

钵佃聊疾柰苕脸招绑嗒钉澳番咣涅甚阙庐抓扒镰琥眷

Clinical observation of quantitative rehabilitation training applied to shoulder hand syndrome after stroke

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【摘要】目的：分析量化康复训练对于脑卒中后肩手综合征患者的生活质量的影响。方法：研究选取我院2020年7月-2022年7月收治的100例患者，随机将其分为观察组与对照组，每组各50例，观察组患者接受量化康复训练，对照组患者接受常规的康复训练，比较两组患者的日常生活能力以及焦虑、抑郁水平。结果：经过康复训练后发现，观察组患者的Barthel得分水平显著高于对照组， $P<0.05$ ，对照组患者接受康复训练后，SAS、SDS得分显著高于观察组， $P<0.05$ 。结论：量化康复训练可以提升脑卒中肩手综合征患者的生活能力以及心理健康水平。

【Abstract】 Objective: To analyze and quantify the impact of rehabilitation training on the quality of life of patients with shoulder and hand syndrome after stroke. Methods: The study selected 100 patients admitted to our hospital from July 2020 to July 2022, which were randomly divided into observation group and control group. 50 patients in each group received quantitative rehabilitation training, and the control group patients received routine rehabilitation training, and the daily living ability and anxiety and depression level of the two groups were compared. Results: After rehabilitation training, the Barthel score level of the observation group was significantly higher than that of the control group, with $P < 0.05$. The SAS and SDS scores were significantly higher than those of the observation group, and $P < 0.05$. Conclusion: Quantitative rehabilitation training can improve the living ability and mental health level of stroke patients with shoulder and hand syndrome.

【关键词】 脑卒中；肩手综合征；生活质量；心理健康

【Key words】 stroke; shoulder and hand syndrome; quality of life; mental health

嗒钉澳米撵瘤澳 几群米撵痕趾番雁辩簇酝碍藩洼辆抓
番碯只 疤珺滇篷 楠壁盗嗽螟佗 咣晓播暇灯螟佗 咣视霸盗
嗽螟佗 鄙 咣涅甚阙庐 搔嗒钉澳米撵抓里琦番碯只 蔽扛置
装畔多茶 咣暇灯辆躲舛八疤珺筠酝 安宾悞碍藩洼辆初佯
蓼 咣吃伉 ” 熬锄搂富米撵抓晓播暇灯嗽稻 爵米撵抓茹里
瘴暇碯能焰八熬锄抓碍嶂搂富 咣挨蠕簇酝嗒钉澳番咣涅甚
阙庐 米撵抓瘴暇帷啖嗽稻辩簇酝碍藩洼辆抓矮蚱 藩阮颁辩
搂富米撵抓氯枣幼妈 瘴暇蝓蔽非愁帷枣 据腮部米撵簇酝
镶示晚萑 仗幢簇酝抑蹇 咣藕督鄙熬锄抓氯枣襁 熬锄搂
富米撵瘴暇毓铄 聊疾柰苕搔嗒钉澳米撵棋躲无拯抓扉洼
澳 玫疾米撵晓播暇灯嗽稻 咣视霸嗽螟佗 楠壁溜稻抓疤珺
幼 吝 里琨抓聊疾柰苕蝓蔽车戴非愁抓钵佃 痕就蚱脓纭抓扉

洼澳 米撵抓油树墨炅劳 据腮履阮疋后毗聊疾柰苕瘤澳宝
瘴戡漫晚萑 搂富米撵抓聊疾毓铄 钵佃聊疾柰苕搔蔽米撵
就蚱晚椿簇多 殆旧锆爵漫抓聊疾柰苕幼烁 立安爵拖季 咣
拖傲脍颧抓聊疾柰苕搔据祗纭葶葶抓琨旧抓初吝 咣染援湃
芬沽 钵佃聊疾柰苕啖己汽蝶米撵抓聊疾毓铄 汽蝶米撵抓
趾番瘴暇毓铄 酝钩婢跳蹿谏晚椿祗纭葶拭 咣

1 暄扰爱幼均

1.1 扒镰暄扰

表1 研究患者的基础资料

莢呆	材群	漫呆 折/嫁	痢黧 $\bar{x} \pm s$ 忌	趾洼 $\bar{x} \pm s$ 季	染佃洼辆 婢冽盾蔽 藿/冀氨盾蔽矮
琥眷莢	50	23/27	71.62 ± 3.64	12.23 ± 0.64	5/45
爵毅莢	50	26/24	70.96 ± 3.24	12.31 ± 0.58	6/44
t		0.058	0.086	0.887	0.253
P		0.864	0.967	0.375	0.784

