

内分泌与代谢疾病研究

2型糖尿病患者胰岛素治疗结构化管理模式研究

王美建, 侯新国, 宋君, 周克华, 杨俊朋, 肖芳, 刘继东, 邓楠, 周晓莹, 陈丽

山东大学内分泌代谢病研究所 齐鲁医院内分泌科, 济南 250012

摘要:

目的 观察和评估使用预混胰岛素治疗的2型糖尿病患者接受结构化管理模式干预后的临床疗效变化。方法 选取48例口服降糖药物但血糖控制不佳的2型糖尿病患者, 随机分为结构化管理模式干预组和对照组, 随访16周, 两组患者均接受2次/d的预混胰岛素治疗。结构化管理模式干预组共接受9次访视, 由教育护士进行强化教育与管理, 鼓励患者有问题主动咨询医护人员; 对照组共接受6次访视, 由教育护士按照各个医院日常行为规范对患者进行教育。观察糖化血红蛋白(HbA1c)、空腹C-肽(C-P)、7点血糖谱和行为认知改变等有效性指标及低血糖、不良事件和肝肾功能等安全性指标。结果 两组治疗后, HbA1c、7点血糖谱均较前明显降低(P<0.01), 且结构化管理模式干预组较对照组下降更为显著(P<0.01或P<0.05)、行为和认知改变更明显; 体质量指数(body mass index, BMI)和空腹C-P无显著差异(P>0.05), 结构化管理模式干预组低血糖的发生率更低(P<0.05)。结论 使用预混胰岛素治疗的2型糖尿病患者, 接受结构化管理模式干预后血糖整体控制情况更佳, 有更好的行为和认知改变, 低血糖的发生风险更低。

关键词: 糖尿病, 2型; 结构化管理模式干预; 临床疗效; 评分量表

Study on structured management mode of insulin therapy in patients with type 2 diabetes mellitus

WANG Mei-jian, HOU Xin-guo, SONG Jun, ZHOU Ke-hua, YANG Jun-peng, XIAO Fang, LIU Ji-dong, DENG Nan, ZHOU Xiao-ying, CHEN Li

Institute of Endocrinology and Metabolism, Department of Endocrinology, Qilu Hospital of Shandong University, Jinan 250012, China

Abstract:

Objective To observe and evaluate the clinical effect of structured management mode of premixed insulin therapy in patients with type 2 diabetes. Methods In this study, 48 patients with type 2 diabetes were randomly assigned to two groups. They received premixed insulin subcutaneously twice a day and then were followed up for 16 weeks. Patients in the structured management intervention group received 9 times supervision and intensive education and management by specialized education nurse. While patients in the control group only received 6 times generally supervision and education. All patients were required to receive laboratory examination before and after the treatment, including HbA1c, fasting C-peptide, 7-time points blood sugar spectrum, et al and fill in related questionnaire. Adverse reactions were also observed. Results The levels of HbA1c and 7-time points blood sugar spectrum decreased in both groups, while were much lower in the structured management intervention group(P<0.01 or P<0.05). Behavior and cognitive significantly improved in the structured management intervention group compared to the control group. There were no significant differences of BMI and fasting C-peptide before and after treatment, also between two groups. Lower incidence of hypoglycemia was reported in the structured management intervention group(P<0.05). Conclusion After the structured management intervention treatment, type 2 diabetes mellitus patients using the premixed insulin therapy have a better blood sugar control, a better behavior and cognitive change, and a lower risk of hypoglycemia.

Keywords: Diabetes mellitus, type 2; Structured management intervention; Clinical effect; Rating scale

收稿日期 2012-03-12 修回日期 网络版发布日期

DOI:

基金项目:

中华医学会糖尿病分会重点项目(07020470055); “十一五”国家科技支撑计划(2006BAI02B08); 山东省科技攻关国际合作项目(2010GHZ20201); 济南市科技局科技明星项目(20100318); 山东大学自主创新基金(2009TS054); 国家科技支撑计划(2009BAI80B04); 山东省自然科学基金(Z2008C05)。

通讯作者: 陈丽(1958- ), 女, 教授, 博士生导师, 主要从事糖尿病与肥胖的研究。 E-mail: chenli3@medmail.com.cn

作者简介: 王美建(1986- ), 男, 硕士研究生, 主要从事糖尿病与肥胖的研究

作者Email:

参考文献:

本刊中的类似文章

扩展功能

本文信息

- Supporting info
- PDF(2032KB)
- [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

- 糖尿病, 2型; 结构化管理模式干预; 临床疗效; 评分量表

本文作者相关文章

PubMed