

爱派乐联合主动循环呼吸在 COPD 患者中的应用

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【摘要】目的: 应用爱派乐联合主动循环呼吸在慢性阻塞性肺疾病(COPD)患者中的应用。方法: 选取2020年6月至2022年6月期间我院收治的60例COPD患者, 随机分为对照组(n=30)和观察组(n=30)。观察组接受爱派乐联合主动循环呼吸技术, 对照组接受常规治疗。比较两组患者在治疗前后的肺功能、临床症状、生活质量及呼吸衰竭发生率。结果: 观察组患者在治疗后肺功能指标FEV1(L)和FVC(L)均显著高于对照组(P<0.05)。观察组患者在治疗后临床症状改善明显, 生活质量显著提高, 呼吸衰竭发生率显著降低。结论: 爱派乐联合主动循环呼吸技术在COPD患者中的应用具有显著优势, 能有效改善肺功能, 减轻临床症状, 提高生活质量, 降低呼吸衰竭发生率。

【关键词】爱派乐; 主动循环呼吸技术; ACBT; COPD; 慢性阻塞性肺疾病; 正压通气治疗; 振动排痰器

Application of Acapella Combined with Active Circulatory Breathing (ACBT) in Patients with COPD

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Abstract: Objective: To investigate Chronic obstructive pulmonary disease (COPD), Effect of positive pressure ventilation (Acapella vibrator) combined with Active Circulatory breathing Technology (ACBT) in patients with chronic obstructive pulmonary disease (COPD). Methods: The data of 60 patients with COPD admitted to our hospital between June, 2020.6 and June, 2022.6 were reviewed, and the patients were randomly divided into the control group (n = 30) and the observation group (n = 30) received active cyclic breathing technique intervention, and the observation group received pulmonary function intervention combined with Acapella. The duration of sputum production, cough and wet rales (pulmonary infection symptoms) were compared between the two groups from the beginning of treatment. The changes of pulmonary function FEV1(L) and FVC(L) before and after intervention were compared between the two groups. The physical and psychological improvement of patients under WHOQOL -- BREF (Quality of Life Short Scale) was counted. The severity of mMRC dyspnea questionnaire one week after intervention was compared between the two groups. Results: The symptoms of pulmonary infection disappeared quickly in the observation group. The pulmonary function of the observation group was higher in FEV1(L) index and FVC(L) index after intervention. The quality of life of patients in observation group after intervention was high. In the evaluation of respiratory dysfunction grade after intervention, the proportion of grade 1 in the observation group was higher than 20% in the control group; The proportion of grade 2 was lower than that of control group 6.7; The proportion of grade 3 was lower than that of control group 6.7; The proportion of grade 4 was lower than that of the control group, 6.6%. (P<0.05). Conclusion: ACBT is effective in the treatment of COPD, and Acapella combined with Acapella can further improve pulmonary function, shorten the duration of infection symptoms, improve the quality of life of patients, and facilitate the clearance of respiratory disorders in patients. Acapella combined with active circulatory breathing (ACBT) is an effective therapy for COPD.

Keywords: Acapella; Active circulating breathing technique; ACBT; COPD; Chronic obstructive pulmonary disease; Positive pressure ventilation therapy; Vibrate sputum extractor

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┐ ㄥ 齋mV 瀆帶勸唳藝慄慮兜控齋mV ㄨ 【 勢尉崑搭叹哨藝
勢尉▼ 歐岨齋mV 藝nA ㄥ 嘸寰微齋mV 掙娒藝扁nm 勦响藝寰劔她
囡齋mV 藝伉mV 嚶僅嚶 1 媿藝青扁叹哨齋mV 藝 ㄣ 俯俛谣nA 号亂
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┐ ㄥ 齋mV 瀆帶勸唳藝 ㄣ ㄣ 仗淋藝嚶嚶慄慮任依假、 權掉┐
老務冗嚶愴↑ 嚶夔┐ 家μ 勢尉芥剝寰剛藝nA 佛箭mV 拈娒勒廢
僊咽她惟媿号 ㄣ 嚶假側儀惹 ㄣ 掉┐ 佛箭藝際μ GHz┐ 拈媿她
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