

论著

社区2型糖尿病患者的自我管理行为与其血糖控制的相关性研究

于平平¹, 肖湘成², 王琳云¹, 王磊¹

1. 中南大学湘雅医院老干科, 长沙 410008;
2. 中南大学湘雅医院肾内科, 长沙 410008

摘要:

目的: 调查社区2型糖尿病患者的自我管理行为水平, 并探讨其与血糖控制之间的关系。方法: 采用整群分层随机抽样的方法, 抽取社区2型糖尿病患者211名调查其自我管理行为水平。同时现场检测研究对象的空腹血糖(FPG)、餐后2 h血糖(2hPG)、糖化血红蛋白(HbA1C), 比较不同组间血糖水平的差异, 并分析患者自我管理行为与其血糖水平的关系。结果: 调查对象中自我管理行为总体水平不高; 2hPG, HbA1C受不同自我管理行为水平的影响较大 ($P < 0.05$); 自我管理行为与FPG ($r = -0.277, P = 0.015$), 2hPG ($r = -0.453, P < 0.001$), HbA1C ($r = -0.435, P = 0.001$) 呈负相关; 病程 ≥ 5 年时患者的血糖控制因自我管理行为的不同而呈现明显的不同; 患者的FPG与饮食控制的管理最相关, 2hPG与饮食控制、坚持用药、血糖自我监测3个管理维度密切相关, HbA1C与饮食控制、坚持用药相关; 患者参加糖尿病教育的次数、使用胰岛素治疗的方式以及病程是影响社区2型糖尿病患者自我管理行为的重要因素。结论: 社区2型糖尿病患者自我管理行为水平不佳, 良好的自我管理行为有助于患者的血糖控制, 特别是2hPG和HbA1C的控制; 在提高社区2型糖尿病患者自我管理行为时要关注患者的病程、治疗的方式以及接受糖尿病健康教育的内容与效果。

关键词: 2型糖尿病 社区 自我管理行为 血糖控制

Correlation between self-management behaviors and blood glucose control in patients with type 2 diabetes mellitus in community

YU Pingping¹, XIAO Xiangcheng², WANG Linyun¹, WANG Lei¹

1. Department of Geriatrics, Xiangya Hospital, Central South University, Changsha 410008, China;
2. Department of Nephrology, Xiangya Hospital, Central South University, Changsha 410008, China

Abstract:

Objective: To investigate the self-management behaviors of patients with type 2 diabetes mellitus (DM) in a community and to explore the relationship between self-management behaviors and the glycemic control.

Methods: A total of 211 type 2 DM patients in a community were selected by stratified random sampling. Patients were grouped according to the scores of self-management behaviors. The fasting plasma glucose (FPG), 2 h postprandial plasma glucose (2hPG) and glycosylated hemoglobin (HbA1C) level were tested. The differences between groups and relationship between self-management behaviors and glycemic control were analyzed.

Results: Self-management behaviors of most patients were not effective, and 2hPG and HbA1C were affected by different levels of the self-management behaviors ($P < 0.05$). The self-management behaviors were negatively related to FPG ($r = -0.277, P = 0.015$), 2hPG ($r = -0.453, P = 0.001$), and HbA1C ($r = -0.435, P = 0.001$). Glycemic control of the patients whose course of disease was over 5 years was significantly different due to different self-management behaviors. FPG level of the patients was positively related to alimentary control. The 2hPG level of the patients was positively related to alimentary control, medication persistence, and blood glucose self-monitoring. The HbA1C level of the patients was positively related to alimentary control and medication persistence. The times the patients received DM education, the way to use insulin, and the disease course of the patients were important factors to affect self-management behaviors of type 2 DM in the community.

Conclusion: Self-management behaviors of type 2 DM patients in the community are not effective. Satisfactory self-management behaviors, specially the control of 2hPG and HbA1C are beneficial to glycemic control. We can improve the self-management behaviors in type 2 DM patients by paying attention to the disease course, the treatment method, and the contents and effect of DM education.

