一日门诊管理在妊娠期糖尿病患者中的应用

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【摘 要】：目的： 方法： 2020 3 2022 3 200
100
结果：
P 0.05 结论：
GDM

【关键词】：

Application of One-day Outpatient Management in Patients with Gestational Diabetes

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Abstract: Objective: To explore the application effect of one-day outpatient management in patients with gestational diabetes mellitus. Methods: A total of 200 patients with gestational diabetes from March 2020 to March 2022 were selected as the study subjects and randomly divided into control group and study group, with 100 patients in each group. The control group was given traditional management, and the study group was given one-day outpatient service combined with remote management. Blood glucose, body mass index, delivery mode, delivery complications and fetal and neonatal conditions were observed and compared between the two groups. Results: Compared with the control group, blood glucose and body mass index in the study group were significantly reduced. The incidence of vaginal delivery in the study group was significantly higher than that in the control group. The total incidence of delivery complications, fetus and newborn in the study group was significantly lower than that in the control group, with statistical significance ($P < 0.05$). Conclusion: One-day outpatient remote management of GDM patients has a very significant application effect, which can effectively reduce the long-term and short-term complications of mothers and children in GDM patients, strengthen the initiative of self-blood glucose monitoring, reduce adverse outcomes of mothers and children, and improve the quality of obstetrics, which is worthy of further promotion and application.

Keywords: One-day outpatient management; Gestational diabetes mellitus; Application effect

GDM

GDM 80% GDM
20% GDM
17.4% [1] GDM

GDM

1 资料与方法

1.1

2020 3 2022 3
200
22-35 29.5 ± 7.2
n=100 n=100
P 0.05

1.2

1
2 3
1
2
3

1.3 Contour TS

3.3-5.3mmol/L 2h 4.4-6.7mmol/L

≥ 4kg

1.5

SPSS 19.0

$\bar{x} \pm s$ n % t

x^2 P 0.05

2 结果

GDM

1.4

P 0.05 1

1 $\bar{x} \pm s$

		n=100	n=100	t/x^2	P
mmol/L		7.18 ± 0.69	5.34 ± 1.25	12.887	0.000
	2h	9.23 ± 1.51	7.55 ± 1.29	8.459	0.000
BMI kg/m^2		25.51 ± 4.83	23.27 ± 4.22	3.492	0.000
n %		52 0.52	66 0.66	4.051/0.044	
		48 0.48	34 0.34		
n %		8 0.08	1 0.01		
		2 0.02	1 0.01		
		5 0.05	2 0.02		
		3 0.03	1 0.01		
		2 0.02	0 0.00		
		26 0.26	18 0.18		
		3 0.03	0 0.00		
		49 0.49	23 0.23	14.670	0.000
n %		13 0.13	4 0.04		
		3 0.03	1 0.01		
		13 0.13	7 0.07		

		11 0.11	5 0.05		
		5 0.05	2 0.02		
		2 0.02	0 0.00		
		3 0.03	1 0.01		
		50 0.50	20 0.20	19.780	0.000

3 讨论

IR

β

GDM

GDM

[2-4]

GDM

P 0.05

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