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## · 科技快讯 ·

### 肺康复对烧伤患者肺功能和运动能力的影响： 一项前瞻性随机单盲研究

本文引用格式: Won YH, Cho YS, Joo SY, et al. The effect of a pulmonary rehabilitation on lung function and exercise capacity in patients with burn: a prospective randomized single-blind study[J]. J Clin Med, 2020, 9(7):2250. DOI: 10.3390/jcm9072250.

该研究通过对 120 例吸入性损伤患者进行肺功能测定及影响因素分析, 探讨烧伤合并吸入性损伤患者的肺功能康复效果。干预前, 肺康复组与常规康复组患者评估结果无明显差异。肺康复组患者康复前后最大吸气压(MIP)占预计值百分比和峰值咳嗽流量变化与常规康复组相比有显著改善( $P=0.04, 0.01$ ), 其他参数与常规康复组比较, 差异无统计学意义( $P>0.05$ )。康复 12 周后, 肺康复组和常规康复组患者一氧化碳弥散量占预计值百分比、MIP、MIP 占预计值百分比和膈肌活动度比较, 差异有统计学意义( $P=0.02, 0.005, 0.001, 0.005$ ), 其他指标相近( $P>0.05$ )。这些结果表明, 肺康复应该是烧伤患者治疗计划的基本组成部分。

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