Keywords: type 2 diabetes mellitus community self-management behavior glycemic control

收稿日期 2012-01-01 修回日期 网络版发布日期

DOI: 10.3969/j.issn.1672-7347.2013.04.015

基金项目:

扩展功能

本文信息

- Supporting info
- PDF(1403KB)
- [HTML全文]
- 参考文献[PDF]
- 参考文献

服务与反馈

- 把本文推荐给朋友
- 加入我的书架
- 加入引用管理器
- 引用本文
- Email Alert
- 文章反馈
- 浏览反馈信息

本文关键词相关文章

- 2型糖尿病
- 社区
- 自我管理行为
- 血糖控制

本文作者相关文章

- 于平平
- 肖湘成
- 王琳云
- 王磊

PubMed

- Article by YU Pingping
- Article by XIAO Xiangcheng
- Article by WANG Linyun
- Article by WANG Lei

通讯作者: 肖湘成, Email: xiaoxc2000@yahoo.com.cn

作者简介: 于平平, 硕士, 主管护师, 主要从事糖尿病护理研究。

作者Email: xiaoxc2000@yahoo.com.cn

参考文献:

1. Yang W, Lu J, Weng J, et al. Prevalence of diabetes among men and women in China [J]. *N Engl J Med*, 2010, 362(12): 1090.
2. UK Prospective Diabetes Study Group. Tight blood pressure control and risk of macrovascular and microvascular complications in type 2 diabetes (UKPDS 38) [J]. *BMJ*, 1998, 317(7160): 703-713.
3. 叶丹, 鲁谨. 糖尿病患者自我管理研究进展 [J]. *农垦医学*, 2011, 3(33): 278-280. YE Dan, LU Jin. Research progress of diabetes self-management [J]. *Nongken Medicine*, 2011, 3(33): 278-280.
4. 梁玉民. 糖尿病患者自我管理能力的调查分析 [J]. *现代预防医学*, 2007, 34(8): 1556-1557. LIANG Yumin. Analysis on self-management capability of diabetes mellitus patients [J]. *Modern Preventive Medicine*, 2007, 34(8): 1556-1557.
5. 万巧琴, 王群, 尚少梅. 2型糖尿病患者自我管理行为与应对方式的相关性 [J]. *解放军护理杂志*, 2008, 25(1): 18-20. WAN Qiaoqin, WANG Qun, SHANG Shaomei. Correlation of self-management behavior and coping patterns of patients with type 2 diabetes [J]. *Nursing Journal of Chinese People's Liberation Army*, 2008, 25(1): 18-20.
6. 王君俏, 张新宇. 2型糖尿病患者自护行为的调查研究 [J]. *护士进修杂志*, 2002, 17(9): 663-665. WANG Junqiao, ZHANG Xinyu. Survey on self-care behavior among 2 type diabetes patients [J]. *Journal of Nurses Training*, 2002, 17(9): 663-665.
7. 张惠英, 刘桂珠. 银川市社区2型糖尿病患者自我管理现状调查 [J]. *现代预防医学*, 2005, 32(12): 1696-1697. ZHANG Huiying, LIU Guizhu. The investigation of current situation of the patients of 2 type diabetes in self-management in community of Yin-Chuan [J]. *Modern Preventive Medicine*, 2005, 32(12): 1696-1697.
8. 孙胜男, 赵维纲, 董颖越等. 糖尿病自我管理现状及影响因素分析 [J]. *中华护理杂志*, 2011, 46(3): 229-233. SUN Shengnan, ZHAO Weigang, DONG Yingyue, et al. The current status and influential factors of self-management in diabetic patients [J]. *Chinese Journal of Nursing*, 2011, 46(3): 229-233.
9. 贾芸, 王君俏, 刘伟. 2型糖尿病患者自我管理水平及其相关因素的研究 [J]. *解放军护理杂志*, 2005, 22(7): 21-23. JIA Yun, WANG Junqiao, LIU Wei. Study on self-care level of patients with type 2 diabetes mellitus and analysis of related factors [J]. *Nursing Journal of Chinese People's Liberation Army*, 2005, 22(7): 21-23.
