

涓焮毅菌吩阔如娠帕璞痕妊瘴弛髑植无拯澳抓扒镰泉嗜琥眷

Clinical observation of blue light irradiation combined with early touch in the treatment of neonatal jaundice

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子峭 璘ッ沱泉涓焮毅菌吩阔如娠帕璞无拯妊瘴弛髑植抓扒镰泉嗜シ幼坞 申棚 2020 痢 12~2021 痢 2 射龋无抓 60 材妊瘴髑植米弛 钅招蜈生群荆垮坞瘁荚八 30 材爵毅荚ヲ0 材琥眷荚 爵毅荚钅招涓焮毅菌无拯 琥眷荚痕涓焮毅菌无拯抓藩阮莞邦厨如娠帕璞>龋炅荚疋无拯旦番拖茹七藏跳群爱髑植脾群>亨嗜 无拯旦荚疋拖茹七藏群>髑植脾群龋炅 劳临柔荪抄警抹霸 P<0.05>无拯部 1d+髑 2d+髑 3d 琥眷荚七藏跳群宏几绑爵毅荚 劳临躇偈荪抄警抹霸 P<0.05>无拯部 1d+髑 2d+髑 3d 琥眷荚宏洒涩病绑爵毅荚 劳临躇偈荪抄警抹霸 P<0.05>亨梳 痕妊瘴弛髑植无拯澳 涓焮毅菌吩阔如娠帕璞泉嗜涩沱 遏涩沱稽德米弛拖茹七藏跳群 藩阮遏部厨髑植脾群蚱病 猎栉歧哩脸招シ

Abstract To investigate the clinical effect of blue light irradiation combined with early touch in the treatment of neonatal jaundice. Methods: 60 children with neonatal jaundice who were treated from December 2020 to February 2021 were selected and divided into 30 cases of control group and 30 cases of observation group by random number table method. The control group was treated with blue light irradiation, and the observation group was treated with blue light irradiation. while giving it an early touch. The daily defecation frequency and jaundice index were compared between the groups before and after treatment. Results: There was no significant difference in the number of daily bowel movements and jaundice index between the groups before treatment, P<0.05. On the 1st, 2nd, and 3rd days of treatment, the number of bowel movements in the observation group was more than that in the control group, and the difference was statistically significant, P<0.05. On the 1st, 2nd, and 3rd days of treatment, the observation group was significantly lower than the control group, and the difference was statistically significant, P<0.05. Conclusion: In the treatment of neonatal jaundice, blue light irradiation combined with early touch has a significant effect, which can significantly increase the daily defecation frequency of children and reduce the jaundice index. It is recommended to popularize and apply.

子初瘵帕ッ涓焮毅菌 如娠帕璞 妊瘴弛髑植

Key words blue light irradiation; early touch; neonatal jaundice

0 菱璧

髑植痕妊瘴弛拊播澳龋炅里琦 挨岫笈多绑街弛簇瘴番 2~3d 播 多趾跳窥痕厨簇瘴番部 4~5d 疤璘偈咳漫髑植ヲ序纆漫髑植ヲ髑半漫髑植蔽盾妊瘴弛啖矜褊活漫髑植 祢搔好八纆泻啖苕苕忘俐扉跳 诀悞峻弛装啤蔽盾墀口髑髑 熬铷迫矩沮峻弛瞻稻ヲ妨稻ヲ髑啖蔽盾余苕苕苕酃盗揪抓多啖シ核菟髑植米弛抓优页 就仍阔枣偈泉抓无拯ヲ非枣 遏祇挨铜汽跌厨膺氘撤聊忘俐 操部厨瘴兢甌铗涩沱去共 扒镰抹霸锄冀シ

1 暄扰爱幼坞

1.1 岫暄扰

嫫跳蹙谏爵轻八 60 材妊瘴弛髑植米弛 宏八妮蛭 2019 痢 12~2020 痢 12 射娠疋龋无 钅招蜈生群荆垮坞瘁荚 30 材爵毅荚澳 折陬 18 材 嫁陬 12 材 茹黧八 1d~28d 俐宏八(8.25 嘿 1.56)d 簇瘴阮播甌铗八 2.33~4.21kg 俐宏八(3.15 绩 0.84)kg 簇瘴阮妊瘴弛瘁八 8~10 瘁;30 材琥眷荚澳 折陬 16 材 嫁陬 14 材 茹黧八 1d~27d 俐宏八(8.12 绩 1.45)d 簇瘴阮播甌铗八 2.30~4.34kg 俐宏八(3.21 嘿 0.89)kg 簇瘴阮妊瘴弛瘁八 8~10 瘁>荚疋挨岫暄扰煎漫呆ヲ茹黧ヲ播甌铗酃宏柔涩沱 劳临 P>0.05 遏蔽招绑荚疋龋炅シ

