GW25-e0774
Set up quality control circles to reduce the incidence of hemotoma caused by subcutaneous injection of low molecular heparin calcium
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Objectives: Through quality control circle activity to reduce the incidence of hemotoma caused by subcutaneous injection of low molecular heparin calcium.
Methods: We retrospectively analyzed 256 patients with subcutaneous injection of low molecular heparin calcium hospitalized in our department in June to September, 2013, including 43 cases occurred hemotoma after injection, the incidence was 16.8%.In October 2013, we set up QCC activity group (quality control circle, QCC), RCA analysis was carried out on the complications, we determined the nursing problems, nursing measures to reduce the occurrence rate of hemotoma.

1. Reengineering the process, (2) Standard operating procedures, (3) Improve operation skills, Indwelling bubble technique: indwelling 0.1 ml bubbles before injection can effectively control the invalid cavity, avoid liquid influx into subcutaneous into a puncture needle, and reduce the incidence of hemotoma. The injection site: the abdomen is divided into four quadrants according to the cross division method. Injection sites were 5 cm above the umbilicus, 5 cm below the umbilicus, umbilical about 10 cm (except periumbilical 2 cm), Take turns to inject, avoid scleroma and ecchymosis and formulate the special injection site formula. Vertical injection: It can effectively promote drug absorption and reduce the damage to the subcutaneous tissue and blood capillary.

Conclusions: The incidence rate of hemotoma was reduced by 42% compared to review data.

GW25-e087
Research on the clinical application of ultrasound-guided catheterization of deep-vein in cardiac surgical patients
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Objectives: To research the clinical value of the application of ultrasound-guided on deep-vein catheterization in cardiac surgical patients.

Methods: 100 cases with Jugular vein used ultrasound-guided catheterization were enrolled in this study. The time of insertion, a success rate of catheter and the incidence of complications were analyzed respectively.

Results: In Jugular vein puncture group, the one puncturation and intubation success rate with ultrasound-guided catheterization and traditional blind catheterization was 96% (48/50) and 64% (32/50, P<0.05) respectively. The complication rate was 0 (0/50) and 8% (4/50, P<0.05) respectively.

Conclusions: Ultrasound-guided catheterization in the deep-vein puncture is surpass to traditional blind catheterization. It is high success rate, and can avoid complication, has great clinical value.

GW25-e2250
Research to improve nursing execution in “quality control circle” activities
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Objectives: Gradually improve the nurses’ execution by management in the QCC activities, so as to better implement various systems and processes, improve the execution capacity and working efficiency.

Methods: (1) Organizing training: Sending someone to learn relevant knowledge and organizing nurses to learn characteristics, activities principles and methods of QCC. Making nurses have full understanding of QCC quality management. (2) Establish- ment of evaluation:Establishing the Nurse Competion Table, Nurses’ execution of QCC. QCC members are closely integrated with work- and health- related issues. Selecting the best QCC execu- tion team when we finish the building. (3) One point to surface: after dividing into groups, every leader led the members practice various exercises, convey the spirit of QCC, promote the practice, supervise the system and implement, feedback timely. (4) Everyone involved in the management: Each leader is responsible for the problem analyzed, the measures proposed, results tracking and continuous improvement at different stages. (5) Wechat meeting: Making the meeting form is different. Using brainstorm, it can make meetings convenient and time-saving, it can also improve the participants’ enthusiasm. By establishing equality and mutual working relationship and management guidance mode, Enable members to work in a more positive atmosphere. (6) Self check before doing: The teams are given sufficient time to self-check and correct before the problems implementing. After self check, carry out snap check. (7) Sampling check regularly: Counselor and team leader take the action of group supervision, no punishment rating system between groups, flow using sampling check regularly, dynamic scoring position, ensure quality of care continued to improve, if problems found, timely group discussion. (8) Transparent result: Sampling observation results of each group must be published in time. For all the indicators which need to be optimized must provide development trends, all the members must draw fully attention. (9) Team motivation: Encourage team morale by regular meetings. Emphasis on the goals and objectives of the QCC before the meetings. Let us realize the current stage of QCC, achievements and gaps, overcome fuer- thwarting, keep in relaxed mood. (10) PDCA circle: Ensure that management means of QCC connected, making full use of the PDCA circle, promoting executive power of nurses steadily rapid improvement.

