

易世宏, 陈宝田. 安眠方对脑卒中恢复期失眠和神经功能康复的影响[J]. 中国康复医学杂志, 2008, (5): 408-409

安眠方对脑卒中恢复期失眠和神经功能康复的影响 [点此下载全文](#)

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基金项目:

DOI:

摘要点击次数: 126

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摘要:

目的: 观察安眠方对脑卒中患者恢复期失眠和神经功能康复的影响。方法: 选择脑卒中恢复期伴有失眠的患者80例, 随机分为安眠方治疗组(40例)和艾司唑仑对照组(40例), 服药4周后用汉密尔顿抑郁量表(HAMD)中涉及睡眠的3项得分评定两组药物对失眠的疗效及用改良爱丁堡-斯堪的那维亚卒中量表(MESSS)评定神经功能的改善情况。结果: 与对照组比较, 治疗组MESSS和HAMD中涉及睡眠3项评分明显下降, 总有效率有极显著意义( $P < 0.01$ )。结论: 安眠方可以有效改善脑卒中恢复期患者的失眠症状并可能对神经功能的康复有辅助作用。

关键词: [脑卒中](#) [失眠](#) [安眠方](#) [神经功能康复](#)

Clinical observation of influence of post stroke insomnia and functional recovery by Anmian decoction/YI Shihong, CHEN Baotian [Download Fulltext](#)

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Abstract:

Objective: To assess the influence of post stroke insomnia and functional recovery with AnMian decoction. Method: Eighty patients with post stroke insomnia were randomly divided into two groups: AnMian decoction group (n=40) and control group (Estazolam group) (n=40). Modified Edinburgh-Scandinavia stroke scale(MESSS) and three insomnia-related items of Hamilton Depression Scale (HDS) were used for assessing treatment effects before and after treatment for 4 weeks. Result: The rate of decrease of MESSS and three insomnia-related items of HDS in treatment group were higher than those in control group ( $P < 0.01$ ). Conclusion: Anmian decoction can treat patients with post stroke insomnia effectively, and is helpful for recovery of neurological function possibly.

Keywords: [stroke](#) [insomnia](#) [Anmian decoction](#) [recovery of neurological function](#)

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