

针刺联合康复训练治疗脑卒中后吞咽障碍的 临床研究^{*}

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摘要:**目的** 探讨针刺联合康复训练治疗脑卒中后吞咽障碍的疗效,为临床治疗脑卒中后吞咽障碍提供一种新思路。**方法** 将符合诊断标准的 60 例脑卒中后吞咽障碍的患者,随机分为对照组和治疗组各 30 例。对照组采取康复训练治疗,康复训练主要包括基础训练和摄食训练;实验组在对照组康复训练的基础上采取中医传统针刺治疗,取穴:天突、翳风(双侧)、风池(双侧)、咽喉壁点刺放血。每日一次,10 日为一个疗程。1 个疗程后两组按注田饮水实验进行评估,对两组患者的治疗效果进行对比分析。**结果** 疗后两组患者的吞咽障碍都有明显改善,组间比较有明显差异($P<0.05$)。治疗后实验组的临床疗效显著优于对照组,两组比较差异有统计学意义($P<0.05$)。**结论** 针刺联合康复训练治疗能够明显改善脑卒中后吞咽障碍,有效提高治疗效果,值得临床推广。

关键词: 针刺;康复训练;脑卒中;吞咽障碍;疗效观察
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Clinical researches on acupuncture combined with rehabilitation training in the treatment of dysphagia after stroke

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Abstract Objective To study the therapeutic effect on acupuncture combined with rehabilitation training in the treatment of dysphagia after stroke. **Methods** 60 cases of stroke patients with dysphagia after stroke were randomly divided into the control group and the experimental group with 30 cases in each group. The control group adopted rehabilitation training. It mainly concludes basic training and ingesting training. Experimental group took traditional acupuncture treatment on the basic of rehabilitation training. The acu-points include Tiantu, Yifeng (both sides), Fengchi (both sides), the wall of the pharynx pricking blood method. Once a day, 10 days completes a course of treatment. After a course of treatment, the two groups were evaluated according to the experiment of drinking water in the field, and the treatment effect was compared between the two groups. **Result** After treatment, the two groups of patients with dysphagia were significantly improved. There were significant differences between two groups($P<0.05$). After treatment, the clinical efficacy of the experimental group was significantly better than that of the control group. There was significant difference between two groups($P<0.05$). **Conclusion** Acupuncture combined with rehabilitation training can improve the dysphagia after stroke.

Key words acupuncture, rehabilitation training, stroke, dysphagia, curative observation.

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