

Psychological Analysis and Corresponding Rehabilitation Nursing Measures of Patients with Diabetes Mellitus Complicated with Cerebrovascular Disease

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Abstract: Objective: To explore the psychological problems of patients with diabetes mellitus complicated with cerebrovascular disease and the corresponding rehabilitation nursing measures. Methods: The object of this study were 94 cases of patients with diabetes mellitus complicated with cerebrovascular disease who were treated in our hospital from November 2019 to November 2020. The clinical data of 94 patients with diabetes mellitus complicated with cerebrovascular disease were retrospectively analyzed. Combined with the psychological problems of patients, effective rehabilitation nursing measures were formulated. Results: The main psychological problems of 94 patients with diabetes mellitus complicated with cerebrovascular disease included 10 cases of anxiety, 9 cases of depression, 11 cases of obsessive-compulsive disorder and 12 cases of trance. The incidence of psychological problems was 44.7%. Among them, the anxiety of patients was divided into many kinds, such as initial anxiety, anxiety of worrying about illness, separation anxiety and anxiety of adjustment difficulty. After the corresponding rehabilitation nursing measures were taken, the incidence of psychological problems was 2.1%, and there was a big difference in the psychological status of patients before and after nursing ($P < 0.05$).

1. Introduction

Patients with diabetes mellitus complicated with cerebrovascular disease are prone to produce negative emotions. Psychological problems are important factors affecting the rehabilitation of patients with diabetes complicated with cerebrovascular disease. Therefore, it is necessary for nursing staff to formulate effective rehabilitation nursing measures combined with psychological problems of patients, so as to enhance patients' confidence in treatment.

With the continuous improvement of people's quality of life, people are suffering from more and more diseases. Diabetes and cerebrovascular disease are the most common diseases that affect people's health clinically, which have an important relationship with people's lifestyle and life quality. Diabetes mellitus and cerebrovascular diseases have high mortality, both of which are caused by abnormal metabolic function. Once patients are diagnosed diabetes complicated with cerebrovascular disease, in the absence of a correct understanding of the disease, they will produce corresponding psychological problems. Adverse psychological problems are important factors affecting the treatment of patients with diabetes mellitus complicated with cerebrovascular disease. How to solve the psychological problems of patients with diabetes complicated with cerebrovascular disease is the focus of clinical nursing staff. In this paper, 94 cases of patients with diabetes mellitus complicated with cerebrovascular disease treated in our hospital were selected as the research object. The clinical data of 94 cases of diabetes complicated with cerebrovascular disease were retrospectively analyzed, and the psychological problems of patients with diabetes complicated with cerebrovascular disease and the corresponding rehabilitation nursing measures were explored, which is reported in detail below.

2. Data and Methods

2.1 General Data

The object of this study were 94 cases of patients with diabetes mellitus complicated with cerebrovascular disease who were treated in our hospital from November 2019 to November 2020. The clinical data of 94 patients with diabetes mellitus complicated with cerebrovascular disease were retrospectively analyzed, including 54 males and 40 females. The youngest patient was 45 years old and the oldest was 76 years old. The average age was (51.33 ± 2.33) years old. The lowest fasting blood glucose was 9.3 mmol / L and the highest was 18.7 mmol / L, and the average fasting blood glucose was (14.6 ± 3.3) mmol / L. There were 31 cases of hemiparesthesia, 21 cases of complete hemiplegia, 40 cases of hemiplegia with language disorder, 2 cases of hemiplegia with vision and visual field damage.

2.2 Methods

The clinical data of 94 patients with diabetes mellitus complicated with cerebrovascular disease were retrospectively analyzed. Combined with the psychological problems of patients, effective rehabilitation nursing measures were formulated.

2.2.1 Rehabilitation Nursing for Patients with Anxiety and Depression

For the rehabilitation nursing of patients with anxiety and depression, nursing staff should first inform the patients of diabetes and cerebrovascular disease related knowledge, help them build a correct understanding of the disease to enhance their confidence in treatment, take the initiative to communicate with patients and family members, and instruct patients and family members to come to the hospital for review regularly after discharge, so as to eliminate patients' anxiety as much as possible [1].

2.2.2 Rehabilitation Nursing for Patients with Obsessive-Compulsive Disorder

Most patients are lack of correct awareness of diabetes complicated with cardiovascular and cerebrovascular diseases, and have doubts about the treatment plan given by doctors. Considering the cause of disease and prognosis, they will become nervous and uneasy, and show the bad mood of being worried and cautious. No matter what they do, these patients will ask the medical staff to arrange immediately and stress speed first. For this kind of patients with obsessive-compulsive disorder, nursing staff need to guide patiently, help patients correctly understand their own disease, tell patients related knowledge of their disease to promote patients to have a comprehensive and systematic understanding of their own disease, reduce their psychological burden. In addition, nursing staff should also instruct patients to actively cooperate with medical staff in the inspection and treatment, improve treatment compliance to ensure treatment and rehabilitation effect.

2.2.3 Rehabilitation Nursing for Patients with Trance

This study showed that there were 12 patients with trance due to diabetes complicated with cerebrovascular disease. The main symptoms of patients with trance include thoughts, behaviors and emotional reactions. For example, these patients are more fidgety, irritable and excitable. Nursing staff need to strengthen nursing care for patients with trance, fully understand and tolerate the patients, and communicate with patients in a peaceful and patient manner. When communicating with patients, nursing staff should keep smiling and cooperate with corresponding body movements to comfort patients, so as to eliminate the sense of distrust, tension and fear of patients to medical staff, and shorten the distance between patients and medical staff. Nursing staff should pay close attention to the changes of patients' behavior, so as to solve the problems of patients in time and ensure the life safety of patients [2-3].

