

# Psychological Characteristics and Nursing Strategies of College Students with Pneumothorax

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**Abstract:** Objective: to Analyze the Psychological Characteristics and Nursing Strategies of the Patients with Pneumothorax. Methods: 109 Patients with Pneumothorax in Our Hospital from July 2018 to September 2019 Were Divided into the Control Group and the Intervention Group, and the Routine Nursing and Nursing Intervention Were Given. Results: the Scores of Bad Mood in the Intervention Group Were Lower Than That of the Control Group ( $P < 0.05$ ), and the Nursing Satisfaction of the Intervention Group Was Higher Than That of the Control Group ( $P < 0.05$ ). Conclusion: College Students with Pneumothorax Are Often Accompanied by Suspicion, Anxiety, Depression and Pessimism. the Measures of Humanized Education and Psychological Guidance in Nursing Intervention Can Effectively Correct the Bad Psychology of College Students with Pneumothorax.

## 1. Introduction

As a common disease, the occurrence of pneumothorax affects not only the patient's breathing function but also the emotional state of the patient, which is not conducive to the physical and mental health of the patient [1]. The above condition has put forward a higher requirement for the nursing management of the patients with pneumothorax. Nursing intervention is a kind of nursing method to improve the quality of nursing and meet the needs of the patients. In order to determine the application value of the nursing intervention in the patients with pneumothorax, this study is mainly aimed at the analysis and research of 109 patients:

## 2. Data and Methods

### 2.1 General Information

109 college students with pneumothorax treated in our hospital from July 2018 to September 2019 were selected as the subjects. They were randomly divided into control group (54 cases) and intervention group (55 cases). There were 29 males and 25 females in the control group, the age was  $(20.6 \pm 2.2)$  years old. There were 30 males and 25 females in the intervention group, the age was  $(20.5 \pm 2.1)$  years old. The difference was not statistically significant.

### 2.2 Methods

The control group received routine nursing. Nursing intervention was carried out in the intervention group: (1) humanized education. According to the cognitive basis and understanding ability of college students with pneumothorax, the propaganda scheme with humanized characteristics was worked out. For college students who do not understand pneumothorax, on the basis of distributing pneumothorax propaganda manual, combined with pneumothorax video, the process of lung collapse caused by air entering into pleura cavity is explained to college students in an easy-to-understand language, which strengthens the patients' cognition of pneumothorax, indirectly improves the suspicion, denial and anxiety of patients. (2) Psychological counseling. Based on the psychological characteristics of college students with pneumothorax. Give psychological guidance. For those with suspicion and denial of psychology, patiently explain the

pathogenesis and common inducements of pneumothorax, such as telling patients that strenuous exercise, cough, weightlifting and other factors may induce pneumothorax, so as to eliminate the bad psychology of college students with pneumothorax. For those with anxiety and depression, combined with the interest preference of college students, patients can be told to relieve negative emotion by listening to soothing music and actively participating in social activities with low intensity of exercise. Most of the patients with pessimistic psychology are related to the poor therapeutic effect of worry, and the treatment method is slow or not significant. In this regard, patients can be introduced to recover good qi after a period of treatment. The patients with thoracic surgery, through the experience sharing of the patients with good prognosis, enhance their self-confidence, and help the patients with pneumothorax gradually get rid of the pessimistic psychology. (3) Family support and social support. In order to further eliminate the bad psychology of the patients with pneumothorax, the family and friends of the patients can be combined to give a good family support and social support for the patients with pneumothorax. To guide the family to build a good family atmosphere through the way of caring for patients and with other members of the family, and to improve the negative psychology of the patients with pneumothorax by means of the influence of the positive family atmosphere; to inform the patient's friends that the company should be brought to the attention of the patient and increase the communication frequency with the patient Rate, so as to make use of reasonable social support to promote the improvement of the negative emotional state of the patient.

### 2.3 Statistical Methods

By SPSS 24.0 software statistics.  $P < 0.05$ : The difference was statistically significant.

## 3. Results

### 3.1 Emotional Changes

The scores of bad mood in the group were not significant before nursing; after the nursing, the anxiety of the control group (49.18-4.52) and the depression (51.19-5.04) were higher than that of the intervention group ( $P < 0.05$ ).

Table 1 Emotional Changes [Score,  $\pm s$ ]

Group	Number of cases	Anxious		Depression	
		Before nursing	After nursing	Before nursing	After nursing
Control group	54	54.29 $\pm$ 5.17	49.18 $\pm$ 4.52	56.34 $\pm$ 5.82	51.19 $\pm$ 5.04
Intervention group	55	54.33 $\pm$ 5.21	45.09 $\pm$ 4.26	56.30 $\pm$ 5.79	46.72 $\pm$ 4.59
$\chi^2$	-	0.18	4.29	0.16	5.13
P	-	>0.05	<0.05	>0.05	<0.05

### 3.2 Nursing Satisfaction

The nursing satisfaction of the control group was 83.33%, which was lower than that of the intervention group ( $P < 0.05$ ).

