

耳穴贴压治疗老年失眠患者的研究进展

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摘要: 睡眠障碍是影响老年患者生活质量的常见疾病。本研究就近年来耳穴贴压在老年失眠患者中的临床研究进行归纳,对老年失眠患者的耳穴贴压疗法进行概述,旨在为临床治疗老年失眠患者提供思路及参考。

关键词: 耳穴贴压; 老年患者; 失眠; 中医; 艾灸

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Research progress of auricular acupoint sticking in the treatment of insomnia in the elderly

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ABSTRACT: In this paper, the application of auricular acupoint sticking in elderly patients with insomnia in the past 5 years was reviewed, for better understanding the status quo of auricular acupoint sticking in the treatment of insomnia in the elderly. The application of auricular acupoint sticking therapy was summarized, in order to provide some ideas and reference for elderly patients with insomnia in clinical application.

KEY WORDS: auricular acupoint pressing; elderly patients; insomnia; Traditional Chinese Medicine; moxibustion

睡眠障碍是影响人们生活和工作的常见疾病。据有关研究报道,美国约34%的成年人存在睡眠不足^[1-2],半数老年人出现睡眠障碍,即使在没有疾病的情况下,睡眠不适也会随着年龄的增长而增加^[3]。我国60岁以上的人群中,睡眠障碍发生率高达47%,高于其他年龄段人群^[4]。老年慢性失眠不仅影响其白天的生活质量和活动能力,而且会导致其记忆力下降,躯体功能受损以及精神状态不佳等问题,甚至可以诱发高血压、糖尿病、肾功能衰竭、呼吸系统疾病如哮喘等疾病,老年人的生理和精神健康深受困扰^[5]。因此,改善

老年性失眠症已成为医学界亟待解决的问题之一。近年来,耳穴贴压以其独特的疗效而被广泛应用于临床^[6-9],且取得了良好的效果。本文通过对近5年耳穴贴压在老年失眠患者中的临床研究进行归纳,对老年失眠患者的耳穴贴压疗法进行概述,旨在为临床治疗老年失眠患者提供思路及参考。

1 耳穴贴压

耳穴贴压是指用药籽、谷类或磁珠等固定于胶布上,贴于穴位,通过按压刺激耳穴,达到通经

活络、调节脏腑、治疗疾病的方法^[10-11]。临床上可选用双耳治疗,也可选用单侧耳穴贴压^[12-14]。操作方法:用碳棒寻找阳性反应点,酒精消毒以后进行耳穴贴压,嘱患者每天按压3~5次,30s/次,双耳交替贴压,2次/周^[15]。

2 作用机制

失眠的发生受多种机制的影响,如过度觉醒机制、相关脑区及神经递质机制、神经-内分泌-免疫机制^[16],其中过度觉醒是失眠的主要表现^[17]。李莉等^[18]将80例心脾两虚型不寐患者分为观察组和对照组,对照组接受耳穴排籽结合对压治疗,观察组接受中药汤剂治疗,检测患者睡眠结构的变化,结果显示对照组睡眠效率高于观察组,耳穴排籽结合对压治疗可以有效减少患者睡眠觉醒次数、延长睡眠时间。李英等^[19]将103例失眠患者分为观察组和对照组,分别给予柴胡加龙骨牡蛎汤联合耳穴压豆治疗和艾司唑仑片口服,对照组和观察组匹兹堡睡眠质量指数均降低,观察组睡眠质量的改善明显好于对照组,柴胡加龙骨牡蛎汤联合耳穴压豆可以使患者睡眠质量提升,同时可提高5-HT及DA水平。

3 临床运用

3.1 单纯耳穴贴压治疗

耳穴贴压作为中医特色护理疗法之一,具有操作简单,安全性高,不良反应少等优点,老年群体易于接受^[20]。李璇等^[21]发现耳穴贴压是治疗老年艾滋病患者的有效方法,能有效改善患者的睡眠质量,提高生活质量,且无不良事件及死亡发生,说明耳穴贴压安全性良好。另一项研究^[22]也认为耳穴贴压治疗老年失眠患者疗效显著,不仅见效快、痛苦小,而且容易被患者所接受。刘学恩等^[23]进一步探讨不同频次耳穴贴压治疗老年失眠患者的临床疗效,结果发现不同频次耳穴贴压治疗老年失眠患者并无明显差异。除此之外,有研究^[24]根据子午流注理论,在常规耳穴贴压的基础上,嘱心脾两虚型老年失眠患者择时按压,取得了良好的疗效,体现了中医“天、地、人”一体的整体观念以及辨证论治的诊疗特点,是中医天人合一思想的发展。

3.2 针刺疗法联合耳穴贴压

老年人作为人群中的弱势群体,随着年龄的持续增加,身体组织器官逐渐衰老退化,不但是各种慢性病的高危人群,还容易发生跌倒和骨折,从

而产生不良情绪,严重影响老年人睡眠及生活质量。王果等^[25]研究将120例老年骨折术前失眠患者均分为对照组和治疗组,两组患者均在常规治疗和护理的基础上施加耳穴贴压,治疗组在此基础上增加杵针治疗,结果发现耳穴贴压联合杵针治疗老年骨折患者术前失眠疗效显著。卜林凌等^[26]认为耳穴贴压结合头针治疗老年高血压失眠症患者疗效确切,通过联合治疗,对老年高血压失眠症有良好的疗效,同时还能降低患者的收缩压及舒张压。

