

Clinical Application of Health Education in Nursing Patients with Infectious Diseases

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Abstract: Objective: To study and analyze the nursing effect of health education in patients with infectious diseases. **Methods:** The object of this study were 92 cases of patients in the department of infectious diseases of our hospital from July 2019 to July 2020. They were randomly divided into the control group receiving routine nursing and the observation group receiving health education on the basis of routine nursing. The two groups were scored and compared in terms of cognition degree of disease, nursing satisfaction and quality of life. **Results:** The scores of patients' cognitive degree of disease, nursing satisfaction and life quality in the observation group were higher than those in the control group, and $P < 0.05$. **Conclusion:** When implementing routine nursing for patients with infectious diseases, actively carrying out health education in clinical nursing will get better nursing effect, significantly improve patients' satisfaction with nursing work and life quality.

1. Introduction

In clinical diseases, infectious disease is a common disease with special characteristics. In clinic, varicella, tuberculosis, tetanus, measles, hepatitis B are common infectious diseases. After being infected by pathogens, human's health and life quality will be greatly affected. Most patients with infectious diseases do not know the relevant knowledge of infectious diseases, and carrying out health education for patients with infectious diseases to help patients understand their own disease status can help improve the treatment compliance of patients, and then improve the treatment effect. It can be said that the quality of nursing work carried out by the infectious disease department will directly affect patients' treatment effect and life quality. In the process of implementing nursing work for patients with infectious diseases, health education is an extremely important nursing content. Health education for patients with infectious diseases should run through the whole process from admission to discharge, ensure that patients have a correct and comprehensive understanding of their own situation. Through correct and effective health education, the satisfaction of patients with infectious diseases for nursing work will also be improved, and the nurse patient relationship will be effectively improved. At the same time, it can also promote the faster recovery of patients, and significantly improve the patients' life quality. It also plays an important role in promoting the effective prevention and control of infectious diseases. In this study, 92 patients who received treatment in the department of infectious diseases of our hospital from July 2019 to July 2020 were selected to carry out the analysis and research on the nursing effect of health education applied to patients with infectious diseases, as follows.

2. Data and Methods

2.1. General Data

The object of this study were 92 cases of patients in the department of infectious diseases of our hospital from July 2019 to July 2020. They were randomly divided into the control group receiving routine nursing and the observation group receiving health education on the basis of routine nursing. All patients participated in this study voluntarily. The patients' age, gender, marital status, occupation, education, past medical history, disease type, disease severity and other general

information in the two groups were compared. From the comparison results, the difference was not statistically significant, so the two groups of patients can be compared and analyzed.

2.2. Methods

In the process of clinical treatment, the patients in the control group and the observation group received different clinical nursing methods. Among them, the patients in the control group received traditional routine nursing, and the nursing contents mainly included keeping the ward environment clean and hygienic. Based on the specific types of infectious diseases, the patients were treated and nursed in different districts to avoid cross infection. The nursing staff should disinfect the ward regularly. It is strictly forbidden to mix stethoscope, sphygmomanometer and other nursing tools. Hand washing and disinfection should be carried out in time after nursing operation. Nursing staff should give correct medication guidance to patients and their families, and carry out some routine nursing work at the same time.

