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Study on the Effect of High Quality Nursing on the Compliance of Patients with Chronic Hepatitis B

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ABSTRACT

Objective: to explore the effect of high quality nursing on the compliance of patients with chronic Hepatitis B (CHB), and to use it as a reference for clinical nursing. **Methods:** 42 patients with chronic Hepatitis B (CHB) admitted in our infectious department within one year in 2014 were selected for traditional nursing care, 54 patients were selected for quality nursing, and the two groups were used as control group and study group, respectively. The drug compliance of the two groups was compared. **Conclusion:** for patients with chronic Hepatitis B, the use of quality nursing can improve their compliance to take medicine and arouse their enthusiasm subjectively, which is very important for the improvement of their condition. The effect is satisfactory to most patients and family members.

1. Introduction

Among today's many diseases, chronic Hepatitis B is a high incidence disease, which is characterized by high incidence, recurrent attacks and difficult to cure. Its treatment to control the virus, improve the body's immunity or liver protection as the main principle. According to the survey, most and even half of patients with chronic Hepatitis B have poor compliance be-

cause of their resistance to medication. Chronic Hepatitis B (CHB) has an extremely serious effect on the economy and body of patients. It can also cause negative emotion in human psychologically, and increase the chance of HBV infection in healthy people at the same time.^[1] Because of this, the patient's own awareness and medication Compliance enhancement is of great significance for patient recovery.

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Nurses, as the people most frequently in contact with patients, can play an important role in improving patient and doctor's orders. Patients begin to receive treatment, will be in accordance with the doctor's orders to take medicine, but a few patients because of various reasons, in the course of treatment in the case of withdrawal, causing a rebound, and may even develop into severe Hepatitis life-threatening.^[2] In this very bad situation, high-quality nursing model is very feasible.

2. Data and Methods

2.1 General Information

Chronic Hepatitis B is a kind of infectious disease that endangers human health. Because of its many characteristics, it can make patients have psychological problems such as fear, anxiety, tension, and so on.^[3] There are more Hepatitis B patients in China, the infection rate of Hepatitis B virus is as high as 57.63, more than 120 million people, accounting for 1/3 of the whole world^[4]. Among these data, we should pay more attention to the treatment of chronic Hepatitis B.

In this study, 96 patients with chronic Hepatitis B were selected, 42 of them received traditional nursing and 54 received high quality nursing. These patients were systematically examined without dementia or other visceral cryptopenia or autoimmune disease. At the same time, the two groups were similar in age and gender. The study will begin using data collection for comparative analysis the second week after the grouping. The reason for this grouping is that we believe that the knowledge of health and the understanding of the patient's condition are of great significance to the patient's recovery. Enable people to voluntarily adopt Educational activities that are beneficial to healthy behavior and lifestyle^[5] also play an important role in the prevention and treatment of Hepatitis B.

2.2 Methods

According to the compliance of high quality nursing to the patients with Hepatitis B, the results will be different because of the difference of nursing care. We then analyzed the role of quality care in the light of the resulting results.

2.2.1 Divide into Groups

According to the difference of nursing degree, patients were randomly divided into control group and study group.

(1) Control Group

Routine nursing will be given to the control group, that is to say, according to the traditional nursing mode, the patients in this group will be given daily nursing work, such as medication, psychology, diet and life. But in this nursing care, in order to remove the nurses' comparison

psychology and blind winning mentality, we should add higher quality nursing care than ever before. As a research, we should take the aim of closer to the reality to carry on more reasonable nursing methods.

In the control group, we should first refuse to let the nurses know about the study, which not only ensures their sense of normalcy, increases fairness, but also tends to rationalize the results and ensures rigor.

(2) Study Group

With the improvement of social living standards and the change of health concept, people are more concerned about the quality of life.^[6] Therefore, we should adjust the study group according to this mentality to make it more capable of providing quality care for patients.

