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肺康复延续指导在重症肌无力患者好转出科后的应用效果

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【摘　要】：**目的：**探讨肺康复延续指导在重症肌无力患者好转出科后的应用效果。**方法：**选取某市三甲医院最近一年好转出科的重症肌无力患者 30 例，然后按照随机分配的原则，分为对照组和实验组，每个小组 15 例，对照组患者采用常规的指导方式，实验组采用肺康复延续指导。**结果：**实验组患者的肺功能情况显著优于对照组，差异具有统计学意义（p<0.05）。**结论：**肺康复延续指导对重症肌无力患者好转出科后的应用效果具有重要价值。
【关键词】：肺康复；延续指导；重症肌无力患者；应用效果

Effect of Lung Rehabilitation Continuation Guidance on Patients with Myasthenia Gravis after They Get Better

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Abstract: Objective: To explore the effect of lung rehabilitation continuation guidance on patients with myasthenia gravis after they were discharged from the Department. Methods: 30 patients with myasthenia gravis who had improved in the recent year in a city's top three hospitals were selected, and then divided into control group and experimental group according to the principle of random allocation. Each group had 15 patients. Patients in the control group were given routine guidance, and patients in the experimental group were given continuous guidance of lung rehabilitation. Results: the pulmonary function of the experimental group was significantly better than that of the control group (P < 0.05). Conclusion: lung rehabilitation continuation guidance has important value in improving the effect of myasthenia gravis patients after they leave the Department.
Keywords: Lung rehabilitation; Continuing guidance; Myasthenia gravis patients; Application effect

引言

搬妻呀▸ 她击憣㉿僈瞽伉冶▒ ㈭偕她㉿僈冶┥ 瞽扇失岌吳ㄊ┆ 晏呖┆ ┤ 埆垱怆搔瞽傚╝ 扇失岌吳ㄊ咾怜瞽搵fm列┻ ┳ 徥傲呖岌臣MW墇┆ 婇吳ㄊ她堳分瞽 │㈭偕咦怕她德異咾怜瞽扇失岌吳ㄊ呖婧寀岌臣卻侯┻ 挽 ㇿ 憛掙娭丅岌宋寔㉿壩夼ㄣ屑傝崠劒刜夬夼[1]瞽偡僊╝ ┆ 婇崨慡シ瓮孳寁夬夼,㉿× 呀寀兑▷ 夼■ 劉ㄈ宿咝⇑ 夼■ ♂劉徯ㄈ岌臣叵尅吳ㄊ瞽凅中夼■ 嗓兑慱�瞽傝崠夼■ 壩囊吳噱崨墠瞽┤ 扇屘凅中夼■ 処峇ㄒ峎[2]⇑ 伉抄咱她㈭偕偳悹冶┥ 娑ㄟ扇失岌吳ㄊ┳ 徥咕┣ 婇彙墇瞽乙ㄟ呖I⇐II伻瞽鹵⇖2018 扇失岌吳ㄊ剪屘壩偊匀kΩ⇗ 呜婗瞽勃份剪屘咕慲 2/3 伉 19~53 僖她敖扊兡斃嗯㉿夼瞽旻卻凅中▥ ◆ 她壩偊堳儿瞽佶刜剪屘她壩囊恍扉呱♫[3]瞽屚傚ナ她噤夔┣ 呖ㄹ┓ 傃寰她瞽㉿勍log姬瞽鱸mV呖壩一佢咤堡凌┻ ┆ 瞽傚╝ ┆ ┤ ■ 她ゃ丹㉿僈咾怜二咕㈦乙扇徥她× 壨⇑ 屚扇失岌吳ㄊ瞽鱸mV岌♂、 壩┆ 偯她凅中瞽傝崠鱸mV岌岌ㄊ┓ 捻⇑ 鱸mV岌搵fm列┻ 傲呖ㅇㅇ匯鱸mV仗偭勍咕她岌臣瞽〕俏嵰岌⇐岋挽岌嫽懿呖僊╝ 鱸mV岌她嶈佯瞽屚徥剝偨励鱸mVㄴ× 瞽媮┓ 冗鱸mV岌⇑ 勍▾ 冶鱸mV岌MW墇丅┆ ┤ 吳ㄊ她堳分她呀な瞽■ ⊡傲┓ 峎侘嗓兑鱸mV瞽崨┳ 丞亮⇐丞奅峎ㄊ儳瞽嘐憺こ勿峎ㄊ儳瞽呱佢咤她攉一⊡凌吳噱澤ㄈこ忤⇑ 勍▾ 扃㉿岤丹侜冒寍匚傝傚╝ 扇失岌吳ㄊ剪屘俍愰丅娉▾ nm二咕扇徥她× 壨瞽咤吐俊扚傚嗔愻彐妻扇娀媲⇑

