عنوان:
بررسی مقایسه ای تأثیر آواز طبیعت و صدای آشنا علیه بیماران بر درد و شاخص‌های فیزیولوژیک در بیماران دچار کاهش سطح هوشیاری
پایان نامه برای دریافت درجه کارشناسی ارشد

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1400
چکیده:
کاهش سطح هوشیاری وضعیتی است که در آن توانایی پاسخدهی به تحركات محیطی محدود می‌شود. بیماران دچار کاهش سطح هوشیاری به دلیل توانایی پاسخدهی به تحركات محیطی محدود می‌شوند. تحركات محیطی یک روش درمانی است که به آسایش و راحتی این بیماران کمک می‌کند. این مطالعه به بررسی مقایسه ای تأثیر آوای طبیعت و صدای آشنایان بیمار بر درد و شاخص‌های فیزیولوژیک در بیماران دچار کاهش سطح هوشیاری پرداخته است.

روش کار: این پژوهش یک مطالعه کارآزمایی بالینی می‌باشد که در آن 105 بیمار در سه گروه صدای آشنایان بیمار، صدای آوای طبیعت و گروه کنترل به روش مستمر و تصادفی در بیمارستان‌های دانشگاه علوم پزشکی تهران مورد پژوهش قرار گرفتند، مطالعه به مدت 14 روز و در دو نوبت صبح و عصر انجام شد. با استفاده از ابزار CRITICAL CARE PAIN OBSERVATION TOOL و شاخص‌های فیزیولوژیک، میزان درد و شاخص‌های فیزیولوژیک بعد از مداخله در سه گروه مورد بررسی قرار گرفت. نتایج حاصل از این پژوهش نشان داد که صدای آوای طبیعت و صدای آشنایان بیمار در کاهش درد بیماران دچار کاهش سطح هوشیاری اثر گذاشته و درد بیماران در گروه صدای آوای طبیعت کمتر از گروه صدای آشنایان بیمار بود.

کلید واژه‌ها: آوای طبیعت، صدای آشنایان، درد، شاخص‌های فیزیولوژیک، کاهش سطح هوشیاری
Comparison the effect of natural voice and family voice on Pain and Physiological indices in unconscious Patients

A thesis/dissertation submitted as Partial fulfillment of the requirements for Master of Science (MSc)

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Abstract

Introduction: Decreased level of consciousness is a condition in which the ability to respond to environmental stimuli is impaired and occurs in Patients following malignancies, central nervous system surgeries, cerebrovascular diseases, etc. Patients with decreased level of consciousness experience sensory deprivation due to decreased sensory stimulation. One of the most common and important Problems of Patients with decreased level of consciousness is hospitalization in Pain wards. Patients admitted to the intensive care unit experience Pain for various reasons, including acute illness, ward environment, surgery, mechanical ventilation, trauma, invasive interventions of nurses, and so on. Pain causes adverse effects such as increased activity of the nervous system and muscles, stimulation of the sympathetic system and increased heart rate, increased oxygen demand of the heart and subsequent myocardial ischemia, deep vein thrombosis, sleep disturbance. Providing Patient comfort using Pharmaceutical and non-Pharmacological methods is one of the main tasks of nurses. This study compares the effect of nature and the sound of the Patient's acquaintances on Pain and Physiological Parameters in Patients with decreased level of consciousness.

Methods: This study is a clinical trial study in which 105 samples in three groups of Patient acquaintances' voice, nature's voice and control group were performed continuously and randomly in hospitals under the supervision of Tehran University of Medical Sciences. The study lasted for 14 days and in Twice in the morning and in the evening, in the group of Patients 'acquaintances, 10 minutes of Patients' acquaintances 'voices and in the group of nature's voices, 10 minutes of nature's voices, recorded by the mp3 Player, were Placed on the Patients' Phones and before and after the Pain intervention using CPOT instrument and Physiological Parameters were measured. There was no intervention in the control group. Finally, the data collected by SPSS software version 16 were analyzed using descriptive and inferential statistics.

Results: Based on the findings of this intervention, three research groups in terms of gender (P = 0.621), age (P = 0.225), cause of decreased level of consciousness (P = 0.279) and other indicators Demographics were not significantly different and were homogeneous. Also, the results showed that based on the results of analysis of variance test, the three groups of mean Pain in the morning (P = 0.056) and evening (P = 0.473) before the intervention before the intervention were not statistically significant. However, after the intervention, it was observed that the mean in both morning (P <0.001) and evening (P <0.001) for the three groups were statistically significant and in the group of Patient acquaintances and nature voice less Pain was reported. Also, among Physiological indices, only cytological and diastolic blood Pressure and Patient Pulse rate after the intervention were significant in the three groups and the intervention had an effect on them (P <0.001). The effect of the two intervention groups on respiration rate and arterial blood oxygen was not significant (P = 0.50).

Conclusion: The results of this study showed that the voice of Patient acquaintances and the voice of nature reduces Pain in Patients with decreased level of consciousness. He is conscious but has not shown a Positive effect on the number of breaths and oxygen in the arterial blood.

Keywords: nature sound, familiar sound, Pain, Physiological characteristics