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Meta分析对肾去交感神经术治疗顽固性高血压试验的再评价

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摘要:目的 利用Meta分析方法可合并同质研究提高检验效能的特点,对肾去交感神经术治疗顽固性高血压试验的结果进行再评价。方法 对纳入的Simplicity HNT-1、Simplicity HNT-1补充、Simplicity HNT-2、RSD临床随机对照试验,依据GRADE系统推荐分级方法,进行质量评价,运用Review Manager对选入试验进行Meta分析。结果 Meta分析的两个终点的结果显示:肾去交感神经术治疗优于单纯药物治疗,其差异具有统计学意义($P < 0.05$)。CI分别为14.83(6.63, 32.20)、3.45(1.18, 10.08)。GRADE系统推荐分级显示:以术后降压药物为事件终点,四项试验证据等级均为低级;以术后6个月患者收缩压血压值为终点,Simplicity HNT-1、Simplicity HNT-2、RSD试验证据等级为中级,Simplicity HNT-1补充试验、Simplicity HNT-2试验证据等级为低级。降低10 mm Hg为疗效标准,肾去交感神经术治疗顽固性高血压优于单纯药物治疗,且无严重并发症。结论 肾去交感神经术治疗顽固性高血压优于单纯药物治疗,且无严重并发症,但仍需开展大样本、多中心、科学规范的临床随机对照试验,以全面评价肾去交感神经术治疗顽固性高血压的疗效与有效性。

关键词:肾高血压; Meta分析; 随机对照试验; 去交感神经术

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