

脑血管病后的康复训练现况和临床应用

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【摘要】：目的：分析脑血管病后康复训练的应用效果。方法：选取 2020 年 7 月至 2021 年 7 月收治的脑血管病患者 80 例，随机分为观察组和对照组各 40 例，对照组采取西药治疗，观察组给予西药治疗+康复训练，对比效果。结果：观察组 BI 评分、FMA 评分、MMSE 评分均高于对照组 ($P<0.05$)；观察组 NBD 评分低于对照组 ($P<0.05$)；观察组凝血因子水平均低于对照组 ($P<0.05$)；观察组 PCs 水平、SDF-1 水平均高于对照组 ($P<0.05$)。结论：脑血管病后实施康复训练可有效改善患者的神经功能、认知功能、运动功能等，改善凝血状态，加快康复。

【关键词】：康复训练；认知功能；脑血管病；运动功能；凝血因子

Current Situation and Clinical Application of Rehabilitation Training after Cerebrovascular Disease

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Abstract: Objective: To analyze the effect of rehabilitation training after cerebrovascular disease. Methods: 80 patients with cerebrovascular disease admitted from July 2020 to July 2021 were randomly divided into the observation group and the control group, with 40 patients in each group. The control group was treated with western medicine, and the observation group was treated with western medicine+rehabilitation training to compare the effects. Results: The BI score, FMA score and MMSE score in the observation group were higher than those in the control group ($P<0.05$); NBD score in the observation group was lower than that in the control group ($P<0.05$); The levels of coagulation factors in the observation group were lower than those in the control group ($P<0.05$); The levels of PCs and SDF-1 in the observation group were higher than those in the control group ($P<0.05$). Conclusion: The rehabilitation training after cerebrovascular disease can effectively improve the neurological function, cognitive function and motor function of patients, improve the coagulation state and speed up the rehabilitation.

Keywords: Rehabilitation training; Cognitive function; Cerebral vascular disease; Motor function; Coagulation factor

1 资料和方法

1.1

80	2020	7	2021	7
	21		19	
54.23 ± 0.21	40		20	20
±			P>0.05)	

1.2

	35mg	
	H20110010	120ml
0.9%	2	/d
		+

2h

2.2

5.26 ± 0.88
3.81 ± 0.58 g/L D- 0.71 ± 0.16 g/L
5.30 ± 0.91
3.73 ± 0.61 g/L D- 0.76 ± 0.13 g/L
t=0.332 0.521 0.412 P>0.05

3.10 ± 1.07
2.33 ± 0.44 g/L D- 0.33 ± 0.07 g/L
4.07 ± 0.78
2.89 ± 0.38 g/L D- 0.43 ± 0.09 g/L
t=5.221 5.936 5.825 P>0.05

2.3 SDF-1 PCs

SDF-1 1112.53 ± 101.44 pg/ml PCs
1.02 ± 0.13 pg/ml
SDF-1 1123.46 ± 95.58 pg/ml PCs
1.04 ± 0.12 pg/ml
t=0.523 0.121 P>0.05

SDF-1 1795.35 ± 97.68 pg/ml PCs
1.56 ± 0.25)pg/ml
SDF-1 1455.43 ± 73.92 pg/ml PCs
1.18 ± 0.15 pg/ml
t=5.221 5.996 P>0.05

3 讨论

2 25min

1.3

BI [3]

NBD

[4]

FMA

[5]

MMSE

[6]

D-

SDF-1 PCs

1.4

SPSS18.0

P 0.05

2 结果

2.1 BI NBD FMA MMSE

BI 38.21 ± 3.10 NBD 14.81
± 1.91 FMA 33.66 ± 3.26 MMSE
11.79 ± 1.59
BI 37.21 ± 3.55 NBD 15.61
± 1.13 FMA 34.01 ± 2.61 MMSE
12.79 ± 2.48
t=0.362 0.521 0.523 0.336 P>0.05

BI 64.22 ± 3.49 NBD 9.01
± 1.57 FMA 56.32 ± 3.00 MMSE
24.09 ± 2.40
BI 58.21 ± 2.85 NBD 10.62
± 1.13 FMA 47.17 ± 3.42 MMSE
21.21 ± 2.58
t=5.210 4.336 9.325 5.101 P>0.05

[7] 3

50% 75%

[8]

[9]

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