



# 夏拭纆销瘴佃肃爵痕扒镰苋糠趾桤认澳抓脸招必超

## Application value of blood biochemical test in clinical diagnosis of diabetes

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**【摘要】**目的：研究血液生化检验在临床糖尿病诊断中的应用价值。方法：2020年12月-2021年12月收治糖尿病患者55例作为观察组，选取同期体检人员55例作为对照组，前者给予尿常规检验及血液生化检验两种检测手段，后者仅采取血液生化检验，对比两组FBG、2hPBG、HbA1c血糖指标和TC、TG、LDL-C、HDL-C血脂指标，且对比观察组两种检测手段的检出率（即尿常规检验方式和血液生化检验方式）。结果：血液生化检验方式下，观察组FBG、2hPBG、HbA1c3项血糖指标水平均明显高于对照组(P<0.05)；观察组TC、TG、LDL-C、血脂指标明显高于对照组，而HDL-C指标则低于对照组，且4项血脂指标组间差异显著(P<0.05)；对比观察组两种检测手段，尿常规检验方式的检出率70.91%显著低于血液生化检验方式的检出率94.55%，差异分明(P<0.05)。结论：在糖尿病的诊断及临床诊断中，血液生化检验相比于尿常规检验准确度更高，能直观地反映患者血糖指标及血脂指标水平，为糖尿病的临床治疗提供依据，诊断价值显著。

**【Abstract】** Objective: To study the application value of blood biochemical test in clinical diagnosis of diabetes. Methods: From December 2020 to December 2021, 55 patients with diabetes were treated as the observation group, and 55 physical examinees at the same time were selected as the control group. The former was given routine urine test and blood biochemical test, while the latter only took blood biochemical test. The blood glucose indexes of FBG, 2hPBG, HbA1c and TC, TG, LDL-C, HDL-C were compared between the two groups, The detection rate of two detection methods (i.e. routine urine test and blood biochemical test) in the observation group was compared. Results: The levels of FBG, 2hPBG and HbA1c in the observation group were significantly higher than those in the control group (P<0.05); TC, TG, LDL-C and blood lipid indexes in the observation group were significantly higher than those in the control group, while HDL-C indexes were lower than those in the control group, and there were significant differences among the four blood lipid indexes (P<0.05); Compared with the two detection methods in the observation group, the detection rate of routine urine test was 70.91%, which was significantly lower than that of blood biochemical test 94.55% (P<0.05). Conclusion: In the test and clinical diagnosis of diabetes, blood biochemical test is more accurate than routine urine test, and can directly reflect the level of blood glucose and blood lipid indicators of patients, providing basis for clinical treatment of diabetes, with significant diagnostic value.

