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益生菌联合早期肠内营养对重型颅脑损伤患者感染

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Title: Probiotics as supplement for early enteral nutrition decreases infection in severe brain injury

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摘要: **目的** 观察益生菌联合早期肠内营养对重型颅脑损伤患者感染的影响。 **方法** 选取重型颅脑损伤患者38例,按随机数字表分为研究组(17例)和对照组(21例)。2组患者均在入院后24~72 h内开始经鼻胃管行肠内营养,研究组在肠内营养基础上添加益生菌。于肠内营养开始后1、4、7、15 d晨空腹抽血监测白细胞、淋巴细胞、C-反应蛋白等指标,记录患者感染发生时间、严重程度,观察患者预后情况,比较ICU住院天数和GCS、SOFA、APACHE II评分。 **结果** 研究组白细胞计数在营养后7 d显著低于对照组($P<0.05$),C-反应蛋白在15 d显著低于对照组($P<0.05$),而淋巴细胞计数在各时相点两组差异均无统计学意义($P>0.05$)。研究组总感染发生率、肺部感染发生率也显著低于对照组($P<0.05$),其ICU住院天数明显降低($P<0.05$)。在营养第15天,研究组GCS评分显著高于对照组($P<0.05$)。 **结论** 与单纯早期肠内营养相比,添加益生菌能更好地降低重型颅脑损伤患者的感染发生率,缩短ICU住院天数,改善患者的预后。

Abstract: **Objective** To determine the effect of probiotics as supplement in early enteral nutrition on infection status of patients with severe brain injury. **Methods** Thirty-eight patients with identified severe brain injury and Glasgow coma scale (GCS) of 5 to 8 for over 12 h who admitted in Chongqing Center of Emergency from September 2011 to July 2012 were enrolled in this study. They were randomized into study group ($n=17$) and control group ($n=21$), with no significant difference in age, GCS score, sequential organ failure assessment

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(SOFA), and acute physiology and chronic health evaluation (APACHE II). All patients received enteral nutrition *via* nasogastric tube within 24-72 h following admission, and those from the former group was supported with probiotics in the nutrition. In 1, 4, 7 and 15 d after enteral nutrition, fasting blood samples were collected for the counts of leukocyte and lymphocyte, and levels of C-reactive protein (CRP) and other indicators. The infection time and severity, ICU time, GCS, SOFA, and APACHE II score during were recorded and compared in 2 groups. **Results** The study group had a lower count of leukocytes and level of CRP than control group on day 7 ($P<0.05$), and lower level of CRP on day 15 ($P<0.05$). However, there was no difference in terms of lymphocyte in each time point ($P>0.05$). The incidences of total infection and pulmonary infection rate were significantly lower in study group than in control group ($P<0.05$). The hospitalization time was also shorter in the form than in the later group ($P<0.05$). The former group had a higher GCS scores on day 15 compared with the later group ($P<0.05$). **Conclusion** Compared with early enteral nutrition, supplement of probiotics lowers infectious rate, shortens ICU time and promotes prognosis in patients with severe brain injury.

参考文献/REFERENCES

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