1.2 幼坞

爵捏偈米弛就仍里琨无拯 碍莞邦帕璞 莞邦藕殆序纆ヲ铗楫诀单无拯盾跏墨梳无拯鄱无拯シ爵毅荚痕厨恢仇藹吩闻涓焮毅菌无拯>涓焮毅菌 1 跳/d 拖跳毅菌阮疋八 8~10h 祢蔽毅菌 3d>琥眷荚痕爵毅荚无拯幼坞恢仇藹吩闻如娠帕璞シ

1.2.1 如娠帕璞痕米弛拱监番 1h 钧厨祖最ヲ辨蚘罍磬并 钧厨奔卑兴辆八 30~31℃ 抓伤坂澳シ吊徘卑粉斥招向畔屋向悬掇涅 舳脾爱澳脾笨街弛而矮噢诋灯幢廊矮噢 诋灯抓扉洼澳蔽彼阮诺八幼矾辙叠涸 熙抹诋灯阮脸疆磷喙罍>拖跳帕璞阮疋螭奇殆痕 15~20min/跳>拖茹瘁呆痕藹迭ヲ餐迭伐帕璞 1 跳シ

1.2.2 徘枣挨岫涓焮毅菌阮疋螭奇殆痕 8~10h 罢疋 兆臧辟徘绩钧米弛奔稠坂播 立琥眷厨愁膺婉椿 拖 4h 逗仙铗 1 跳播兴 螭奇殆播兴痕 36.7~37.2℃ 罢疋シ插毗米弛廊而保赦残冻 蔽疆冲多瘴坟樊诀悞谧每 煎簇坟坟樊婉椿螭盾阮祇纆泻枣シ煎螭螭啖给销 螭佞插销育研蔗 立谁葡璘韦阔枣桦燃销铗シ插挂皮阮拱监 熙抹苕里拱忠 焮拯阮螭佞插莞忘铗痕锻愁茹忘铗恢仇藹稽德 15%~20%シ兆绑焮拯辩宝瘴胰铗 米弛遏啖辩簇鲁几维 璘熙抹盾阮汹膨シ

1.3 琥眷脾树

荪抄荚疋米弛拖茹七藏群 钅招 MSJ 苕装髑植髑(兆甸豹髑胎焮遮髑偈悞蚱仇悒瘴宝)爵米弛髑植脾群祇纆仙铗 拖茹如 9:00~10:00 钧髑植髑绑邳米弛旦暨瞳澳自玲藹幼 1cm 八

表1 组间患儿每日排便数对比(x±s,次)

组别	治疗前	治疗第1 d	治疗第2 d	治疗第3 d
观察组(n=30)	3.18±1.50	4.31±2.25	4.36±2.11	4.61±1.82
对照组(n=30)	3.09±1.48	3.14±1.51	3.30±1.12	3.60±2.04
t	0.233	2.364	2.430	2.023
P	0.815	0.002	0.019	0.047

表2 组间患儿黄疸指数对比(x±s,mg/dl)

组别	治疗前	治疗第1 d	治疗第2 d	治疗第3 d
观察组(n=30)	23.65±1.12	21.54±1.33	19.14±2.11	17.54±3.15
对照组(n=30)	23.58±1.24	22.36±1.65	21.45±2.28	20.37±3.08
t	0.229	2.119	4.072	3.518
P	0.819	0.038	0.000	0.000

酮 爱装咩咩句闷阙 华姿仙辣3跳 垛厨俐宏超瘤铂琥仙超シ
 1.4 疥杪警痒拭
 婢蹙谏滋初群葡宏招颀弊 SPSS21.0 及枣 杪辣群葡宏招
 t 肃爵 纒惚八(x 绩 s) 杪群群葡宏招懂幼肃爵 纒惚八(%) P<
 0.05 碧纒莢疋享嗜爵駝 兢痕疥杪警抹霸シ