10. Karter AJ, Ackerson LM, Darbinian JA, et al. Self-monitoring of blood glucose levels and glycemic control: the Northern California Kaiser Permanente Diabetes registry [J]. *Am J Med*, 2001, 111(1): 1-9.
11. Schwedes U, Siebolds M, Mertes G, et al. Meal-related structured self-monitoring of blood glucose: effect on diabetes control in non-insulin-treated type 2 diabetic patients [J]. *Diabetes Care*, 2002, 25(11): 1928-1931.
12. 潘杰, 尚少梅, 付利等. 老年2型糖尿病患者自我照顾行为与疾病控制状况调查 [J]. *护理学杂志*, 2006, 21(17): 7-9. PAN Jie, SHANG Shaomei, FU Li, et al. Self-care activities and disease control of the elderly with type 2 diabetes mellitus [J]. *Journal of Nursing Science*, 2006, 21(17): 7-9.
13. Haimoto H, Iwata M, Wakai K, et al. Long-term effects of a diet loosely restricting carbohydrates on HbA1c levels, BMI and tapering of sulfonylureas in type 2 diabetes: a 2-year follow-up study [J]. *Diabetes Res Clin Pract*, 2008, 79 (2): 350-356.
14. McPherson ML, Smith SW, Powers A, et al. Association between diabetes patients knowledge about medications and their blood glucose control [J]. *Res Social Adm Pharm*, 2008, 4 (1) :37-45.
15. 秦蕴新, 孙玲红, 腾美芬, 等. 门诊糖尿病患者自我管理现状调查分析 [J]. *齐鲁护理杂志*, 2011, 17(22): 50-51. QIN Yunxin, SUN Honglin, TENG Meifen, et al. The investigation on the current situation of Outpatient diabetes patients' self-management [J]. *Qilu journal of nursing*, 2011, 17(22): 50-51.
16. Rozenfeld Y, Hunt JS, Plauschina TC, et al. Oral antidiabetic medication adherence and glycemic control in managed care [J]. *Am J Manag Care*, 2008, 14 (2): 71-75.
17. DCCT Group. The effect of intensive treatment of diabetes on the development and progression of long term complication in IDDM [J]. *N Engl J Med*, 1993, 329(14): 977-986.
18. 聂洁萍. 糖尿病患者行为改变对血糖控制的影响 [J]. *吉林医学*, 2010, 31(26): 4550. NIE Jieping. Diabetic patients behavior change effects on blood glucose control [J]. *Jilin Medical*, 2010, 31(26): 4550.
19. 刘秀丽, 靳平. 行为改变与糖尿病的关系 [J]. *中外医学研究*, 2011, 9(1): 103-104. LIU Xiuli, JIN Ping. Behavior change with diabetes [J]. *Chinese And Foreign Medical Research*, 2011, 9(1): 103-104.
20. 刘兆兰, 付朝伟, 栾荣生, 等. 2型糖尿病患者糖化血红蛋白控制与自我管理相关因素的关系研究 [J]. *卫生研究*, 2009, 38(2): 196-199. LIU Zhaolan, FU Chaowei, LUAN Rongsheng, et al. Impacts of self-management on glycaemic control among type 2 diabetic outpatient in urban China [J]. *Hygiene Research*, 2009, 38 (2): 196-199.
21. 张付英. 健康教育对糖尿病患者自我管理能力的促进作用 [J]. *临床医学*, 2011, 3(31): 124-125. ZHANG

Fuying. The effect of health education on the self-management of diabetes mellitus patients [J].

Clinical Medicine, 2011, 31(3): 124-125.

