

## Analysis of effect of nursing intervention on rehabilitation of children with bronchial pneumonia

Chang Yanfen

The First Hospital of Jilin University, Changchun, Jilin, 130021, China

**Keywords:** nursing intervention; Bronchopneumonia in children; Rehabilitation effect

**Abstract: Objective:** To analyze the influence of comprehensive nursing and routine nursing on the rehabilitation of children bronchitis. **Methods:** Selected our hospital 100 cases of children with infantile bronchitis, were randomly divided into control group and observation group, the 50 cases each group, the control group received routine nursing and the observation group received comprehensive nursing, compared two groups of children to the care of the compliance rate, collecting the opinions of the parents, investigation with immediate parent for the care of the overall satisfaction score, investigate children with depressed, loss of appetite, dysphoria, risk adverse symptoms of diarrhea or vomiting. **Results:** The clinical compliance of the observation group was higher, and the overall satisfaction rate of the parents was higher. During the nursing period, the children had lower incidence of depression, loss of appetite, irritability, diarrhea or vomiting, and there was a significant difference between the two groups ( $P < 0.05$ ). **Conclusion:** The nursing of children with bronchopneumonia, observe the patient's condition, and comprehensive nursing intervention can improve the patients compliance, reduce the incidence of children complicated with adverse symptoms, parents approval of comprehensive nursing care is also higher, in the care of children bronchopneumonia, should pay attention to the comprehensive nursing, which can improve the actual effect of nursing.

Children with bronchopneumonia is usually under a certain season, diseases induced by cold, this stage children's physique weaker, lack of nutrition, also may be accompanied by symptoms such as cough phlegm, cough and gasp the, in addition to the basic medication, should also be aware of bronchial pneumonia in children with specific symptoms, help children reduce the diarrhea, vomiting, fever, etc. In the process of intolerance, improve self resistance, children in a warm environment, suitable for rehabilitation of space, avoid illness continue to migration, take the form of comprehensive nursing intervention, Angle observation the clinical characterization, children make emergency and continuation of care arrangements.

### 1. Materials and Methods

#### 1.1 General Materials

100 children with bronchitis admitted to our hospital were randomly divided into control group and observation group, 50 cases each. The control group was treated with routine nursing. The patients were at least 9 months old and at most 11 years old, and the disease duration was at least 6 days and at most 2 months. Comprehensive nursing was adopted in the observation group. The patients were at least 11 months old and at most 11 years old, and the disease duration was at least 2 days and at most 1.5 months. All the patients had the following characteristics: clinical examination confirmed pediatric bronchopneumonia, the children could eat and sleep normally during the illness, no other serious diseases, the family members of the children had the ability to communicate and understand, voluntarily accepted propaganda and education, and did not randomly use drugs.

#### 1.2 Methods

##### 1.2.1 Routine nursing

To observe the clinical symptoms, understand the laws of children with disease, systemic

symptom analysis, persuading children with medication, drink water more, propaganda and education for children with relatives, illustrate the corresponding points for attention, in the process of removal of children cough mouth nasal mucus, pay attention to keep the children with respiratory tract clean, children with severe cough, should be back at the same time, from top to bottom friction with back, relieve the patient's bad feelings, combined with the be fond of children, in the diet should be appropriate supplementary light salt water, drinking fresh orange juice, soup, banana puree, etc. Children fever, especially a long time repeated fever can make children with the body of nutrients and oxygen consumption increased, attention should be paid to for children with rehydration, compensatory nutrition, diet to high quantity of heat, digestible, such as noodles, porridge, rice noodles, etc., after being improved, can increase the steamed egg, fish soup, cooking porridge, meat porridge and so on, gradually transition to a normal diet. Watch out for small, frequent meals. Children generally prefer Fried chicken food, children should not eat some with gastrointestinal burden of food.

### 1.2.2 Comprehensive care

(1) Warm: Temperature difference is bigger, or the environment is more complex, we should pay attention to avoid cold air in the morning and evening, at the same time avoid the warm sunlight at noon, should be appropriate to add clothing in the morning and evening, but the reductions should be paid attention to in the middle of the day when the clothes, don't holding his children for a long time, especially pay attention to in the comparison of clothes to wear, children pay attention to keep warm after sweating, rather than the strip temperature at that time, this can result in children with fever, eczema, if in nap or night sleep, attention should be paid to cover the quilt, at the same time pay attention to the humidity in the air.