3.3 穴位敷贴联合耳穴贴压

朱玲玲^[27]观察耳穴贴压结合肉桂粉敷贴涌泉穴对老年人失眠的临床疗效,经分析发现,通过联合治疗,老年失眠患者疗效更加显著,不仅患者的睡眠质量得到了有效提升,还进一步提高了患者的生活质量,但联合治疗的短期疗效与单独治疗的短期疗效无明显不同。赵洁^[28]采用耳穴贴压联合穴位贴敷治疗老年不同证型不寐患者,显著改善了老年不寐患者的临床症状,并有效缓解其焦虑抑郁情绪,同时,患者的生活质量也得到了显著的提升。另一项研究^[29]也指出采用耳穴贴压联合中药穴位贴敷治疗老年不同证型不寐患者,同样取得了很好的疗效。陈雍慧^[30]进一步指出耳穴贴压与中药穴位贴敷联合治疗老年高血压失眠患者疗效显著,与对照组(佐匹克隆)相比,二者联合治疗对于老年高血压失眠的效果更好,并能改善其焦虑抑郁情绪^[31]。此外,王文岩^[32]也发现耳穴贴压配合中药穴位敷贴可提高老年高血压患者睡眠质量,且对收缩压和舒张压也有一定的调节作用。

3.4 艾灸联合耳穴贴压

研究^[33]认为,耳穴压豆和艾条灸联合治疗老年冠心病虚证失眠患者疗效显著,方法简单,无毒副作用,不但能有效提升老年患者睡眠质量,还能明显提高患者的满意度。郭海珠^[34]研究发现耳穴贴压联合涌泉穴艾灸治疗老年虚证失眠患者疗效确切,值得临床推广。唐志芳等^[35]观察耳穴贴压联合雷火灸对于老年心脾两虚型失眠患者的疗效,发现在子午流注理论的基础上,给予耳穴贴压和雷火灸治疗,与对照组(阿普唑仑)相比发现,联合治疗疗效更佳,能够较好地改善患者睡眠质量,且焦虑症状也有明显减轻。另一项研究^[36]在实施耳穴贴压和雷火灸的基础上,联合饮食调护和情志调养,发现联合治疗能有效改善老年心脾两虚型失眠患者的临床症状。王晓宇等^[37]进一步指出葫芦灸联合配合耳穴贴压治疗对老

年心脾两虚型失眠患者疗效确切,且明显减轻患者心脾两虚症状,同时,还能减少右佐匹克隆用量以及避免副作用。

3.5 其他疗法联合耳穴贴压

庞万华等^[38]采用加味四生饮联合耳穴贴压对老年失眠患者进行干预,与对照组(艾司唑仑)做对比,结果显示联合治疗疗效明显,且不易引起药物依赖性,不良反应小。周学平等^[39]认为用血府逐瘀汤联合耳穴埋豆治疗老年失眠可有效改善患者的失眠症状且操作简单,值得推广运用。鲍蔚敏等^[40]进一步研究,在放松训练和口服佐匹克隆的基础上再增加耳穴贴压,结果显示,三者联合治疗能有效降低老年人对药物的依赖性,更好地提高老年人睡眠质量、进而改善其睡眠效率。此外,耳穴贴压配合情志护理可有效提升老年失眠患者的睡眠质量和生存质量^[13-41]。另外,陈海燕等^[42]认为虚拟认知训练配合耳穴贴压对于老年失眠患者疗效确切,老年患者的睡眠障碍情况得到有效的改善,而且减轻了老年患者的焦虑、抑郁情绪。另一项研究^[43]指出,耳穴贴压配合压力接种训练对于老年糖尿病失眠患者疗效确切,不仅可以促进老年糖尿病患者睡眠质量提升,还可以降低其不良情绪。雷金娣等^[14]发现耳穴贴压联合佐匹克隆可以明显改善老年糖尿病失眠患者的睡眠质量,且对其急躁易怒、腰膝酸软、头晕目眩、口干口苦等症状也有一定疗效。除此之外,耳穴贴压联合肢体功能训练^[44]、五音疗法^[45]、膳食护理^[46]以及脑功能治疗仪^[47]也取得了很好的疗效。

5 小结

目前临床有关耳穴贴压在老年失眠患者中的应用方法较多,而且大多为联合应用,具有明显的优势和发展前景,但仍存有一定的局限性:①贴压介质单一,临床多采用王不留行籽进行耳穴贴压,但不同贴压介质是否达到相同的疗效尚不明确。②研究尚缺乏大样本、多中心、随机对照试验,且大多数是采用主观指标来评定睡眠质量是否好转,缺乏客观评价依据。③耳穴贴压的操作过程中,缺少标准的、公认的操作流程,以及操作前评估、操作后注意事项及处理等方法内容。④在基础研究方面,对耳穴贴压治疗老年失眠的机理和临床作用机制研究较少,有待进一步的实验研究。今后,研究者们应开展多中心、大样本随机对照试验以增加循证医学证据,鼓励医护人员从耳穴贴压的介质、治疗失眠的机理和临床作用机制等开展基础研究,从而为未来耳穴贴压在

老年失眠治疗中的应用提供更加科学和强有力的依据。

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