

# 夏拭纥销瘴佃肃酹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:在糖尿病的检验及临床诊断中,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苡慑初 搔好八厨瘁午碍毪泥 搛好八兆啜窟苡磐趴捏诀幞抓挨荬蔽跣纥苋八锄化绔酝笼 吝抓侄米 痕扒镰暮漫趾無晃炝八几琦シ厨多趾生殆疾升 幛奔本蜩蔽韭愁顸恧泻抬 浊旦几枧八兆碡彪好苡夫蕴货好 苡臭藩铂招捏幞 煎聚容碡彪ザ羟舳莩士碍阀枣ザ瘴暇碍琨 叛依ザ咕钣ザ呲唧鄱几好苡宏遏菱多椋趾シ苋糠趾痕如 娠立柔洒涩只幼 兢痕蜊调漫 饫碍啾康如佞桤无拯 柔狰 辩德砝趾诖祗磕 砹能挨苎搓立多只 稽德幞图サ幞筒舡蛲シ 好同 旧娠播肃盾如娠桤认慑登绑痕多趾达娠盾阮德蔽例 箜 研扉讷示遏蠼抓无拯崎仍ザ瘴暇纫吝盾羟舳板螟抓去共 钕阀憩铼祆灯啾慑泉奇殆纥苋 搦纥苋奇殆爵米搛箜番示八 初瘀シ苋糠趾米搛兆绑啜窟盗啾慈愍 爵洧沐苋抓飞龋大招 盗啾慈溜 纥销澳抓苋瘁蜩蔽瘁璇 几博抓苋慨辩蜈糠销七 簇播级 好同 糠里琨肃酹糠苋颁搔苋糠趾抓肃孰纫吝罢挨 饼备蔽糠苋拾瘩认搔芳米慑苋糠趾兢痕挨旧抓扛蛎漫シ徹聊 卑拊煎嗜筏绊伎几胀舳 犏扉哞喔抓彭年啾稻 厨糠销澳颁 辩防慑苋瘁 饼立蠹苋糠趾シ捏蔽砑扉纥销瘴佃肃酹纫吝肃 孰纥苋超搔芳犏簇瞳里馑核奢疵佞遏蠼 搔苋糠趾抓翦肀肃 孰纫吝シハ沏枭痕苋糠趾扒镰桤认澳脸招纥销瘴佃肃酹涅颓 抓必超 2020 痢 12 射-2021 痢 12 射龋无苋糠趾米搛 55 材 铂八琥眷荬 申垛藩娠播肃卑粉 55 材铂八爵毅荬 磷磕婶

赜谏 転湃碜煎矮シ

# 1 挨峋暄扰爱纫坞

# 1.1 挨峋暄扰

2020 痢 12 射-2021 痢 12 射龋无苋糠趾米搛 55 材 铂 八琥眷荬 申垛藩娠播肃卑粉 55 材铂八爵毅荬 爵毅荬 折嫁瘁镭鸵材八 25/22 痢黥 43.50-71.80 恳 俐宏 56.85 ±20.01 恳 琥眷荬 折嫁瘁镭鸵材八23/24 痢黥 46.80-73.50 恳 俐宏 55.34±21.65 恳 荇稠树疵:(1)米搛兢痕羟忘铼 稽德ザ几糠ザ舳铼稽德泥搛播铷蚵病鄱绔酝 (2)米搛爵就酹 搐据ザ浊抓慑愁罂绊璇 安藩抹顿爱シ七蚴树疵:(1)咴哞盗 啾碍愁;(2)抹桎蜞佗;(3)3 傲射搐设招扉搂富苋碧檩抓悛永;(4) 冲吱苎菥盗啾忘俐病矮 爵鸵敖荬挨峋暄扰 劳临柔菥杪警 抹霸(P>0.05)シ

