

# 全程护理干预对妊娠期糖尿病孕妇分娩结局的影响

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**摘要:**目的 探讨产前全程护理干预对妊娠期糖尿病(gestational diabetes mellitus, GDM)孕妇妊娠结局的影响。方法 选择在上海交通大学附属第六人民医院产科门诊正规产前检查并住院分娩的孕产妇为研究对象,以2011年6月—2012年6月确诊的GDM孕产妇202例为对照组,以2014年1—12月确诊的GDM孕产妇303例为观察组。观察组采用全程护理干预,包括建立针对GDM的专项健康教育课程、制定针对GDM的饮食护理、制定适合GDM孕妇的运动方案及胰岛素应用指导等,比较两组孕妇分娩结局。**结果** 两组孕妇剖宫产率和自然分娩率比较差异无统计学意义( $P > 0.05$ );对照组中子痫前期、产后出血、糖尿病并发症和巨大儿发生率高于观察组,差异有统计学意义。对照组孕期末体重增幅高于干预组,差异有统计学意义。两组新生儿Apgar评分比较差异无统计学意义。**结论** 全程护理干预可以显著降低GDM孕妇产前子痫前期、产后出血、糖尿病并发症、巨大儿的发生率,控制孕期末体重合理增长,值得在临床推广应用。

**关键词:**妊娠期糖尿病;全程护理干预;分娩结局

中图分类号:R473.71 文献标识码:A 文章编号:1009-8399(2016)03-0018-04

**Effect of whole-course nursing intervention on pregnancy outcome in pregnant women with gestational diabetes mellitus** (Shanghai Sixth People's Hospital, Shanghai Jiao Tong University, Shanghai 200233, China)  
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**Abstract: Objective** To investigate the effect of whole-course nursing intervention on pregnancy outcome in pregnant women with gestational diabetes mellitus (GDM). **Methods** The data of pregnant women who had prenatal care and delivered in Shanghai Sixth People's Hospital, Shanghai Jiao Tong University were chosen. The 202 GDM cases hospitalized from June 2011 to June 2012 were enrolled in the control group, and 303 GDM cases hospitalized from January to December 2014 were enrolled in the observation group. The observation group received whole-course care intervention including health education about GDM, diet care, exercise guidance, medication care, etc. The pregnancy outcomes were compared between the two groups. **Results** There were no significant differences in cesarean section rate, natural delivery rate, and newborn's Apgar score between the two groups. The incidence rates of pre-eclampsia, postpartum hemorrhage, DM complications and macrosomia in the control group were higher than those in the observation group. The increase rate of body weight in the control group was higher than that in the observation group. **Conclusion** The whole-course nursing intervention could reduce the incidence rates of pre-eclampsia, postpartum hemorrhage, DM complications and macrosomia, and effectively control the body weight in pregnant women with GDM. It is worthy of clinical application.

**Key Words:**Gestational diabetes mellitus; Whole-course nursing intervention; Pregnancy outcome

妊娠期糖尿病(gestational diabetes mellitus, GDM)

指妊娠期发生的不同程度的糖耐量异常<sup>[1]</sup>。国内以往GDM的发病率约为6.0%,但随着我国社会经济的快速发展,孕妇对孕期营养补充的认识误区,以及GDM诊断新标准的实施,我国GDM的发病率有了较大增长,约为12.5%<sup>[2]</sup>。GDM给产妇及胎儿带来一系列

收稿日期:2016-01-09

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基金项目:上海市第六人民医院院内基金(院内-1541)。