

论文

单纯高脂血症患者非药物干预的疗效评价

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摘要:

目的 探讨单纯高脂血症患者行非药物干预的降脂效果。方法 将1600例健康体检人员中检出的单纯高脂血症患者197例随机分为干预组99例和对照组98例, 干预组给予综合性非药物干预, 包括健康宣教、饮食指导、运动处方等, 每周进行回访监督, 对照组不进行上述干预, 不服用降脂药物, 在观察期开始及6个月观察期满时, 分别采用酶法测定血中甘油三酯(TG)、总胆固醇(TC)和低密度脂蛋白(LDL-C)的水平变化, 同时测试高脂血症相关知识知晓率、统计平均每周主动锻炼次数、估算平均每天食用油量, 测定体质量指数(BMI)并进行统计学分析。结果 干预组高脂血症相关知识知晓率、每周主动体育锻炼次数均有明显增加, 两者增幅均高于对照组, 干预组食油量明显下降, BMI下降, 降幅均大于对照组(P<0.05)。干预组TG从(2.81±1.32) mmol/L降至(2.06±0.91) mmol/L, TC从(6.67±0.93) mmol/L降至(5.49±0.95) mmol/L, LDL-C从(4.69±0.89) mmol/L降至(3.83±1.02) mmol/L, 与对照组相比, P值分别为0.007、0.005、0.006, 各指标下降幅度均有统计学差异。而且血脂下降与相关健康知识知晓水平的提高、主动性体育锻炼的增加以及食油摄入量的减少呈明显相关性。结论 非药物干预方法对单纯高脂血症患者有一定疗效, 可作为单纯高脂血症患者的非药物治疗方法。

关键词: 高脂血症; 非药物干预; 健康宣教; 运动疗法; 饮食指导

Effect of non pharmacotherapy in decreasing the levels of serum lipid in simple hyperlipidemia patients

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Abstract:

Objective To investigate a non-pharmacotherapy program for patients with simple hyperlipidemia diagnosed in health examination and assess its effectiveness. Methods 197 patients was divided into two groups randomly: the experimental group (99 cases) and the control group (98 cases). The experimental group was given non-pharmacotherapy once a week and the therapy lasted for 6 weeks. The content of non-pharmacotherapy consisted of: a) teaching related knowledge about hyperlipidemia; b) guiding healthy life-style, such as diet and exercise. Patients were followed up every week. The control group didn't undergo any non-pharmacotherapy program. A self completion questionnaire on hyperlipidemia-related knowledge, questionnaires on diet and exercise were obtained and serum TG, TC, LDL-C and BMI were measured at entry point and at the end of 6-month study. Results The hyperlipidemia-related knowledge and weekly physical exercise time of experimental group increased while the daily oil intaking and BMI decreased. The mean of serum TG, TC and LDL-C of experimental group lowered significantly comparing to control group. The TG lowered from(2.81±1.32) mmol/L to(2.06±0.91)mmol/L, TC from(6.67±0.93)mmol/L to(5.49±0.95)mmol/L, LDL-C from(4.69±0.89)mmol/L to (3.83±1.02)mmol/L, and all the differences above were significant. The declining of serum lipid was related to the increasing of hyperlipidemia-related knowledge, exercise frequency and the decreasing of oil intaking. Conclusion Non-pharmacotherapy is to be effective for the patients with simple hyperlipidemia and it can be used as basic therapy.

Keywords: Hyperlipidemia; Non-pharmacotherapy; Health habits teaching; Exercise therapy; Diet guidance

收稿日期 2010-05-20 修回日期 网络版发布日期

DOI:

基金项目:

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