

# Application Effect of Refined Nursing Mode Based on Risk Management in Cardiovascular Surgery Nursing

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**Abstract: Objective:** To observe the role of refined nursing model in risk management for patients in cardiovascular surgery. **Methods:** 74 patients with cardiovascular surgery in our hospital from April 2022 to April 2024 were selected and randomly divided into two groups. One group received routine nursing during treatment (37 cases, control group), and the other group carried out the refined nursing mode of risk management (37 cases, observation group). The incidence of risk events and quality of life of patients during treatment were compared. **Results:** the incidence of risk events during treatment in the observation group was lower than that in the control group,  $P < 0.05$ . The quality of life in the observation group was higher than that in the control group after nursing,  $P < 0.05$ . **Conclusion:** the refined nursing mode of risk management for patients with cardiovascular surgery can reduce the incidence of risk events during treatment and improve the quality of life of patients during treatment.

**Keywords:** Fine Nursing Based on Risk Management; Cardiovascular Surgical Nursing

## 1. Introduction

Cardiovascular disease is the main disease type that affects the middle-aged and elderly population at present. The pathogenesis is complex and the disease cycle is long. Patients need long-term treatment. In the process of treatment for patients with cardiovascular surgery, in order to promote the rapid improvement of patients' corresponding diseases, on the basis of continuous improvement of clinical treatment programs, it is more important to promote patients' recovery from the dimension of nursing support [1-2]. There is a certain

implementation rate of risk management in the nursing of patients with cardiovascular disease, which aims to analyze the risk factors affecting the recovery of patients and carry out effective nursing support [3]. The refined nursing pays more attention to the comprehensiveness of nursing support for patients during treatment, and provides more comprehensive and refined nursing support for patients. This study mainly analyzes the role of cardiovascular surgery patients receiving refined nursing model based on risk management.

## 2. Materials and Methods

### 2.1 General Information

**Methods:** 74 patients with cardiovascular surgery in our hospital from April 2022 to April 2024 were selected and randomly divided into two groups. One group received routine nursing during treatment (37 cases, control group), and the other group carried out the refined nursing mode of risk management (37 cases, observation group). In the control group, there were 20 males and 17 females, aged from 51 to 76 years, with an average of  $(68.68 \pm 1.74)$  years. The body mass index was 22-25kg/m<sup>2</sup>, with an average of  $(23.15 \pm 0.95)$  kg/m<sup>2</sup>. There were 21 males and 16 females in the observation group, aged from 52 to 77 years, with an average of  $(69.45 \pm 1.85)$  years. The body mass index ranged from 22 to 24 kg/m<sup>2</sup>, with an average of  $(22.98 \pm 0.78)$  kg/m<sup>2</sup>. For the comparison of two groups of basic data,  $P > 0.05$ .

### 2.2 Method

The nursing staff provided routine nursing support for the patients in the control group, guided the patients to use medicine scientifically in combination with the patient's treatment plan, helped the patients to identify all aspects of the problems needing attention

during the treatment, regularly evaluated the patient's condition, and understood the changes of the patient's symptoms. The observation group received the refined nursing model based on risk management. (1) Risk assessment. The nursing staff should combine the previous clinical case data and the actual situation of the patients, evaluate the risk factors that affect the recovery of patients during the treatment in the hospital, including the environment, nursing staff, patients themselves and other aspects, and formulate refined nursing measures. (2) Implementation of fine nursing based on risk management. Environmental optimization. Nurses provide patients with a comfortable ward environment during treatment, and timely conduct scientific management of ward, corridor and other parts of the items to avoid hindering patients' daily activities or increasing the incidence of falls. The floor of the ward should be dry, and handrails should be reasonably set in the ward to prevent falls and other risk events. Nursing staff management. During the treatment of patients, nursing staff should strictly follow the corresponding system to carry out all aspects of management work, including patients' early position management, medication management, and make corresponding nursing records. The implementation of nursing work was reviewed every day to assess whether there were nursing contents that needed to be improved or affected the recovery of patients. Patients' cognitive nursing. Most of these patients are older and lack comprehensive knowledge of their own diseases. In the process of nurse patient communication, it is necessary to accurately assess the patient's cognitive level of their own disease, and timely carry out targeted cognitive nursing, guide the patient to master the disease according to the way that the patient can easily understand, and timely correct the cognitive misunderstanding of the patient. Complications care. Due to the long treatment cycle of patients, nursing staff

should timely evaluate the changes of patients' symptoms, understand the patients' complaints, analyze the possibility of complications of patients during treatment, and timely prevent the common complications of patients during treatment from the aspects of drug management, diet management and so on. Life care. Accurately grasp the daily living habits of patients, analyze whether patients have behaviors that affect recovery, timely assist patients to correct, and inform patients of the impact of unhealthy behaviors and habits on the disease, so as to help patients maintain healthy living behaviors during treatment.