So what we're going to do is, on the basis of traditional care, adopt quality care, that is, nurses will put themselves in the patient's perspective. Nurses should be willing and active to encourage and comfort patients according to their needs for health, so that they can master daily nursing skills through educational activities. Develop good healthy behavior and change unhealthy behavior habits in the past^[7]. In addition, nurses should also understand the reasons why patients are resistant to taking medicine. According to the survey, some patients are not used to taking medicine themselves, so they always forget that for such patients, nurses have to record their medication. Hanging on the head of the patient's bed to remind the patient not to take the medicine, or to mobilize the family members of the patient to jointly supervise the patient's medication and strive for the patient's uninterrupted treatment. Another reason for refusing to take the medicine is that it is also the most difficult to restrain. Some patients are worried about the burden of taking drugs on their families because they are not optimistic about their families. For these patients, nurses should be patient to explain the importance of taking medicine to their own liver function recovery, so as not to delay the effect of treatment because of economic, so that they can fully realize the role of medication from the subjective consciousness.

In addition, because the treatment drugs of chronic Hepatitis B have certain side effects, many patients can not bear these side effects and interrupt treatment. Therefore, nurses should carefully observe the patient's condition and, if so, report to the doctor in a timely manner and consult the physician to take reasonable steps to degrade the side effects. Patients' mental problems are also important, so nurses should often encourage patients to be positive and optimistic about treatment. Most importantly, according to the different levels of culture of the patients, nurses should divide the patients into different levels and carry out different cultural levels of acceptable

ways to explain the occurrence, development, prognosis of Hepatitis B; and Outcome to help patients improve their understanding of their disease. During this process, nurses should constantly relate to the need for medication and patiently explain possible drug reactions. Also, talk frequently to remind patients to comb their knowledge to improve their subconscious compliance with medication.

3. Data Statistical Method

3.1 Observation Standards

Firstly, the two groups were recorded before and after treatment as medication status: patients refused to take any drugs, this part of the patients for complete disobedience; patients can accept medication, but occasionally forget or contradict medication, such a state is incomplete compliance; patients taking medication state is very good, fully cooperate with the treatment for complete compliance. Several forms were sorted out to analyze the gap between high quality nursing and general nursing.

Secondly, we will investigate and analyze the satisfaction of the patients and their families. It is proved that high-quality nursing is of great help to the compliance of patients with Hepatitis B. We will compare the two criteria separately.

3.2 Data Arrangement Modes

In the data processing, I used the tabular way, carries on the statistics separately the two groups patient's condition.

We will compare the drug compliance before and after treatment according to the different groups of patients, so that we can clearly observe the difference between the two nursing modes. At the same time, it is necessary to collate and compare the patient's rehabilitation status and the satisfaction of patients and family members.

In addition, a self-designed questionnaire was used to investigate the family members of hospitalized patients.^[8] The questionnaire can not only positively reflect the patients' satisfaction with nursing, but also can show us the problems more intuitively. At the same time, nursing staff should propagate health and correct knowledge, raise people's vigilance against Hepatitis B, and pay attention to the prevention of Hepatitis B in vulnerable groups.^[9] We compared the compliance and satisfaction between the two groups. The patients in the study group were superior to the control group and had statistical significance.^[10]

3.3 Statistical Tables

3.3.1 Patient Status Questionnaire

See Table 1

3.3.2 Family and Patient Satisfaction Survey Results

See Table 2

3.3.3 Therapeutic Effect of Two Different Kinds of Nursing Care

See Table 3

Table 1. Patient status questionnaire

Group types	Example number	Totally disobedient	Incomplete compliance	Complete compliance
Usual care group before treatment	42	17	19	6
Usual care group after treatment	42	15	20	7
High quality nursing group before treatment	54	21	24	9
High quality nursing group after treatment	54	3	24	27

Notes: This table shows data before and two weeks after group care.

