

## 临床研究

中西医结合治疗心血管疾病  
伴焦虑症患者临床研究刘立新<sup>1</sup> 韩亚利<sup>2\*</sup>

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**摘要:**目的 探讨中西医结合治疗心血管疾病伴焦虑症患者的临床效果。方法 随机选取 2016 年 8 月 ~ 2018 年 8 月我院心血管疾病伴焦虑症患者 60 例, 随机分为两组: 治疗组(中西医结合治疗)30 例, 对照组(西医治疗)30 例, 统计分析两组患者的心功能、焦虑评分、临床疗效。结果 治疗组患者的心功能 I 级比例显著高于对照组( $P < 0.05$ ), II 级、III 级比例均显著低于对照组( $P < 0.05$ ), 焦虑评分显著低于对照组( $P < 0.05$ ), 治疗的总有效率 96.67% (29/30) 显著高于对照组 76.67% (23/30) ( $P < 0.05$ )。结论 中西医结合治疗心血管疾病伴焦虑症患者的临床效果较单独西医治疗好。

**关键词:** 中西医结合治疗; 心血管疾病伴焦虑症; 临床效果

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Clinical Study on the Treatment of Cardiovascular Diseases  
with Anxiety Disorder by Integrated  
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**Abstract Objective:** To explore the clinical effect of integrated traditional Chinese and Western medicine in the treatment of cardiovascular diseases with anxiety disorder. **Methods:** 60 patients admitted from August 2016 to August 2018 with cardiovascular diseases and anxiety disorders were randomly divided into two groups: treatment group (30 cases treated with integrated traditional Chinese and Western medicine) and control group (30 cases treated with Western medicine). Cardiac function, anxiety score and clinical efficacy of the two groups were analyzed. **Results:** The proportion of cardiac function grade I in the treatment group was significantly higher than that in the control group ( $P < 0.05$ ), the proportion of grade II and III was significantly lower than that in the control group ( $P < 0.05$ ), the anxiety score was significantly lower than that in the control group ( $P < 0.05$ ), and the total effective rate of treatment was 96.67% (29/30), significantly higher than that in the control group (76.67% (23/30) ( $P < 0.05$ )). **Conclusion:** The clinical effect of integrated traditional Chinese and Western medicine in the treatment of cardiovascular disease with anxiety disorder is

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