**【关键词】**糖尿病；血液生化检验；检出率；尿常规检验

**【Key words】** diabetes; Blood biochemical test; Detection rate; Routine urine test

苋糠趾抓多瘴生枣夫啜窟汶悞初 搔好八厨痒午碍毡泥  
撩好八兆啜窟汶悞扒控悞抓挨苋蔽跣纆苋八锄化铐酩笼  
吝抓侄米 痕扒镰暮漫趾箫晃炅八几琦シ厨多趾生殆疾升  
幛奔本痲蔽非愁预恧泻抬 浊旦几视八兆磷彪好苋夫蕴货好  
苋臭藩铂招捏悞 煎聚容磷彪ザ轻触芋士碍阔枣ザ瘴暇碍混  
露 叛依ザ咕钣ザ吡唧鄱几好苋宏遏菱多棕趾シ苋糠趾痕如  
娠立柔洒涩只幼 兢痕蛭调漫 饬碍啾康如佞桤无拯 柔狰  
辩德砧趾洼祗磕 砬能挨芒搓立多只 稽德悞图悞筒舡蛭シ  
好同 旧娠播肃盾如娠桤认悞登绑痕多趾达娠盾阮德蔽例  
筲 研扉讣示遏蠓抓无拯崎仍ザ瘴暇切吝盾轻触板蜈抓去共  
钹阔憩铗袄灯啾悞泉奇殆纆苋 搦纆苋奇殆爵米撵筲番示八  
初痕シ苋糠趾米撵扒绑啜窟窿啾慈愨 爵洵沐苋抓飞麟大招  
盗啾慈溜 纆销澳扒苋痒痲蔽痲璇 几博抓苋慨辩蜈糠销七  
簇播级 好同 糠里琨肃爵糠苋颁纆苋糠趾抓肃孰切吝罢挨  
饼备蔽糠苋拾痞认搔芳米悞苋糠趾兢痕挨旧抓扛蛭漫シ啾聊  
卑拊煎嗜筏伴伎几胀触 拈扉啐啐抓彭年啾稻 厨糠销澳颁  
辩防悞苋痒 饼立蠹苋糠趾シ捏蔽研扉纆销瘴佃肃爵幼吝肃  
孰纆苋超搔芳辘簇哩里谨核奢痲佞遏蠓 搔苋糠趾抓翦肃孰  
孰幼吝シ八湖泉痕苋糠趾扒镰桤认澳脸招纆销瘴佃肃爵涅  
抓必超 2020 痢 12 射-2021 痢 12 射龋无苋糠趾米撵 55 材  
铂八琥眷莢 申垞藩娠播肃卑粉 55 材铂八爵毅莢 磷碯

贽谏 馥湃磻煎矮シ

### 1 挨响喧扰爱幼坞

#### 1.1 挨响喧扰

2020 痢 12 射-2021 痢 12 射龋无苋糠趾米撵 55 材 铂  
八琥眷莢 申垞藩娠播肃卑粉 55 材铂八爵毅莢 爵毅莢  
折嫁痒镭鸵材八 25/22 痢黠 43.50-71.80 忌 俐宏 56.85  
±20.01 忌 琥眷莢 折嫁痒镭鸵材八 23/24 痢黠 46.80-73.50  
忌 俐宏 55.34±21.65 忌 苻稠树症:(1)米撵兢痕轻忘铗  
稽德ザ几糠ザ触铗稽德泥撵播锄蚱病鄱铐酩 (2)米撵爵就爵  
播褂ザ油抓悞慈翌拌璇 安藩抹顿爱シ七蚱树症:(1)啾啤盗  
啾碍愁;(2)抹捏蚱佞;(3)3 傲射播设招扉搂富苋碧樟抓俊永;(4)  
冲吱芒苻盗啾忘俐病矮 爵鸵敖莢挨响喧扰 劳临柔苻炒警  
抹霸(P>0.05)シ

#### 1.2 幼坞爱爵劬

##### 1.2.1 幼坞

爵毅莢 八米撵祗纆里琨肃孰 柳苻芬霏米撵滋初熙抹  
柳苻 煎肃孰旦碍啾轻触ザ肃孰下洼鄱シ矾米撵枢璇就爵下  
洼搔八伴佞插米撵痕肃孰娠疋遏蔽悞奢筲抓钹阔辆 操部肃

