

粉尘螨滴剂舌下含服 治疗儿童变应性哮喘的疗效及其对患儿肺功能的影响

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【摘要】 目的 探讨舌下含服粉尘螨滴剂治疗儿童变应性哮喘的疗效及其对患儿肺功能的影响。方法 选取2012年3月至2013年3月在我院就诊的400例变应性哮喘儿童,按父母知情同意分为两组,其中观察组198例,对照组202例。观察组患儿予以粉尘螨滴剂舌下含服,并联合吸入性糖皮质激素治疗,对照组采用单纯吸入糖皮质激素的常规治疗,疗程均为2年。期间于3个月、6个月、12个月、24个月进行随访,期间比较两组患儿的肺功能变化及其临床治疗效果。结果 24个月治疗后,观察组的第一秒用力呼气容积FEV1(%)为127.67%,大于对照组的111.79%,观察组的呼气峰流速PEF(%)为117.38%,大于对照组的106.62%,两组比较差异均有统计学意义($P < 0.05$);观察组总有效率为94.05% (174/185),高于对照组的82.01% (155/189),两组比较差异有显著统计学意义($P < 0.01$)。结论 粉尘螨滴剂舌下含服联合吸入性糖皮质激素治疗能更有效地缓解喘息,控制哮喘,显著提高肺功能的FEV1和PEF指标,而且应用方便、安全性高,无严重的不良反应,值得在临床工作中推广应用。

【关键词】 粉尘螨滴剂;糖皮质激素;儿童;哮喘;肺功能;疗效

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Curative effect of sublingual administration of dermatophagoides farinae drops for children with allergic asthma and the influence on pulmonary function. ZENG Xia, CHEN Shi, LIAO Feng, FENG Xiao-wei, WANG Ling, WU Shao-jiao, XING Qiong-bo. Department of Pediatrics, Peoples' Hospital of Hainan Province, Haikou 570226, Hainan, CHINA

【Abstract】 Objective To observe the curative effect of dermatophagoides farinae drops for children with allergic asthma and the influence on pulmonary function. **Methods** Four hundred children with allergic asthma treated in our hospital from March 2012 to March 2013 were divided into two groups after consent from parents. The study group (198 cases) was treated with sublingual administration of dermatophagoides farinae drops and corticosteroids inhalation. The control group (202 cases) was treated with corticosteroids inhalation. The treatment course was 24 months. The patients were followed up 3, 6, 12, 24 months postoperatively, and the changes of pulmonary function and clinical curative effect were compared between the two groups. **Results** After 24 months of treatment, forced expiratory volume in one second [FEV1(%)] of the study group was significantly higher than that in the control group (127.67% vs 111.79%, $P < 0.05$), as well as peak expiratory flow PEF(%) (117.38% vs 106.62%, $P < 0.05$) and total effective rate [94.05% (174/185) vs 82.01% (155/189), $P < 0.01$]. **Conclusion** Treating children's asthma with dermatophagoides farinae drops and inhaled corticosteroids can relax breathing and control asthma symptom, and significantly improve the FEV1, PEF indexes of pulmonary function. The treatment is convenient and safe, with less serious adverse reactions. It is worth popularization in the clinical practice.

【Key words】 Dermatophagoides farinae drops; Glucocorticoid; Children; Asthma; Pulmonary function; Curative effect

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