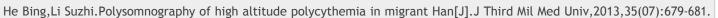
[1]何兵,李素芝.移居汉族高原红细胞增多症多导睡眠监测[J].第三军医大学学报,2013,35(07):679-681.







移居汉族高原红细胞增多症多导睡眠监测师分享到

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Title: Polysomnography of high altitude polycythemia in migrant Han

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Abstract:

研究高原红细胞增多症 (High altitude poly cythemia, HAPC) 夜间睡眠呼 摘要: 目的

吸及血氧饱和度(arterial oxygen saturation,SaO₂)特点,为临床合理治疗提供依

以40例患HAPC的汉族移居者为研究对象(HAPC组),并以20例健

康的汉族移居者作为对照组。2组在安静、舒适的睡眠监测室内行整夜多导睡眠监测。

观察呼吸暂停/低通气指数 (apnea-hypopnea index, AHI) 、呼吸暂停指数 (apnea index, AI)、低通气指数(hypopnea index, HI)、清醒SaO₃(awake

 ${\rm SaO_{2'}ASaO_2}$)、睡眠平均 ${\rm SaO_2}$ (mean ${\rm SaO_{2'}MSaO_2}$)、最低 ${\rm SaO_2}$ (lowest

SaO₂,LSaO₂)、SaO₂下降百分比(percentage of reduced SaO₂,A-MSaO₂%)、氧减

饱和度指数(oxygen desaturation index, ODI₄)、氧减时间百分比(percentage of

time for $\mathrm{ODI}_{4'}$ T $_{\mathrm{ODI4}}$ %)等指标。睡眠监测后填写匹兹堡睡眠质量问卷(pittsburgh

sleep quality index, PSQI), 并抽取静脉血检测红细胞 (red blood cell, RBC)、血

红蛋白 (hemoglobin, HGB) 、红细胞压积 (haematocrit, HCT)。

HAPC组RBC、HGB、HCT显著高于对照组(P<0.01); 2组PSQI总分及各因子计分无显

著差异性 (P>0.05): 2组AHI、AI无显著差异 (P>0.05), 但HAPC组HI显著高于对照组

(P<0.05); HAPC组ASaO₂、MSaO₂、LSaO₂显著低于对照组,A-MSaO₂%、ODI₄、 结论 HAPC患者夜间睡眠期间以低通气及 T_{ODI4} %显著高于对照组(P<0.05)。

SaO₂水平显著降低为主要特征。

To investigate the characteristics of sleep-related breathing and blood oxygen saturation (SaO₂) of high altitude polycythemia (HAPC) in migrant

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Han in order to provide evidence for therapy. Methods Polysomnography (PSG) were performed on 40 HAPC and 20 healthy volunteers (control group) of migrant Han ethnic in a quiet and comfortable room. The apnea-hypopnea index (AHI), apnea index (AI), hypopnea index (HI), awake SaO₂(ASaO₂), mean SaO₂ (MSaO₂), lowest SaO₂(L SaO₂), percentage of reduced SaO₂(A-MSaO₂%), oxygen desaturation index (ODI_A) and percentage of time for ODI_A(T_{ODIA}%) were calculated. Pittsburgh Sleep Quality Index (PSQI) was employed to evaluate the sleep quality measured after PSG. Red blood cells (RBC), hemoglobin (HGB), and haematocrit (HCT) were compared between 2 groups. and HCT were significantly higher in HAPC group (P<0.01), while there was no significant difference in total score and every score of PSQI between 2 groups (P>0.05). Although there was no difference in AHI and AI (P>0.05), HI was significantly higher in HAPC than in control group (P<0.05). ASaO $_2$, MSaO $_2$ and LSaO₂ were obviously lower, but A-MSaO₂%, ODI 4 and T_{ODI4}% were remarkably higher in HAPC than in control group (P < 0.05). Conclusion migrant Han high altitude dwellers are characterized as hypoventilation and hyoxemia during sleeping.

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