

# 多元呼吸康复训练对 COPD 患者的临床疗效

胡柳柳

湖南省康复医院 湖南 长沙 410000

【摘要】: 目的: COPD 方法: 2021  
2 2022 2 100 100

结果:

P 0.05 结论:

【关键词】:

## Clinical Effect of Multiple Respiratory Rehabilitation Training on COPD Patients

Liuliu Hu

Hunan Provincial Rehabilitation Hospital Hunan Changsha 410000

**Abstract:** Objective: To explore and analyze the clinical effect of multiple respiratory rehabilitation training mode on elderly patients with chronic obstructive pulmonary disease (COPD). Methods: A total of 100 elderly patients with chronic obstructive pulmonary disease admitted to our hospital from February 2021 to February 2022 were selected as the research objects. According to the method of computer blind selection, 100 patients were randomly divided into control group and observation group. The control group was intervened by conventional respiratory rehabilitation training mode; the observation group was intervened by multivariate respiratory rehabilitation training mode. The changes of lung function, patients' satisfaction with multi-breath rehabilitation training and quality of life were compared and analyzed between the control group and the observation group. Results: The observation group was significantly better than the control group in terms of pulmonary function changes, patients' satisfaction with multivariate respiratory rehabilitation training and quality of life,  $P < 0.05$ . Conclusion: The intervention of multiple respiratory rehabilitation training mode in elderly patients with chronic obstructive pulmonary disease can effectively improve the changes of lung function and quality of life of patients, and can significantly improve the satisfaction of patients with multiple respiratory rehabilitation training, which has practical application. The excellent effect is worthy of promotion and application.

**Keywords:** Chronic obstructive pulmonary disease; Multiple respiratory rehabilitation training; Pulmonary function changes; Quality of life

前言 55-77 56.11± 2.20 P 0.05  
2021 2 2022 2 100  
COPD 1 2 3  
1 资料与方法 1 2  
1.1 2021 2 2022 2 3  
100  
100 1.2  
50 20 30 1.2.1  
54-76 56.01± 2.13  
50 21 29

1.2.2

1

SGRQ

100

1.4

SPSS17.0  
 $\bar{x} \pm s$  P<0.05

t

2 结果

2

21

P 0.05

1

PPT

1

$\bar{x} \pm s$

	FEV1/FVC	FEV1
	58.80± 4.30	54.40± 5.75
	49.70± 5.54	41.67± 4.10
	61.39± 6.20	55.66± 3.62
	53.37± 5.94	39.43± 3.31

22

P 0.05

3

2

2

$\bar{x} \pm s$

	50	72.83 ± 5.43	74.04 ± 4.51	68.79 ± 5.80	70.03 ± 5.00
	50	65.70 ± 4.50	63.49 ± 3.01	57.63 ± 4.99	61.67 ± 3.58
<i>t</i>	-	7.149	13.758	10.314	9.613
<i>P</i>	-	0.001	0.001	0.001	0.001

3 讨论

1

1.3

FEV1

FEV1/FVC

3

=

40

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