

穴位贴敷治疗慢性阻塞性肺疾病 稳定期的临床研究

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摘要:**目的** 观察中药穴位贴敷治疗慢性阻塞性肺疾病稳定期的临床疗效。**方法** 将 120 例入选患者随机分为两组,对照组依据病情吸入沙美特罗替卡松气雾剂 50/500ug 治疗;治疗组在对照组的基础上给予中药穴位贴敷治疗。观察 3 年内两组患者生活质量、急性加重住院次数、肺功能变化情况。**结果** 3 年后治疗组生活质量、急性发作次数、肺功能均较对照组有明显改善,有统计学意义($P<0.05$)。**结论** 穴位贴敷治疗慢性阻塞性肺疾病稳定期疗效较好。

关键词:慢性阻塞性肺疾病;中医药疗法;穴位贴敷
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Clinical Observation on Treatment of Stable COPD by Point Application

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Abstract Objective To observe clinical effect of point application on stable COPD. **Method** 120 patients were randomized into treatment group and control group. Cases in control group were treated with 50/500ug of Salmeterol Xinafoate Aerosol according to patients' conditions. Cases in treatment group were given point application in addition to Salmeterol Xinafoate Aerosol. Quality of life, numbers of hospitalization because of acute exacerbation as well as changes of lung function of patients in both groups were observed. **Result** The quality of life, numbers of acute attacks and lung function of the cases in treatment group were significantly improved compared with the control group after 3 years, with statistical significance($P<0.05$). **Conclusion** Point application is effective in the treatment of stable COPD.

Key words COPD; TCM therapy; point application

慢性阻塞性肺疾病(chronic obstructive pulmonary disease, COPD)是一种常见的以持续性气流受限为特征的可以预防和治疗的疾病,为了减轻患者的病痛,提高生活质量,打好慢阻肺治疗的“持久战”,我科长期采用中药穴位贴敷疗法防治慢阻肺,在临床应用中取得了良好疗效,现报道如下。

1 临床资料

1.1 一般资料 选取 2013 ~ 2015 年在我院就诊符合慢性阻塞性肺疾病诊断标准^[1]的患者 120 例,

随机分为两组。治疗组 60 例,男 34 例,女 26 例,平均年龄 67 岁,平均病程 13 年;对照组 60 例,男 32 例,女 28 例,平均年龄 65 岁,平均病程 11 年。两组性别、年龄、病程、病情等经统计学处理,无显著性差异($P>0.05$),具有可比性。

1.2 排除标准 哮喘、精神障碍和依从性差的患者,有严重呼吸衰竭和心力衰竭的病危病例不纳入本试验。

2 治疗方法

2.1 对照组 采用常规西医治疗,依据病情吸入