

Analysis of clinical medication scheme and nursing measures of acute stress disorder complicated with delirium under the COVID-19

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Background. COVID-19 is highly contagious, which has a significant impact on people's physical health and mental health. Under the current COVID-19, some people have negative emotions, such as anger and fear, which have triggered psychological stress, resulting in acute stress disorder of different degrees. Therefore, the study put forward a targeted clinical medication scheme. It applies corresponding nursing measures to explore the role of the targeted medication scheme in improving the mental health and the life quality of patients.

Subjects and Methods. Among the patients with acute stress disorder admitted to our hospital from June 2020 to July 2021, 80 patients with delirium caused by the COVID-19 were selected as research objects according to the medical records and disease analysis. Before using the new clinical medication scheme and nursing measures for treatment, the patients' delirium and stress disorder were evaluated by Stanford Acute Stress Response Questionnaire (SASRQ) and 3-min Confusion Assessment Scale (3D-CAM). Then the new clinical medication scheme and nursing measures was applied for four weeks, including specific medication for acute stress disorder and delirium, and evaluate the disease status again with the two selected scales.

Results. Table 1 shows the results of SASRQ score and 3D-CAM score of 80 selected patients before and after treatment. The results showed that before treatment, both the SASRQ score and the 3D-CAM score showed that the patient had different degrees of delirium and acute stress disorder. After treatment, both the 3D-CAM score and the SASRQ score of the patient decreased significantly, and the symptoms of acute stress disorder complicated with delirium were significantly improved, with a statistically significant difference ($P < 0.05$).

Conclusions. Under the COVID-19, some people suffer from acute stress disorder and delirium. Therefore, the study put forward a specific clinical medication scheme and nursing measures for these patients, and assessed the acute stress disorder and delirium status before and after treatment through SASRQ and 3D-CAM scales. The results verified the effectiveness of the medication scheme, which had certain clinical application value.

Table 1. Results of SASRQ score and 3D-CAM score of 80 patients before and after treatment

Treatment stage	<i>n</i>	SASRQ score	3D-CAM score
Before treatment	80	45.4±2.3	46.5±2.1
After treatment	80	38.6±1.6	39.2±2.5
<i>t</i>	-	21.71	20.00
<i>P</i>	-	0.00	0.00

A study on the mental state of prisoners near the end of their sentence caused by a psychological anxiety case

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Background. The form of group training for prisoners near the end of their prison sentence are often taken in China to help them enhance their ability to adapt to the society after being released from prison, but this training may have shortcomings of weak pertinence and non-differentiation. A prisoner had turned to his supervisor for help due to the emotional anxiety two months before the end of his prison sentence, which caused the concern to the individual psychological state of the prisoner. In order to reduce the stress and abnormal psychological state of prisoners before their release, and help them to rebuild themselves after returning to society, psychological tests and questionnaires were conducted on prisoners whose remaining prison term was less than three months. The prisoners with psychological fluctuations were screened out for timely intervention.

Subjects and Methods. A prisoner, 23-year-old, male, complained of inattention, depression, tension, irritability and frequent insomnia, this phenomenon has been interrupted for a month. So, two months before his release from prison, he sought help from the prison Psychological Counseling Department. The psychological test result of the man is as follows: The Self Rating Anxiety Scale test (SAS) result is 67 points, which is higher than the norm, and SCL-90 Self-Rating Depression Scale (SCL-90) anxiety factor 2.6, higher than the norm. Through the use of cognitive therapy and relaxation training by the counselors, there was no anxiety state in the psychological test after four psychological consultations. The case aroused the concern about the psychological state of the criminals before their release from prison, and 30 criminals with the three months remaining in prison were given psychological tests and questionnaires to understand their psychological state. The questionnaire was conducted by self-filling method, the main contents included: criminal history, prison experience, self-evaluation of psychological state, planning after being released from prison, etc. The 30 criminals participated in SCL-90 test to understand their psychological status.

Results. Among the 30 prisoners who participated in the SCL-90 test, 8 had higher anxiety factors than the norm, and 6 of them were under the age of 35. According to the statistics of the questionnaire survey results of 30 prisoners near the end of their sentence, 25 people felt that their recent sleep status was average or poor; 20 people have no desire to talk with others and discuss the future. 16 people did not have any life plans after releasing from prison. Among the 30 prisoners who participated in the questionnaire survey, 10 hoped to get pre-release employment guidance from the prison, and 10 hoped to participate in classes to learn skills such as reading clubs, computer or finance courses organized by the prison.