

Influence of rehabilitation nursing intervention on blood pressure control and quality of life of elderly patients with hypertension in general practice

ZTang Lixiang

Shanxi Provincial People's Hospital, Taiyuan 030012, China

Abstract:

Hypertensive cerebral hemorrhage is a typical cerebral microhemorrhage. Due to severe brain injury, the physiological conduction of nerve fibers is interrupted, and clinical symptoms lead to local nerve defects, such as dizziness, headache, disturbance of consciousness, aphasia, and hemiplegia. In recent years, with the improvement of medical level, the mortality rate of hypertensive cerebral hemorrhage has decreased significantly. However, disability rates in long-term clinical studies of survival suggest that rehabilitation measures have a significant impact on promoting the recovery of neurological function.

Keywords:

Rehabilitation nursing; hypertensive patients; blood pressure control

1. Preface

Hypertension is one of the most common cardiovascular diseases in clinical practice and is most common in the elderly. For elderly patients with hypertension, in addition to conventional antihypertensive drugs, rehabilitation therapy should be actively carried out to improve patients' awareness of hypertension and help them improve their lifestyle, so as to achieve the purpose of reducing hypertension.

2. Nursing methods

Patients in the control group received usual medical care, including prompt treatment, regular blood pressure monitoring and control.

2.1 On this basis, the group implemented rehabilitation measures: psychological assistance

communicate with patients, win their trust, establish a good nursing relationship, and promote nursing development; Encourage patients to express their emotions in time, eliminate negative emotions, and enhance their confidence in recovery; Health education; Health education seminars are regularly organized, health brochures are printed and distributed, and patients and their families can receive detailed information about their condition and participate more actively in clinical treatment. Including placing the body in a comfortable position to prevent joint deformation, swallowing function training allows the patient to eat and regain strength as quickly as possible. Early passive functional training, gradually transition to semi-bacterial or active functional training, including balance exercises such as ejection and sitting posture, to help patients maintain limbs and joints, stretch, move and promote muscle healing, promote the recovery of speech function; Develop a training plan to prevent falls and falls based on the patient's daily diet, and develop a life guide to prevent falls and injuries based on the patient's daily diet; Diet should be light, salty, low fat, high fiber and energetic, eat more vegetables and fruits, quit smoking and alcohol; Monitor blood pressure regularly and advise patients on appropriate medications and blood pressure control; Create a quiet and comfortable sleeping environment for patients [1].

2.2 To provide patients with preventive and rehabilitation care, in particular:

(1) strengthen blood pressure control: medical personnel should explain to the elderly, so that patients with hypertension understand the disease, including the type of disease, treatment and rehabilitation measures; Inform patients to strictly follow

the doctor's instructions to take antihypertensive drugs, effectively control the level of blood pressure, avoid disease recurrence, and effectively prevent cardiovascular complications

(2) effectively regulate various bad habits in life: to a certain extent, most elderly patients with hypertension have bad habits before the onset of the disease, which greatly increases the risk of disease. In order to effectively control the patient's condition and prevent the deterioration of the condition, medical personnel should guide the patient to correct mistakes, remind the patient to eat a healthy diet, especially a light diet in daily life, strictly follow the principle of low-fat salt, eat more protein and vitamin diet, and teach the patient to quit smoking and alcohol. In addition to cultivating good living habits to effectively control blood pressure, medical personnel should also guide patients to weigh scientifically, and they should strictly abide by "step by step" in exercise to avoid excessive tension.

(3) Psychological intervention: it depends on the degree of personality change in elderly hypertensive patients. Some patients even worry that they will become a burden to their families, which inevitably leads to negative emotions, conflict, fear, etc. In order to improve the dependence of patients on treatment, nurses should actively communicate with patients, fully and timely understand the psychological state of patients, maximize the response to the legitimate needs of patients, strengthen medical advice: guide patients, strictly follow the doctor's instructions, and avoid unauthorized stopping or changing the dose. In particular, patients with serious medical conditions still need to take medication when their blood pressure is elevated [2].

2.3 Food intake

Eat foods low in animal fat, cholesterol and calories, eat more fresh vegetables and fruits rich in potassium, stop drinking and reduce sodium salt intake, 10-15g of salt per day can reduce water and sodium storage, reduce the burden on the heart, reduce external resistance, lower blood pressure, and improve cardiovascular function. We should stick to this for the long time. In the diet of Chinese, we should usually eat foods high in calcium every day, and about two-thirds of people can give guidance to patients every 30 minutes after dinner or before going to bed, listening to the necessary light music and beautiful music to ensure the quality of sleep of patients [3].

2.3.1 Psychological interventions

Building good patient relationships: Nursing is the key to improving the effectiveness of psychological care. We should smile, welcome and empathize with the patient and give them confidence that they will overcome the disease. Stabilize emotions: carefully assess age, personality, occupation, culture and wealth, carry out targeted psychological care after a comprehensive assessment of blood pressure and patient feedback, and introduce patients into the investigation and treatment process in detail with appropriate patience, so that patients and their families can feel the safety and scientificity of treatment. Pay full attention to the role of family members, and good psychological adjustment depends on the active support of family members. Emphasize the importance of the family to the patient's recovery and promote good interaction between the family and the patient.

