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烧伤后 12 个月内瘙痒和疼痛的预测因子:来自澳大利亚 和新西兰烧伤登记处长期预后项目的结果

澳大利亚 Monash 大学 Dale W Edgar 教授团队近期在《Burns & Trauma》发文《Predictors of itch and pain in the 12 months following burn injury: results from the Burns Registry of Australia and New Zealand (BRANZ) Long-Term Outcomes Project》,该研究旨在分析烧伤后 12 个月内瘙痒以及中度和重度疼痛的发生率和预测因素,并确定其对患者烧伤后生活质量的影响。他们从澳大利亚 5 家烧伤专科医院招募 18 岁及以上的烧伤患者 328 例,嘱患者在伤后 1、6、12 个月完成 36 个项目的简式健康调查、疾病影响概况工作量表和专门制订的瘙痒相关问卷,使用多元混合效应回归模型确定烧伤后瘙痒和中重度疼痛的预测因子。结果为不到 15% 的患者在伤后 12 个月时出现中度或重度疼痛,而大约 25% 的患者在同一时间段出现瘙痒。与瘙痒相比,中度至重度疼痛对健康相关的生活质量和工作的负面影响更大。未来需要进一步的研究来发现那些有较高持续性瘙痒和疼痛风险的患者,以利针对性干预。

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