

太极心康方案对冠心病患者生活质量的影响：

一项随机对照临床研究

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摘要: **目的:** 探讨太极心康方案对冠心病患者生活质量的影响, 为提出心脏康复运动处方体系的“中国方案”提供科学依据。**方法:** 采用多中心、随机对照实验研究方案, 运用组别 × 时间的混合实验设计。共招募冠心病患者 56 例, 按照 1:1 比例随机分为两组, 每组各 28 例, 实验组采取太极心康方案干预; 对照组采取常规运动康复方案干预, 两组患者均给予药物治疗。干预周期共计 11 个月, 其中包括 2 个月的院内康复与 9 个月的居家康复。数据分析采用 SPSS21.0 统计软件, 不同时间节点指标比较采用重复测量方差分析。本研究以生活质量 (SF-36) 作为主要结局指标。**结果:** ①经检验, 两组被试在一般人口学信息、患病情况及基础用药等方面无显著性差异, $P > 0.05$, 说明基线水平均衡具有可比性。②组内比较: 太极心康方案干预后生活质量总分 (Totl) 提高 88.00, $P < 0.01$, 生理健康 (PHC) 层面提高 33.11, $P < 0.05$, 心理健康 (MHC) 层面提高 63.770, $P < 0.01$, 其中生理职能 (RP)、一般健康状况 (GH)、社会功能 (SF) 以及情感职能 (RE) 显著性提高, 且具有远期疗效, $P < 0.01$ 。③组间比较, 干预后太极心康方案在 RE 维度及 MHC 层面显著性高于常规运动康复方案, 且具有远期疗效, $P < 0.05$ 。两组患者均未出现不良反应及不良事件。**结论:** 太极心康方案在提高冠心病患者生活质量方面取得了显著性疗效。两种运动康复方案均具有较高的安全性, 但太极心康方案的运动依从性相对较高。建议今后可将太极心康方案更多地应用于临床实践中, 不断完善心脏康复运动处方体系, 为国际心脏康复发展贡献“中国智慧”。**关键词:** 太极心康方案; 冠心病; 心脏康复; 生活质量; 中国方案

Effect of Tai Chi cardiac rehabilitation programme on Quality of Life in Patients with Coronary Heart Disease : A Randomized Controlled Clinical Study

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Abstract: Objective: To explore the effect of Tai Chi cardiac rehabilitation programme on the

quality of life of patients with coronary heart disease, and to provide a scientific basis for the ' Chinese program ' of cardiac rehabilitation exercise prescription system. **Methods:** A multi-center, randomized controlled experimental study was conducted using a group \times time mixed experimental design. A total of 56 patients with coronary heart disease were recruited and randomly divided into two groups according to the ratio of 1 : 1, with 28 cases in each group. The experimental group was treated with Tai Chi cardiac rehabilitation programme. The control group was treated with routine exercise rehabilitation program, and both groups were given drug treatment. The intervention period was 11 months, including 2 months of in-hospital rehabilitation and 9 months of home rehabilitation. SPSS21.0 statistical software was used for data analysis, and repeated measures analysis of variance was used for comparison of indicators at different time nodes. In this study, quality of life (SF-36) was used as the main outcome index. **Results:** 1 After testing, there was no significant difference between the two groups in terms of general demographic information, prevalence and basic medication, $P > 0.05$, indicating that the baseline level was balanced and comparable. 2.Comparison within the group : the total score of quality of life (Tol) increased by 88.00, $P < 0.01$, the physical health (PHC) level increased by 33.11, $P < 0.05$, and the mental health (MHC) level increased by 63.770, $P < 0.01$ after the intervention of Tai Chi cardiac rehabilitation programme. Among them, the role-physical (RP), general health (GH), social function (SF) and role-emotional (RE) were significantly improved, and had long-term efficacy, $P < 0.01$. 3.Comparison between groups, after the intervention, the Tai Chi cardiac rehabilitation programme was significantly higher than the conventional exercise rehabilitation program in the RE dimension and MHC level, and had a long-term effect, $P < 0.05$. There were no adverse reactions and adverse events in the two groups. **Conclusion:** Tai Chi Xin Kang program has achieved significant efficacy in improving the quality of life of patients with coronary heart disease. The two kinds of exercise rehabilitation programs have high safety, but the exercise compliance of Tai Chi cardiac rehabilitation programme is relatively high. It is suggested that the Tai Chi cardiac rehabilitation programme can be more applied to clinical practice in the future, and the exercise prescription system of cardiac rehabilitation can be continuously improved to contribute ' Chinese wisdom ' to the development of international cardiac rehabilitation.

Key words: Tai Chi cardiac rehabilitation programme ; coronary heart disease ; cardiac rehabilitation ; quality of life ; china scheme