(2) Water replenishment: Children with fever may lose more water by evaporation, so they should drink more water and add more sugar water. When children do not like drinking water and their compliance is not high, they can add appropriate amount of sugar to the water, increase soup in their diet and sprinkle water on the ground to replenish water in the air. Raise the head when feeding. If the child refuses to eat, do not force the child to eat.

(3) Health care: In addition to routine help children with back patting, it is also necessary to help children turn over, every 1-2 hours, so that children keep semi-decumbent position, conducive to sputum discharge. Young children should adopt the lateral position. Sputum, appropriate in the baby after 2 hours of milk, the baby has the best head low feet high posture.

(4) Antipyretic: Fever duration is not long, the symptom is not obvious, is not taking fever-reducing medication, take physical cooling method, the children during sleep can cover more sheets, sweating and cooling, can also use medical alcohol rub body cooling, the head with a cold towel wet apply or take a sponge bath with warm water, but should pay attention to the younger children are not suitable for this kind of way, shall care analysis.

(5) the environment: Smoking is forbidden in hospital are generally, more stringent environmental control, but children in the family, is likely to second-hand smoke, environmental health does not conform to the stipulations of the recovery, and parent health education should be strengthened, for children back home, keep home clean, avoid the relatives between smoking and so on, affect children recover.

(6) Chinese traditional massage: Ring finger thread surface from the fingertip to the root of the finger into a straight line, with the thumb abdomen from the root of the child's ring finger to the fingertip direction, to clear the lung heat, adjust the children due to the feeling of wind and heat caused by pharyngeal discomfort. Tianhe river is located in the middle of the forearm total jin hongchi (quze) into a straight line, with a hand holding the wrist of the child, so that the palm up, and then with the middle finger, index finger abdomen from the child wrist horizontal grain straight to the elbow horizontal grain, push the direction must be from the wrist to the elbow, not reverse operation, action in the qingrejiejiebiao, lung fan in addition to trouble. Fever, cough, loss of appetite, or vomiting, diarrhea, may also have small children asthma and capillary bronchitis suppress, breathing, food, side with your thumb or finger from the wrist to the elbow, said three

close, or on three close, tonifying qi, qi and explored sweating nourish, cold, more for abdominal pain, diarrhea, cold cold cold symptoms, etc.

### 1.3 Observation Indexes

In the two groups, the compliance rate of the children with the nursing was compared, the opinions of the parents of the children were collected, the overall satisfaction score of the immediate parents of the children with the nursing was investigated, and the incidence of adverse symptoms such as depression, loss of appetite, restlessness, diarrhea or vomiting were investigated.

### 1.4 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).

## 2. Results

There were 2 patients in the observation group who did not follow the instructions and received atomization inhalation therapy in the nursing care. When the condition of the children got better, the family members rejected atomization inhalation and did not have a high recognition of atomization inhalation. In the control group, 11 cases were not compliant enough, among which 3 cases were in poor health condition and oral and nasal secretions were not cleaned in time, 3 cases were always crying and could not take medicine smoothly, 4 cases were not willing to drink more water and had bad dietary habits, and 1 case was treated randomly by parents and did not follow the doctor's advice.

Table 1 comparison of compliance between the two groups of children in the nursing process

group	n	fully compliance	compliance	noncompliance
the observation group	50	29	19	2
the control group	50	27	12	11
$X^2$	-	2.963	2.745	2.856
P	-	<0.05	<0.05	<0.05

One case in the observation group was dissatisfied, with continuous fever, cough and no obvious relief of symptoms. The mood of the children was not taken care of in the nursing, and the children were relatively rejected by the treatment, so the satisfaction rate of nursing was not high. 7 cases of children in the control group were not satisfied, and their families did not have a high degree of recognition on the routine form of nursing, believing that the professional nursing was not strong and the nursing intervention was not in place.

Table 2 satisfaction scores of patients in the two groups during nursing [n(%)]

group	n	satisfaction	general satisfaction	dissatisfaction	the satisfaction rate
the observation group	50	37	12	1	49(98%)
the control group	50	33	10	7	43(86%)
$X^2$	-	4.256	5.286	6.257	6.485
P	-	<0.05	<0.05	<0.05	<0.05

In the comparison of adverse symptoms, 1 patient in the observation group suffered from mental

incontinence, 1 patient in anorexia, 0 patient in dyspnea, 1 patient in diarrhea or vomiting, and 2 patients in the control group suffered from mental incontinence, 1 patient in anorexia, 1 patient in dyspnea, 2 patient in dyspnea, 2 patient in diarrhea or vomiting.