2.3.2 Hiking and jogging

Go from walking to 70-90 steps per minute, then gradually increase to about 110 steps per minute, then alternate walking and running, i.e., walking for 30 seconds, running for 30 seconds, gradually shortening the running time, increasing the running time, and the last run [4]

3. Effectiveness evaluation

The higher the score, the better the patient's exercise performance. BI index was used to evaluate the daily life quality of the patients. The higher the score, the better the patient's daily abilities, and the quality of life before and after treatment was assessed using a comprehensive quality questionnaire, including fitness. The higher the level of psychological, social and material health, the higher the quality of life of patients.

4. Discuss

Essential hypertension progresses slowly and is difficult to control, which is easy to cause cardiovascular disease. Essential hypertension is a cardiovascular disease affected by genetic environment and poor lifestyle, and diet focuses on non-medical treatment. Quality of life is people's functional and subjective feelings in society and daily life. This is a comprehensive concept, the quality of life of the elderly is the perception and evaluation of the material satisfaction of the elderly. Research shows that

the psychological prediction of the patient's age, self-esteem and fear helps to improve the patient's life self-esteem and life self-confidence, thus significantly improving the patient's mental health status and life ability, controlling blood pressure and reducing complications. Improve prediction and quality of life. Hypertension is one of the risk factors for bleeding and rupture caused by cerebral hemorrhage. In the course of clinical treatment, attention should be paid to controlling patients' blood pressure, but if not treated in time, it will aggravate brain tissue damage and lead to brain dysfunction. Hypertensive intracerebral hemorrhage is common in China, and the morbidity and mortality of hypertensive patients are increasing. The long duration and slow recovery of the disease are likely to lead to secondary dysfunction and may become a major factor affecting the quality of life [5].

The purpose of this study was to investigate the effect of rehabilitation measures on the recovery of human neurological function. Conclusion: After interventional therapy, the FMA and BI index of patients increased significantly. The results showed that early rehabilitation can reduce the damage to the central nervous system, promote the repair of related nerve cells through functional training, fully develop the functional transformation of the central nervous system, promote the plasticity of the brain, restore the lost function, establish a normal neural network, and realize the reorganization of the central nervous system. After the intervention, the social function and material well-being of the auxiliary monitoring group were significantly higher than the indicators, and the physical care during the acute illness could form the basis for the recovery of neurological function. By constantly stimulating the cerebral cortex, it enhances joint mobility and maintains the daily survival ability of the nervous system. In the rehabilitation stage of patients, pay attention to the functional exercise of restoring leptin, reduce the occurrence of various secondary functional disorders, and improve the daily life and quality of life of patients.

With the change of medical service model, people pay more and more attention to their health. With the continuous improvement of medical service level, quality of life has become one of the important criteria for evaluating medical effect, sudden headache, dizziness and vomiting, hemiplegia, aphasia and even consciousness disorder. HICH is one of the fatal diseases of the elderly in today's aging society. According to rehabilitation theory, the central neurons of HICH patients have the ability to rebuild structurally or functionally, and under the right conditions, some neurons can regenerate. Therefore, taking early rehabilitation measures for patients can greatly promote their recovery. Temporary medical staff must have comprehensive knowledge, experience and techniques to relieve pain and ensure comfortable care for patients [6].

5. Conclusion

Therefore, rehabilitation measures can help patients with hypertension and intracerebral hemorrhage recover their neurological function and daily living ability, improve their quality of life, and have high clinical value in swallowing skills training and daily skills training through physical rehabilitation and language training.

References:

- [1] Sanyan Li. *Effect of Rehabilitation Nursing Model on Blood Pressure Control and Quality of Life Scores in Elderly Patients with Hypertension*[J]. *Reflexology and Rehabilitation Medicine*, Vol. 29, No. 10, pp. 146-147, 2020.
- [2] Xinnan Li. *Effect of Exercise Rehabilitation Nursing on Blood Pressure, Blood Glucose and Quality of Life in Elderly Patients with Hypertension, Hyperlipidemia and Hyperglycemia*[J]. *Jilin Medicine*, 2019(3):648-651.
- [3] Anhong Chen. *Effect of Follow-up Nursing Intervention on Rehabilitation Outcomes in Elderly Patients with Hypertension*[J]. *Reflexology and Rehabilitation Medicine* Vol. 29, No. 8, pp. 107-108, 2020.
- [4] Qian Tian. *To Explore the Effect of Ultra-early Rehabilitation Nursing on the Postoperative Quality of Life of Patients with Hypertensive Intracerebral Hemorrhage*[J]. *Friends of Health*, 2020, 000(003):194.
- [5] Xiaoping Wu. *Effect of Rehabilitation Nursing Model on Blood Pressure Control and Quality of Life Scores in Elderly Patients with Hypertension*[J]. *Knowledge of Cardiovascular Disease Prevention and Treatment (Second Half of the Month)*, 2019, 009(033):52-54.
- [6] Zhang Chunxia. *Effect of Early Rehabilitation Nursing on the Quality of Life of Patients with Sequelae of Hypertensive Intracerebral Hemorrhage*[J]. *Inner Mongolia Medical Journal*, 2019, 051(006):766-767.