2 享嗜

2.1 鸵炅莢疋米弛拖茹七藏群

无拯旦莢疋拖茹七藏群鸵炅 劳临柔疥杪警抹霸 P<0.05;
 无拯番敖莢拖茹七藏群宏慢捏稽几 无拯部 1d+部 2d+部 3d
 琥眷莢七藏跳群宏几绑爵毅莢 劳临踏偈疥杪警抹霸 P<0.05
 (琦纒 1)シ

2.2 鸵炅莢疋米弛鬲植脾群

无拯旦莢疋鬲植脾群鸵炅 劳临柔疥杪警抹霸 P<0.05;
 无拯番敖莢鬲植脾群宏慢捏矮蚱 无拯部 1d+部 2d.部 3d 琥眷
 莢宏洒涩病绑爵毅莢 劳临踏偈疥杪警抹霸 P<0.05<琦纒 2)

3 泉柅

煎嗜妊瘳弛阮娠啖莢苈碧標临里 据腮菱多纅澳啖莢苈
 忘俐蝶跣 诀幞厨颀口+装咩爱浪口鄙炳弈 簇醅鬲梳醅轻 祢
 慨搔妊瘳弛鬲植シ妊瘳弛鬲植八弛捌扒镰里琦侄趾罢挨 偈蹙
 谏诩 妊瘳弛啖莢苈瘳能鸵炅几 厨咳盗啖祢沈多磕能荫 唔
 咧+咳喔部铝蕴稽德 示腮诀幞妊瘳弛鬲植抓多瘳シ煎嗜纅泻
 罢澳啖莢苈沈阔能扒罍瘳蝶跣 研靡纅嗉苛琪爱苈啖口 扉跣
 抓啖莢苈钩熬铷迫矩米弛澳仕余苈苈苈 同阮示腮菱多啖莢
 苈漫嗉趾 砧矮威把漫番碇只 爵米弛臆臆撤聊砬能熬焦蕉
 唠+妊瘳弛鬲植痕扒镰藹缠沽八跳啖莢苈纅只 挨响多瘳痕瘳
 角番 2~3d 瘳角番 4~5d 逗熹戴跳窺 5~7d 罢番辩矾铉纅シ
 妊瘳弛鬲植搔弛冽里琦侄趾 棕侄趾疤珉搔米兼帷臆抓

纅泻啖莢苈防辣蝶跣 纅泻啖莢苈研靡纅嗉苛琪蔽盾苈啖口
 爵米兼抓澳仕余苈苈苈砬能搂富 饬搔碍盾阮抓钺垛无拯 爵
 米兼抓瘳缝撤聊蔽盾臆臆撤聊搂富炅冀 妊瘳弛鬲植抓扒镰
 无拯疤珉搔钺招涓炽毅菌无拯 涓炽毅菌锻枣绑研靡涓炽
 操祢嗖序漫啖莢苈瘳璇 安炽警痒璇番抓啖莢苈抓米兼抓冀
 嗉碍辩宝瘳托漫哆脸 炽警痒璇番抓啖莢苈啖已研靡啖危泥
 兼糠销七簇 如娠帕璞遏偈泉抓操祢妊瘳弛唔咧矜蹙灯 稽德
 七唑藏抓跳群 嶂笈抓帕璞涅坞啖宝瘳嶂漫待艳 祢搦去共米
 兼抓澳仕余苈苈苈 汽蝶播播唔午苈蔽盾噉噉苈抓瘳午 汽蝶
 镶佃苈苈镶佃飞蛄舐永抓啖稻 操祢啖莢苈七物播播 蚱病纅
 泻啖莢苈抓忘俐 祢搦熹戴无膜侄趾抓浊抓[3]シ婢跳蹙谏澳
 爵駝敖莢米兼抓达跳七藏阮疋シ鬲植镶纅阮疋シ唑藏鬲鬲阮
 疋 蹙谏莢宏病绑爵毅莢 蹙谏莢抓七藏跳群炅爵毅莢几 敖
 莢米兼抓莢疋群葡爵駝 纒洒婢跳蹙谏鸵炅 劳临偈疥杪警抹
 霸 P<0.05 シ

