

# APPLICATION RESEARCH OF MICROWAVE THERAPY FOR SUDDEN DEAFNESS PATIENTS BASED ON 5A NURSING MODE

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## Background and Aims

To explore the application effect of ear microwave therapy based on the 5A nursing model (evaluation Assess, suggestion Advice, consensus Agree, assist Assist, follow-up Range) in patients with sudden deafness.

## Methods

A randomized controlled design was used to select 120 SSNHL patients admitted from January 2024 to December 2024, who were randomly divided into an intervention group (n=60) and a control group (n=60). Both groups received ear microwave therapy, with the intervention group receiving personalized intervention based on the 5A nursing model, and the control group receiving routine care. Compare the hearing recovery effect (pure tone hearing threshold measurement), treatment compliance, anxiety and depression score (HADS score), and quality of life (SF-36) between two groups of patients.

## Results

The improvement of pure tone hearing threshold in the intervention group was significantly better than that in the control group after treatment ( $P<0.05$ ), and the total effective rate of treatment (88.3%) was higher than that in the control group (71.7%) ( $P<0.05$ ). The treatment compliance score of the intervention group was significantly higher than that of the control group ( $P<0.05$ ), and the HADS score and SF-36 score were significantly improved compared to the control group ( $P<0.05$ ).

## Conclusion

Ear microwave therapy based on 5A nursing mode can effectively promote hearing recovery, improve treatment compliance, alleviate negative emotions, and improve quality of life in patients with sudden deafness.

**Keywords:** Sudden deafness, 5A nursing mode.