1 一般资料与方法

1.1 ┆ 崹悚吗

憔㉿呵儹┏ 声㈭掂呱慲┆ 兡她 30 〕扇失岌吳ㄊ俍愰丅娉她剪屘瞽埘nm区埡掫咪乙成她㊉儿瞽俊 30 〕剪屘掫咪乙成┳ ┣ ┤ 宦瞽傚埡宦丆偳摽宦瞽嗷┤ 俄宦二咕 15 〕剪屘瞽兣优兡斃暨47.96±5.39暩僖瞽30 〕剪屘懿嬓尧┐ 姬剝kℓ劂┃ 瞽兢毘澤妠デ懹挲她勫ン瞽┣ 宦同鹵┻ 挽吳寁忏偕劂┻ 暨p瞥0.05暩

1.2 吤噱

傚╝ 傚埡宦她剪屘咾怜瞽扃㉿兑循她匚傝吤噱瞽┳ 徥ㅇㅇ

匡▾ ┐ 夂┤ 吤揖暺

暨1暩こ匱鱸mV憺慄壹暺傚╝ 扇失岌吳弋俍愰丅媥她匊尉咾惓┓ 峎卍┻ ┐ 嬝瞽妠デ她㈭勿■ Gy徥傎ㄊ復傒ナ她剥ル瞽兎�匊尉こ匱鱸mV憺她壹慄瞽匸傝匊尉め┆ ╥ 嬔㈱她鱸mVㄴ× 瞽伉狒呀她壩囊冶┤ 徥こ匱┆ ┤ 愿唷剿剔她处剥瞽┓ 徥、壩夼nm埔庬失瞽伉摓鞶吤揖匸傝ナ俩MHz嚶哖丅幗希瞽峎侇こ匱┆ ┤ 嵑俍她丹侜堳分⇑

暨2暩慈ㄈ卵奅暺傚╝ 扇失岌吳弋她匊尉咾惓瞽伉俍愰丅媥▾ nm瞽寀兌♂丅墇东奅她剥ル瞽勍▾ ㈭勿■ Gy徥匸傝ナ傚掸丼巡堜她【壨瞽咾咕叼兎ㄈナ奅回她卵丅⇑

傚╝ 偳摽宦她匊尉咾惓瞽扃壨岤丹侜冒寍匸傝瞽┳ 徥ㄍㄍ匡▾ ┐ 夂┤ 吤揖:

暨1暩佢娘忥宦暺俍愰丅媥嫳┆ 侨暺傚╝ 扇失岌吳弋匊尉咾惓伉俍愰丅媥嫳┆ 侨瞽㈭勿■ Gy徥匸傝傚匊尉她岤丹侜忥宦瞽憟慮匸傝匊尉┆ ╥ 嬔㈱她鱸mVㄴㄴ× 瞽嗺俏暺伉mV嘐她呀な瞽匷寍 6曾7 媴瞽鱸嘐她呀な瞽呀挽媞凡姁┆ 垱瞽扇侜 8曾10 嗂瞽埘nm憰異媞凡—击瞽俏哖┓ 侩慘关瞽へ勱憰異叹劒瞽┆ 晏扇侜瞽┆ 侨め㈮┤ 俶呀優cal傲nA▾ ╗ 瞽徥㈤ㄴ╝ 勃◆ 狒兑她鱸mV⇑ 俍愰丅媥嫳┘ 侨ㄷ嫳┏ 侨暺傚╝ 扇失岌吳弋匊尉咾惓瞽慱ㄴ呖扙┓ nA傀她瞽勍▾ 徥侈—匊尉她┆ ╥ 慱ㄴ瞽傚ナ她慱ㄴ吤官憷彐┆ 偯她匸傝瞽揘ゴ瞽傚╝ 匊尉咾惓瞽め勓崕她拿垳瞽傚勓崕 │ ├ 二寰寰勾惀瞽扇侜偁嗂瞽兢めㄒ勴┻ㄴㄴ× 暻埘nm傲呖傚╝ 崁懹她拿垳瞽匸傝匊尉慱壨崁懹侲ㄍㄎ┆ ╥ 嗺慆哖腮她├ 健瞽埘nm憷彐勾崁忥宦瞽慄慮慷唗她吤官瞽nA▾ 咕叼兎ㄈ匊尉慡⊡咪峎こ匱┆ ┤ 凑俍她堳分⇑ 俍愰丅媥嫳仞侨暺傚╝ 扇失岌吳弋她匊尉咾惓瞽伉俍愰丅媥她嫳仞侨瞽㈭勿■ Gy徥匸傝ナ憷彐┆ ╥ 彐悻忥宦瞽志匊尉伉慆姁她惟媮瞽催忾妻め┆ ╥ 彐悻瞽俏哖匊尉伉彐悻她慮媝┤ 丅墇┓ 慘关她剥ル瞽徥㊦呀も嗒瞽冶匊尉崨慡剥ル俍愰▾ nm瞽へリ偯呖kPa宵寍憷彐彐悻忥宦⇑ 俍愰丅媥嫳╟ 侨暺ㄷ╗ 嫳╟ 侨▾ nm瞽徥啾鹵匊尉ㄨ仞侨她后⊡彙墇瞽リ偯呖kPa憷彐┓ ┆ 嗕忥宦瞽俏哖匊尉伉ㄨ夂侨她忥宦冶┤ 噔咕ㄍㄎ澤┆ ┤ ┓ 拡她叼哖瞽懖┻傲ゴ┓ 憷彐┓ ┆ 嗕她忥宦瞽へㄗ俯憷彐ㄨ揖她忥宦瞽俏哖匊尉nA▾ 卻ㄋㄣ┓ ┆ 嗕她忥宦瞽㈭勿■ Gy匸傝匊尉憷彐堃啽忥宦瞽兢┘ 徥咕┗ ■ 伉吧慧妧勿⇑

暨2暩嘐憺册囹勴咦匸傝暺傚╝ 嘐憺册囹勴咦咾惓瞽呖伉捯咽┳ 六㈭偕偳悹冶┤ 勍娀媲丅她┆ 嫊慱壨埬墠勃匊咪啉吤噱兎ㄈ匊尉她嘐憺崑倩こ匱嘐嚦她慄壹瞽兢勱嘐憺ピ她┆ ╥ 写埬咕叼卵丅⇑ 伶┳ 傚╝ 扇失岌吳弋匊尉咾惓瞽鱸mV岌丅墇吳弋剥ル瞽吳噱偨励嗓兑她鱸mV瞽勍▾ ㈭勿■ Gy傲nA▾ 傚匊尉憷彐嘐憺册囹勴咦匸傝瞽〕俏瞽伉兟兑她壩囊冶┤ 瞽nA▾ 慄慮匍岯←ㄱㄅ屮嫽ㄴㄴ× 瞽咾兎ㄈ匊尉こ匱鱸mV憺嘐嚦慄壹瞽ぇ憷奅回她卵丅⇑ 勃尉nA▾ 慱壨┆ ╥ 掸ㄓ仗瞽慄慮mV叵她吤官瞽志嘐憺ピ她奅回嚶ㄓ←圢ㄓ侚墠瞽咕ㄈ╝ ナ卵丅⇑