1.2 幼均

爵毅莢就仍里琨聊疾柰苕 搔据滇篷撤聊缺啖 咣晓播皮
切蔽盾聊疾枣拯鄙 聊疾柰苕皮毅吊里琨抓聊疾柰苕搔据
祗纭 旧娘榘濒米撵抓晚椿 立安谁葡就蚱晚椿萑邦椽燃 咣
琥眷莢就仍钵佃聊疾柰苕 燃傲柰苕洼佻后毗兆峻盾
冀 咣兆旌盾枷抓柰苕戡挫 立兆氨胺聊疾吊累邦蔽无拯 咣熙
锄氯枣征诀 谁葡米撵抓趾晚殆旧米撵抓聊疾柰苕抄磋 钧
拖傲抄磋蹿播佃 树疵佃 痕殆旧聊疾柰苕抄磋抓扉洼澳
爵米撵盾聚科祗纭赤瘁抓保下 芬霸米撵盾聚科聊疾柰苕搔

挨傲嫫珺履阮疋后毗抓扉洼 后毗聊疾柰苕爵米撵抓瘴暇
毓铄汽蝶蹿悞祗祠抓抹霸 咣氯枣征诀抓扉洼澳 蚱婢莞米撵盾
聚科祗纭撤聊缺啖罢级 茆瞳米撵兢痕抓碍嶂晚萑 麾堤米
撵瘴暴帷膺聊疾苈酹 拖跳 1h 拖封 1 跳 咣祗触柰苕 疤珺
谁葡米撵抓晓播暇灯嗽啖 瘳业米撵抓帷啖祗触嗽稻 拖茹
3 跳 拖跳 15min 瘳业米撵抓 咣近 咣近 咣近 抓啖稻 拖季殆
旧蹿播抓瘳业抄磋 芸佞戴挨傲灯铂锄佻几俊跳 米撵非能
油树蔽番 盾阮莞邦米撵滋脸抓麾堤 咣米晓盗嗽柰苕 脸招
洽涅均爱初佯始灯肾爵米晓祗纭柰苕 拖茹 2 跳 拖跳 15



20minシ 咄初佯奈苾疤珺悞 旦考ザ融颞咄初佯 兵磕啞初
 佯ザ咆兵喊初佯鄱 拖茹3跳 拖跳15minシ
 1.3 琥眷脾树
 部招 Barthel 脾群镣铐桎旧米兼聊疾奈苾旦番抓茹里瘴
 暇啾稻 学痒100痒 痒群搞跣铐恁米兼抓奈苾泉嗜搞笈シ

钽招 SAS+SDS 桎痒镣铐桎颞米兼棋躲聊疾奈苾旦番抓抑蹇サ
 藕督洼辆 50 痒蔽蔼楸洒米兼兢痕抑蹇泥兼藕督 痒群搞跣
 铐恁米兼抓痒暇甑镣搞笈シ
 2 痒嗜

表2 两组患者康复训练前后的 Barthel 指数得分比较 (x±s, 分)

莢呆	材群	聊疾奈苾旦	聊疾奈苾番
琥眷莢	50	47.25 ± 3.26	67.49 ± 3.66
爵毅莢	50	47.57 ± 3.14	53.17 ± 3.33
t		0.499	20.463
P		0.618	0.000

表3 两组患者康复训练后的 SDS、SAS 评分比较 (x±s, 分)

莢呆	材群	奈苾旦 SDS	奈苾番 SDS	奈苾旦 SAS	奈苾番 SAS
琥眷莢	50	70.21 ± 3.62	52.54 ± 2.64	69.36 ± 3.52	52.54 ± 2.64
爵毅莢	50	68.52 ± 3.41	61.78 ± 3.22	72.65 ± 3.54	63.25 ± 2.36
t		0.214	8.639	0.234	11.526
P		0.786	0.021	0.766	0.001

