

# 美托洛尔结合曲美他嗪治疗冠心病心衰的临床有效性

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**【摘要】**目的: 探讨美托洛尔结合曲美他嗪治疗冠心病心衰的临床有效性。方法: 研究对象 60 例为冠心病心衰患者, 入院后以电脑随机法分为 A (n=30)、B (n=30) 两组, 分别给予曲美他嗪治疗及美托洛尔+曲美他嗪治疗, 并进行疗效的组间对照分析, 研究起止时间为 2021 年 3 月—2022 年 3 月。结果: 临床疗效 B 组 (96.67%) 高于 A 组 (80.00%); 生活质量 (生理、心理、躯体及社会功能) 评分 B 组均高于 A 组; 上述指标对比均有统计学意义 ( $P < 0.05$ )。不良反应发生率 A 组为 13.33%, B 组为 10.00%, 对比无统计学意义 ( $P > 0.05$ )。结论: 美托洛尔结合曲美他嗪对治疗冠心病心衰具有一定临床优势和安全性, 能促进其心功能的进一步改善和提高, 并应该得到继续推广应用。

**【关键词】**: 美托洛尔; 曲美他嗪; 冠心病; 心衰; 心功能

## Clinical Efficacy of Metoprolol Combined with Trimetazidine in the Treatment of Coronary Heart Disease and Heart Failure

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**Abstract:** Objective: To investigate the clinical efficacy of metoprolol combined with trimetazidine in the treatment of coronary heart failure. Methods: 60 patients with coronary heart disease and heart failure were randomly divided into A (n=30) and B (n=30) groups by computer after admission. They were treated with trimetazidine and metoprolol+trimetazidine respectively, and the efficacy was analyzed between groups. The study started and ended from March 2021 to March 2022. Results: The clinical efficacy of group B (96.67%) was higher than that of group A (80.00%); The scores of quality of life (physiological, psychological, physical and social functions) in group B were higher than those in group A; The comparison of the above indexes was statistically significant ( $P < 0.05$ ). The incidence of adverse reactions was 13.33% in group A and 10.00% in group B, with no statistical significance ( $P > 0.05$ ). Conclusion: Metoprolol combined with trimetazidine has certain clinical advantages and safety in the treatment of coronary heart failure, which can promote the further improvement of its cardiac function, and should be further promoted.

**Keywords:** Metoprolol; Trimetazidine; Coronary heart disease; Heart failure; Cardiac function

### 1 资料和方法

#### 1.1

60  
A n=30 B n=30 2021  
3 2022 3

①

/ / / /

ATP

A 16 53.33% / 14 46.67%  
57- 82 66.36± 3.89 1- 7 2.79  
± 0.73 16 53.33% 10 33.33%

4 13.33% B 15 50.00% / 15 50.00%  
56-83 66.42± 3.83 1-6  
2.71± 0.70 17 56.67% 9  
30.00% 4 13.33%

P>0.05  
1.2

H20123233 20mg/

3 /d B

H37022364

25mg/ 1 /d  
47.5mg/  
1.3

14d  
95mg

1

2

LVEDD—  
IVST—

Simpson LVEF—  
LVESD—

3

NT-proBNP

4

NYHA

2

1

+

=

[2]

5 GOOL-74

100

1.4

SPSS 25.0

$\chi^2$

$\bar{X} \pm s$

" t "

P 0.05

## 2 结果

2.1

B

A

P<0.05

1

1

[n % ]

A	30	14 43.33	10 33.33	6 20.00	24 80.00
B	30	18 60.00	11 36.67	1 3.33	29 96.67
$\chi^2$	-	-	-	-	4.320
P	-	-	-	-	0.038

2.2

P>0.05

2

2

[n % ]

			/		
A	30	1 3.33	1 3.33	2 6.67	4 13.33
B	30	1 3.33	1 3.33	1 3.33	3 10.00
$\chi^2$	-	-	-	-	0.161
P	-	-	-	-	0.687

2.3

0.05  
P<0.05

B

A

4

3

$\bar{X} \pm s$

A	30	61.23± 3.62	65.15± 5.33	59.86± 4.52	59.21± 5.87
B	30	64.21± 5.47	64.39± 5.27	59.26± 4.46	59.32± 5.34
t	-	0.078	0.555	0.517	0.076
P	-	0.937	0.581	0.606	0.940
A	30	74.38± 6.61	78.84± 7.47	73.84± 6.97	71.29± 5.63
B	30	85.84± 6.97	90.14± 6.12	88.38± 7.61	86.55± 5.89
t	-	6.534	7.855	7.717	6.376
P	-	0.000	0.000	0.000	0.000

## 3 讨论

ATP

