

Effect of Detail Nursing Intervention on Headache and Negative Emotion in Patients with Subarachnoid Hemorrhage

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Abstract: objective: to explore the effect of detail nursing intervention on headache and negative emotion in patients with subarachnoid hemorrhage. Methods: the clinical data of 100 cases of subarachnoid hemorrhage from January 2015 to January 2017 of neurosurgery in our hospital were randomly divided into the control group and the experimental group, Detail nursing intervention in experimental group, Comparison of two groups of clinical nursing effects. Results the duration of hospitalization and headache in the experimental group were shorter than those in the control group. Fewer headaches than control group ($P < 0.05$) Less headache than control group ($p < 0.05$). Results: the results of SAS and SDS scores were significantly lower than those in the control group ($p < 0.05$) after nursing in the experimental group. Conclusion: the patients with subarachnoid hemorrhage receive detailed nursing intervention; contribute to the alleviation of their headache symptoms, Relieves the patient of negative emotional problems

Keywords: Detail nursing intervention; Subarachnoid hemorrhage; Headache; Negative emotions

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1. Introduction

Subarachnoid hemorrhage is a common neurosurgical disease; the main cause of the disease is the rupture of blood vessels in the brain and at the bottom of the brain. The blood enters the subarachnoid cavity to induce the corresponding symptom; the occurrence of this disease will greatly reduce the quality of life of patients. Headache is the most common type of complication in patients with subarachnoid hemorrhage, affected by disease and complication, patients are also prone to negative emotional problems such as anxiety and depression, and has adverse effects on clinical treatment and nursing care. Therefore, the enhancement of subarachnoid hemorrhage in patients with detailed nursing intervention has a positive impact on relieving headaches and negative emotions. This study analyzed the effect of detail nursing intervention on headache and negative emotion in patients with subarachnoid hemorrhage.

2. Data and Methods

2.1 General data

The clinical data of 100 patients with subarachnoid hemorrhage from January 2015 to January 2017 were analyzed retrospectively. Male 62 cases, female 38 cases, aged 42~76, average (58.4 ± 15.3) years old, Hunt-Hess Grading: Grade I 20 cases, Grade II 40, Grade III 40 cases. Randomly divided into control group and experimental group, 50 cases in each group, two groups of patients sex, age, Hunt-Hess The grading results were not statistically

significant ($p > 0.05$).

2.2 Methods

The control group received routine care including health education, oral care, posture nursing and vital signs monitoring, the experimental group underwent detailed nursing intervention, Specific measures: first, dietary intervention. The nursing staff should develop a healthy diet plan for the patients, To high fiber, high protein, high calorie food mainly, For patients with cough symptoms, can be replaced by nasal feeding supplementary nutrition, To enhance the patient's ability to resist, Every 200ml, 4~6 times a day. Second, language function training. Nursing staff should actively communicate with patients, Instruct patient to exercise language function actively, and actively participate in social activities, for activities of interest to them, actively open their hearts, promote the patient language response, reduce the incidence of depression. Third, limb function exercise. Nursing staff to assist patients in the early stage of passive movement of upper and lower limbs, as well as joint massage and flexion and extension activities, for patients with spastic symptoms, can slowly stretch contracture muscles, prevent excessive force induced muscle or joint injury, to ensure that patients gradually recover the active exercise ability, exercise gradually, from small to large, To achieve the best results. Fourth, prevention and care of complications. For patients with benign periods, In order to reduce the incidence of recurrent bleeding or increase bleeding, the need to reduce the number of patients moving, and brisk movement, for

the patients with irritability symptoms, appropriate use of sedatives, pressure site to place air cushion or cotton pads, timing roll over, gently pat the back, reduce the incidence of lung infection. Fifth, psychological intervention. Nursing staff should monitor the mental state of patients, strengthen the psychological intervention work, prevent patients from being stimulated, and actively communicate with the patients of their interesting topic, let patients' families participate in nursing work, provide psychological support for patients, at the same time, to provide patients with comfortable and warm medical environment, so that they maintain a good psychological status, and actively cooperate with the treatment.

