

综合排尿指导在功能性排尿异常患儿治疗中的效果

范咏, 顾莺, 万嫣敏, 周燕华
(复旦大学附属儿科医院, 上海 201102)

摘要:目的 探讨综合排尿指导在功能性排尿异常患儿治疗中的效果。方法 选择 2012 年 10 月—2013 年 6 月于复旦大学附属儿科医院就诊的功能性排尿异常患儿 170 例, 随机分为观察组 86 例和对照组 84 例。对照组进行常规治疗和健康宣教, 观察组在对照组的基础上, 采用排尿日记、排尿指导和生物反馈治疗等综合排尿指导。3 个月和 6 个月后进行电话随访并评估, 12 个月门诊随访复查尿流率和 B 超残余尿量。每次随访根据症状评分和客观评价判定治疗效果。结果 患儿 12 个月随访, 观察组中, 治愈 72 例, 占 83.7%; 改善 9 例, 占 10.5%; 无改善 5 例, 占 5.8%。对照组中, 治愈 26 例, 占 31.0%; 改善 36 例, 占 42.9%; 无改善 22 例, 占 26.2%。两组患儿比较, 差异有统计学意义 ($P < 0.05$)。结论 排尿日记、排尿指导和生物反馈治疗等综合排尿指导对功能性排尿异常患儿具有一定的治疗效果。

关键词:功能性排尿异常; 患儿; 排尿指导; 排尿日记; 生物反馈治疗; 效果

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Effect of urination instructions in treatment of functional voiding abnormality (*Children's Hospital of Fudan University, Shanghai 201102, China*)

FAN Yong, GU Ying, WAN Yan-min, ZHOU Yan-hua

Abstract: Objective To investigate the effect of urination instructions in the treatment of functional voiding abnormality. **Methods** From October 2012 to June 2013 totally 170 children with functional voiding abnormality in Children's Hospital of Fudan University were chosen. They were randomly divided into the experimental group ($n = 86$) and control group ($n = 84$). The control group was given the routine treatment and health education, and the experimental group was given additional comprehensive urination instructions including voiding diary, urination guidance and biofeedback therapy. Telephone follow-up was performed 3 months and 6 months later and outpatient follow-up was completed 12 months later to assess the therapeutic effects. **Results** In the experimental group, 72 were cured (83.7%), 9 improved (10.5%), and 5 invalid (5.8%). In the control group, 26 were cured (31.0%), 36 improved (42.9%), and 22 invalid (26.2%). There were significant differences between the two groups ($P < 0.05$). **Conclusion** The comprehensive urination instructions has a certain therapeutic effect in the treatment of functional voiding abnormality.

Key Words: Functional voiding abnormality; Sick child; Urination guidance; Voiding diary; Biofeedback therapy

功能性排尿异常指无明显神经系统和泌尿系统的器质性疾, 但存在有症状的膀胱功能异常的临床症

候群。功能性排尿异常可分为储尿障碍和排尿障碍; 储尿障碍主要表现为尿频、尿急、急迫性尿失禁; 排尿障碍主要表现为排尿无力、排尿费力、排尿不尽感等^[1]。功能性排尿异常严重影响患儿生活质量, 可能造成患儿心理和行为等多方面问题。排尿日记和尿流率测定作为简单的无创检查, 广泛应用于排尿异

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作者简介: 范咏 (1985—), 女, 护师, 本科, 主要从事临床护理。

通信作者: 顾莺 (1976—), 女, 主任护师, 博士, 主要从事护理管理。

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