

Analysis of the Application of Clinical Pathway of Health Education to the Nursing of Viral Hepatitis

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Abstract: Objective: To analyze and study the application of clinical pathway of health education to the nursing of viral hepatitis. Methods: 136 patients with viral hepatitis treated in the infectious department of our hospital from August 2016 to August 2017 were selected as the subjects of this study. They were randomly divided into the control group and experimental group, 68 cases in each group. The control group adopted routine nursing, while the experimental group adopted the clinical pathway of health education. The nursing satisfaction degree and cognitive degree of disease knowledge of the two groups were compared. Results: After two weeks of clinical nursing, the nursing satisfaction degree and the cognitive degree of disease knowledge of the experimental group was 94.12% and 97.06% respectively, which was significantly higher than that of the control group which were 86.76% and 88.24% respectively. The difference was statistically significant by comparison ($P < 0.05$). Conclusion: Applying the clinical pathway of health education to the nursing of viral hepatitis can not only obtain good nursing and therapeutic effect, but also improve patients' satisfaction with nursing and their cognitive degree of disease knowledge. It is worth further popularization and application to clinical treatment and nursing.

1. Introduction

Viral hepatitis is a common infectious disease, affecting the normal life of patients. It may become liver cirrhosis if the disease is not effectively treated or controlled, or even turn to be liver cancer if it is too serious, threatening the life safety of patients at all times ^[1]. The disease is infectious and is caused by various hepatitis viruses, mainly hepatic pathological changes. Its clinical manifestations are anorexia, nausea, upper abdominal discomfort, liver pain, fatigue and so on. According to the research results of relevant experts on viral hepatitis, hepatitis virus can be divided into five types: A, B, C, D and E. Different types of hepatitis require specific treatment methods. In order to improve the treatment and nursing effect of viral hepatitis, besides routine nursing methods for patients, the clinical pathway of health education should also be applied ^[2], so as to improve patients' cognitive degree of disease knowledge and help patients build up confidence in treatment. Based on this, 136 patients with viral hepatitis were selected as the subjects of this study. The following reports are made.

2. Materials and Methods

2.1 General Materials

From August 2016 to August 2017, 136 patients with viral hepatitis treated in the infectious department in our hospital were taken as the subjects of this study and were randomly divided into the control group and experimental group, 68 in each group. There were 36 males and 32 females in the control group, aged between 18 and 72 years, with an average age of (46.95 ± 4.30) years. There were 9 males and 27 females in the experimental group, aged between 20 and 74 years, with an average age of (48.35 ± 5.23) years. From the comparison of general information and cultural level between the two groups, the difference was not statistically significant ($P > 0.05$).

2.2 Methods

Patients in the control group were given routine nursing methods, such as regular ward rounds, ward disinfection and close observation of patients' physical indicators and so on. The experimental group was given the clinical pathway nursing of health education. The specific nursing methods were as follows. Firstly, psychological nursing. Because most patients do not know much about viral hepatitis. In addition, it belongs to infectious disease, patients with viral hepatitis are prone to psychological stress, which leads to negative emotions, such as panic, anxiety, agitation, etc., which have a negative impact on the treatment effect and the rehabilitation process of patients. In this regard, when nursing patients, nurses are required to reasonably formulate nursing programs according to the actual situation, communicate with patients, patiently answer different questions raised by patients and their families, and list successful cases for patients, so as to help patients build up confidence in treatment, make them feel better and actively participate in the treatment. Secondly, health education. After psychological nursing for patients, in order to improve their cognitive degree of the disease, nurses also need to implement health education for patients. Videos, brochures or lectures are used to disseminate disease knowledge and matters requiring attention for patients and their families. It should be noted that due to the differences between patients, their systems and severity of disease are different, so nurses should also inform patients of the deterioration of viral liver disease, help them treat the disease correctly, and make them actively cooperate with various treatments^[3]. Thirdly, dietary nursing. Because viral hepatitis is different from other diseases, nurses are expected to take care of patients' diet. They should make reasonable dietary recipes and correct patients' bad eating habits. Besides smoking and drinking, spicy and cold foods are strictly prohibited. Patients should also eat less milk and legumes to reduce the occurrence of gas. Fourthly, drug nursing. Drugs are an effective way to treat viral hepatitis. Therefore, medical staff should give reasonable drug care to patients, explain drug composition, effect, dosage, etc. for patients in detail. At the same time, patients should be advised to take drugs on time, and their family members need to monitor the medication situation of patients. If adverse reactions occur during the course of taking the medicine, patients must stop immediately and notify the attending doctor for examination.

