

布地奈德+茶碱缓释片治疗支气管哮喘的效果

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【摘要】目的: 探析基层医院布地奈德气雾剂联合茶碱缓释片治疗支气管哮喘的效果。方法: 选取 2021 年 4 月~2022 年 4 月我院收治的 136 例支气管哮喘患者, 随机分为两组, 对照组采用布地奈德气雾剂单独用药治疗, 观察组采用布地奈德气雾剂与茶碱缓释片联合用药治疗, 比较两组患者的治疗有效率、并发症发生情况、肺功能指标与血清细胞因子水平。结果: 观察组治疗后的 PEF、FEV1、FEV1/FVC、FVC 水平高于对照组, 有统计学意义 ($P<0.05$), 观察组治疗后 IFN- γ 、IL-2 水平高于对照组, IL-5 水平低于对照组, 有统计学意义 ($P<0.05$), 观察组的治疗有效性 97.06% 高于对照组 73.53%, 有统计学意义 ($P<0.05$), 观察组的并发症总发生率 4.41% 低于对照组 10.29%, 有统计学意义 ($P<0.05$)。结论: 联合布地奈德气雾剂与茶碱缓释片治疗后, 能够显著提高支气管哮喘的治疗效果, 降低并发症的发生, 改善肺功能与血清细胞因子水平, 值得临床推广应用。

【关键词】: 基层医院; 茶碱缓释片; 并发症; 支气管哮喘; 肺功能

Effect of Budesonide + Theophylline Sustained-release Tablets in the Treatment of Bronchial Asthma

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Abstract: Objective: To investigate the effect of budesonide aerosol combined with theophylline sustained-release tablets in the treatment of bronchial asthma in primary hospitals. Methods: 136 patients with bronchial asthma admitted to our hospital from April 2021 to April 2022 were randomly divided into two groups. The control group was treated with budesonide aerosol alone, and the observation group was treated with budesonide aerosol combined with theophylline sustained-release tablets. The treatment efficiency, complications, lung function indicators and serum cytokine levels of the two groups were compared. Results: The levels of PEF, FEV1, FEV1/FVC and FVC in the observation group after treatment were higher than those in the control group, with statistical significance ($P<0.05$). IFN- γ in the observation group after treatment and the level of IL-2 were higher than that of the control group, and the level of IL-5 was lower than that of the control group, with statistical significance ($P<0.05$). The therapeutic effectiveness of the observation group was 97.06% higher than that of the control group 73.53%, with statistical significance ($P<0.05$). The total incidence of complications in the observation group was 4.41% lower than that of the control group 10.29%, with statistical significance ($P<0.05$). Conclusion: The combination of budesonide aerosol and theophylline sustained-release tablets can significantly improve the therapeutic effect of bronchial asthma, reduce the occurrence of complications, improve lung function and serum cytokine levels, which is worthy of clinical application.

Keywords: Basic level hospital; Theophylline sustained release tablets; Complication; Bronchial asthma; Pulmonary function

4 ~2022 4 136
68
+

[1]

1 资料与方法

1.1

[2]

2021 4 ~2022 4 136
68 35

[3]

2021 33 37-64 45.94 \pm 5.73 1-13

5.71± 1.64 68 36
32 36-65 45.85± 5.82
2-12 5.56± 1.71 P>0.05

FEV1 L	1.52± 0.37	2.05± 0.50	1.49± 0.45	2.90± 0.57
FEV1/FV C %	72.62± 0.51	73.85± 0.61	72.59± 0.53	84.35± 0.77
FVC L	2.23± 0.42	2.71± 0.60	2.17± 0.44	3.56± 0.75
IFN- ng/mL	1.62± 0.31	2.05± 0.34	1.58± 0.36	2.52± 0.39
IL - 2 ng/mL	29.52± 10.03	36.12± 11.01	29.72± 10.06	46.22± 12.74
IL - 5 ng/mL	83.78± 14.05	68.03± 12.27	83.92± 14.07	59.73± 11.88

1.2
H20030411 10ml/s 200µ g
2 H44020002 0.1g
0.1-0.2g 2 14d
1.3

2.2
32 47.06% 18 26.47%
18 26.47% 73.53% 50/68
40 58.82% 26 38.23% 2
2.94% 97.06% 66/68
P<0.05
2.3
3 4.41% 2 2.94%
2 2.94% 10.29% 7/68
1 1.47% 1 1.47% 1 1.47%
4.41% 3/68 P<0.05

PEF 1
FEV1 FVC FEV1/FVC
IFN- 2 IL-2
5 IL-5
FEV1/FVC 80% FEV1 PEF 30%
FEV1/FVC 60% FEV1 PEF
20%

1.4
% $\bar{x} \pm s$

SPSS 19.0
t P<0.05

2 结果

2.1

P>0.05

PEF FEV1 FEV1/FVC FVC
P<0.05 IFN- IL-2
IL-5 P<0.05

1

1 $\bar{x} \pm s$

		n=68		n=68	
PEF L/s		3.81± 0.56	4.30± 0.73	3.79± 0.60	4.72± 0.96

3 讨论

7]

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FEV1/FVC FVC P<0.05 PEF FEV1
IFN- IL- 2 IL- 5 97.06% 73.53%
P<0.05 4.41%
10.29% P<0.05