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摘要:

摘要目的: 观察健康教育与自体重量牵引床对视频终端工作者颈部功能障碍指数 (NDI) 的影响。方法: 视频终端工作者共155例, 对照组70例和观察组85例。观察组接受健康教育以及配合自体重量牵引, 观察期半年。比较两组教育前和半年后NDI的变化, 以及观察组中配合自体重量牵引、教育组和对照组NDI的变化率。结果: 半年后观察组和对照组的NDI分别为 $9.98\% \pm 6.55\%$ 和 $13.97\% \pm 7.53\%$ , 差异有显著性 ( $P < 0.01$ )。观察组中选择自体重量牵引者21例, 半年后牵引组、教育组和对照组NDI的变化率分别为45.80%、25.12%和-11.63%, 牵引组NDI评分下降的幅度较单纯教育组更明显 ( $P < 0.01$ )。结论: 有针对性的健康教育能降低视频终端工作者的颈部功能障碍指数, 配合自体重量牵引的效果更明显。

关键词: [自体重量牵引](#) [健康教育](#) [视频终端](#) [颈痛](#)

Effects of health education and inversion traction on neck disability index in workers of video display terminal [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To observe the effect of health education and inversion traction on neck disability index (NDI) in workers with video display terminals (VDT). Method: One hundred and fifty-five employees who spent at least 40 hours per week with VDT were divided into observation group (N=85) and control group (N=70). The observation group received health education and 21 subjects of them also accepted inversion traction in their workplace, and were followed up half a year later. NDI scores of both groups were evaluated before education and after six months. Result: Half a year later, NDI scores of observation group and control group were  $9.98\% \pm 6.55\%$  and  $13.97\% \pm 7.53\%$  respectively. There was significant difference between two groups ( $P < 0.01$ ). The drop rate of NDI scores of the traction group, education group and control group were 45.80%, 25.12% and -11.63% respectively. The rate of traction group was significantly higher than simple education group ( $P < 0.01$ ). Conclusion: The results suggest that professional health education can effectively reduce NDI scores in workers with VDT and the education with inversion traction is more effective.

Keywords: [inversion traction](#) [health education](#) [video display terminals](#) [neck pain](#)

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