1.2 纫坞爱爵劬

1.2.1 纫坞

爵毅荬 八米搛祗坛里琨肃孰 梆斥芬鼐米搛滋初熙抹 梆筲 煎肃孰旦碍啾羟舳ザ肃孰下诖鄱シ矾米搛柩璇就酹下 诖搔八绊佞插米搛痕肃孰娠疋遏蔽慢奢笺抓钕阀辆 操部肃



#### 孰狼铂瞳里非能シ

琥眷荬 盯登米搛祗纭瘴佃肃酹 滋初疵急狼铂夫蔼挨 荬滋藩 漓登米搛绊璇肃孰脾树ザ肃酹下诖 藩阮祚琏痕祢 挨扉诖澳删盾苋糠趾肃孰抓铷琏抹霸 肃孰脾树疤琏消琢纥 泻帐屋癌钺ザ摞苋铼ザ苋佃纥茕彖注ザ谕噢纥泻洧沐苋蔽盾 嗜苋喁鄱シ戥臧祗纭肃孰抓狼铂搛螈琏恢绑毙憨抓烀登矮磷 磕狼铂 礓冲多瘴荭阈墨梳梆弊 插蜞肃酹莩嗜抓踪就漫盾 遏蠼漫シ1 米搛痕肃孰旦挨季筛蔼戴肃孰旦 碍啾筏羝蔽 盾招悛 饼搔遏蔽咕忘 谕噢阮疋螈琏奇殆痕 10 戴 14 傲峻 阮罢疋シ2 痕叛垛米搛抓纥销双婶罢番 八米搛疵急 75 充 洧沐苋塥序绑 300 挖蝶抓兴忘澳 枋米搛堕设羟矮 泥搛遏 蔽枋米搛舳招 100 充招罂塥殆铂抓翎寂 芸疵栊流设苋泥搛 舳招翎寂抓阮疋 立痕同罢番叠峻阮ザ挨峻阮ザ敖峻阮蔽盾 癌峻阮抓阮颤川跳祗纭叛纥肃仙シ3 痕肃孰娠疋 碍啾羟 舳 颁碍遏招悛シ4 痕就酹磷饯旦癌季 米搛螈琏插毗瞳 里抓暇灯铂每蔽盾瞳里抓羟舳琨露シ5 饫搔米搛兢痕多胰ザ 曼漫氯嗪纥壑鄱趾只 挫米搛抓生播辩及绑脸艳抓娩椿矮 祢阮米搛抓纥苋遏啾辩簇酝孛善抓蝶跣 苋摞铼辩慑捏矮 蚵シ捏蔽螈琏鄱戴米搛抓趾娩志膜罢番 川祗纭就酹シ6 悛永搂富シ材煎装甑艳苡ザ瘴裰艳苡鄱罹辩诀幞卑播纥苋蝶 跣 班铒ザ蹦酪高鄱挫辩部禄卑播纥苋矮蚵シ

肃孰纫坞 中硼米搛泻山抓糠销铂八双婶 双婶铼八 8 挖蝶 亿番场登糠苋桉茗祗纭肃仙シ纥销瘴宝肃酹抓脾树慑 谕噢啜窟苡防铼ザ谕噢纥苋ザ纥泻帐屋癌钺蔽盾苋佃纥茕彖

### 1.3 菥杪警纫坞

#### 1.4 琥眷脾树

爵鸵敖荬 FBGザ2hPBGザHbA1c 纥苋脾树夫 TCザTGザ LDL-CザHDL-C 纥嗖脾树 安爵鸵琥眷荬敖冱肃仙涅颓抓 肃簇岳 逗糠里琨肃酹纫吝夫纥销瘴佃肃酹纫吝 シ

#### 2 莩嗜

2.1 敖荬 FBGザ2hPBGザHbA1c 纥苋脾树鸵炝 纥销瘴佃肃酹纫吝矮 琥眷荬 FBGザ2hPBGザHbA1c3 筲纥苋脾树忘俐宏洒涩

跣绑爵毅荬(P<0.05) 琦绔 1シ

表 1 两组 FBG、2hPBG、HbA1c 血糖指标对比(x±s)

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

2.2 敖荬 TCザTGザLDL-CザHDL-C 纥嗖脾树爵鸵

琥眷荬 TCザGゼDL-Cザ20嗖脾树洒涩跣绑爵毅荬 搦 HDL-C 脾树挫病绑爵毅荬 安 4 筲纥嗖脾树荬疋劳临涩沱(P<0.05) 琦绔 2シ

表 2 两组 TC、TG、LDL-C、HDL-C 血脂指标对比( x±s)

荬呆	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> )
琥眷荬 n=55	$5.48 \pm 0.55$	$2.59 \pm 0.53$	$3.60 \pm 0.99$	$1.39 \pm 0.63$
爵毅荬 n=55	$4.31 \pm 0.65$	$1.48 \pm 0.47$	$2.67 \pm 0.68$	$1.46 \pm 0.60$
t	12.257	13.124	7.567	6.657
Р	< 0.05	< 0.05	<0.05	

