

Application value analysis of nursing intervention in nursing of senile vaginitis

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Keywords: nursing intervention; Senile vaginitis; Nursing; Application value

Abstract: Objective: To analyze the more appropriate nursing mode of senile vaginitis, and actively carry out nursing intervention to understand its nursing value. **Methods:** 100 cases of senile vaginitis patients in our hospital were selected for routine nursing and comprehensive nursing. 50 cases in each group were selected naturally as the comparison objects. The group of routine nursing adopted the common and basic nursing mode in the hospital to meet the basic needs of nursing, and was regarded as the control group. A set of comprehensive care on the problem analysis of senile vaginitis disease, comprehensive various perspectives in nursing intervention, as observation group, compared two groups of patients' symptom scores (vaginal burning sensation, vaginal itching, vaginal pain, vaginal dryness, vaginal hyperemia), various data and contrast of the patient's vagina health score (vaginal discharge, vaginal ph, vaginal moisture, vaginal mucosa, vaginal elasticity), in addition to collect statistics of two groups of patients satisfaction score. **Results:** There were 1 case of vaginal burning, 1 case of vaginal pruritus, 1 case of vaginal pain, 1 case of vaginal dryness and 1 case of vaginal congestion in the observation group ($P < 0.05$). In the control group, there were 2 cases of vaginal burning, 1 case of vaginal pruritus, 2 cases of vaginal pain, 1 case of vaginal dryness and 1 case of vaginal congestion ($P < 0.05$). The healthy values of vaginal secretion, vaginal ph, vaginal wetness, vaginal mucosa and vaginal elasticity in the observation group were all higher than those in the control group. The total satisfaction rate was 100% in the observation group and 88% in the control group, $P < 0.05$. **Conclusion:** Senile vaginitis needs to be evaluated from various perspectives and discussed comprehensively, and the nursing care of senile vaginitis should be carried out in a more comprehensive and thoughtful way, which can prevent repeated infection, help patients relieve inflammation attack as soon as possible, and reduce the incidence of complications.

1. Introduction

Foreword: female after menopause, local skin folds more, easy to accumulate dirt. Vaginal secretion of sebaceous gland, bacteria, and present a senile patients with vaginal lesions, often characterized by wrinkle wall disappeared, epithelial thinning, mucosal hyperemia, inflammation triggered a series of disease, let patients suffering, and the condition is relatively obscure, patients with unspeakable, in poor health conditions, the patient easy to relapse, it is difficult to cure, comprehensive care in all aspects of the problem, analysis of the fundamental factors of patients with inflammation, and positive comprehensive intervention in the inflammation of nursing, can change inflammation of the patients for a long time, promote patients recover.

2. Materials and Methods

2.1 General Materials

100 patients with senile vaginitis admitted to our hospital were selected for routine nursing and comprehensive nursing. 50 patients in each group were naturally selected as the comparison objects. The group of routine nursing adopted the common and basic nursing mode in the hospital to meet the basic needs of nursing, and was regarded as the control group. The comprehensive nursing group analyzed the problems of senile vaginitis and conducted nursing intervention from various perspectives. The patients in the observation group were aged from 54 to 78 years old, with an average age of (60.82 ± 9.45) years old. The inclusion criteria for this patient were: postmenopausal; Inflammation over 3 months; No other serious diseases or serious gynecological diseases; Patients

are willing to accept care, and tell their own truth not to hide; Can communicate harmoniously without mental problems.

