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不同强度的有氧运动对高血压病患者动态血压和生存质量的影响 [点此下载全文](#)

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摘要:

目的: 比较两种不同强度的有氧运动训练对高血压病患者动态血压和生存质量的影响。方法: 将收治的60例高血压病患者随机分为A组和B组, 接受强度分别为20%和60%最大运动能力的10周有氧运动训练。试验开始和结束时分别进行动态血压监测和生存质量的评价。结果: 2组患者治疗后各项动态血压指标均有下降, 差异无显著性($P>0.05$)。治疗后2组患者SF-36量表各维度评分中躯体疼痛和社会功能与治疗前比较无显著性差异($P>0.05$), 其它6项指标: 躯体功能、躯体角色、总体健康状况、活力、情感角色和心理健康, 与治疗前比较均有显著性差异($P<0.05$)。治疗后SF-36量表各维度评分, 其4项指标: 总体健康状况、活力、情感角色和心理健康, A组均高于B组($P<0.05$)。结论: 采用最大运动能力的20%和60%的强度进行有氧训练可以取得相似的降压效果, 但采用最大运动能力的20%的运动强度对于提高患者的生存质量效果更好。

关键词: [高血压](#) [有氧运动](#) [动态血压](#) [生存质量](#)

Effects of aerobic exercises training of different intensities on dynamic blood pressure and quality of life in hypertension patients [Download Fulltext](#)

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Fund Project:

Abstract:

Objective: To compare the effects of aerobic exercises training of two different intensities on dynamic blood pressure (DBP) and quality of life(QOL) in hypertension patients. Method: Sixty hypertension patients were randomly allocated into 2 groups, and were treated with aerobic exercises training at 20% or 60% of maximal intensity for 10 weeks, respectively. The DBP was monitored and QOL was assessed with SF-36 scale pre-and post-therapy. Result: There was no significant difference of decreasing degree of each parameter of DBP in both groups ($P>0.05$). After treatment, the result of SF-36 scale assessment showed that there was no significant difference for bodily pain(BP) and social functioning(SF) in both groups($P>0.05$). There were significant differences of increasing degree of general health(GH), vitality(VT), role emotional (RE) and mental health(MH) between two groups after treatment, and that of A group was better than that of B group($P<0.05$). Conclusion: The aerobic exercises training at 20% and 60% of maximal intensity provide similar effects on DBP. But QOL of patients were significantly better after aerobic exercises training at 20% of maximal intensity.

Keywords: [hypertension](#) [aerobic exercises](#) [dynamic blood pressure](#) [quality of life](#)

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