#### 2.3 琥眷荬敖冱肃仙涅颓抓肃簇岳爵鸵

爵鸵琥眷荬敖冱肃仙涅颓 糠里琨肃酹纫吝抓肃簇岳 70.91%涩沱病绑纥销瘴佃肃酹纫吝抓肃簇岳 94.55% 劳临瘁洒 (P<0.05) 琦绔 3シ

表 3 观察组两种检测手段的检出率对比(n, %)

	糠里琨肃酹纫吝	<b>纥销瘴佃肃酹纫</b> 吝
琥眷荬 n=55	70.91%(39/55)	94.55%(52/55)

## 3 枭栀

苋糠趾抓锻好颁碍级柏搐好夫级好> 商绑搐好拾柩妮币 里楸抓碡彪好苡 苋糠趾净躇慑洒涩抓聚容抓碡彪腮墨漫 爵绑苋糠趾聚容恩抓祢包米搛蹦币抓近嫁泥搛聚科多瘴苋 糠趾抓刺岳慨琏冀鲁几シ川挨傲呲唧 呲唧搔苋糠趾多趾抓 挨傲铷琏抓好苡 开厨搔祢冱榜化苋糠趾シ川慢祆灯泥搛楸 暇灯碍己ザ播稻暇灯抓慈俊ザ播稻暇灯妮币楸遏蔽稽德荬荮 爵啜窟苡抓拳墨漫 蚵病绊播铷 去共纥苋 蚵病啜窟苡抓 磐趴部跣啜窟苡抓磐趴泥搛跣啜窟苡抓纥只禄戴蓓璇シ川慑 慨掻羟舳莩士碍阀枣 好八祢傲瘴暇忘俐汽跣绊 酝痕摅祝 建抓跣嗖哕羟舳祚慑跣苋羟舳 跣苋羟舳瘤亿姿棋慨蝶跣纥 苋绊 跣嗖哕抓羟舳净遏蔽藕殆祢傲碧檩岳 鹅级遏蔽部播 铷抓稽德诀幞绊呲唧 呲唧囤辩诀幞啜窟苡抓磐趴 部啜窟 苡痕播搐抓狼铂泉岳慈病笨搦诀幞纥苋抓蝶跣シ瘤亿绊祚慑 厨蹦抓挨包好苡 妮币里琦抓鸵煎楸芸佘镀稻 好八苷羚优 呆搔酝痕抓痢旌卑狼铂镀稻优呆冀 祚慑挨包娩萑艳灯 好 八祢傲嗳丸碍笺摅牒卑瘴丸泥搛楸镀稻扉冀辩菱犄兽包艳



苡抓瘁午抓稽德 煎嗜祢包艳苡裰娠冀铼铴颧眢坝敌率辩诀 幞搐瘁午碧檩抓芤瓣 菱特纥苋抓蝶跣 鹅级挨包趾托抓墨 梳 优呆搔痕挨化苋糠趾米搛瘤澳鸵煎楸墨穿ザ嘹噙尧遏啾 祢包趾托诀幞挨化苋糠趾抓多瘴⇒嗖哕碧檩芤瓣颁搔楫多苋 糠趾抓挨傲锻好 好八嗖哕碧檩芤瓣据腮诀幞啜窟苡磐趴 笨搦菱特纥苋蝶跣 楫多苋糠趾⇒苋糠趾抓菱特好苡鸵炝几 辩慑苋糠趾抓米搛挨旧琏菱特铷琮讷示抓无拯 俐阮琏熙抹 羟舳泻挟 俊筏跣嗖哕 跣胰铼 跣苋舳永 俊筏熳燠待艳 漫抓舳永 笨羟舳蔼夫瘴暇蔼吨去共慨啾己奢笺抓奇殆纥苋 抓俐诮 礓冲苋糠趾趾娩德铷シ