Table 2 Nursing Satisfaction [n/%]

Group	Number of cases	Very satisfied	General satisfaction	Dissatisfied	Satisfaction degree
Control group	54	20(37.04)	25(46.30)	9(16.67)	45(83.33)
Intervention group	55	28(50.91)	26(47.27)	1(1.82)	54(98.18)
$\chi^2$	-	-	-	-	5.14
P	-	-	-	-	<0.05

## 4. Discussion

In recent years, the nursing management of college students with pneumothorax has gradually

attracted people's attention. Combined with previous nursing management experience, it can be seen that the nursing difficulties of this kind of patients are mainly reflected in the poor emotional regulation ability of college students with pneumothorax, the lack of understanding of pneumothorax, it is easy to form negative psychology after knowing the condition. The common psychological characteristics of college students with pneumothorax include: (1) Anxiety and depression. After the formation of pneumothorax, pneumothorax caused by dyspnea, chest pain and other symptoms, easy to interfere with the normal study and life of patients, resulting in anxiety, depression [2]. (2) Suspicion psychology. The onset of pneumothorax among college students The patient, the prior health condition and the initial symptoms of the pneumothorax are not typical, the patient has insufficient understanding of the pneumothorax, and the suspected psychology such as misdiagnosis is easy to be generated. (3) Pessimism. The pessimistic psychology is usually seen in the patients with pneumothorax after a period of treatment. This part of the patient is easy to be ill-controlled due to the fact that the treatment effect is not obvious, and the pessimistic psychology is formed. If the nursing work fails to fully correct the bad mood of the patient's pneumothorax, it may affect its compliance and even interfere with the rehabilitation of the pneumothorax.

The method of nursing intervention to improve the quality of nursing and to promote the rehabilitation of the patient is the target [3]. The nursing method is used for nursing the patients of the pneumothorax of the college students, and the nursing method advocates the establishment of a nursing scheme which is matched with the needs of the patients according to the psychological characteristics of the patients, the guidance of the bad emotion, the improvement of the self-emotion regulation ability and the like. So as to correct the bad mood of the patients, and provides reliable support for the improvement of the emotional state and the symptom control.

In the nursing of the patients with pneumothorax, the application of the nursing intervention method is as follows: (1) The psychological characteristics of the patients are paid attention to. In the normal nursing mode, the communication between the nursing staff and the patient's pneumothorax is relatively small, and the concern about the change of the mood of the patient and the psychological characteristics is relatively insufficient. And after the nursing intervention mode is introduced, the method requires the nursing staff to pay attention to the psychological nursing needs of the patients, and in combination with the psychological characteristics of the nursing intervention mode, a targeted nursing intervention scheme is developed. (2) The poor psychology can be eliminated. The special psychological characteristics of the patients with pneumothorax in college students have brought some difficulties to the management of clinical nursing. After the introduction of nursing intervention, the method can be applied to the suspected psychology, the anxiety, the pessimistic psychology and the like of the pneumothorax patients one by one, and the psychological guidance scheme of the height matching can be developed to eliminate the adverse psychology of the pneumothorax patients [4-5]. The study confirmed that after the nursing, the anxiety of the intervention group (45.09-4.26) and the depression (46.72-4.59) were lower than that of the control group ( $P < 0.05$ ). (3) Improve the satisfaction of nursing. The level of satisfaction in the patients with pneumothorax is mainly affected by the factors such as the control of bad mood, the difficulty of the pneumothorax, and the improvement of the symptoms of chest pain. Under the normal nursing mode, the nursing staff are to the college students. The importance of the bad mood in the patients with pneumothorax is relatively low, and the effect of the nursing mode on the patient's pneumothorax symptom control is small, so the patient's level of satisfaction is relatively low. After the introduction of nursing intervention, the psychological characteristics of the pneumothorax patients are the main basis for the nursing of the nursing staff, and the method also helps to help the pneumothorax patients to promote the rehabilitation of the condition. The results showed that the nursing satisfaction of the intervention group was 98.18%, which was higher than that of the control group ( $P < 0.05$ ).

To sum up, it is suitable to carry out the nursing intervention in the clinical nursing of the patients with pneumothorax, so as to correct the poor psychology of the patient, and promote the patients' pneumothorax patients to actively cooperate with the nursing work and the treatment, thus providing good support for the rehabilitation of the pneumothorax.

## References

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