

# 妊娠糖尿病影响因素的回顾性调查分析

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**摘要:**目的 通过回顾性调查,了解妊娠期糖尿病(GDM)的发病情况并探讨其发病的危险因素,以期为更好地开展围产期保健提供参考。**方法** 以2014年1—12月于复旦大学附属金山医院分娩的孕妇作为调查对象,通过查阅病史的方式收集数据,运用 $t$ 检验、卡方检验及二元 Logistic 回归分析进行数据分析。**结果** GDM的发病率为9.31%,GDM组的平均年龄高于非GDM组( $P=0.000$ ),且不同年龄组间GDM发生与否也存在明显差异( $P=0.000$ );GDM组孕期增重低于非GDM组( $P=0.000$ ),GDM组的产次和胎数与非GDM组存在差异( $P=0.027$ 、 $P=0.000$ ),但在是否流产方面无统计学差异( $P=0.271$ );GDM组平均红细胞数、血红蛋白水平高于非GDM组( $P=0.024$ 、 $P=0.001$ )。Logistic 回归分析显示,孕妇年龄增长、双胎、血红蛋白水平较高是GDM的独立危险因素。**结论** 孕妇年龄增长、双胎、血红蛋白水平较高是GDM的独立危险因素。

**关键词:**妊娠期糖尿病;影响因素;调查

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**Influencing factors of gestational diabetes mellitus** (1. School of Nursing, Fudan University, Shanghai 200032, China; 2. Jinshan Hospital, Fudan University, Shanghai 201508, China )

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**Abstract: Objective** To investigate the incidence and risk factors of gestational diabetes mellitus (GDM) .

**Methods** Through retrospective analysis, the pregnant women who gave birth in Jinshan Hospital, Fudan University from January to December 2014 were chosen. The related data were obtained from medical history.

The data were subjected to  $t$  test, Chi-square test and binary logistic regression analysis. **Results** The

incidence of GDM was 9.31%. The average age of patients in GDM group was higher than that in non-GDM group ( $P=0.000$ ), and there were significant differences in incidence of GDM among patients with different

ages ( $P=0.000$ ). The average weight gain during pregnancy in GDM group was lower than that in non-GDM group ( $P=0.000$ ). There were significant differences in parity history and births between the two groups ( $P=$

0.027,  $P=0.000$ ). The average red blood cell count and hemoglobin level in GDM group were significantly higher than those in non-GDM group ( $P=0.024$ ,  $P=0.001$ ). Logistic regression analysis showed that

advanced maternal age, twin pregnancy and higher hemoglobin level were risk factors of GDM. **Conclusion**

Advanced maternal age, twin pregnancy and higher hemoglobin level are independent risk factors of GDM.

**Key Words:** Gestational diabetes mellitus; Influencing factor; Investigation

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

指妊娠前糖代谢正常或有潜在糖耐量减退,而妊娠期出现或发现糖尿病,是妊娠期最常见的并发症之一<sup>[1]</sup>。GDM使得妊高症、羊水过多、剖宫产、早产、巨大儿、肩难产、围生儿死亡等围产期不良母婴结局发生率增高<sup>[2]</sup>。随着生活水平的提高和生活方式的改变,近年来妊娠期糖尿病的发生率在世界范围内都有所增

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