Table 2. Family and patient satisfaction survey results

Groups	Satisfactory number of patients	Number of satisfied family members	Specific value
Routine nursing (42 cases)	27	23	54%
Quality nursing (54 cases)	49	51	87%

Notes: this table is a survey of the satisfaction of family members and patients.

Table 3. Therapeutic effect of two different kinds of nursing care

Groups	Relative length of stay	Patient rehabilitation status	Compliance of patients with medication
Usual care	invariant	same as	invariant
High quality nursing	shorten	Most complete recovery	Obvious ascension

4. Discussion

Chronic Hepatitis B is easy to relapse, difficult to cure and the disease is long, more panic is easy to deteriorate and other characteristics, repeated visits to the patient's economic and psychological will bring a very serious negative impact. Patients are depressed for fear of disease worsening or even canceration.^[11] The purpose of this study is to improve the compliance of patients with medication by using high-quality nursing care, so as to realize the hope of patients' recovery to a greater extent. We should improve the patient's cognition and mood through nursing work, so as to improve the patient's compliance, and provide the possibility for the patient's good treatment process.

In the treatment of chronic Hepatitis B, the key is to anti-virus, in order to improve patient compliance is a very important content. Throughout the course of treatment, doctors and nurses must reach consensus through active communication with patients and let them know how important compliance is. Try to strengthen the patient's trust in the doctor and make the patient cooperate with the drug. At the same time, we should also establish strong confidence for patients, in the course of medication, encourage patients to adhere to the dosage of drugs, because the treatment of chronic Hepatitis B requires patients with sufficient patience and perseverance, only persistent efforts, can overcome the disease. The paramedics were in the process Always encourage patients to fight with patients, give them confidence and improve their compliance. It is very important for nurses to carry on the health education of disease knowledge to the family members of the patients, especially to the families of the patients with low education level.

The treatment of chronic Hepatitis B is urgent and needs the efforts of patients and medical staff. Only by adjusting the psychological state and action of patients to the best degree can the patients get better treatment. It is not difficult to find out through the experimental results of this comparative nursing that the patients' physical and mental needs are satisfied and the hospitalization time is shortened^[12] through the system of the whole process of high quality nursing. It can be seen that quality nursing can make patients accept and cooperate with treatment, and improve their compliance. When a patient believes in a health care worker and is willing to receive treatment, the whole treatment process becomes practical. It provides a greater guarantee for the patient's recovery.

Although Hepatitis B surface antigen carriers are not equal to Hepatitis B patients, due to the lack of understanding of the disease, and there is no cure for special effects, there is no doubt that patients will have a heavy

psychological pressure.^[13] Therefore, all kinds of health care workers and patients need to cooperate with each other so that patients can receive better treatment. Moreover, due to the intractable nature of Hepatitis B, patients need to persist in treatment for a long time before they can be cured. Once the patient is treated without compliance, the probability of cure is almost zero. Therefore, during medication, nurses should constantly encourage patients to persevere and follow the doctor's advice Comprehensive nursing intervention in the process of final complete recovery.

5. Conclusion

In the course of treatment of Hepatitis B, nurses should pay attention to patients' compliance and the influence of psychological and social factors on compliance, so as to systematize nursing intervention measures.^[14] We can also clearly see from the results of the study that quality nursing is a catalyst for patients to recover. Therefore, high quality nursing has a stable role in promoting the compliance of patients with Hepatitis B.

Chronic Hepatitis B, due to its worrisome characteristics, has increased the demand for Hepatitis B treatment. In order for patients to receive higher standards of treatment, quality care is needed to consolidate the effectiveness of treatment. In addition, it is still an important subject of current research to promote the awareness of knowledge about Hepatitis B and the treatment compliance of patients, and to effectively control the development of the disease.^[15] in order to improve the awareness of Hepatitis B related knowledge and the treatment compliance of patients, it is still an important topic in current research. ^[15] Greater efforts should also be made in nursing to create an excellent nursing team that is more conducive to patient recovery.

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