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· 个 案 ·

高龄老人突发血管迷走性晕厥 1 例

周小青

[关键词] 血管迷走性晕厥; 高龄
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1 病例报告

患者男, 90 岁, 因在参加户外集体活动后用餐时突发心悸、头晕、出汗、面色苍白、黑蒙、四肢发凉等症状。查体: 血压 80/50 mmHg、心率 58 次/min, 律齐。当即给予平卧位, 松开衣领、裤带, 吸氧 2 L/min; 约 4 min 患者症状缓解。患者既往有高血压病史多年, 无心脏病、糖尿病史。发病前未服任何药物。就诊后心电图示: I 度房室传导阻滞, 考虑血管迷走性晕厥。经卧床休息后未再发作, 医嘱予回家休息。

2 讨论

血管迷走性晕厥 (VVS) 是指各种刺激通过迷走神经传导反射, 导致内脏和肌肉小血管扩张以及心率减慢, 造成血

压降低, 脑部低灌注而缺氧晕厥。表现为动脉低血压, 伴有短暂的意识丧失亦能自行恢复, 而无神经定位体征的一种综合征。多诱发于情绪激动、过度疲劳、精神刺激等之后。据文献报道^[1], VVS 占急诊晕厥患者 41% ~ 66%, 其中老年性的 VVS 发病率为 6% ~ 10%, 且年龄越大发病率越高。目前对 VVS 的诊断基于临床表现, 而无直接、简便、准确的相关辅助方法, 一般认为预后良好, 临床治疗重点以预防为主。体会: VVS 发生在高龄人群中有较大潜在危险, 对此类患者应加强预防和生活照料^[2], 避免情绪激动和劳累等诱因的发生, 从而减少不良事件的发生。

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