

目标管理对 2 型糖尿病患者自我血糖监测的影响

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摘要:目的 探讨目标管理对 2 型糖尿病患者自我血糖监测频率及代谢指标的影响。方法 将 2014 年 11 月—2015 年 1 月在陕西省人民医院内分泌科就诊的 2 型糖尿病合并血脂、血压异常患者 192 例, 随机分为观察组和对照组各 96 例。对照组采用常规诊疗方法及疾病管理; 观察组在此基础上加入目标管理, 建立患者目标管理档案, 制订饮食、运动计划, 血糖监测方案、频率, 以及血糖、HbA1c、血脂、血压、体重等控制目标。观察两组患者血糖监测频率、低血糖发生率, 以及血糖、HbA1c、血脂、血压、体重等达标情况。结果 观察组患者干预后血糖监测频率及血糖、HbA1c、血脂、血压、体重等指标达标情况均优于对照组 ($P < 0.05$), 低血糖发生率低于对照组 ($P < 0.05$)。结论 目标管理可有效提高 2 型糖尿病患者自我血糖监测频率, 降低低血糖发生率, 有效控制各项指标达标, 显著提高糖尿病治疗的有效性及其安全性。

关键词: 糖尿病; 目标管理; 自我血糖监测; 代谢指标

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Effect of target management on frequency of self-monitoring of blood glucose and metabolic indicators in patients with type 2 diabetes mellitus (Shaanxi Provincial People's Hospital, Xi'an 710068, China)

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Abstract: Objective To explore the effect of target management on the frequency of self-monitoring of blood glucose and metabolic indicators in the patients with type 2 diabetes mellitus. **Methods** A total of 192 patients with type 2 diabetes mellitus combined with dyslipidemia and dysarteriotony in Shaanxi Provincial People's Hospital were chosen between November 2014 and January 2015. They were randomly divided into the observation group and control group (96 cases in each group). The control group adopted routine treatment and disease management. The observation group adopted additional target management including establishing the target management file, formulating the plans of diets, exercises and blood glucose monitoring, and detecting the levels of blood glucose, hemoglobin A1c (HbA1c), blood lipids, blood pressure and body weight. The frequency of blood glucose monitoring, incidence of hypoglycemia, levels of blood glucose, HbA1c, blood lipids, blood pressure and body weight between the two groups were compared. **Results** The observation group had better outcomes than the control group in the frequency of self-monitoring of blood glucose, the levels of glucose, HbA1c, blood lipids, blood pressure and body weight ($P < 0.05$). The incidence of hypoglycemia was lower in the observation group than that in the control group ($P < 0.05$). **Conclusion** Target management can effectively improve the frequency of self-monitoring of blood glucose in the patients with type 2 diabetes, reduce the incidence of hypoglycemia, control the metabolic indicators, and significantly improve the effectiveness and safety of diabetes therapy.

Key Words: Diabetes mellitus; Target management; Self-monitoring of blood glucose; Metabolic indicator

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我国糖尿病患病率呈逐年上升的趋势, 2010 年文献报道, 我国 18 岁以上成人糖尿病患病率为 9.7%, 糖尿病患者 9 240 万例^[1]。据报道, 我国成人糖尿病患者