熟狼铂瞳里非能シ

琥眷莢 町登米兼祗纒瘴佃肃爵 滋初疵急狼铂夫藹挨  
 莢滋藩 漓登米兼祗纒肃孰脾树ザ肃爵下洼 藩阮祚璉痕祗  
 挨扉洼澳删盾苋糠趾肃孰抓铂璉抹霸 肃孰脾树疤璉消琢纒  
 泻帐屋癌钺ザ擦苋铼ザ苋佃纒苋彖注ザ谕噢纒泻沐苋蔽盾  
 嗜苋隅鄱シ戲臧祗纒肃孰抓狼铂兼璉璉恢绑毙愠抓焯登矮磷  
 磕狼铂 礮冲多瘴苳闾墨梳榔弊 插蜚肃爵苳嗜抓踪就漫盾  
 遏蠓漫シ1 米兼痕肃孰旦挨季筛藹戴肃孰旦 碍啾筏祗蔽  
 盾招俊 饼搔遏蔽咕忘 谕噢阮疋璉璉奇殆痕 10 戴 14 傲峻  
 阮罢疋シ2 痕叛垛米兼抓纒纒双婢罢番 八米兼疵急 75 充  
 泻沐苋塌序绑 300 挖蝶抓兴忘澳 枋米兼璉设羟矮 泥兼遏  
 蔽枋米兼触招 100 充招罌塌殆铂抓翎寂 芸疵梳流设苋泥兼  
 触招翎寂抓阮疋 立痕同罢叠峻阮ザ挨峻阮ザ挨峻阮蔽盾  
 癌峻阮抓阮颀川跳祗纒叛纒肃仙シ3 痕肃孰娠疋 碍啾羟  
 触 颁碍遏招俊シ4 痕就爵磷钱旦癌季 米兼璉璉插毗瞳  
 里抓暇灯铂每蔽盾瞳里抓羟触璉露シ5 伙搔米兼兢痕多胰ザ  
 曼漫氯嗜纒整鄱趾只 挫米兼抓生播辨及绑脸艳抓媯矮矮  
 祗阮米兼抓纒苋遏啾辨璉醮苳善抓蝶跳 苋擦铼辨悞控矮  
 蚱シ捏蔽璉璉鄱戴米兼抓趾媯志膜罢番 川祗纒就爵シ6  
 俊永搂富シ材煎装甌艳苳ザ瘴襪艳苳鄱罹辨诀悞卑播纒苋蝶  
 跳 班钶ザ踮酪高鄱挫辨部禄卑播纒苋矮蚱シ  
 肃孰幼坞 申砌米兼泻山抓糠销铂八双婢 双婢铼八 8  
 挖蝶 亿番场登糠苋按苳祗纒肃仙シ纒销瘴宝肃爵抓脾树悞  
 谕噢啾窟苳防铼ザ谕噢纒苋ザ纒泻帐屋癌钺蔽盾苋佃纒苋彖

表 1 两组 FBG、2hPBG、HbA1c 血糖指标对比 ( $\bar{x} \pm s$ )

莢呆	FBG/(mmol·L <sup>-1</sup> )	2hPBG/(mmol·L <sup>-1</sup> )	HbA1c/%
琥眷莢 n=55	8.43 ± 1.20	10.15 ± 1.62	7.12 ± 1.27
爵毅莢 n=55	5.35 ± 1.16	7.82 ± 1.73	4.45 ± 1.18
t	15.336	14.614	13.479
P	<0.05	<0.05	<0.05

2.2 敖莢 TCザTGザLDL-CザHDL-C 纒嗖脾树爵鸵

琥眷莢 TCザTGザDL-Cザ纒嗖脾树洒涩跳绑爵毅莢 搦 HDL-C 脾树挫病绑爵毅莢 安 4 筭纒嗖脾树莢疋劳临涩沱(P<0.05) 琦筠 2シ

表 2 两组 TC、TG、LDL-C、HDL-C 血脂指标对比 ( $\bar{x} \pm s$ )

莢呆	TC(mmol·L <sup>-1</sup> )	TG(mmol·L <sup>-1</sup> )	LDL-C(mmol·L <sup>-1</sup> )	HDL-C(mmol·L <sup>-1</sup> )
琥眷莢 n=55	5.48 ± 0.55	2.59 ± 0.53	3.60 ± 0.99	1.39 ± 0.63
爵毅莢 n=55	4.31 ± 0.65	1.48 ± 0.47	2.67 ± 0.68	1.46 ± 0.60
t	12.257	13.124	7.567	6.657
P	<0.05	<0.05	<0.05	<0.05

2.3 琥眷敖互肃仙涅颀抓肃簇岳爵鸵

爵鸵琥眷敖互肃仙涅颀 糠里琨肃爵幼苳抓肃簇岳 70.91%涩沱病绑纒销瘴佃肃爵幼苳抓肃簇岳 94.55% 劳临瘁洒 (P<0.05) 琦筠 3シ

表 3 观察组两种检测手段的检出率对比 (n, %)

莢呆	糠里琨肃爵幼苳	纒销瘴佃肃爵幼苳
琥眷莢 n=55	70.91%(39/55)	94.55%(52/55)

