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高压氧治疗并咽部神经肌肉电刺激对阻塞性睡眠呼吸暂停综合征的疗效观察 [点此下载全文](#)

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摘要:

摘要目的: 通过高压氧治疗 (HBOT) 并咽部神经肌肉组织电刺激 (NMES) 治疗阻塞性睡眠呼吸暂停综合征 (OSAHS), 探讨其改善通气和低氧血症的作用机制。方法: 30例患者均根据多导睡眠监测结果及临床表现确诊OSAHS, 分为两组, 每组15例。15例通过HBOT和咽部立体动态干扰电NMES治疗10次后 (HBOT+NMES组), 再行多导睡眠呼吸监测, 与单纯HBOT的15例 (HBOT组) 进行比较。结果: OSAHS患者经HBOT和咽部NMES治疗后暂停次数 (AI)、低通气指数 (HI)、睡眠呼吸紊乱指数 (AHI) 较治疗前分别降低15.63次/h, HI值平均下降15.14次/h, AHI值平均下降29.82次/h, 最低SaO₂值平均升高15.43%。经HBOT和咽部NMES治疗后AI、HI、AHI指数的改善较单纯HBOT组更显著, 最低SaO₂较单纯HBOT组升高更为显著。结论: HBOT并咽部NMES能有效改善OSAHS患者的症状。

关键词: [阻塞性睡眠呼吸暂停综合征](#) [高压氧治疗](#) [神经肌肉电刺激](#)

The observation on hyperbaric oxygen therapy and pharyngeal neuromuscular electrical stimulation in patients with obstructive sleep apnea hypopnea syndrome [Download Fulltext](#)

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Abstract:

Abstract Objective: To observe the effect of hyperbaric oxygen treatment (HBOT) and pharyngeal neuromuscular electrical stimulation (NMES) on obstructive sleep apnea hypopnea syndrome (OSAHS) and to investigate the mechanism of improving ventilation and hypoxemia. Method: Thirty patients diagnosed as OSAHS by clinical manifestations and the results of polysomnography (PSG) were randomly divided into two groups and respectively given HBOT alone (group HBOT, n=15) and the combination of HBOT and pharyngeal NMES (group HBOT+NMES, n=15). After 10 sessions of treatment, the variation of PSG and symptoms were compared with before between two groups. Result: In group HBOT+NMES, compared with before the following index were reduced on average (apnea index [AI] 15.63 times/h, hypopnea index [HI] 15.14 times/h; apnea hypopnea index [AHI] 29.82 times/h). Meanwhile, the average lowest value of SaO₂ raised 15.43%. The effect of HBOT+NMES was better than HBOT alone in improving AI, HI, AHI and the lowest SaO₂. Conclusion: HBOT combined with pharyngeal NMES could effectively ameliorate the symptom of OSAHS.

Keywords: [obstructive sleep apnea hypopnea syndrome](#) [hyperbaric oxygen therapy](#) [neuromuscular electrical stimulation](#)

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