

论著

系统性自我管理教育模式对社区2型糖尿病患者血糖水平的影响

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摘要:

目的: 探讨系统性自我管理教育对社区2型糖尿病患者血糖水平的影响。**方法:** 随机选取长沙市10个社区,分为干预组与对照组各5个,共纳入2型糖尿病患者248人为研究对象。干预组予以系统性自我管理教育,对照组予以常规社区教育,干预期均为一年半。干预前和干预后分别对两组患者予以空腹血糖(FPG)、餐后2 h血糖(2hPG)、糖化血红蛋白(HbA1c)测定,对比分析两组患者血糖水平改善情况。**结果:** 两组患者FPG,2hPG,HbA1c干预前差异均无统计学意义($P>0.05$);干预后差异均有统计学意义(分别 $P<0.01$, $P<0.05$, $P<0.01$)。干预组FPG,2hPG,HbA1c干预后均较干预前明显改善($P<0.01$);对照组FPG改善不明显($P>0.05$),2hPG,HbA1c改善较明显(分别 $P<0.01$, $P<0.05$)。**结论:** 系统性自我管理教育能有效改善社区2型糖尿病患者血糖水平,值得进一步推广。

关键词: 社区 2型糖尿病 自我管理 空腹血糖 餐后2 h血糖 糖化血红蛋白

Effectiveness of systematic self-management education on blood sugar level of patients in the community with type 2 diabetes

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Abstract:

Objective: To explore the effectiveness of systematic self-management education on blood sugar level of patients in the community with type 2 diabetes. **Methods:** A total of 248 patients with type 2 diabetes from 10 communities of Changsha were randomized into intervention or control groups in February 2009. The intervention group received systematic self-management education, while the other received routine community education. Before and after intervention, fasting plasma glucose, 2 h postprandial plasma glucose and glycosylated hemoglobin were measured, and evaluated between the 2 groups. **Results:** Fasting plasma glucose, 2 h postprandial plasma glucose and glycosylated hemoglobin levels of patients with diabetes from the two groups were generally comparable at baseline ($P>0.05$). After the intervention, these three indicators were all statistically significant between the 2 groups ($P<0.01$, $P<0.05$, $P<0.01$, respectively). After intervention, blood sugar levels in the intervention group were obviously improved ($P<0.01$), while in the control group, fasting plasma glucose was not statistically improved ($P>0.05$), 2 h plasma glucose and glycosylated hemoglobin levels were improved ($P<0.01$, $P<0.05$, respectively). **Conclusion:** Systematic self-management education effectively encourages patients with type 2 diabetes to control their blood sugar levels, and deserves further promotion.

Keywords: community type 2 diabetes self-management fasting plasma glucose 2 hour postprandial plasma glucose HbA1c

收稿日期 2011-10-07 修回日期 网络版发布日期

DOI: 10.3969/j.issn.1672-7347.2012.04.006

基金项目:

湖南省科技厅课题(2009SK3180)。

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