Results: By implementing all the above measures and using checklists for sampling, the results showed the nurse executive power increased from 96% to 95%, and it also inspired the members’ enthusiasm, patient satisfaction, the members’ innovation capacity are all improved.

Conclusions: The approach of QCC management is to give nurses sense of re- sponsibility in the management process, effectively tap the potential of nursing management, achieve full participation in quality management to increase their value. The above measures are effective to improve the execution power of nurses in QCC activities, can be extended.

GW25-e4219
Vascular protective effects of early HRT on ovariectomized in female rats and research on the molecular mechanism preliminarily
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Objectives: The purpose of the present study was to observe the effect of early and late hormone replacement therapy (HRT) on vascular functions in ovariectomized female rat models, and to study on the molecular mechanism preliminarily.

Methods: The ovariectomized models were established by removing ovaries in female rats and were divided to early group and late group. There were three groups including sham operation group, ovariectomized model group and HRT group in the early group and the late group. Firstly, we detected the relaxation to acetylcholine (Ach) and so- dium nitroprusside (SNP) in isolated thoracic aorta. Next, the morphology of aorta was observed by transmission electron microscope. Furthermore, the serum level of...
Resveratrol supplementation was not beneficial to the anti-inflammatory effects and metabolic modulation in the prevention of cardiovascular disease and stable coronary artery disease: A meta-analysis

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Objectives: To explore the effects of resveratrol on the anti-inflammatory and metabolic modulation in the prevention of cardiovascular disease and stable coronary artery disease.

Methods: A systematic literature search was conducted to identify randomised controlled trials of resveratrol in Pubmed. Reports of trials were sought that evaluated the effects of resveratrol in patients with cardiovascular disease risk factors and stable coronary artery disease. Then according to the Cochrane Handbook for systematic reviews, we estimate the quality of the randomised controlled trials and collect the useful information. At last, we choose the variable and process data with RevMan 5.0.

Results: 12 trials with data for 455 patients were identified by the literature search. Resveratrol did not significantly decrease the CRP (weighted mean difference (WMD) -0.12mg/L, 95% CI -0.36 to 0.12, P = 0.50), TNF-α (WMD -0.09pg/ml, 95% CI -0.36 to 0.12, P = 0.50) in patients compared with placebo. But resveratrol could decrease IL-1β in the pool analysis of 2 clinical trials with WMD -0.17pg/ml, 95% CI -0.27 to -0.08, P = 0.005. The administration of resveratrol brought some benefits on glycemic control, which performed the ability of reducing the HbA1c (WMD 0.08%, 95% CI 0.04-0.12, P = 0.05), however it was a pity that resveratrol could not improve the fasting glucose (WMD -0.12mg/L, 95% CI -0.36 to 0.12, P = 0.50), diastolic blood pressure (WMD, 7.20mmHg, 95% CI 5.02-9.37; P = 0.01), triglyceride levels (WMD, 0.32 mmol/L, 95% CI 0.19-0.64; P = 0.01), total cholesterol levels (WMD, 0.53 mmol/L, 95% CI 0.36-0.71; P = 0.01), and low-density lipoprotein levels (WMD, 0.28 mmol/L, 95% CI 0.14-0.42; P = 0.01). Though the analysis of folate showed lack of statistical difference, there was a decrease tendency in SCH patients (WMD, -0.55mg/mL 95% CI -1.10-0.00; P = 0.05). Other parameters such as HDL (WMD, 0.02 mmol/L, 95% CI 0.09-0.02; P = 0.178, 95% CI -0.18 to 0.33; P = 0.34, 95% CI -23.93-20.13; P = 0.723), there are no significant differences between the two groups. While for vitamin B6, we could not perform an analysis since the enrolled studies did not provide sufficient data to calculate the 95% CI of vitamin B6 levels. As the data provide in each study is insufficient, we could not analyze the associations between the homocysteine and these parameters.

Conclusions: Our analysis of nine observational studies with 443 patients showed that SCH is associated with an increased plasma homocysteine levels. As for other traditional risk factors for CVD, SCH is associated with a significant increase in BMI, SBP, DBP, TG, TC and LDL-C. And given to the higher risk of coronary artery disease, all these findings emphasize the necessity of earlier screening and treating of SCH.