

# 个体化饮食干预在肺结核合并糖尿病患者中的应用研究

王琳, 陈薇

(同济大学附属上海市肺科医院, 上海 200433)

**摘要:**目的 探讨个体化饮食护理干预在肺结核合并糖尿病患者中的应用效果。方法 选取2011年10月—2014年10月同济大学附属上海市肺科医院收治的肺结核合并糖尿病患者224例,分为观察组111例和对照组113例,观察组在常规护理基础上实施个体化饮食护理干预,包括制定个体化饮食方案及出院后定期随访,干预时间6个月。比较两组患者血糖变化幅度、药物不良反应发生情况、肺部影像学资料及咯血发生率。**结果** 出院3个月后,观察组患者24h血糖波动幅度低于对照组,两组患者药物不良反应发生率无明显差异,观察组药物不良反应的反应期短于对照组,差异有统计学意义。出院6个月后,观察组患者肺部空洞闭合率好于对照组,咯血发生率低于对照组,差异有统计学意义。**结论** 个体化饮食干预能稳定肺结核合并糖尿病患者的血糖、缩短药物不良反应期、促使肺部空洞闭合、降低咯血率,从而促进疾病康复。

**关键词:**肺结核;糖尿病;饮食护理;个体化

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**Application research on dietary nursing intervention in patients with pulmonary tuberculosis complicated with diabetes mellitus** (Shanghai Pulmonary Hospital, Tongji University, Shanghai 200433, China)

WANG Lin, CHEN Wei

**Abstract: Objective** To study the application of dietary nursing intervention in the patients with pulmonary tuberculosis complicated with diabetes mellitus. **Methods** A total of 224 cases of pulmonary tuberculosis complicated with diabetes in Shanghai Pulmonary Hospital, Tongji University from October 2011 to October 2014 were randomly divided into the observation group ( $n = 111$ ) and the control group ( $n = 113$ ). The control group received conventional nursing care for six months, and the observation group received additional dietary nursing intervention based on conventional nursing care for six months. The changes in blood glucose, occurrence of adverse drug reactions, pulmonary imaging data and incidence of hemoptysis between the two groups were compared. **Results** Three months after hospital discharge, the observation group had less changes in 24-hour blood glucose than the control group. There was no significant difference in the incidence of adverse drug reactions between the two groups. The period of adverse drug reactions in the observation group was significantly shorter than that in the control group. Six months after hospital discharge, the observation group had higher cavity closure rate and lower incidence of hemoptysis than the control group, with significant differences. **Conclusion** Dietary nursing intervention can stabilize the blood glucose of patients with pulmonary tuberculosis complicated with diabetes, shorten the period of adverse drug reactions, promote the cavity closure, reduce the rate of hemoptysis, and promote disease rehabilitation.

**Key Words:** Pulmonary tuberculosis; Diabetes mellitus; Dietary nursing, Individual

随着我国经济发展,居民生活水平提高及生活方式转变,肺结核合并糖尿病患者数量逐年增多<sup>[1-2]</sup>,两

者合并病情呈多样性和复杂性,特别是饮食上两者互相制约又互相影响,给患者带来了食物选择上的困扰。肺结核合并糖尿病的患者大多存在营养失调。且由于营养状况、疾病状态和治疗方案各不相同,常规的糖尿病饮食无法满足患者个体化的营养需求。为有效控制血糖,保证肺结核患者所需营养的供给,探讨饮食护理

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作者简介:王琳(1972—),女,主管护师,本科,主要从事临床护理工作。

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