

## 针灸推拿

刺络拔罐联合背部刮痧治疗急性期痛风性关节炎的临床研究<sup>\*</sup>卢丽琼 吴容芳<sup>\*\*</sup> 麦燕清 卢敏然

(广东省中西医结合医院, 广东 佛山 528200)

**摘要:**目的 观察刺络拔罐联合背部刮痧对湿热夹瘀证急性期痛风性关节炎的治疗效果。方法 采用随机同期对照的设计方案,选取我院风湿科 2019 年 1 月~2020 年 2 月符合急性痛风性关节炎诊断标准的 80 例住院患者,随机分为治疗组与对照组,每组 40 例。两组均予常规药物干预治疗及护理,在此基础上治疗组再予疼痛关节刺络拔罐及背部刮痧治疗,对比观察两组的治疗效果。结果 治疗组的关节症状改善、治疗有效率明显优于对照组,差异具有统计学意义( $P < 0.05$ )。结论 刺络拔罐联合背部刮痧对急性期痛风性关节炎,疗效快速明显,安全性高、无毒副作用,值得临床推广应用。

**关键词:**刺络拔罐;背部刮痧;急性期;痛风性关节炎

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## A Clinical Study of Collaterals Puncture and Cupping Combined with Back Scraping in the Treatment of Acute Gouty Arthritis

Lu Liqiong, Wu Rongfang, Mai Yanqing, Lu Minran

(Guangdong Hospital of Integrated Traditional Chinese and Western Medicine, Foshan Guangdong, 528200)

**Abstract:** **Objective** To observe the therapeutic effect of collaterals puncture and cupping combined with cack scraping in the treatment of acute gouty arthritis associated with damp-heat stasis. **Methods** A randomized concurrent control design was adopted to randomly divide 80 inpatients who met the diagnostic criteria of acute gouty arthritis in rheumatology department of our hospital ranging from January 2019 to February 2020 into treatment group and control group, each with 40 cases. Both groups were treated with conventional drug intervention and nursing, based on which the treatment group was given painful joint puncturing and cupping as well as back scraping. Then the treatment effects of the two groups were compared and observed. **Results** The joint symptoms of the treatment group were improved and the effective rate of treatment was significantly better than that of the control group, the difference was statistically significant ( $P < 0.05$ ). **Conclusion** The combination of collaterals puncture and cupping combined with back scraping for acute gouty arthritis has an immediate and obvious effect, safe and without toxic side effects, thereby it is worthy of clinical application.

**Keywords:** collaterals puncture and cupping; back scraping; acute phase; gouty arthritis

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\*\* 通讯作者:吴容芳,主管护师。E-mail:doudou405200450@qq.com