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高血压脑出血后强化降压对预后的影响

Effect of Intensive Antihypertensive Treatment on Prognosis in Patients with Hypertensive Cerebral Hemorrhage

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中文关键词: [脑出血](#) [高血压](#) [强化降压](#) [预后](#)

英文关键词: [cerebral hemorrhage](#) [hypertension](#) [intensive antihypertensive treatment](#) [prognosis](#)

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中文摘要:

摘要: 目的 探讨高血压脑出血患者急性期强化降压治疗的有效性和安全性。方法 106例急性脑出血患者随机分为强化组(55例)和对照组(51例)。强化组对血压超过140~150 mmHg的患者在发病后6 h内快速降至140 mmHg以下并维持24 h, 对照组按前版AHA指南降压。比较两者治疗24 h后血肿大小和第14天的神经功能缺损情况、治疗有效率。结果 强化组和对照组有效率分别为87.2%和60.8%, 差异有统计学意义。神经功能缺损改善情况比较, 差异有统计学意义。结论 脑出血后强化降压治疗, 能显著改善患者预后。

英文摘要:

OBJECTIVE To explore the efficacy and safety of intensive antihypertensive treatment in patients with acute hypertensive cerebral hemorrhage. **METHODS** All of 106 patients were divided randomly into two groups, the intensive treatment group(55 cases) and the control group(51 cases). The intensive treatment group were aimed to lower the systemic blood pressure(SBP) no more than 140 mmHg within 6 hours and maintained 24 hours after the onset of the hemorrhage if the SBP was higher than 140-150 mmHg. The BP-lowing of the control group was according to the AHA guidelines of the previous version. the size of the hematoma after 24 hours, the neurologic impairment on the 14th day as well as the efficacy of the treatment were compared. **RESULTS** The effective rate of the intensive treatment group and the control group was 87.2% and 60.8%, respectively, and the difference was statistically significant. The difference relating to the improvement of the neurologic impairment was also statistically significant. **CONCLUSION** Intensive antihypertensive treatment can significantly improve the prognosis of the patients with hypertensive hemorrhage.

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