2.2 Methods

Routine care: According to clinical examination confirmed that elderly patients for which types of vaginitis, combining giving drug type and patients show, asked whether the elderly patients with other health care products, etc., avoid in patients before and after treatment with other antibiotics and other drugs cause random dysbacteriosis, elderly patients with vagina often characterized by dry, contraction, should pay attention to avoid such as cleaning with soap, also need not wash washing, bath dew, alkaline material damage caused by vaginal weak acid environment, clean the vulva should adjust good warm boiled water, at the same time without towel to wipe, but its natural dry, gently suck the vagina, such as water or availability of toilet paper, pay attention to frequently change underwear, Wash underwear application boiled water irons, and exposure to the sun, the patient launched education, the formation of vaginitis after the elderly factors, the investigation of the patient's own condition repeated bad habits, the use of communication to explain the way, guide the patient can self-examination, the formation of family nursing ability. If the patient is accompanied by his/her family members for treatment, he/she should explain the situation with his/her family members, avoid taunting and impatience with the elderly patients, and promote the patient to maintain a good mood, pay attention to hygiene and form a habit. The nursing clearly expresses that it will protect the privacy of patients and make patients feel more comfortable about the treatment.

Comprehensive care:

(1) diet care: understand the clinical characteristics of patients, when patients in the vaginal inflammation symptoms with yellow smell, can eat dandelion coix seed lean meat soup, dandelion, raw coix seed, pig lean meat washed, together into the pot with water right amount, after boiling, change the fire pot 1 ~ 2 hours, seasoning for use. And if the patient has kidney deficiency during vaginitis, edible cordyceps black chicken soup, water hair after the cordyceps sinensis wash, and black bone chicken meat pieces, cooking wine, scallion, ginger into the pot together, add water to boil, change small fire to cook black bone chicken pieces crisp and broken, add salt, monosodium glutamate, five spices can be seasoned.

(2) exercise: pay attention to diet care, elderly patients poor physical quality, in the diet and drug conditioning, also should pay attention to the form of exercise to improve the body's resistance, can guide patients to carry out tai chi, walking fast and slow for the elderly exercise. Old people morpheus quality is poor, can rest in the early morning or the exercise after dinner one hour, more conduce to morpheus.

(3) personal care: if patients have sexual life, should be charged its pay attention to the health lover, avoid cross infection, elderly patients with vaginal elastic tissue reduction, lubrication should be paid attention to during sex, reduce the pressure of the vagina, patients after rehabilitation, although withdrawal but also should pay attention to the vagina washing, can choose fu phlogistic clean vagina "cleanser", apply to the daily cleaning, if choose cleaners should pay attention to the frequency of drug classes, should not be too frequently affect the internal environment of the vagina. Patients should have their own bath, or in the vaginal fumigation during the exclusive fumigation basin, avoid mixing, do not use pads at will, some patients are still intermittent after menopause, occasional menstrual period, should be prepared in the home sanitary towel standby.

(4) instrument care: Red and blue light, extracorporeal shortwave, vaginal oxygen cure, fumigation etc technology, by changing the vaginal bacteria breeding environment, meanwhile can maintain vaginal acid-base equilibrium stability and inhibition of bacteria breeding, all-round corner thoughtful sterilization treatment, etc., patients during the treatment, the equipment should be paid attention to check its operation ability, avoid the radiation, etc., and introduces the basis and treatment of patients with advantages.

(5) daily care: after urination, the application of toilet paper to wipe the vulva, itching should also avoid scratching with the hand, if often itching, should be ready for ointment, such as

emergency measures.

2.3 Observation Indexes

Symptoms scores (vaginal burning, vaginal itching, vaginal pain, vaginal dryness and vaginal congestion) of patients in the two groups were compared, and health scores (vaginal secretion, vaginal ph value, vaginal moisture, vaginal mucosa and vaginal elasticity) of patients in the two groups were also compared. Additionally, statistical satisfaction scores of patients in the two groups were collected.

2.4 Statistical Treatment

Excel software such as medical office under the discrete data statistics and classified count (X^2 test, is used to infer that two or forming than there is difference between the overall rate), matching measurement data comparison between samples or groups (t test, observe the differences of this group of samples with overall), \bar{x} (average) $\pm s$ (Standard Deviation) said mean add and subtract Standard Deviation, the small probability event of statistical quality control ($P < 0.05$ said have significant difference (one hundred trials, the frequency is less than 5 times).

