

针灸治疗颈椎病疼痛的临床疗效

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【摘要】目的: 颈椎病疼痛运用中医针灸的疗效。方法: 选取 2020 年 1 月—2020 年 12 月在我院进行治疗的颈椎病疼痛患者 90 例作为研究对象, 根据治疗手段差别分为观察和对照两组, 各 45 例。对照组 (常规西医治疗), 观察组 (常规西医治疗+针灸治疗)。对比临床疗效。结果: 观察组有效率, 好于对照组 ($P<0.05$); 观察组治疗后 NFQ 评分优于对照组 ($P<0.05$); 观察组治疗后 MPQ 评分, 好于对照组 ($P<0.05$); 观察组疼痛缓解时间、PSQI 评分优于对照组 ($P<0.05$); 组间不良反应率无显著差异 ($P>0.05$)。结论: 针灸可以在颈椎病疼痛患者的治疗中起到积极的作用。

【关键词】: 颈椎病疼痛; 针灸治疗; 临床疗效

Clinical Effect of Acupuncture and Moxibustion on Cervical Spondylosis Pain

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Abstract: Objective: To observe the effect of acupuncture and moxibustion on cervical spondylosis pain. Methods: 90 patients with cervical spondylosis pain who were treated in our hospital from January 2020 to December 2020 were selected as the study objects. According to the difference of treatment methods, they were divided into observation group and control group, with 45 patients in each group. The control group (conventional western medicine treatment), the observation group (conventional western medicine treatment+acupuncture treatment). Compare the clinical efficacy. Results: The effective rate of the observation group was better than that of the control group ($P<0.05$); The NFQ score of the observation group was better than that of the control group after treatment ($P<0.05$); The MPQ score of the observation group after treatment was better than that of the control group ($P<0.05$); The pain relief time and PSQI score in the observation group were better than those in the control group ($P<0.05$); There was no significant difference in adverse reaction rate between groups ($P>0.05$). Conclusion: Acupuncture and moxibustion can play an active role in the treatment of patients with cervical spondylosis pain.

Keywords: Cervical spondylosis pain; Acupuncture treatment; Clinical efficacy

1 资料和方法

1.1

2020 1 2020 12
90
45

2018

24 21 30-73
46.87± 6.47 3-21 10.48± 2.69

25 20 30-74
47.05± 6.15 3-23 10.79± 2.83

P 0.05

1.2

1.2.1

H14023516 20ml 250ml
 1
 H37023094 5mg 1
 2
 1.2.2

n=45	37.38± 5.09	22.74± 3.31	27.69± 3.69
t	0.237	12.541	12.865
P	0.813	0.000	0.000

2.3 2 MPQ
 MPQ P>0.05
 MPQ P<0.05
 3
 3 2 MPQ $\bar{x} \pm s$

		4	8
n=45	15.74± 4.16	3.17± 0.87	7.19± 1.14
n=45	15.29± 4.13	6.27± 1.21	11.12± 2.32
t	0.515	13.954	10.199
P	0.608	0.000	0.000

2.4.2 PSQI
 PSQI P>0.05
 PSQI P<0.05 $\frac{4}{x}$
 4.2 PSQI $\pm s$ %

	d	PSQI	%
n=45	3.58± 1.34	6.35± 1.17	3 6.67
n=45	7.14± 1.69	9.44± 2.23	2 4.44
t χ^2	11.073	8.231	0.212
P	0.000	0.000	0.645

3 讨论

1 1 2
 1
 = + NFO
 MPQ

PSQI

× 100%

2

SPSS21.0

2 结果

2.1 2

P<0.05 1

1 2 n %

	1	2			
	45	35	8	2	95.56%
	45	30	5	10	77.78%
χ^2					6.154
P					0.013

2.2 2 NFO

NFO

P>0.05

NFO

P<0.05

2

2 2 NFO $\bar{x} \pm s$

		4	8
n=45	37.64± 5.32	15.14± 2.36	17.83± 3.58

[3] 55

