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脑卒中急性期血压的变化规律及肢体运动前后血压变化 [点此下载全文](#)

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摘要:

目的: 监测脑卒中急性期患者血压变化规律, 观察急性脑梗死患者肢体运动前后血压变化的幅度。方法: 随机选择脑卒中急性期患者148例, 分为两组, 其中, 脑梗死组102例, 脑出血组46例。观察急性期两组患者的血压变化, 测量102例急性脑梗死患者右侧肱动脉血压, 床边肢体松动运动前测量1次, 运动后即5、10、15min各测量1次。结果: 脑卒中急性期血压增高者占86.5%, 以后在无特殊降压措施并且不用对血压有影响的药物条件下, 血压随时间逐渐下降。第7天与第1天比较, 收缩压(SBP)及舒张压(DBP)均有明显下降[SBP(145.6±16.3)vs(157.1±22.5) mmHg (P<0.01); DBP(84.7±15.2)vs(89.8±21.2)mmHg(P<0.01)]; 脑出血组动态血压均高于脑梗死组。[SBP(159.7±19.8)vs(154.7±23.4)mmHg; DBP(96.2±13.1)vs(91.3±17.5)mmHg (P<0.01)]。86%的脑卒中患者血压的昼夜节律消失。脑梗死组床边肢体松动运动前后血压比较, 差异无显著性(P>0.05)。结论: 脑梗死急性期患者血压增高, 血压有自发下降的趋势; 脑出血患者血压水平比脑梗死者高; 绝大多数脑卒中患者血压的昼夜节律消失; 脑梗死患者床边肢体松动运动前后的血压比较差异无显著性。

关键词: [脑卒中](#) [脑梗死](#) [动态血压监测](#) [康复](#)

The regularity of blood pressure changes in patients with acute stroke and the amplitude of blood pressure changes after extremities exercises [Download Fulltext](#)

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Fund Project:

Abstract:

Objective: To monitor the regularity of blood pressure changes in patients with stroke at acute stage, and the amplitude of blood pressure changes after extremities exercises. Method: One hundred and forty-eight patients with stroke at acute stage were divided into two groups: cerebral infarction group (n=102) and cerebral hemorrhage group (n=46). Blood pressure of patients in both groups were monitored. The right brachial artery blood pressure of patients in cerebral infarction group was measured before and after extremities relaxation exercises. Result: ①Blood pressure elevated in 86.5% of patients with stroke at acute stage and then descended spontaneously. Compared with that of the 1st day after onset, blood pressure descended significantly from [SBP(157.1±22.5), DBP(89.8±21.2)mmHg] to [SBP(145.6±16.3), DBP(84.7±15.2)mmHg, (P<0.01)] on the 7th day. ②Dynamic blood pressure were higher in cerebral hemorrhage group compared with cerebral infarction group [SBP (159.7±19.8) vs (154.7±23.4)mmHg. DBP(96.2±13.1) vs (91.3±17.5)mmHg(P<0.01)]. ③Among 86% of subjects, circadian rhythm of blood pressure was missing. ④There was no significant different in blood pressure before and after extremities relaxation exercises in patients with acute cerebral infarction (P>0.05). Conclusion: ①Blood pressure elevated in patients with cerebral infarction at acute stage and then showed a tendency of descending spontaneously. ②The level of blood pressure in cerebral hemorrhage group was higher than that in cerebral infarction group. ③Normal circadian rhythm of blood pressure was lost in most of patients with stroke. ④There was no significant different in blood pressure before and after extremities relaxation exercises in patients with acute cerebral infarction.

Keywords: [stroke](#) [cerebral infarction](#) [dynamic blood pressure monitor](#) [rehabilitation](#)

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