3. Results

In the observation group, there were 1 case of vaginal burning, 1 case of vaginal pruritus, 1 case of vaginal pain, 1 case of vaginal dryness and 1 case of vaginal congestion ($P < 0.05$)

In the control group, there were 2 cases of vaginal burning, 1 case of vaginal pruritus, 2 cases of vaginal pain, 1 case of vaginal dryness and 1 case of vaginal congestion ($P < 0.05$)

Table 1 comparison of the number and probability of adverse symptoms between the two groups

group	n	vaginal burning	vaginal pruritus	vaginal pain	vaginal dryness	vaginal congestion
the observation group	50	1	1	1	1	0
the control group	50	2	1	2	1	1
X^2	-	2.365	2.245	1.254	4.251	2.345
P	-	<0.05	<0.05	<0.05	<0.05	<0.05

The healthy values of vaginal secretion, vaginal ph, vaginal wetness, vaginal mucosa and vaginal elasticity in the observation group were all higher than those in the control group.

Table 2 comparison of the score of vaginal health between the two groups

group	n	vaginal secretion	vaginal ph	vaginal wetness	vaginal mucosa	vaginal elasticity
the observation group	50	2.31 \pm 0.26	3.25 \pm 1.05	1.21 \pm 0.52	2.35 \pm 0.41	3.24 \pm 0.74
the control group	50	2.04 \pm 0.23	2.63 \pm 1.24	0.36 \pm 0.16	3.74 \pm 0.15	2.14 \pm 0.26
X^2	-	1.236	1.845	1.275	1.695	1.754
P	-	<0.05	<0.05	<0.05	<0.05	<0.05

The total satisfaction rate was 100% in the observation group and 88% in the control group, $P < 0.05$

Table 3 comparison of patients' satisfaction during treatment between the two groups [n(%)]

group	n	satisfaction	general satisfaction	dissatisfactio n	total satisfaction rate
the observation group	50	37	13	0	50 (100%)
the control group	50	35	9	6	44 (88%)
X^2	-			1.395	
P	-	<0.05	<0.05	<0.05	<0.05

4. Discussion

Female sex hormones in the body were significantly reduced after menopause, cause the vagina pH rise, thinning of the vaginal mucosa atrophy, fold, and the elastic tissue inside the vagina decrease, make the vaginal opening gaps, wall surfaces, which can make the pathogen of vaginal mucosa resistance is abate, easy to cause bacterial infection, cause inflammation of the vagina. Therefore, elderly women in life should pay special attention to self-care, pay attention to hygiene, reduce the chance of vaginal infection. Clinical examination found that the vagina was senile change, epithelial atrophy, fold disappeared, epithelial become smooth, thin. Patients suffering from vaginitis, for a long time cannot be cured, elderly vaginal is due to its growing environment for inflammation, disease difficult to cure repeatedly, relative to the vaginitis of young people, the elderly resistance is weak, the cure rate is lower and can't care according to the guide of regular patterns, problems from the Angle of comprehensive analysis, focus on older patients privacy and health, diet nursing care of elderly patients with specific symptom of vaginitis, should be analyzed to discuss the patient's internal environment factors, can through the way of diet, inside the outside, not only for vaginitis to recuperate? Also nursing on patients at the same time, the problems such as kidney empty, there are conditions under the condition of nature to strengthen the diet nutrition, and poor conditions should also be stimulation such as fasting, spicy food, more the attention of the patient's personal health and lifestyle habits, nursing expression for privacy issues such as sex should be clear, and should not be avoided because of its privacy, in the case of drug therapy is not strong, some patients receiving treatments, the nursing should also follow up the inspection of appliance and principle analysis, in order to better assist the patient to complete mechanical treatment. The elderly poor resistance, erosion is caused by bacteria, group activities, and encourage patients to form regular exercise, in regulating vaginitis, at the same time, strengthen the body movement function, consolidate the therapeutic effect, senile vaginitis characteristic especially, more is not easy to be cured, should pay attention to choose the form of suitable guidance, based on the main problem of patients, help patients fight inflammation recover as soon as possible.

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