Table 3 comparison of the incidence of adverse symptoms between the two groups

group	n	lassitude	anorexia	dysphoria	diarrhea or vomiting	total rate
the observation group	50	1	1	0	1	6%
the control group	50	2	1	1	2	12%
X <sup>2</sup>	-	3.285	3.485	3.965	3.745	3.485
P	-	<0.05	<0.05	<0.05	<0.05	<0.05

### 3. Discussion

The prevalence of bronchopneumonia in children is high, which can occur in all seasons, reaching its peak in winter and spring. During the clinical examination in our hospital, all the children had different degrees of fever, cough, loss of appetite or with vomiting, diarrhea, etc., and the younger children may also have symptoms of bronchiolitis such as shortness of breath and wheezing. Care should not only focus on the patient's medication, diet, also should from the antifebrile, filling water, health care and other multiple perspective, comprehensive nursing intervention, considering the younger children, care should follow the principle of symptomatic, can carry on the nursing intervention combined with children age difference, based on the priorities of the disease, children decorate good environment, inspire children from infection, pay attention to the control of temperature and humidity, should not only pay attention to keep warm in the morning and evening temperature differences, in cool when hot, also should strengthen the indoor humidity, allow children to keep mouth and nose moist in dry conditions, certain circumstances, Can use cotton swabs dipped in apply vaseline, such as the patient's mouth and nose, for young children to conduct a comprehensive psychological intervention, encourage children to keep psychological healthy, combined with the child to cough and gasp the, shortness of breath, such as performance, can also be appropriate to the Chinese medicine massage in nursing, improve the patient's comfort, let the children suffered the matter, relieve a cough through massage, form, improve the patient's adherence, raise the satisfaction of parents, children with lower rates of complication in bronchitis, integrated the survey shows that in the nursing of children with bronchopneumonia, attention should be paid to the comprehensive care and comprehensive consideration, discuss more powerful forms of care of children with bronchopneumonia, Prognosis pay attention to regular health examination, timely vaccination, reduce the recurrence rate of bronchial pneumonia in children. Should improve the professional level of nursing staff, through the care of the training and examination, analysis of the lack of care, improve nursing forms, strengthening the nursing of children with observation, combined with the atomization inhalation therapy, and corresponding nursing discussion, actively help patients improve respiratory function, promote the patient's respiratory tract unobstructed, health education for children and relatives, completely solve confused parents anxious, let children no longer endure the torture of disease. Based on the conventional model, comprehensive nursing intervention has been improved and supplemented to make the nursing form more sophisticated, suitable for relieving the situation of children and improving the quality of nursing.

### References

- [1] Huang Huaqun. Analysis of the impact of nursing intervention on the rehabilitation of children with bronchial pneumonia [J]. Chinese Rural Health, 2019,11 (11) : 26-27.
- [2] Ding Changyan, Gao Hongyan. Analysis of the influence of nursing intervention on the

rehabilitation of children with bronchial pneumonia [J]. Chinese Rural Health, 2019,11 (07) : 54+53.

[3] Cao Shenjuan. Analysis of the influence of nursing intervention on the rehabilitation of children with bronchial pneumonia [J]. Primary Medical Science BBS, 2019,23 (12) : 1730-1731.

[4] Li Xuemei, Wang Wenming, Deng Huaxian, et al. Effects of nursing intervention on children's bronchial pneumonia rehabilitation [J]. International Journal of Nursing, 2013, 32(5):96-97.

[5] Lei Baoying. Observation on the rehabilitation effect of nursing intervention on children bronchial pneumonia [J]. Primary Medical BBS, 2015(6).

[6] Zhao Weixiao, Zhou Xuemei, Yu Langui. Observation on the effect of nursing intervention on children's bronchial pneumonia rehabilitation [J]. Jilin Medical Science, 2014, 35(9):1976-1976.

[7] Luo Changyu. Application study of nursing intervention in children bronchial pneumonia nursing [J]. Journal of Psychology, 2019, 14(16).

[8] Geng Zhuoli. Application of nursing intervention in pediatric diabetes combined with bronchial pneumonia [J]. Diabetes New World, 2018(6).

[9] Qian Xiaofang. Application of PDCA cycle in nursing management of pediatric bronchial pneumonia [J]. China Higher Medical Education, 2019(4):144-145.