

# 艾灸预防肺癌化疗所致恶心呕吐的疗效和不良反应分析

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**【摘要】**目的: 分析肺癌化疗者使用艾灸预防恶心呕吐的干预效果。方法: 选择近 2 年(2020 年 1 月-2022 年 2 月)本院接受肺癌化疗患者 90 例, 回顾临床资料。对比观察组(45 例, 艾灸治疗)和对照组(45 例, 常规止吐治疗)这两组临床疗效。结果: 观察组治疗总有效率更高, 各项不良反应率更低, 生活质量评分更高, 与对照组相比差异有统计学意义( $P<0.05$ )。结论: 使用艾灸预防肺癌患者化疗所致恶心呕吐有极大效果, 同时还能避免或降低其他不良反应的发生, 保证化疗顺利进行, 安全性高, 对提高患者生活质量有促进作用, 临床应用价值确切。

**【关键词】**: 肺癌; 化疗; 恶心呕吐; 艾灸; 穴位

## Analysis of Curative Effect and Adverse Reaction of Moxibustion on Preventing Nausea and Vomiting Caused by Chemotherapy for Lung Cancer

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**Abstract:** Objective: To analyze the intervention effect of moxibustion on preventing nausea and vomiting in patients with lung cancer undergoing chemotherapy. Methods: The clinical data of 90 patients with lung cancer who received chemotherapy in our hospital in recent 2 years (January 2020 February 2022) were reviewed. The clinical effects of the observation group (45 cases, treated with moxibustion) and the control group (45 cases, treated with conventional antiemetic therapy) were compared. Results: The total effective rate of treatment in the observation group was higher, the rate of adverse reactions was lower, and the quality of life score was higher than that in the control group ( $P<0.05$ ). Conclusion: Moxibustion has a great effect in preventing nausea and vomiting caused by chemotherapy in patients with lung cancer, and it can also avoid or reduce the occurrence of other adverse reactions, ensure the smooth progress of chemotherapy, with high safety, promote the quality of life of patients, and has definite clinical application value.

**Keywords:** Lung cancer; Chemotherapy; Nausea and vomiting; Moxibustion; Acupoints

### 1 研究资料及方法

#### 1.1

#### 2

45 24 21 35-74 54.54  
 $\pm 3.51$  45 29 16 37-76

[1]

56.54 $\pm$  4.16

$P>0.05$

#### 1.2

[2]

20mg 5mg 0.9% NS100ml+ 30min

[3-4]

30min 1.5-3cm

2

5d

	45	72.25 ± 13.15	69.85 ± 10.20	71.35 ± 13.24	71.85 ± 12.16	71.35 ± 13.24	71.85 ± 12.16
t	-	4.292	5.747	5.845	3.565	4.525	5.903
P	-	0.001	0.001	0.001	0.001	0.001	0.001

3 讨论

1.3

TP GP NP EP

1.4

同

SPSS23.0

2 结果

2.1

		1				[n,(%)]
		45	15	22	8	82.22
		45	8	21	16	64.44
	<sup>2</sup>	-	-	-	-	28.911
	P	-	-	-	-	0.001

[6]

24h

2.2

		2					$\bar{x} \pm s$
		45	1	1	2	1	3
			2.22	2.22	4.44	2.22	6.67
		45	10	9	8	7	12
			22.22	20.00	17.78	15.56	26.67
	t	-	11.114	8.674	4.883	4.764	11.708
	P	-	0.001	0.003	0.027	0.029	0.001

5-HT3

5-HT3

[7-8]

NS+

2.3

		3						$\bar{x} \pm s$
		45	84.69	83.54	87.59	80.68	83.54	87.59
			±	±	±	±	±	±
			14.32	12.30	13.12	11.32	12.30	13.12

5-HT

5-HT3

5-HT

24h

" "

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3

[9]

[10]