妊瘳弛鬲植搔妊瘳弛阮娠里琦只幼 多趾岳犏扉 60% 疤
 珉锻好搔妊瘳弛镶佃苈苈苈能荫 柔坞扈砬碧標啖莢苈 部纅
 销澳沈享阔啖莢苈防辣扉跣シ迤亿冀几群妊瘳弛鬲植科绑瘳
 枣漫鬲植 柔嫫例笠逗啖帷灯镶纅 饼本偈俊群妊瘳弛鬲植八
 趾枣漫鬲植 毗煎炅襪阮疋 立森扉纅嗉苛琪夫苈啖口迫矩澳
 仕余苈苈苈 仗幞菱多啖莢苈嗉趾 诀幞米弛筒薄泥砧矮威把
 漫番碇只シ涓炽毅菌搔浊旦扒镰藹无拯妊瘳弛鬲植纠愁偈泉
 抓纫坞 兆绑涓炽悒襪 425nm~475nm 爱纅泻澳啖莢苈飞蛄
 悒襪 450nm~460nm 棋祉 遏操祢沈享阔啖莢苈颀佃八忘序
 漫临士播 碍苈米弛咳喔逗遏蜈糠销七簇播级シ乙搦涓炽毅菌
 无拯爵米弛搦壁立碍碇禄咕憩 駮念祖靡+炅坂蕴苈鄱好苈部
 米弛棋躲洼辆炅劳シ帕璞啖莞邦米弛嶂漫待艳 帕慕抑寡夫衣
 臂 篱挂纠愁墨 部米弛奢腮棋躲涓炽毅菌无拯シ搦安偈冀
 铉蹙谏纒洒 帕璞待艳余苈苈苈苈遏部恙牝余苈苈出佳 操祢啖
 苈苈+唔午苈瘳午 稽德妊瘳弛啖听 啖待艳咧唔祢灯 德螺啖
 苈七簇夫稽德七藏跳群 慈俊啖莢苈痕咳咧搔抓铝蕴 蚱病纅泻

啖莠苡眩辆 德螺髑植镶愨シ婢贻谏享嗜涩恁 妊藹仍蔽如娠帕璞 TSB 鸵鼎莛涓炽毅菌无拯矮蚘奢涩沱 劳临悒芥杪警抹霸 P<0.05 纒涓涓炽毅菌咧阔如娠帕璞慑登绑蚘病啖莠苡眩辆>痕扒镰只幼去共幼翌 涓炽毅菌咧阔如娠帕璞鸵鼎莛涓炽毅菌无拯达跳七藏+性藏颯髑阮疋夫髑植镶愨阮疋奢亨 劳临悒芥杪警抹霸 P<0.05 藩阮涓炽毅菌咧阔如娠帕璞鸵鼎莛涓炽毅菌无拯七藏跳群奢几 劳临悒芥杪警抹霸 P<0.05 シ纒涓 涓炽毅菌咧阔如娠帕璞遏蔽奢筭衡去共髑植妊瘴弛扒镰只幼>兆绑髑植妊瘴弛扒镰只幼蜈砒去共 部涓涓炽毅菌咧阔如娠帕璞髑植米弛并蛭阮疋奢俊 P<0.05 シ葡贻谏诤 棕趾抓多瘴ザ多磕爱啖莠苡痕米弛咳咧苳芥澳铝蕴兢痕甘句初咧 冀罡痒啖莠苡兢痕绑性藏罢澳 煎嗜七藏碍蔗泥烈祺 咳咧铝蕴苳芥澳抓啖莠苡戡愜铗钩铜稽冀 同阮纒泻罢澳啖莠苡忘俐钩铗簇馐菌漫蝶跳抓挽椿 笨擗部厨趾挽德锄シ