暨3暩┤ ㈭╟ 婿券匸傝暺┤ ㈭× ┳ 勃份吐ㄓㄉ⊡僈冶┤ ┆ 嬇偲恪她恸傌瞽伉▒ 侨她㈭偕ㄉ⊡僈冶┤ 瞽ナ扇徬刜惄咾惄媹丅瞽ナ┤ ┤ ㈭她╟ 婿券 │ ㄏ鈭▒ 瞽呎憵ㄋㄣㄈ嗃慰⇑ ╟ 婿券呱 ⊔呖├ 嘭帡fm┤ ㈭偕傻㈣⊡啾鹵庲←敕←埡←塯←攉╟ 嫊ㄴㄴ 堜她ㄴㄴ× 丁婧分╳寶屙劻她┤ ㈭こゃ嘐ㄒ[4]⇑ ナ┤ 傚╝ 攉券咾惓瞽慄慮♤僈慱ㄴ她吤官咾侈冱鱸mVㄒ峎⇑ 勍▾ ㈭勿■ Gy nA▾ 勱攉券她妠デㄴㄴ× 匸傝密扇失岌吳弋她匊尉瞽傚ナ她岤丹侜二咕扇徥× 壨⇑

暨4暩俍愰丅媥nm她摓鞶暺傚╝ 扇失岌吳弋她匊尉咾惓瞽伉俍愰丅媥▾ nm瞽臹呖夼剥澤ㄈ╗ ┆ ┤ 俍愰瞽兢┓ 呖侚╝ ┆ ┤ 偨ダ噤圖她堳分瞽勍▾ 慡⊡慶呖嗺慆庮冯她瞽匸傝匊尉憷彐μℓ墠她摓鞶峎侘叼慈ㄈ匊尉慡⊡她刱侜⇑ 傚╝ 扇失岌吳弋她匊尉咾惓瞽nA▾ 偁MHz┆ ╥ 嚶哖丅幗希瞽兎ㄈ彙ゲ寔攉學瞽nA▾ 憔匪┆ ╥ ┤ 巡咾憷彐怫墠⇑

1.3 復傒匸啥

復傒匊尉她岤ㄒ峎ㄓ┼剥ル瞽均劂異丁丞奅峎弋

1.4 寁忏偕吤噱

扃壨 spss13.5 寁忏偕腮● 憷彐寁忏乙哑瞽▾ 塺暨%暩咾彙婗瞽扃壨 x^2 咾憷彐啌摽瞽p瞥0.05 彙婗儳写二咕寁忏偕劂┻ ⇑

2 结果

伉密└ 噤夔她佢娘┐ 瞽呱nm勍咕她匊尉懿丹侜丅掂╗ 瞽伉傚同鹵憷彐寁忏乙哑瞽羉ㄈ╗ 2┤ 宦她均劂異忯乙兟优へ瞽伉傚均劂異忯乙同鹵憷彐寁忏她慮媝冶┤ 瞽偳摽宦她均劂異呖呜帡撣╝ 傚垭宦她瞽儳写二咕寁忏偕劂┻ 暨p瞥0.05暩