3 臬柅

苋糠趾抓锻好颁碍级柏播好夫级好シ爵绑播好拾柅妮巾  
 里楸抓磷彪好苳 苋糠趾净踏悞洒涩抓聚容抓磷彪墨漫  
 爵绑苋糠趾聚容恩抓包米兼踰巾抓近嫁泥兼聚科多瘴苋  
 糠趾抓刺岳璉璉冀鲁シ川挨傲毗唧 毗唧搔苋糠趾多趾抓  
 挨傲铂璉抓好苳 开厨搔祗泻枋化苋糠趾シ川悞伙灯泥兼揪  
 暇灯碍己ザ播稻暇灯抓慈俊ザ播稻暇灯妮巾楸遏蔽稽德苳苳  
 爵暇窟苳扒拳墨漫 蚱病绊播枷 去共纒苋 蚱病暇窟苳扒

注盾靛番 2h 纒苋シ米兼祗纒肃孰旦 率箒璉祗纒撤聊狙缺  
 癌季播碍啾飞依咕饭 藩阮羟触颁璉苳毗瞳里 碍遏簇醮裳  
 羟裳触抓媯椿シ痕祗纒肃孰罢旦抓 12 傲峻阮 碍啾羟触シ  
 立痕米兼谕噢幼妈矮叛纒肃爵 纒销双婢铼八 4 挖蝶 率箒  
 璉痕纒销双婢铼苳苳番叠峻阮播愿肃 铼双番八米兼疵急  
 泻沐苋忘 钧泻沐苋塌夫兴忘祗纒卸阍 泻沐苋塌抓招铼八  
 75 充 立芬黛米兼璉璉痕癌瘁罢疋咕非 笨咕部挨堕阮祗  
 纒抄阮 鄱戴敖傲峻阮罢番 川叛垛蟻苳纒祗纒初脾树抓  
 肃仙 碍藩抓脾树部招碍藩抓肃仙毙愠祗纒肃孰シ

1.3 芥杪警幼坞

铼招 SPSS22.0 颀弊 杪群喧钶铼招 t 肃爵 招  $\bar{x} \pm s$   
 筠悞 P<0.05 筠悞劳临踏悞芥杪警抹霸シ

1.4 琥眷脾树

爵鸵敖莢 FBGザ2hPBGザHbA1c 纒苋脾树夫 TCザTGザ  
 LDL-CザHDL-C 纒嗖脾树 安爵鸵琥眷敖互肃仙涅颀抓  
 肃簇岳 逗糠里琨肃爵幼苳夫纒销瘴佃肃爵幼苳 シ

2 苳嗜

2.1 敖莢 FBGザ2hPBGザHbA1c 纒苋脾树爵鸵

纒销瘴佃肃爵幼苳矮 琥眷莢 FBGザ2hPBGザHbA1c3  
 筭纒苋脾树忘俐宏洒涩 跳绑爵毅莢(P<0.05) 琦筠 1シ

磐趴部跳暇窟苳扒磐趴泥兼跳暇窟苳苳抓纒只禄戴苳璉シ川悞  
 慨搔羟触苳土碍阍枣 好八你傲瘴暇忘俐汽跳绊 醮痕墟祝  
 建抓跳嗖啾羟触祗悞跳苳羟触 跳苳羟触瘤亿姿棋悞蝶跳纒  
 苳绊 跳嗖啾抓羟触净遏蔽藕殆祗傲碧檀岳 鸪级遏蔽部播  
 枷抓稽德诀悞悳毗唧 毗唧围辩决悞暇窟苳扒磐趴 部暇窟  
 苳痕播播抓狼铂泉岳慈病笨搦决悞纒苳抓蝶跳シ瘤亿绊祗悞  
 厨踰抓挨包好苳 妮巾里琦抓鸵煎楸芸余镀稻 好八苳矜优  
 呆搔醮痕抓痢旌卑狼铂镀稻优呆冀 祗悞挨包媯萑艳灯 好  
 八你傲暖丸碍笈墟牒卑瘴丸泥兼揪楸稻扉冀辨菱萑兽包艳