### 2.3 Observation Index

(1) Comparison of the incidence of risk events. According to the statistics of the incidence of risk events during the treatment of the two groups of patients, including patients' untimely medication, falls, and incomplete nursing records. (2) Quality of life comparison. The quality of life of the two groups was evaluated with the WHOQOL-BREF, which was mainly evaluated from four dimensions: social relations (0-20 points), environmental factors (0-30 points), physiology (0-30 points) and Psychology (0-30 points). The higher the score, the higher the quality of life.

### 2.4 Statistical Methods

The data in the study were analyzed according to spss22.0. The quality of life and other measurement data were expressed as mean  $\pm$  standard deviation ( $\bar{x} \pm s$ ), t-test, count data were expressed as%, chi square test, ( $p < 0.05$ ) the difference was statistically significant.

## 3. Result

### 3.1 Comparison of Risk Events During Treatment

The incidence of risk events in the observation group during treatment was lower than that in the control group,  $P < 0.05$ , see Table 1.

**Table 1. Comparison of the Incidence of Nursing Risk Events[n, (%)]**

Peer Group	Case Number	Patients Do Not Take Medicine on Time	Fall	Incomplete Nursing Records	Incidence Rate
Observer Group	37	0(0.00)	1(2.70)	0(0.00)	1(2.70)
Control Group	37	1(2.70)	2(5.41)	1(2.70)	4(10.81)
<i>t</i>	-	-	-	-	3.254
<i>P</i>	-	-	-	-	0.048

### 3.2 Quality of Life Comparison

The quality of life in the observation group was higher than that in the control group after

nursing,  $P < 0.05$ , See Table 2.

**Table 2. Comparison of Quality of Life Between the Two Groups ( $\bar{x} \pm s$ )**

Peer Group	Case Number	Physiology		Environmental Factor		Social Relations		Psychology	
		Before Nursing	After Nursing	Before Nursing	After Nursing	Before Nursing	After Nursing	Before Nursing	After Nursing
Observer Group	35	18.45 ± 1.15	26.05 ± 1.52	18.45 ± 2.17	25.65 ± 1.35	8.05 ± 2.24	14.75 ± 1.25	16.68 ± 1.41	22.75 ± 1.31
Control Group	35	18.51 ± 1.22	21.23 ± 1.15	18.35 ± 2.15	21.45 ± 1.25	8.11 ± 2.34	11.15 ± 1.35	16.53 ± 1.02	20.15 ± 1.37
<i>t</i>	-	0.042	17.395	0.019	15.784	0.081	13.556	0.072	8.716
<i>P</i>	-	0.967	0.000	0.985	0.000	0.936	0.000	0.943	0.000

#### 4. Discussion

The symptoms of cardiovascular surgery patients are more complex and the treatment cycle is longer, mainly elderly patients. During the treatment of this part of patients, in order to promote the rapid improvement of patients' symptoms in all aspects and the rapid recovery of patients, it is necessary to carry out effective nursing support in time during the treatment of patients, identify the factors affecting the recovery of patients, and do a good job in the risk management of patients during the treatment.

The refined nursing mode of risk management is a new mode of clinical nursing support. This nursing mode effectively combines refined nursing and risk management, accurately analyzes the potential risk factors of cardiovascular surgery patients in the treatment process, and refines all aspects of nursing operation in combination with the specific situation of patients, which can promote all aspects of nursing operation to be more targeted and meet the specific needs of this part of patients. Combined with this observation, it can be seen that under the effect of the refined nursing mode of risk management, the incidence of risk events in the observation group was lower than that in the control group during treatment, and the patient's nursing satisfaction was higher than that in the control group, indicating that this nursing measure can minimize the incidence of

risk events in the treatment period, improve the patient's nursing satisfaction, and improve the quality of life of patients, which is conducive to the recovery of patients. In addition, combined with the observation, it can be seen that the nursing measures can improve the quality of life of patients, and comprehensively guarantee the nursing effect of this part of patients.

In a word, the refined nursing mode of risk management can be carried out in the nursing of patients with cardiovascular surgery to provide more comprehensive and effective nursing support for patients.

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