

Application Value of Holistic Nursing Intervention in Nursing Care of Patients Undergoing Cholelithiasis Surgery

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Abstract: Objective: To understand the application value of holistic nursing intervention in the nursing of patients with gallstone surgery.**Methods:** 80 cases of cholelithiasis patients in our hospital from April 2017 to June 2018 were randomly divided into two groups. The control group was given routine nursing care and the holistic nursing group was given holistic nursing care.Comparing the satisfaction rate of the two groups, the understanding of the cooperation items, the execution time and hospitalization time of gallstone surgery, the physical function, social function and overall health before and after nursing, and the complications of operation.**Result:** The satisfaction rate, physical function, social function, overall health, understanding of cooperation items, execution time, hospital stay and complications of cholelithiasis surgery in the holistic nursing group were better than those in the control group ($P < 0.05$).**Conclusion:** The effect of holistic nursing intervention for patients with gallstone surgery is ideal.

1. Introduction

In clinic, hepatolithiasis is a common and common disease with complex etiology. Clinical symptoms often show abdominal pain and fever in varying degrees. Some patients also have jaundice, nausea and vomiting. Conservative treatment can only relieve symptoms. Surgery is the preferred treatment for gallstones. Therefore, the majority of patients choose surgical treatment, but postoperative patients will have complications, affecting the recovery of the body, need to be given effective nursing. This study analyzed the application value of holistic nursing intervention in patients with gallstone surgery. The report is as follows.

2. General Information and Methods

2.1. Basic Data

80 patients with gallstone surgery from April 2017 to June 2018 were randomly divided into two groups. The age of the holistic nursing group was 21-76 years, with a median age of (49.24 + 4.68) years. There were 20 males and 20 females. There were 8 cases of primary school culture, 15 cases of secondary school culture, 10 cases of college culture and 7 cases of undergraduate culture. The control group was 21-75 years old, with a median age of (49.16 + 4.62) years. There were 22 males and 18 females. There were 8 cases of primary school culture, 14 cases of secondary school culture, 11 cases of college culture and 7 cases of undergraduate culture. The basic data of the two groups were comparable.

2.2. Method

The control group was given routine nursing methods, and the holistic nursing group was given holistic nursing intervention. Firstly, preoperative intervention: all patients were given routine

examination before operation, and targeted dietary and life care were formulated according to different conditions. Effective psychological intervention was given to alleviate the psychological burden of patients. Health education made it clear the necessity of operation and possible risks, and improved compliance. Second, intraoperative intervention: During the operation, nursing staff need to adjust the patient's operation position according to the operation situation, actively communicate with the patient, and alleviate the patient's anxiety by smiling, shaking hands and accompanying. Pay attention to the dynamic changes of the signs during the operation, and inform the doctor that if there is any abnormality, appropriate measures should be taken. Third, postoperative care. Dietary care, guide patients to eat light and digestible food, avoid cold, spicy, stimulating food. Continue to monitor vital signs. Report abnormal situation in time. It is necessary to strengthen the observation and nursing of incision after stone operation, to give antibiotics prophylaxis according to medical treatment, and to prevent infection and fever. Postoperative pain patients need to pay attention to shift, raise the pain threshold, and give reasonable pain relief treatment according to doctor's advice when necessary.

2.3. Indicators

Comparing the satisfaction rate of the two groups, the understanding of the cooperation items, the execution time and hospitalization time of gallstone surgery, the physical function, social function and overall health before and after nursing, and the complications of operation.

2.4. Statistical Method

SPSS18.0 software carries out t and X2 tests respectively, $P < 0.05$ is significant difference.

3 Results

3.1 satisfaction rate

The satisfaction rate of holistic nursing group was higher than that of control group ($P < 0.05$). As shown in table 1.

Table 1 Satisfaction rate analysis of two groups [cases (%)]

group	Number of cases	Satisfied	Dissatisfied	Satisfaction rate
control group	40	29	11	29 (72.50)
Holistic nursing group	40	39	1	39 (97.50)
X ²				5.054
P				0.026

3.2 Physical Function, Social Function and Overall Health

The physical function, social function and overall health of the two groups before nursing were similar, $P > 0.05$; after nursing, the improvement of physical function, social function and overall health of the holistic nursing group was greater, $P < 0.05$. As shown in table 2.

Table 2 Analysis of physical function, social function and overall health before and after nursing (x + s)

group	Number of cases	period	Somatic function	social function	Overall health
Holistic nursing group	40	Before nursing	64.01±2.22	61.04±2.21	60.31±2.51
		After nursing	94.74±3.31	95.24±2.51	90.72±3.11
control group	40	Before nursing	64.21±2.01	61.01±2.24	60.20±2.52
		After nursing	82.02±3.11	82.47±2.79	80.21±3.25

3.3. Understanding of Cooperation Items in Gallstone Surgery, Execution Time and Hospitalization Time of Gallstone Surgery

In the holistic nursing group, the understanding of cooperation items, the execution time and hospitalization time of cholelithiasis surgery were better, $P < 0.05$, as shown in Table 3.

Table 3 The understanding of the cooperation items, the execution time and hospitalization time of cholelithiasis surgery in two groups (x < s)

group	Number of cases	Understanding of cooperation items in gallstone surgery (score)) Time of gallstone surgery (minutes)	Hospitalization (d)
control group	40	83.40±2.17	56.40±12.17	7.41±2.45
Holistic nursing group	40	93.24±4.21	45.24±10.41	5.21±1.02
t		4.291	4.267	6.124
P		0.000	0.000	0.000

3.4. Operative Complications

The overall nursing group had fewer operative complications ($P < 0.05$). As shown in table 4.

Table 4 Analysis of operative complications in two groups [Number of cases (%)]

group	Number of cases	出血	fever	Infected	incidence rate
control group	40	3	3	2	8 (20.00)
Holistic nursing group	40	1	1	0	2 (5.00)
X ²					4.753
P					0.011

4. Discussion and Conclusion

Because of various reasons, such as bad eating habits, gallstones can occur. In clinical practice, conservative treatment can only alleviate symptoms and can not be completely cured. Therefore, surgical treatment is often used. In order to ensure the therapeutic effect and help the prognosis of patients, it is necessary to supplement effective surgical nursing mode [2-3].

Holistic nursing intervention is an efficient and scientific nursing mode. It mainly implements comprehensive nursing intervention in three stages: preoperative, intraoperative and post-operative. By fully understanding and mastering the specific situation of patients, it helps patients better understand the disease and operation plan, and improves compliance, so as to reduce the occurrence of pain and complications after operation and accelerate the recovery process after operation. Holistic nursing intervention for patients with gallstones can not only effectively alleviate the physiological stress of operation, but also improve the relationship between nurses and patients. It embodies the concept of human text, can alleviate patients' anxiety, improve their quality of life after operation, and improve their satisfaction [4-5].

In this study, the control group used routine nursing methods, and the holistic nursing group used holistic nursing intervention. The data showed that the satisfaction rate, physical function, social function, overall health, understanding of cooperation items, execution time, hospital stay and complications of cholelithiasis surgery in the holistic nursing group were better than those in the control group ($P < 0.05$).

In a word, the effect of holistic nursing intervention for patients undergoing cholelithiasis surgery is ideal.

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