彙 1 2 宦匊尉均劂異忯乙暨兟优へ暩

宦ㄨ	太夼同偉忯乙暨乙暩
傚垭宦	5.5
偳摽宦	8.9

伉傚 2┤ 宦她岤ㄒ峎ㄓ┼剥ル憷彐┆ ┤ 嬔㈱她寁忏瞽ㄉ⊡墠偳摽宦她岤ㄒ峎剥ル☞╝ 傚垭宦瞽儳写二咕寁忏偕劂┻暨p瞥0.05暩

彙 2 2 宦匊尉岤ㄒ峎剥ル曛n暨 %暩 曝

宦ㄨ	噤圖	咢噤圖
傚垭宦 n = 15)	7暨46暩	8暨54暩
偳摽宦(n = 15暩	14暨93暩	1暨7暩
P	瞥0.05	瞥0.05

伉傚 2┤ 宦她丞奅峎弋憷彐┆ ┤ 嬔㈱她寁忏瞽ㄉ⊡墠偳摽宦她丞奅峎弋☞╝ 傚垭宦瞽儳写二咕寁忏偕劂┻ 暨p瞥0.05暩

彙 3 2 宦勢尉丞奔崑ㄱ

宦ㄴㅈ	丞奔崑ㄱ俍	丞奔崑ㄱ儻
傚埡宦 n = 15)	6暨40暩	11暨60暩
偳摽宦(n = 15暩	12暨80暩	3暨20暩
P	暩0.05	暩0.05

3 讨论

伉妠デ同鹵她寁忏┥ 罊勃份嗷兡咕 70 俩┌ 她扇失吳ㄱ 勢尉罊慷┓ 呖┆ ┤ 僦同偉罊咕懹乙扇失岌吳ㄱ勢尉伶┳ 噤夔┓ 冶罊丅墇嗚╨ ⇑ 勍▾ 傚╝ 扇失岌吳ㄱ咾怜罊㊦呀咕叼她噤夔呖㈤乙咕屈徥她⇑

傚╝ 扇失岌吳ㄱ勢尉咾怜罊ナ她┳ 六彙墇ㄅ匡俩┥ 吤揖咕┐ 妖┓ 伶罊㎥丟价採⇐丁仨价採罊匈侯价採罊勓崕⇐㊧崁吳ㄱ丁鱸mV价採⇑ 扇咤吐倱傚鱸mV价採甍彐妻扇乙哑罊傚╝ ■ 咾怜罊┆ ┤ 嬔㈱她T mVУ 丁T 鱸У 她ㄩ× 罊懿呖搵徥岌岊咾慈ㄈ偨励她⇑ ┘呖丅墇岌吳ㄱ她呀な罊鱸mV岌┣ ♂彙墇丅┆ 嫊吳ㄱ她堳分罊傚勢尉她鱸mV傲♂、 罐勲ㄹ剝ル罊MW墇丅鱸mV价採她彙墇⇑ 冶勢尉丅墇鱸mV价採她呀な罊俏哖┓ ㊦呀甍彐憎㈥罊傚壛一偁ダ♂冽励┤ 扇她俾弟⇑ 冶勢尉丅墇鱸mV价採她呀な罊♂冽励扇失岌吳ㄱ她┆ ┤ 怙㉿伶學罊冢惀勢尉她嗚╨ ⇑

傚╝ 扇失岌吳ㄱ咾怜罊 │偶復她德異妧咾罊傲俍嗺┆ ┤ 嗖嘵撣勓嗖ㄖ影养┆ 唗⇑ 扇失岌吳ㄱnA崑伉勃◆ 她慡慧┓ 呖湊兑徨罊 ┘呖㈹呖┆ 晏偊伉她罊┳ ▉ ┻ ♂丅墇扇失岌吳ㄱ暙ナ偳傚╝ 扇失岌吳ㄱ咾怜罊┳ 徥呖┆ 嫊崕慡シ瓮刜夬夼罊勢尉她咪⊡シ瓮孳寁丅墇孷╒ 罊 │屌傚嗓兑她彙墇憤励┆ 偯她兟勸⇑ 伉婧寀岌岊卻侯她懹♪罊冶┆ ┤ ざnF壯媹徾ㄨ崨廖叹ㄈ媹徾nm崨她呀な罊媹徾nm崨┐ 她㉿⊡影崕慡勍二供她勷⊡司屮罊 │屌傝崠后┥ ざnF㊝憛她慮媝吳噱傑励罊岌岊吳噱め丅妠关她彙墇⇑ 岤丹侜她┳ 徥娑唅暨1暩寰徼轫卼ㄹ鱸mV夬夼她刚刜失堳丁兢㉿失⇑ 暨2暩囆掃夬夼懥壽她ㄖ崑掙嫉丁処墠凅中罊㉿午鱸mV坼崑⇑ 暨3暩吃岡勢尉ㄩ ㉿吵兑罐囊她呱侧囊ㄩ扉罊厒撣ナ傚慱ㄩ丁囊ㄩ她屜ㄱ罊侈—崕墠崑ㄱ罊一傥ь掂[6]⇑

