

循证护理对骨科大手术后下肢深静脉血栓形成的影响观察

张启丽 韩金芳

阿克苏地区维吾尔医医院

DOI:10.32629/carnc.v4i1.19858

[摘要] 目的：探讨循证护理模式在预防及治疗骨科大手术后下肢深静脉血栓（DVT）中的效果。方法：选取2024年7月至2025年7月本院骨科收治的60例骨科大手术患者，随机分为两组，对照组实施骨科围手术期常规护理，观察组实施循证护理干预，对比两组DVT发生率、凝血功能指标改善情况及住院周期。结果：观察组DVT发生率低于对照组，凝血功能指标改善幅度优于对照组，住院周期短于对照组（ $P < 0.05$ ）。结论：循证护理可有效降低骨科大手术后DVT的发生风险，优化患者凝血功能状态，缩短康复周期，具有推广价值。

[关键词] 循证护理；骨科大手术；下肢深静脉血栓

中图分类号：R473.6 文献标识码：A

Observation on the Clinical Application Effect of Evidence-Based Nursing in Preventing and Treating Deep Vein Thrombosis (DVT) after Orthopedic Major Surgery

Qili Zhang, Jinfang Han

Aksu Region Uyghur Medical Hospital

Abstract: Objective: To explore the effect of the evidence-based nursing model in preventing and treating DVT after orthopedic major surgeries. Methods: 60 patients with orthopedic major surgeries admitted to our hospital from July 2024 to July 2025 were selected and randomly divided into two groups. The control group received routine nursing during the perioperative period of orthopedic surgery, while the observation group received evidence-based nursing intervention. The incidence of DVT, improvement of coagulation function indicators, and hospital stay were compared between the two groups. Results: The incidence of DVT in the observation group was lower than that in the control group, the improvement of coagulation function indicators was better than that in the control group, and the hospital stay was shorter than that in the control group ($P < 0.05$). Conclusion: Evidence-based nursing can effectively reduce the risk of DVT after orthopedic major surgeries, optimize the coagulation function status of patients, shorten the rehabilitation period, and has promotional value.

Keywords: Evidence-based nursing; Orthopedic major surgery; Lower extremity deep vein thrombosis

引言

骨科大手术（包括人工髋关节置换术、人工膝关节置换术、脊柱骨折内固定术等）具有手术创伤大、术后卧床时间长、肢体活动受限等特点，是下肢深静脉血栓（DVT）发生的高危领域^[1]。DVT的形成与血管内皮损伤、血液高凝状态、静脉血流缓慢密切相关，一旦发生不仅会导致患肢肿胀、疼痛，严重时血栓脱落可引发肺栓塞，危及生命安全，同时还会延长住院时间，增加医疗成本，影响术后康复进程。传统骨科围手术期护理多以经验性干预为主，血栓预防措施缺乏系统性与针对性，难以满足临床精准防控的需求^[2]。循证护理是一种以临床问题为导向，通过系统检索、评价和应用最佳研究证据，结合临床经验与患者个体需求制定护理方案的

科学模式，其在血栓预防领域的应用已展现出显著优势^[3]。

本研究分析循证护理在骨科大手术患者中的效果，现报道如下。

1 资料和方法

1.1 一般资料

选取2024年7月至2025年7月本院骨科收治的60例骨科大手术患者，随机分为两组，每组30例。观察组男性16例，女性14例；年龄（ 58.25 ± 7.36 ）岁；对照组男性17例，女性13例；年龄（ 57.82 ± 8.15 ）岁；两组一般资料比较（ $P > 0.05$ ）。

纳入标准：符合骨科大手术手术指征并顺利完成手术；意识清晰，能够配合护理干预与相关指标检测；患者及家属知情同意并签署知情同意书。排除标准：术前已确诊DVT