2.3 Observation Index

First, comparative analysis of two groups of patients after nursing, time of hospitalization, duration of headache, number of headaches and degree of headache, and other observation results, the use of visual analogue scale (VAS) to assess the patient's headache, using a 10cm long horizontal marker, painless for 0 points, severe pain of 10 points, the higher the score, The more severe the pain.

Second, using the Depression Self-Assessment scale (SDS) and the Anxiety Self-Assessment Scale (SAS) to evaluate the negative emotions at different points in the two groups, a total of 20 indicators were set, 4 were graded, the SAS score was greater than 50, and depression was the SDS score greater than 54.

2.4 Statistical Analysis

The clinical data are used SPSS17.0 software processing analysis, counting data with X2 test, measurement data Use ($\bar{x}\pm s$), T test, if $p < 0.05$, the difference is statistically significant.

3. Evaluation of Results

3.1 Headache Situation

In the experimental group, the duration of hospitalization and headache lasted shorter than the control group, the number of headaches is less than the control group, the degree of headache is lighter than the control group, the two groups have significant statistical significance ($p < 0.05$). As shown in table 1.

3.2 Negative Emotions

There was no significant difference in the scores of SAS and SDS between the two groups before nursing ($P > 0.05$). The scores of SAS and SDS after the nursing in the experimental group were significantly lower than those in the control group, and the difference between the two groups was statistically significant ($P < 0.05$). As shown in Table 2.

Table 2. Two Groups of Patients Did Not Point to Negative Emotional Analysis at the Same Time [score, $\bar{x} \pm s$]

Group	Time	SAR	SDS
Experimental group (n = 50)	Before nursing	59.45 + 5.23	60.08 + 5.28
	After care	45.23 + 4.12*	45.12 + 4.42*
Control group (n = 50)	Before nursing	59.67 + 5.83	60.11 + 5.62
	After care	51.12 + 4.63	51.18 + 4.88

Notes: Compared with the control group, * represents $P < 0.05$.

4. Discussion

Subarachnoid hemorrhage is a kind of brain surface or bottom cerebral vascular lesions induced by blood flow into the subarachnoid space of clinical syndrome, patients will have varying degrees of headache symptoms, and reduce the quality of life of patients, and produce all kinds of negative emotional problems. The results of medical research confirmed that patients with subarachnoid hemorrhage by ventricle. The effects of epidural and brain areas such as vascular rupture and bleeding of the blood into the subarachnoid space, resulting in changes of intracranial pressure and CSF lesions, and further increase the^[1-2]. Induced headache symptoms at the same time, patients after subarachnoid hemorrhage, intracranial pressure will gradually Rise, and thus stimulate the cerebrospinal fluid, disruption of the blood cell structure, and generation of vasoactive substances and 5- induced release of serotonin and other substances, which is the main cause of subarachnoid hemorrhage^[3-4]. Headache symptoms in patients with progressive headache for children is the weight of psychological trauma, easy to induce a series of physiological and psychological problems, and serious to improve the effect of treatment and prognosis of the disease. Usually, the clinical use of dehydrating agent and analgesic treatment of subarachnoid hemorrhage patients with headache, however, affected by the anxiety of patients with depression,

Table 1. Analysis of headache after nursing in two groups [$\bar{X}\pm s$]

Group	Number of examples (examples)	Time of hospitalization (d)	Duration of headache (d)	Number of headache (Times)	Degree of headache (score)
Experimental group	50	19.45 + 3.15*	12.29 + 2.04*	9.78 + 2.16*	2.78 + 0.75*
Control group	50	27.12 + 4.27	19.45 + 4.15	20.45 + 3.42	6.01 + 1.04

Notes: Compared with the control group, * indicates $p < 0.05$.

the effect of the treatment of pain is poor, therefore, the Department of Effective clinical nursing has a positive effect on the improvement of the symptoms of headache and the reduction of negative emotions in patients with^[5-6].

5. Conclusion

To sum up^[7-11], patients with subarachnoid hemorrhage receive detailed nursing intervention, which helps to relieve the symptoms of headache and relieve the negative emotional problems of the patients.

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