On the basis of routine nursing, the patients in the observation group also received health education. The specific nursing contents included the following points. First, daily care. Medical workers in the infectious diseases department should create a clean, quiet, hygienic and comfortable ward environment for patients, so as to ensure that the physiological comfort of patients is improved. According to the different types of infectious diseases, the medical staff should implement partition isolation treatment for patients. As long as the equipment or tools that have been in contact with patients, strict disinfection and sterilization should be carried out in time. In addition, posting the introduction and precautions of various types of infectious diseases in the ward or corridor of the infectious diseases department is helpful to improve patients' cognition of the disease and promote the improvement of patients' self-care ability. Second, many patients in the department of infectious diseases are in the infectious period. These patients must be strictly isolated, and at the same time, effective health guidance should be given to the patients in strict isolation, mainly including how to effectively prevent the spread of disease in daily life, how to maintain healthy living habits, patients' diet guidance and a series of related knowledge education. The importance and necessity of isolation need to be informed to promote the improvement of patients' treatment compliance. Third, health education should be actively carried out. Medical workers should actively carry out health knowledge propaganda and education for patients in line with their cognitive and understanding level according to the cultural level of patients with infectious diseases. The content of health knowledge propaganda and education mainly includes basic knowledge of infectious diseases, methods of treating infectious diseases, precautions in the process of treating infectious diseases, etc. Through effective health knowledge propaganda and education, Patients can have a detailed understanding of the relevant knowledge of their own diseases, but also have a more comprehensive understanding of the development of their own diseases, and patients will be more satisfied with the nursing work carried out by nursing staff. Nurses should also introduce the way of transmission of infectious diseases to patients, so that patients can understand reasonable disinfection methods and correct isolation methods. At the same time, they should guide patients to develop good living habits, health habits, eating habits, sleep habits, exercise habits, etc., so as to comprehensively promote the improvement of patients' nursing effect. Nursing staff should repeatedly tell patients to stop smoking and drinking, not to eat too stimulating and greasy things, and ensure that patients get enough sleep, proper exercise, work and rest, so that patients can recover as soon as possible. Fourth, psychological care and guidance. Infectious disease is a very special disease in clinic. Most patients will have great psychological pressure after they realize that infectious disease is highly infectious. They will be very afraid of the strange vision of others. Therefore, most patients with infectious disease will have strong resistance when they are treated specially, which requires nursing staff to closely observe the psychological changes and bad emotions of patients, and effectively communicate with patients on the basis of combining the specific situation of patients. In the process of communication, nursing staff should play the role of good listeners, protect the privacy of patients, give patients more care, and effectively relieve the psychological pressure of patients, help patients build confidence to overcome the disease.

2.3. Observation Indexes

In this study, the self-made questionnaire was used to investigate and score the disease cognition and nursing satisfaction of patients with infectious diseases. The higher the score, the higher the patients' cognition and understanding of the disease, and the higher the patients' satisfaction with nursing work. The life quality of patients with infectious diseases was investigated and scored by life quality test scale. The higher the score, the higher the life quality of patients.

2.4. Statistical Methods

This study used SPSS20.0 as statistical software to analyze data. Measurement data were tested by t and count data was tested by X^2 . The data were significantly different and had statistical significance, which was represented by $P < 0.05$.

3. Results

In this study, the relevant data of the two groups of patients were compared, and it was found that the scores of the three dimensions of patients' disease cognition, nursing satisfaction and life quality in the observation group were higher than those of the control group, and $P < 0.05$.

4. Discussion

In clinical diseases, infectious diseases are a kind of common diseases. Because infectious diseases have strong infectivity, so compared with other diseases, infectious diseases have certain particularity. The common transmission routes of infectious diseases mainly include insect borne transmission, gastrointestinal transmission, blood transmission, contact transmission, sexual transmission, etc. In clinic, varicella, tuberculosis, tetanus, measles, hepatitis B are common infectious diseases. The main clinical manifestations of infectious diseases are rash, high fever and lymphadenopathy. Nowadays, all walks of life are very concerned about the prevention and treatment of infectious diseases. In clinical practice, medical staff also attach great importance to the treatment and nursing of patients with infectious diseases, so as to effectively control the spread of infectious diseases. Therefore, medical staff should strictly implement the treatment and nursing of patients with infectious diseases.

In this study, the patients in the observation group not only received routine nursing, but also received health education. From the clinical nursing effect, satisfactory results were achieved. Nursing workers provide patients with more purposeful, planned and targeted health education, which can make patients have more understanding and cognition of their own diseases, better improve various bad habits of patients in daily life, effectively eliminate various high-risk factors of diseases, and promote the improvement of patients' life quality. Due to infectivity of infectious diseases, nurses need to actively carry out reasonable health education work in the process of nursing work, and ensure that the corresponding supervision and publicity work are in place, so as to obtain better treatment effect, nursing effect and publicity effect. In the process of carrying out health education, nurses provide patients with correct and effective psychological care, and patients' psychological needs are effectively met. On the basis of feeling the meticulous care from medical staff, patients can improve their satisfaction with nursing work.

In short, in the process of nursing for patients with infectious diseases, the implementation of health education has a satisfactory clinical application effect. Implementing health education can significantly improve the life quality of patients with infectious diseases, help patients have a more comprehensive understanding of their own diseases, master more health knowledge related to infectious diseases, greatly improve patients' satisfaction with nursing work, and effectively improve the relationship between nurses and patients. In clinical nursing, health education is worthy of wide promotion and application.

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