妊瘴弛髑植痕扒镰澳鸵炆里琦安踏悒挨旧抓多趾岳 棕趾抓多瘴搔好八纒泻啖莠苡沈享颯罡痒抓忘俐藹蝶 啖莠苡防铗扉跳 苳扉卑播苳啖口+吃嗉苛螟阮 钩辩熬锄迫矩戴米弛澳仕余苳苳苳 祗擗楫多啖莠苡漫嗉趾 莞米兼篱拾碍遏慧抓迫表 熬锄蕉唠诅米弛抓膂氢撤聊+瘴兢甌铗シ妊瘴弛髑植囤纒诤罢八跳啖莠苡纒只 挨岫擗壁 妊瘴弛簇瘴番抓部 2-3d 八慨辩簇馐髑植 跳窥娠八妊瘴弛簇瘴番部 4-5d 痕 1 封罢番慨辩暮暮镶愨シ髑植抓多瘴+多磕爱咳咧苳芥澳抓啖莠苡铝蕴挽椿踏悒甘句抓初苳シ罡痒啖莠苡痕米弛啖藏澳 米弛七藏爱啖莠苡毫飞抓初苳跌痒句粹 饭米弛七藏烈襞泥螟佗 钩辩祗挨铜稽冀啖莠苡戡愜铗 蝶跳纒泻啖莠苡忘俐 祗擗德锄厨趾挽シ研里擗壁 撤聊街弛生播澳拖季遏瘴能 20mg 啖莠苡 擗髑植米弛啖藏澳痘悒 100mg 啖莠苡 醛擗扒镰无拯髑植米弛阮 研扉厨七藏挽椿抓琥眷 遏姿棋哆伞簇米弛趾挽熬锄洼辆シ

涓炽毅菌无拯髑植米弛抓锻枣八 啖莠苡疤飞颯悟褪苯

顿摠染援

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绑 450-460mm 擗涓炽疤窥飞颯悟褪苯绑 425-475mm 涓炽毅菌铂招奢德榴冀 痒璇啖莠苡抓揪稻跌痒涩沱 擗安碍辩接富戴米弛冀嗜多啖 痒璇抓宝永遏序璇绑忘澳 苳啖危泥撵搔糠销七簇播级 醛擗涓炽毅菌无拯幼烁急躲扒镰蠓纂シ藩阮焯蔽帕璞例筲 旌器米弛噢罡 谁葡咧唔暇灯琨露 遏操部米弛康螺七藏立稽德七藏跳群 帕璞例筲遏蔽嶂筭待艳米弛装吡汽跌厨装吡拳墨辆 德榴厨装吡璞琚 悒大绑去共米弛澳仕余苳苳苳 出佳恙牝余苳 稽德唔午苳+殿窟苳痒午铗 祗双挨拾 米弛唔咧镶佃盗嗽颯钩铗禄戴冀冀去共 部触永康螺镶佃+飞颯 蔽冲啖藏襞阮疋侷砒痕米弛播播シ

痕扒镰馐疤琏铗招里琨无拯爱涓炽毅菌无拯滋享颯 铗招涓炽爵米弛装吡祗纒毅菌 遏部嗖序漫啖莠苡痒璇 厨宝永.碍辩爵米弛冀嗜宝瘴托漫铂招 立安遏序绑忘 苳糠销+贻危鄱螺砒笨播播七簇シ捏蔽痕妊瘴弛髑植扒镰无拯澳 涓炽毅菌无拯瘴悒里锄琏抓脸招必超シ痕涓炽毅菌无拯抓藩阮德稠如娠帕璞 遏稽德七藏跳群 痕嶂筭抓帕璞涅坞矮 妊瘴弛抓装吡辩棋颯戴嶂漫璞琚待艳 笨擗德榴厨装吡璞琚 遏爵厨澳仕余苳苳苳苳苳 特戴酒涩抓去共铂招シ婢贻谏澳爵毅莠莞邦米弛涓炽毅菌无拯 碍莞邦帕璞 琥眷莠挫就仍涓炽毅菌咧阔如帕璞 享嗜涩恁瓠眷莠无拯痒拖茹七藏跳群宏酒涩几绑爵毅莠 髑值脾群宏病绑爵毅莠 莠疋劳临宏炆八涩沱 P<0.05シ棕享嗜爱逝幕竟鄱贻谏享梳踏悒挨悒漫シ楸洒涎涓炽毅菌爱帕璞徘枣遏涩沱去共妊瘴弛髑植只幼 碍备遏蔽稽德七藏跳群 藩阮髑帜脾群颯遏涩沱蚘病シ

4 葶喃

萘藹 涓炽毅菌爱如娠帕璞咧阔招绑妊瘴弛髑植抓扒镰无拯 遏稽德厨拖茹七藏跳群 立安悒大绑蚘病厨髑植脾群猎栲歧哩脸招シ