

# Analysis of the Effect of Enriched Psychological Nursing Intervention for Patients Who Undergo Family Planning Operations

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**ABSTRACT Objective:** To explore the effect of enriched psychological nursing intervention in family planning operations, to provide a reference for the nursing work. **Method:** The 90 patients who were treated in our hospital from January 2014 to October 2014 were randomly divided into two groups. The control group received routine nursing care and the experimental group received enriched psychological nursing intervention. The anxiety, pain and complications of the two groups were compared, and the Results were statistically analyzed. **Result:** The patients in the experimental group were treated with psychological nursing intervention. After the surgery, the state of nervous anxiety was significantly lower, the postoperative pain was mild and the complications were less. When compared with the control group, there were significant differences ( $p < 0.05$ ). **Conclusion:** The enriched psychological nursing of patients in family planning operations can help to improve the quality of nursing and appease the mood of the patients with a positive clinical significance.

## KEYWORDS

Family planning operation  
Psychological nursing  
Clinical effect  
Artificial abortion

## 1. Introduction

Family planning operations are mainly undergone by healthy women of childbearing age. These operations include artificial abortions, induced abortion, normal tubal ligation, intrauterine device (IUD) placement operation, etc. Those who undergo such procedures may experience post-operative uterine perforation, bleeding, endocrine dysfunction, irregular menstruation and so on. In recent years, more and more artificial abortion operations are done in various hospitals, mainly due to, the opening of western hospitals in our country. Artificial abortion is a more commonly used remedial measure after contraceptive failure. Statistical data from the last few years has led to the discovery of the fact that artificial abortion in our

country tends to be done for younger patients. There is lack of awareness about contraceptive techniques amongst the younger generation.

Drawbacks of contraception: Patients who underwent abortion are suffered with serious mental stress problems. Complications of artificial abortion usually appear after the surgery [1]. Not only that, patients who undergo family planning surgeries are often affected by a series of psychological problems due to personal, social and family factors. To solve the mentioned problems, our service station has enriched the intervention of the psychological nursing in artificial abortions, and achieved good results.

## 2. Materials and methods

### 2.1. The general information

The 90 patients who were treated in our hospital from January 2014 to October 2014 were randomly divided into two groups. All of the patients underwent artificial abortion voluntarily, after the B ultrasound examination was found to be normal.

There were 45 patients in the control group, ages between 18 and the 42 with the average of  $(25.24 \pm 4.87)$  years old. There were 24 married persons and 21 cases of unmarried. There were 17 cases of non-contraception and

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