

吞咽功能训练在老年吞咽功能障碍患者中的应用

裴 华, 张来华

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摘要:目的 探讨吞咽功能训练在老年吞咽功能障碍患者中的应用。方法 选择2013年1月—2014年12月上海市奉贤区中心医院老年科存在吞咽障碍的老年患者40例,给予吞咽功能训练,包括基本吞咽功能训练、防噎食吞咽技巧训练和进食训练。训练3个月后采用才藤吞咽障碍评价法比较训练前后患者吞咽障碍程度及进食误吸发生情况。结果 训练后根据吞咽功能疗效判定标准,显效12例,有效23例,吞咽功能明显改善,前后比较差异有统计学意义($P=0.00$);训练后误吸发生率由41.13%降至14.72%,前后比较差异有统计学意义($P=0.00$)。结论 吞咽功能训练能有效促进老年吞咽功能障碍患者吞咽功能的恢复,延缓吞咽障碍的进展,有助于改善老年人的生活质量。

关键词:老年;吞咽障碍;吞咽功能训练

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Application of swallowing function training in elderly patients with dysphagia (*Fengxian Central Hospital, Shanghai 201499, China*)

PEI Hua, ZHANG Lai-hua

Abstract: Objective To investigate the application of swallowing function training in elderly patients with dysphagia. **Methods** A total of 40 long-term hospitalized cases with dysphagia were selected from Fengxian Central Hospital, Shanghai, from January 2013 to December 2014. They received swallowing function training including the basic swallowing function training, anti-choking training, and eating training. The Clinical Examination for Dysphagia (CED) was used to evaluate the degree of swallowing dysfunction and occurrence of aspiration error before and after three-month intervention. **Results** According to the efficacy criteria of swallowing function, 12 cases were remarkably improved and 23 cases were effective. After three-month intervention, the swallowing function was significantly improved ($P=0.00$), while the occurrence of aspiration error reduced from 41.13% to 14.72%. **Conclusion** Swallowing function training can effectively promote the swallowing function of elderly patients with moderate dysphagia and delay the progress of swallowing disorders.

Key Words: Elderly; Dysphagia; Swallowing function training

吞咽障碍是指患者在经口摄食到吞咽的过程中存在的障碍,此类患者常因进食困难导致营养不良和不同程度的脱水,因误吸导致吸入性肺炎的发生,且随着年龄的增长,预后更差,病死率更高^[1]。老年患者由于机体衰弱,支配吞咽的神经和肌肉功能减退、失调及咀嚼功能降低,易发生吞咽功能障碍。吞咽障碍将成为老年人的一个重要的健康问题^[2]。我们对40例老年

吞咽功能障碍患者进行吞咽功能训练,效果满意,现报道如下。

1 对象与方法

1.1 对象 选择2013年1月—2014年12月我院老年科长期住院的经口进食且才藤吞咽障碍评价法^[3]评估为吞咽障碍患者40例。入选标准:神志清楚,有自主能力,能经口进食且有误吸史,生命体征平稳,慢性疾病处于稳定期,无重要脏器并发症且能够配合完成