

[1]周已焰,熊小伟,曾兢,等.益生菌对重型颅脑损伤后高血糖反应的影响[J].第三军医大学学报,2013,35(08):793-795.
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益生菌对重型颅脑损伤后高血糖反应的影响 [PDF](#) 分享到

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Title: Effects of probiotics on hyperglycemia in patients with severe craniocerebral injury

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关键词: [颅脑损伤](#); [益生菌](#); [高血糖症](#)

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摘要: **目的** 观察益生菌对重型颅脑损伤患者高血糖反应的影响。
方法 选取重型颅脑损伤患者40例,在取得患者家属知情同意后按照随机数字表法分别纳入试验组(18例)和对照组(22例)。试验组在入院后24~72 h内,将益生菌制剂研磨后加入20 mL温水经鼻胃管注入,对照组单纯给予20 mL温水。于营养开始第0、4、7、15天检测患者血糖水平,比较干预前后GCS评分。
结果 2组患者血糖水平在干预第0天差异无统计学意义($P>0.05$),在干预第4、7、15天,试验组血糖水平均低于对照组($P<0.05$);试验组、对照组在干预后GCS评分均高于干预前($P<0.05$),试验组干预后GCS评分高于对照组($P<0.05$)。
结论 益生菌能改善重型颅脑损伤后高血糖反应。

Abstract: **Objective** To determine the effects of probiotics on the hyperglycemia in patients with severe craniocerebral injury.

Methods Forty patients who diagnosed as severe closed

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craniocerebral injury with Glasgow coma scale (GCS) from 5 to 8 over 12 h, admitted in Chongqing Emergency Medical Center from September 2011 to July 2012 were subjected in this study, and were randomized into observation group ($n=18$) and control group ($n=22$). The former was given probiotics solved into 20 mL warm water within 24 to 72 h following admission, while the later was treated only with 20 mL warm water. Other treatment was same to the 2 groups. Blood glucose were detected on days 0, 4, 7 and 15 after probiotics treatment, GCS scores before and after treatment were also recorded.

Results The observation group had no difference in blood glucose compared with control group before probiotics treatment ($P>0.05$). But the level of blood glucose was significantly lower in the observation group than that control group on days 4, 7 and 15 ($P<0.05$). The observation group and control group both showed higher GCS scores than before intervention ($P<0.05$), but the score was significantly higher in observation group than that in control group after intervention ($P<0.05$).

Conclusion The treatment of probiotics can relieve hyperglycemia in patients with severe craniocerebral injury.

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