22. Knowler WC, Barrett-connor E, Fowl Ers E, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin [J]. N Engl J Med, 2002, 346 (6): 393-403.

23. 蒋妙华. 持续访视配合健康教育对社区2型糖尿病患者自我管理行为的影响 [J]. 护理实践与研究, 2011, 8 (19): 141-143. JIANG Miaohua. Last visit and health education effect the type 2diabetes patients' self-management behaviorin in community [J]. Nursing Practice and Research, 2011, 8(19): 141-143.

本刊中的类似文章

1. 许卫国; 易振佳; 金益强; .2型糖尿病不同中医证型骨密度及骨代谢改变的临床研究[J]. 中南大学学报(医学版), 2002,27(5): 432-

2. 陈淑华; 谷亚鹏; 曾卫民; 宋惠萍; .胰岛素受体底物-1基因3'非翻译区的突变与中国人2型糖尿病的关系 [J]. 中南大学学报(医学版), 2003,28(1): 33-

3. 刘征; 邓昊; 唐炜立; 夏家辉; 唐北沙; 戴和平; 周智广; 邓汉湘; 夏昆; .中国迟发型2型糖尿病患者葡萄糖激酶基因突变研究[J]. 中南大学学报(医学版), 2003,28(2): 99-

4. 韦慧芸; 颜梅; 王多芳; 郭艳芳; 张磊; 孙振球. 中文版SF-36在社区老年人生存质量评价中的应用 [J]. 中南大学学报(医学版), 2006. 31(02): 184-188

5. 钟惠菊; 王敏; 廖岚; 陈慧玲; 郭丽娟. 2型糖尿病的不同阶段胰岛β细胞的早期分泌相变化 [J]. 中南大学学报(医学版), 2006. 31(02): 232-235

6. 黄建军; 刘洪波; 徐霞; 宋惠萍. 胰岛素受体底物-1基因5'-调控区的一种变异对基因表达的影响 [J]. 中南大学学报(医学版), 2006. 31(06): 819-824

7. 谷灿 何国平.

农村消化性溃疡病人治疗依从性分析及健康需求调查

[J]. 中南大学学报(医学版), 2006, 31(06): 960-961

8. 徐诣, 陈先礼, 刘宝恒, 丑克, 刘振东, 邓俭良.2型糖尿病大鼠骨髓腔内PPAR γ 和Cbf α 1 mRNA的表达与骨折愈合障碍的关系[J]. 中南大学学报(医学版), 2009,34(10): 957-964

9. 王乐三1, 孙振球1*, 蔡太生2, 周智广3.2型糖尿病患者生活质量量表的研制与考评[J]. 中南大学学报(医学版), 0,(): 21-27

10. 王乐三1, 孙振球1*, 蔡太生2, 周智广3.2型糖尿病患者生活质量量表的研制与考评[J]. 中南大学学报(医学版), 2005,30(1): 21-27

11. 叶爱玲, 张红, 彭依群, 廖二元.体成分对不同糖耐量水平男性骨密度的影响[J]. 中南大学学报(医学版), 2010,35(5): 529-

12. 刘泽灏*, 雷闽湘, 王爱民, 张军, 陈卓雄, 孙曙光.2型糖尿病高血压患者合并肾病的临床特点及发病率的影响因素[J]. 中南大学学报(医学版), 2004,29(1): 110-111

13. 陈慧玲*, 吴静, 廖岚, 雷闽湘.罗格列酮对2型糖尿病患者血清TNF- α 的影响及其与胰岛素抵抗的关系[J]. 中南大学学报(医学版), 2004,29(2): 190-191,211

14. 秦立新1, 曾胥1, 黄干2, 杨一芬1*.2型糖尿病患者血清与尿铜蓝蛋白水平的变化[J]. 中南大学学报(医学版), 2004,29(2): 208-211

15. 易斌*, 李小洁. 2型糖尿病患者血清游离脂肪酸浓度的检测[J]. 中南大学学报(医学版), 2004,29(2): 212-214