

运动训练对慢性阻塞性肺疾病患者活动耐受力的影响

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摘要:目的 探讨运动训练对慢性阻塞性肺疾病(chronic obstructive pulmonary disease, COPD)患者活动耐受力的影响。方法 选择2014年1月—2015年6月就诊于上海交通大学附属第一人民医院的中重度COPD缓解期患者78例,随机分为观察组40例和对照组38例。观察组采用定量步行运动训练,对照组不接受任何形式的运动训练。干预3个月后比较两组患者干预前后的肺功能情况、生活质量、6分钟步行运动距离和呼吸困难指数。结果 两组患者FEV1%升高差异无统计学意义($P > 0.05$)。观察组患者CAT评分由(23.4 ± 6.3)分降至(15.6 ± 5.4)分,6分钟步行距离由(238.0 ± 36.6)m增至(386.0 ± 48.2)m, mMRC评分由(3.3 ± 1.6)分降至(2.8 ± 1.4)分,均较干预前明显改善($P < 0.05$),同时明显优于对照组($P < 0.05$)。结论 定量步行运动训练能有效改善中重度COPD患者的活动耐受力和生活质量,对COPD患者康复具有积极意义。

关键词:慢性阻塞性肺疾病;运动训练;活动耐受力;生活质量

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Effect of quantitative walking exercise on exercise tolerance of patients with chronic obstructive pulmonary disease at stable stage (1. *Tongji University School of Medicine, Shanghai 200092, China*; 2. *Shanghai First People's Hospital, Shanghai Jiao Tong University, Shanghai 200080, China*; 3. *Shanghai Pulmonary Hospital, Tongji University, Shanghai 200433, China*)

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Abstract: Objective To investigate the effect of quantitative walking exercises on exercise tolerance of the patients with chronic obstructive pulmonary disease (COPD) at stable stage. **Methods** A total of 78 COPD patients in Shanghai First People's Hospital, Shanghai Jiao Tong University hospitalized from January 2014 to June 2015 were randomly divided into the exercise training group ($n = 40$) and control group ($n = 38$). The patients in the exercise training group completed quantified walking exercise twice a day, while the patients in the control group did not perform any kind of exercise training. The changes in FEV1%, modified Medical Research Council (mMRC) dyspnea score, COPD Assessment Test (CAT) score and walking distance were evaluated after 3 months. **Results** In the exercise training group, mMRC and CAT scores significantly decreased after exercise training (3.3 ± 1.6 vs. 2.8 ± 1.4, 23.4 ± 6.3 vs. 15.6 ± 5.4, respectively, $P < 0.05$), while 6 minute walk distance significantly increased after exercise training [(238.0 ± 36.6) m vs. (386.0 ± 48.2) m, $P < 0.05$]. The exercise training group had better outcomes than the control group. But the increase in FEV1% was not significantly different in both two groups ($P > 0.05$). **Conclusion** Quantitative walking exercise can improve the exercise tolerance and quality of life of the patients with COPD.

Key Words:Chronic obstructive pulmonary disease; Exercise training; Exercise tolerance; Quality of life

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慢性阻塞性肺疾病(chronic obstructive pulmonary disease, COPD)由于病程长,易反复发作,迁延不愈,肺功能呈进行性下降趋势,导致患者活动耐受力降低,