

血糖管理对糖尿病并慢阻肺患者的影响

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【摘要】：目的：分析血糖管理对糖尿病并慢性阻塞性肺疾病患者肺部真菌感染的干预效果。方法：此次实验对象为糖尿病并慢性阻塞性肺疾病患者，入院时间均在 2018.01 月至 2021.12 月，入选患者共 70 例，利用随机抽取双色球法进行分组，分为对照组（常规护理，共 35 例）与实验组（血糖管理+常规护理，共 35 例）。对比两组肺部真菌感染率、血糖水平及通气功能。结果：在肺部真菌感染的发生率上，实验组低于对照组（ $P<0.05$ ）。在空腹血糖与餐后 2h 血糖水平上，实验组均低于对照组（ $P<0.05$ ）。在用力肺活量（FVC）、第一秒末用力呼气量（FEV1）及 FEV1/FVC 上，实验组高于对照组（ $P<0.05$ ）。结论：针对糖尿病并慢性阻塞性肺疾病患者，实施血糖管理的干预效果良好，有利于减少肺部真菌感染的发生，临床可进一步推广应用。

【关键词】：糖尿病并慢性阻塞性肺疾病；血糖管理；肺部真菌感染；血糖水平

Effect of Blood Glucose Management on Diabetes Patients with Chronic Obstructive Pulmonary Disease

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Abstract: Objective: To analyze the intervention effect of blood glucose management on pulmonary fungal infection in patients with diabetes and chronic obstructive pulmonary disease. Methods: The subjects of this experiment were patients with diabetes and chronic obstructive pulmonary disease. The hospital admission time was from January 2018 to December 2021.12. A total of 70 patients were selected. They were randomly divided into the control group (35 cases in total) and the experimental group (35 cases in total) using the bicolor method. The pulmonary fungal infection rate, blood glucose level and ventilation function were compared between the two groups. Results: The incidence of pulmonary fungal infection in the experimental group was lower than that in the control group ($P<0.05$). The fasting blood glucose and 2h postprandial blood glucose levels in the experimental group were lower than those in the control group ($P<0.05$). The forced vital capacity (FVC), forced expiratory volume at the end of the first second (FEV1) and FEV1/FVC in the experimental group were higher than those in the control group ($P<0.05$). Conclusion: For patients with diabetes and chronic obstructive pulmonary disease, the intervention effect of blood glucose management is good, which is conducive to reducing the incidence of pulmonary fungal infection, and can be further popularized in clinical practice.

Keywords: Diabetes with chronic obstructive pulmonary disease; Blood glucose management; Lung fungal infection; Blood glucose level

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1 对象和方法

[1]

1.1

2018.01~2021.12

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2h
6.49±0.52 mmol/L 7.23±1.05 mmol/L
7.63±0.75 mmol/L 9.32±1.56 mmol/L
t1=7.390 t2=6.575 P1=0.000 P2=0.000
P 0.05
2.3
FVC FEV1 FEV1/FVC
1.53±0.12 L 1.14±0.08 L 74.51±3.12 %
1.56±0.13 L 1.15±0.09 L
73.71±3.24 % t1=1.003
t2=0.491 t3=1.052 P1=0.319 P2=0.625 P3=0.296 P
0.05
FVC FEV1 FVC/FEV1
3.42±0.54 L 2.85±0.63 L 83.09±5.38 % P 0.05
2.68±0.32 L 2.07±0.45 L 77.24±4.38 %
t1=6.975 t2=5.960 t3=4.989 P1=0.000
P2=0.000 P3=0.000 P 0.05
3 讨论

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2h
FVC FEV1 FVC/FEV1 P 0.05