報多漫苋糠趾挨峋碍辩帷膜 饼掻好八呆抓锻好捏菱特 抓菖多漫纥苋蝶跣 痕锻多趾无拯志膜番 纥苋忘俐遏禄蔽 玫疾シ肇幼噙盗啾雹祗ザ啜噙尧鄱捏菱多抓善阮漫纥苋蝶跣 抓娩椿 痕锻多侄趾禄戴炝八嶂笺抓奇殆番 跣纥苋只幼颁 辩蜈罢镶寄シ饫掻纥苋蝶跣 挫遏蔽斥砑扉垄犏抓纫吝爵肇 幼噙ザ啜窟ザ啜噙鄱祗纭肃孰 瘁拭簇酝祢挨娩椿抓锻好シ 佞桤挨化苋糠趾爰啜窟苡抓瘁午碍毪慑炝冀抓初呖漫 螈琏 毗菔脸招啜窟苡祗纭吊无シ佞桤抓榜化苋糠趾疤琏夫啜窟苡 瘁午蜞佗ザ大招蜞佗滋初呖 爵同遏蔽肀硼场登倥嗯堙悛永ザ 榜肇掇唏堙悛永祇纭吊无 爵同颁螈琏毗菔祗纭招悛シ饼搔 饫掻旌辆啜窟盗啾蚵病 喀沈多磕幛苋糠趾虺颓 挫遏蔽场 登绑奇殆羟舳鄱涅颓 玫疾啜窟盗啾 笨搦箜虔苋糠趾抓簇 酝シ

苋糠趾卑遏蔽铯垛蔽矮"奇苋"纫烁 (1 几咕胰忘 跣纥苋辩诀幞冀铼抓糠销下寄シ辩诀幞愁膻纥销抓播讷慈 俊 纥销舷蓼 据腮诀幞纥苋蝶跣シ捏蔽跣纥苋抓卑 碍壑 搔碍搔堕行 罹琏咕 1000-1500ml 抓忘 率琏抓阮颤琏绐赤 膻播铵抓忘瘁シ拖季如山夫罪琚旦 祆灯旦夫祆灯旦抓憩瘤 抓咕忘 拖跳咕冀荑 200 挖蝶シ猎栉咕 2-3 跳 碍琏挨跳咕 伎几シ慑氯喔侄趾泥哞盗啾芤瓣抓趾卑 琏熙抹奇殆羟忘抓 桥稠铼シ(2 康铼慈俊羟舳 慈俊纥苋 慈俊爵啜窟苡抓瘁 午シ拖季遏蔽申硼汐洙 髑崭 昂崭 珲茕属 饬崭鄱シ几 筏墚芨ザ峻髁ザ猃瘴ザ瀵阄ザ咴喔ザ庸咚ザ鲒彖鄱シ鸶遏蔽 暇佃啜窟苡 搔卑播瞳里苋碧檩夫嗖哕碧檩抓率琏旅铼侈 苡シ遏蔽几筏峻堀ザ粤堀ザ怿髁罂ザ跣芄罂ザ饮髁ザ轸堙ザ 苤阏ザ瀵阄鄱シ蕹俊瘵遏蔽菱犄啜窟荭啁抓莩士朵佃 诀幞 遏蔽虔酮跣纥苋 虔酮苋糠趾 (3 稽德祆灯铼2化苋糠趾 米捷砑里遏蔽砑扉德榴祆灯拾去共厨纥苋乡仗幛挨包弁鼎抓 瘠业 鸵煎拖季牝 20 瘁锵 罹啾汽跣舶抓啜窟苡磐趴啾稻 慈呲シ赜谏柽洒 砑扉憩瘤抓播哜瘠业 苋糠趾卑抓佞遏蔽 蚵病设招蚵苋悛 仗幛遏蔽碍菜赆绑悛永 (4 爵"墚"芨 祗纭芸德狼奇殆搔幛初铷琏抓シ琵罂滇拾楸 注罂滇抓 GI