2.2.4 Diet Care

Strict control of calories is the principle of diet nursing for patients with diabetes mellitus complicated with cerebrovascular disease. Nursing staff need to inform patients of the importance of diet care and the harm of not controlling diet to their health, so as to promote patients to actively cooperate with medical staff and develop healthy diet habits. Nursing staff can encourage patients to eat more high fiber, low calorie, low-fat food, and have meals according to the principle of eating less and more meals. In addition, nursing staff also need to formulate targeted diet guidance plan for each patient according to their actual physiological needs, make them eat less refined food, prohibit eating fruits and juice with high sugar content, and inform patients of the harm of smoking and drinking to strengthen the determination of patients to quit smoking and drinking.

2.2.5 Functional Guidance of Rehabilitation Training

Functional guidance of rehabilitation training is an indispensable nursing measure for patients with diabetes mellitus complicated with cerebrovascular disease in clinical practice. Nursing staff need to encourage patients to strengthen physical exercise, carry out early intervention of patients' limb function, and teach patients the correct way of functional exercise to help patients put their limbs in functional position, so as to avoid muscle spasm and footdrop, which will affect the rehabilitation effect in the future. In order to recover the function of the affected limb as soon as possible, the patients can drive the affected side to move with the help of the healthy side. For aphasia patients, nursing staff need to cooperate with corresponding body movements, or take the way of drawing to guide the function training of patients, so as to improve the degree of patients' cooperation. For patients who are difficult to take care of themselves, nursing staff need to maintain a high degree of patience, start from simple rehabilitation training and take a step-by-step way to gradually improve the self-care ability of patients [4-5].

2.3 Observation Indicators

The incidence of psychological problems in 94 patients with diabetes mellitus complicated with cerebrovascular disease before and after nursing was compared.

2.4 Statistical Methods

This study used SPSS19.0 as statistical software to analyze data. The count data was tested by χ^2 and represented by (%). The measurement data was tested by t and represented by ($\bar{x} \pm s$). The data were significantly different and had statistical significance, which was represented by $P < 0.05$.

3. Results

3.1 Comparison of Incidence of Psychological Problems of Patients Before and after Nursing

The main psychological problems of 94 patients with diabetes mellitus complicated with cerebrovascular disease included anxiety, depression, obsessive-compulsive disorder and trance. The incidence of psychological problems was 44.7%. After taking corresponding rehabilitation nursing measures, the incidence of psychological problems was 2.1%. Compared with before and after nursing, the psychological status of patients was significantly different ($P < 0.05$). See Table 1 for details.

Table 1 Comparison of Incidence of Psychological Problems Before and after Nursing (n %)

Group	Number of Cases	Anxiety	Depression	Obsessive-compulsive Disorder	Trance	Incidence of Psychological Problems
Before Nursing	94	10	9	11	12	44.7
After	94	1	1	0	0	2.1

Nursing						
X ²						2.3176
P						<0.05

3.2 Main Types of Patients' Anxiety and Bad Psychology

In this study, the anxiety of patients with diabetes mellitus complicated with cerebrovascular disease can be divided into many kinds, including 5 cases of anxiety of worrying illness, 3 cases of dissociation anxiety, 2 cases of adjustment difficulty anxiety, etc. Among them, anxiety of worrying illness mainly refers to the patients' anxiety because of their understanding of the diagnosis and treatment of the disease, and may also be the anxiety of their own family economic status, work, study, etc. Dissociative anxiety mainly refers to the sense of loneliness that patients feel isolated from the world during the treatment, and the anxiety of adaptation difficulty refers to the patients are difficult to act according to their own will and they should follow every arrangement of medical staff, resulting in a sense of anxiety.

4. Conclusion

Diabetes and cerebrovascular diseases have a high incidence rate in China. The risk factor of diabetes mellitus complicated with cerebrovascular disease is higher, and the treatment is more difficult. Once patients are diagnosed diabetes mellitus complicated with cerebrovascular disease, it will produce a serious impact on their psychology, leading to a sharp rise in psychological pressure in a short time. It is very important to strengthen the psychological rehabilitation nursing of patients with diabetes mellitus complicated with cerebrovascular disease in clinical work, which can effectively avoid the influence of adverse psychological emotions on the patient's illness, and improve the prognosis of patients [6-7].

In this study, the clinical data of 94 patients with diabetes mellitus complicated with cerebrovascular disease who treated in our hospital were retrospectively analyzed. The results showed that 44.7% of the patients had different psychological problems, showing that once a person is sick, his social role will change obviously and the change of his interpersonal relationship and living environment will not make the patient adapt to it as soon as possible in a short time, and then the corresponding psychological problems will appear. The corresponding rehabilitation nursing measures for the psychological problems of diabetic patients with cerebrovascular disease can improve nursing effect obviously. The incidence of adverse psychological problems in the patients after nursing was 2.1%, which was significantly lower than that before nursing ($P < 0.05$).

To sum up, patients with diabetes mellitus complicated with cerebrovascular disease are prone to negative emotions due to illness. Nursing staff need to formulate targeted rehabilitation nursing measures to enhance the patients' confidence in treatment.

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