

论著

中山医院非内分泌科住院患者糖代谢紊乱情况调查

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摘要

目的 调查2006年1月1日至12月31日复旦大学附属中山医院非内分泌科出院的成年住院患者糖代谢异常的分布和糖代谢的检测现状。方法 以空腹血糖(FBG)或餐后2小时血糖(2hPBG)或糖化血红蛋白(HbA1c)为检索参数,通过HIS系统提取2006年非内分泌科出院的所有成年住院患者(≥18岁)的相关信息,包括姓名,性别,年龄,住院号,病区,出院诊断,FBG,2hPBG,HbA1c等。根据出院诊断将研究对象定义为糖尿病患者和非糖尿病患者。组间计数资料比较采用X2检验。结果非内分泌科住院患者FBG,2hPBG和HbA1c的检测率分别为83.5%,3.3%和5.0%;在非糖尿病患者中,联合检测FBG和2hPBG,糖代谢异常检出率为45.7%,其中糖尿病和糖调节受损(IGR)检出率分别为16.5%和29.2%;其中>60岁组的糖代谢异常者占55.3%,明显高于≤60岁组的37.7%($\chi^2=27.7$, $P<0.05$)。结论 大型综合医院住院患者是糖尿病的高危人群,建议常规对这些患者同时进行FBG和2hPBG的检测。

关键词 [糖尿病;空腹血糖;餐后2小时血糖;糖化血红蛋白;住院患者](#)

分类号

A survey of impaired glucose homeostasis among inpatients of non-endocrinology department in Zhongshan Hospital, Shanghai

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Abstract

Objective To investigate impaired glucose homeostasis (IGH) of all adult patients discharged from non-endocrinology departments in Zhongshan Hospital from January 1, 2006, to December 31, 2006. Methods All related information, including name, gender, age, medical record number, discharge department, discharge diagnosis, fasting blood glucose (FBG), 2-hour postprandial blood glucose (2hPBG) and glycosylated hemoglobin (HbA1c), of adult patients (≥18y) of non-endocrinology department were obtained from hospital information system. According to the discharge diagnosis, the patients were classified into diabetic and non-diabetic patients. Results Measurement rate of FBG, 2PBG and HbA1c of inpatients of non-endocrinology departments in Zhongshan Hospital were 83.5%, 3.3%, 5.0%, respectively. By FBG and 2hPBG measurements, the detection rate of impaired glucose homeostasis in non-diabetic patients was 45.7% (detection rate of diabetes was 16.5% and detection rate of impaired glucose regulation was 29.2%) and was 55.3% for the patients who were older than 60y, significantly higher than 37.7% of the patients who were younger ($\chi^2=27.7$, $P<0.05$). Conclusions Inpatients of large-scale general hospital are in high risk for diabetes. Inpatients should have FBG and 2hPBG measurements routinely.

Key words [diabetes](#) [fasting blood glucose](#) [2-hour postprandial blood glucose](#) [glycosylated hemoglobin](#) [inpatients](#)

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