



长沙市中小学生对变应性鼻炎影响因素分析

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Risk factors and intervention strategies for the elementary and middle school students with allergic rhinitis in Changsha

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摘要

目的: 通过调查长沙市中小学生对过敏性鼻炎患病率, 分析其相关危险因素, 并提出科学的干预策略。方法: 从2012年1月至4月随机抽取长沙市中小学10~17岁学生为研究对象, 采用整群抽样调查方法, 通过问卷调查、体格检查及皮肤点刺实验对其进行流行病学调查, 并进行统计分析, 探索其相关危险因素。结果: 调查了814名中小学生对过敏性鼻炎的患病率为17.2%。通过对视觉模拟量表(VAS)的统计得出, 过敏性鼻炎对学生的性格、记忆力、睡眠质量等方面的影响具有统计学意义(相关统计值分别为: $\chi^2=30.85$, $P<0.0001$; $\chi^2=19.84$, $P<0.0001$; $\chi^2=10.56$, $P=0.0012$)。结论: 长沙市中小学生对过敏性鼻炎患病率约为17.2%; 过敏性鼻炎的发病与环境、遗传、生活方式有关, 且对学生的性格、记忆力、睡眠质量有显著影响。

关键词: 中小学生对, 变应性鼻炎, 危险因素, 干预策略

Abstract:

Objective: To analyze the risk factors for allergic rhinitis and provide the scientific basis for disease control and intervention through investigation of the elementary and middle school students with allergic rhinitis in Changsha.

Methods: From January to April 2012, we randomly enrolled the elementary and middle school students aged at 10-17 years old in Changsha. We explored the risk factors for allergic rhinitis by using stratified and cluster sampling survey, questionnaire investigation, physical examination, skin pricking needling experiment and statistical analysis.

Results: A total of 814 students were investigated in cluster sampling survey. The result of the incidence of allergic individual was 26.3% and the prevalence of allergic rhinitis was 17.2%. Analysis of Visual Analog Scale Questionnaire (VAS) showed that allergic rhinitis exerted significant effect on student's character, memory, sleep quality, etc.

Conclusion: The prevalence of allergic rhinitis in the elementary and middle school students aged in Changsha is 17%-20%. The incidence and development is related to environment, genetic and living habits, which affects people's character, memory and sleep quality significantly.

Key words: elementary and middle school students allergic rhinitis risk factors intervention strategies

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51La