2.3 Observation Indicators

The nursing satisfaction degree and cognitive degree of disease knowledge were compared between the two groups. First of all, patients' satisfaction with nursing care can be investigated by questionnaire. The main contents of the questionnaire include the attitude of nursing staff, the degree of care for patients, psychological guidance, and the way of explaining health knowledge. The total score of the questionnaire is 100. There is a proportional relationship between the satisfaction of patients and the score. That is, the higher the score, the more satisfied the patients are, and vice versa. Secondly, patients' cognitive degree of disease knowledge is still investigated through questionnaires. The main contents of the questionnaires are disease knowledge, dietary care, disease prevention methods, drug care and so on. The total score of the questionnaire is 100. There is a proportional relationship between the degree of patients' cognitive degree of disease knowledge and the score. That is to say, the higher the score, and the deeper the cognitive degree of disease knowledge, and vice versa.

2.4 Statistical Method

In this study, SPSS24.0 software was used to analyze the nursing information and data of the two groups. The measurement data were expressed by $(\bar{x} + s)$. The comparison between groups was expressed by t test, the counting data by (%) and the comparison between groups by χ^2 test. The difference was statistically significant with $P < 0.05$.

3. Results

3.1 Compare the Nursing Satisfaction Degree of Two Groups of Patients

The nursing satisfaction degree of the experimental group was 94.12%, which was significantly higher than that of the control group which is 86.76%, and the difference was statistically significant ($P < 0.05$). See Table 1.

Table 1 Comparison of Nursing Satisfaction Degree of Two Groups of Patients

Group	n	Very Satisfied	Satisfied	Not Satisfied	Nursing Satisfaction Degree(%)
Experimental Group	68	34(50.00)	30(46.88)	4(5.88)	64(94.12)
Control Group	68	30(46.88)	29(42.65)	9(13.24)	59(86.76)
X^2					5.765
P					<0.05

3.2 Compare the Cognitive Degree of Disease Knowledge of Two Groups of Patients

The cognitive degree of patients in the experimental group was 97.06%, which was significantly higher than that of patients in the control group which is 88.24%, and the difference was statistically significant ($P < 0.05$). See Table 2.

Table 2 Comparison of the Cognitive Degree of Disease Knowledge of Two Groups of Patients

Group	n	Know Well	Know	Not Know	Cognitive Degree(%)
Experimental Group	68	35(51.47)	31(45.59)	2(2.94)	66(97.06)
Control Group	68	29(42.66)	31(45.59)	8(11.76)	60(88.24)
t					2.639
P					<0.05

4. Discussion

Health education is an indispensable part of holistic nursing, which directly affects the treatment effect, nursing effect and rehabilitation effect of patients. However, most hospitals in our country still adopt the traditional education methods, i.e. oral guidance or written narration, when carrying out health education, which fails to achieve the goal of nursing. As an interdisciplinary comprehensive nursing mode, clinical pathway effectively improves the effect and quality of health education by combining it with health education and applying it to clinical treatment.

Viral hepatitis, as an infectious disease, always affects the normal life and health of patients. In order to improve the treatment effect and enable patients to get rid of the disease and return to normal life as soon as possible, besides routine treatment and nursing, the clinical pathway of health education should also be applied. Therefore, 136 patients with viral hepatitis were taken as the subjects of this study and were randomly divided into the control group and experimental group, 68 cases in each group. The control group adopted routine nursing, while the experimental group adopted the clinical pathway of health education. From the results of nursing care, the nursing satisfaction degree of the experimental group was 94.12%, and the cognitive degree of disease knowledge was 97.06%, which was significantly higher than that of the control group which were 86.76% and 88.24% respectively.

To sum up, the application of health education to the nursing of patients with viral hepatitis can change the traditional nursing methods, improve the treatment effect, enhance the patients' satisfaction with nursing and the cognitive degree of the disease, which is worthy of promotion and

application in clinical treatment.

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