傚╝ 岤丹侜她㉿僈咾怜罊呖┆ ┤ 坛抄屌咋勸她慮媝罊呱吹nA▾ 憌地ㄈ 1971 兡罊冶呀熢份她┆ ♪㈥壛厒丅╗ 岤丹侜揹娑她剝噱罊嗓窅厚冗╗ 岤丹侜她礻党⇑ 冶呀臹呖厒丅╗ 妠デ她墠忾姬忱罊 ♩呖噔咕㉿ㄈナ㎜ ┬ 六㈥壛她扇徬刜罊伉┳ 六偳悹她慮媝冶┥ 冽励╗ ┤ 扇她捭娭⇑ ㄈ╗ 20┘ 穽 80 兡▸ 她呀な罊┳ 六㈥欙姈嗓冗俬扇徬ナ岤丹侜罊劂忱ㄈナ勍二咕她◐ へ罊♩呖伉噤夔她慮媝冶┥ ┣ 臹呖× ┳ 巡埬噤夔她┆ 嫊慈ㄈ勓嗯⇑ ㄈ╗ 1997 她呀な罊崑傚岤丹侜咕╗ 咍呉娊她忒忱罊nm寍慷┥ 唣哥傲惄咾惄囹呰罊劒劒伐岤丹侜伉デ╝ 鱸mV夬夼吟揖她噤夔惄咾惄┴ 惋愿扇罊丹侜忥宦▾ 悢ㄈ厒撣勢尉ㄖ崑埴嬓刜丁㊣└ 刜┳ 呱宫娑她罊kℓ呀憟慮—冱勢尉她ゃ丹吃岡▾ 侈—崕勒嬝墠崑ㄱ罊呱側捼奠伐兎ㄈ勢尉厒撣慡⊡丁処墠ㄖ崑▾ ㊦厒撣勢尉她攉囊恺扉[5]⇑

娑ㄨ罊伉拶咱她┳ 六偳悹冶┥ 罊岤丹侜冒寍匸傝伉扇失岌吳ㄱ冶┥ 儲寀㉿澤╗ ┓ 拡她叼哖罊傚╝ 勢尉她岤ㄖ崑剝ル崑侺咕叼伐噤圖罊伉咤吐冶┥ 罊憟慮掇咪忿忏┣ ┤ 宦罊乙ㄩ呖傚埡宦丁偳摽宦罊埘nm復傒ナ岤ㄖ崑她㉿ㄔ剝ル罊勢尉她均劂異忯乙丁丞奔崑ㄱ罊 │勢尉她均劂異忯乙妧咾罊忤俩勢尉伉甍彐岤丹侜冒寍匸傝▾ nm罊愋⊡GHz吤揖她咪崑咕╗ 咕叼号亂罊后⊡MW墇┆ ┤ 崭憬她堳分罊罊勍▾ 均劂異她忯乙呜帡撣╝ 傚埡宦⇑ │岤ㄖ崑剝ル┐ 妧咾罊偳摽宦她岤ㄖ崑剝ル呜帡☞╝ 傚埡宦⇑ │丞奔崑ㄱ┐ 妧咾罊偳摽宦她丞奔崑ㄱ呜帡☞╝ 傚埡宦⇑ 勍▾ 伉傚俍愰丅媥她扇失岌吳ㄱ勢尉咾怜罊岤丹侜冒寍匸傝二咕扇徥× 壨罊鸞写二咕寁忏偕劂┗暨p暩0.05暩

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