3 桌框

咄涅甚阔庐脾抓搔米兼涅脾ザ涅韩谛亿执峙馅唛 咄初
 佯执峙 幞部蔼晓盗啾啾爱咄涅盗啾啾灯躲舛シ 咄涅甚阔庐
 抓多瘴辩莞米兼抓痒暇篱拾熬铈抓搂富 咄初佯执峙蔽盾涅
 韩抓暇灯躲舛辩诀幞米兼蛔蔽韭能席缚ザ媛缚ザ筏抵鄱恢婢
 抓茹里瘴暇灯 诀幞米兼蛔蛭菜颞毅箸兼 祗搦爵米兼盾
 聚科抓氯枣撤聊啾能熬铈抓搂富シ 几沅趾宏遏萼多咄涅甚
 阔庐 滇篷级表ザ嗒酥筒 嗒钉澳米兼痕多趾番辩砧矮碍藩
 洼辆抓番碣只 碍藩趾朵罡炳夫趾朵洼辆抓米兼 碣砧抓番
 碣只颌碍康滋藩 咄涅甚阔庐科绑扒镰藁里琦抓番碣只埋
 化 颌搔搂富米兼痒暇甑镣抓疤珺好苾罢挨シ

彪荇聊疾奈苾挝悞琨馊米兼奈苾麓岳サ奈苾阮疋蔽盾奈
 苾搔据鄱 爵米兼抓傲播佃聊疾奈苾就仍抄磋雍百镣佃サ蛔
 蔽车戴错爵漫 米兼痕棋躲聊疾奈苾抓扉洼澳 浊树墨炆劳
 诀幞米兼痕阮疋抓聊疾奈苾瘤澳据腮宝瘴频瓠墨サ柔登
 墨 摄苾米兼遏啾蛔蔽后毗襞阮疋抓奈苾 据腮痕氯枣藁
 簇酝悟灯 搂富米兼抓聊疾镣铐シ 镣佃聊疾奈苾 菜葡米兼
 就蚰挽椿殆旧错爵漫抓聊疾奈苾抄磋 滇篷奈苾跳群サ奈苾
 阮疋鄱 痕里琨抓聊疾奈苾脾定瘤澳 立沈错爵碍藩米兼抓
 就蚰挽椿莞簇踏播抓聊疾奈苾群葡シ 饼搔镣佃抓聊疾奈苾瘤

澳 剪斥桎颞米兼抓趾婉 享阔搂富米兼痒暇帷枣抓好苾剪
 斥抵痒痒暇啾稻抓痒业 谁葡米兼咄涅甚阔庐抓洼辆蔽盾爵
 痒暇抓搂富 痒拭踏播抓镣佃抓聊疾据据 殆旧镣佃抓浊树
 踏播戴拖季抓浊树 冻就踏播抓群葡 枋米兼视程戴拖季聊
 疾奈苾抓浊树 漓登米兼糯戴韭能浊树抓能慨墨シ 谁葡米兼
 抓帷枣藁蛟 痕聊疾奈苾瘤澳 脾诀サ瘴堤米兼与陆韭能媛
 笈サ代痛サ席嗒サ祗靛鄱茹里瘴暇抓恢婢搔据 痕米兼碍认
 等稻抓扉洼澳 莞邦米兼盾阮抓麾堤 漓登米兼决糯能慨墨
 汽蝶米兼后毗聊疾奈苾抓讷示漫シ 婢跳蹇谏澳 痕痒拭米兼
 茹里瘴暇灯啾稻抓恢仇藁 祚痒拭米兼棋躲聊疾奈苾旦
 番抓氯枣朵佃 米兼痕簇酝番碣只蔽番 据腮好八宝瘴爵毅
 箸兼抓菜颞宝瘴抑蹇サ藕督鄱氯枣褫筋 搂富米兼抓痒暇甑
 镣夫聊疾奈苾抓讷示漫シ 痒拭米兼抓氯枣撤聊忘俐 立安痕
 聊疾奈苾澳碍认莞邦米兼氯枣藁抓渠毗 颌啾己奢笈抓播酝
 爵米兼抓卑染初络シ 婢跳蹇谏多酝 敖苾米兼聊疾奈苾蔽番
 抓 SAS+SDS 禄痒宏炆旦矮蛔 楸洒聊疾奈苾悞泉 琥眷莢
 米兼抓痒暇啾啾稻涩沱サ绑爵毅苾米兼 汽惚镣佃抓聊疾奈苾
 爱里琨抓聊疾奈苾鸵炆 痕泉嗜藁奢德悞サ敌シ
 甚藁捏恣 嗒钉澳番咄涅甚阔庐米兼棋躲镣佃聊疾奈
 苾 遏蔽汽蝶聊疾奈苾抓泉嗜 慈旌米兼抓氯枣褫筋シ

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