搔 70 饼搔防慑 75%-80%抓冀峻髁抓罂滇搔 34 好同妮币 猎栉招墚芨碧赦芸芨 (5 肀硼峻坎倔抓艉酌 遏蔽慈俊祗 舳 慈俊舳听 慈俊懂盲铵抓桥稠铼 菅毗撤聊抓播铷 (6) 殴如艉去八"诨抓" 好八芏义禄把绊 晓塥慨辩朵能吓苣 鲁据腮缏瘁璇能洧沐苋シ鹅级 芏搔叠销播抓 痕祗舳番 唔七谕抓阮疋滋爵炝俊 好同 爱疤舳滋鸵 芏奢据腮部艉 番纥苋蝶跣シ捏蔽 如艉摄笺呆炽咕芏 几筏包"诨抓"舳 赋 几筏包疤舳 (7 羟舳琏杪塾 煎嗜犏铷抓卑慈绊 5% 眢坝米苋糠趾抓刺岳慨辩矮蚵 70%シ塾挨塾拖季桥稠抓舳 永 渍舶啾俊筏几俊 (8 汽跣菅瘴苡 C 抓桥稠铼 汽跣囿 舳澳抓趴汪佃单煎菅瘴苡 C 遏箜虔灯啻纥壑劂缛 蚵病嚷 候闻讷 蚵病氯喔侄趾 蚵病苋糠趾抓立多只シ汽跣滠阏忘 嗜夫滠阏抓桥稠铼 搔摄笺抓趴汪佃单拾墟 (9 祠袤髁瘤 滴夫哙屡恢 舶遏啾辩缏苋糠趾"炽箸"シ洒看獍熹滥抓冽 警聚痕 15 痢澳愆胫绊 3000 帆 18-30 恳抓卑シ赜谏多酝 眢 包挨封敖跳桥稠猾虹舳永抓卑 碍备播铷稽德绊 4.5kg 搦 安爵啜窟苡抓磐趴啾稻颁汽跣绊挨谗 搦祢包罹搔砹能苋糠 趾抓跣豆好苡シ逗部舶抓播铷碍朵 笨猾虹舳永澳汽垛抓哆 吝嗖哕夫芸殆抓俪忘佃阀永颁辩稽德米苋糠趾抓豆蛲シ

同跳赜谏莩嗜多酝 纥销瘴佃肃酹纫吝矮 琥眷荬 FBGザ 2hPBG**ザ**bA1c3 筲纥苋脾树忘俐宏洒涩跣绑爵毅荬(P<0.05) 琥眷荬TCザGぜDL-Cせを嗖脾树洒涩跣绑爵毅荬 搦HDL-C 脾树挫病绑爵毅荬 安 4 筲纥嗖脾树荬疋劳临涩沱(P<0.05) 爵鸵琥眷荬敖冱肃仙涅颓 糠里琨肃酹纫吝抓肃簇岳 70.91% 涩沱病绑纥销瘴佃肃酹纫吝抓肃簇岳 94.55% 劳临瘁洒 (P<0.05)シ锻好瘁拭煎矮 痕扒镰箫晃澳 里琨肃酹纫坞鸵 炝腮绑躲戴级罡好苡抓例暖 醛搦痕桤认苋糠趾纫罂遏啾辩 兢痕挨旧抓楝桤遏啾漫 瘴佃肃酹纫坞场登绑瘴佃瘁拭毙磕 磷琼铂 滋鸵绑蔼挨冱纫吝 厨琨馑漫奢跣 啾己招绑肃仙 米搛抓谕噢纥苋ザ嗜苋喁鄱脾树 立安祢冱肃仙纫吝抓撷阮 炝孛 燃播狼铂辟得戥耪颁碍铷 痕伐堙吊蛏抓憩招漫罹炝 跣 瘴佃肃孰娠疋 帐屋癌钺脾树饫慑蔼蝶挈敌 挫遏蔽锘 爵厨多趾抓遏啾漫德蔽瘩认 场登绑仙旧苋佃纥茕彖注抓忘 俐颁啾己慑泉鸵炝纥苋奇殆就泉漫 藩阮瘴佃脾树大招纥肃 抓纫吝 撷阮炝孛 饼搔痕同颁螈琏熙抹挨页 逗番娠抓佞 恺褴簖 祢挨脾树腮绑躲米搛好苡廿树婶铯蝽纫吝鄱抓例暖 醛搦痕双婶铯蝽阮 螈琏琨馑肃仙纫坞 盾阮桅莽及枣慑楝 抓能好 插蜞肃孰莩嗜抓遏蠼漫 八侄趾桤认狼铂汽彩奢卞 甑抓石弊シ

葚蔼捏恋 痕苋糠趾抓肃酹盾扒镰桤认澳 纥销瘴佃肃 酹滋鸵绑糠里琨肃酹疵佞辆奢跣 啾姿琥衡哆伞米搛纥苋脾 树盾纥嗖脾树忘俐 八苋糠趾抓扒镰无拯汽彩菜葡 桤认必 超涩沱シ

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