3(7.32)	38(92.68)
the control group	41	19(46.34)	16(39.02)	6(14.63)	35(85.37)
x^2		3.6254	0.3657	2.1452	6.9375
P		<0.05	<0.05	<0.05	<0.05

3.2 Complications

The incidence of complications was 17.03% (7/41) in the control group and 4.88% (2/41) in the study group, with statistically significant differences (P < 0.05).

3.3 Nursing Satisfaction

The specific situation is as follows (table 2).

Table 2 Comparison of Nursing Satisfaction of Patients in the Two Groups (%)

group	n	satisfaction	general satisfaction	dissatisfaction	total satisfaction rate
the study group	41	22(53.66)	18(43.90)	1(2.44)	40(97.56)
the control group	41	20(48.78)	16(39.02)	5(12.20)	36(87.80)
x^2		4.1962	1.3886	3.7564	7.2684
P		<0.05	<0.05	<0.05	<0.05

4. Discussion

Coronary heart disease as a critical disease in the department of cardiology, angina pectoris, myocardial infarction for the common clinical manifestations, serious people will also occur sudden death, constantly threatening the health of patients and life safety. Experts in the study of coronary heart disease in the process found that the cause of the disease has variable factors and immutable factors. Among them, the variable factors are mostly related to the patient's own factors, such as obesity, hypertension, dyslipidemia, bad living and eating habits, etc. The immutable factors are mostly related to gender, age and family history. In clinical practice, if there is no timely and effective treatment and targeted nursing intervention, it will not only aggravate the illness, but also induce a variety of complications, hindering the rehabilitation process of patients. To this, in the treatment of coronary heart disease angina pectoris, in addition to drug treatment, but also to provide patients with a full range of nursing services.

Clinical nursing path, as a new nursing method, is applied to the nursing of patients with coronary heart disease and angina pectoris. By virtue of its scientific, comprehensive and reasonable characteristics, it can solve the problems existing in the traditional nursing method and achieve good nursing results. In the specific application, nursing staff can make specific nursing plans according to the actual situation of patients, take the initiative to explain disease related knowledge, treatment methods, precautions and other contents, in order to strengthen patients' cognition of the disease, improve their compliance and cooperation in the treatment process, promote the improvement of nursing quality. In this study, under the influence of the clinical nursing path, the comprehensive quality and sense of responsibility of nursing staff have been improved, and patients can get a sense of belonging in nursing, with higher satisfaction.

The results showed that the total effective rate of the control group was 85.37%, the complication rate was 17.03%, and the nursing satisfaction was 87.80%. In the study group, the total effective rate was 92.68%, the complication rate was 4.88%, and the nursing satisfaction was 97.56%. Therefore, compared with the control group, the total effective rate of treatment in the study group was higher, the incidence of complications was less, and the patients had higher satisfaction, the difference was statistically significant (P < 0.05).

In conclusion, the application of clinical nursing path to the nursing of patients with angina pectoris can accelerate the rehabilitation process of patients, improve their quality of life and satisfaction, and obtain good clinical efficacy.

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