

ОЦЕНКА РИСКА ПАДЕНИЙ ЖЕНЩИН С ПОСТМЕНОПАУЗАЛЬНЫМ ОСТЕОПОРОЗОМ, ПОЛУЧАЮЩИХ АЛЬФАКАЛЬЦИДОЛ

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Целью исследования явилась оценка влияния приемов альфакальцидола на риск падений в условиях реальной клинической практики.

Материалы и методы. В проспективное когортное исследование на условиях добровольного согласия были включены 46 женщин в постменопаузе в возрасте от 52 до 78 лет, имеющие факторы риска падений, низкую минеральную плотность кости, скорость клубочковой фильтрации от 65 до 30 мл/мин, не получавших ранее препаратов кальция, витамина D, антирезорбтивных средств. Все участницы исследования получили рецепты на альфакальцидол в дозе 1 мкг в сутки, а также рекомендации по модификации образа жизни, питания, стереотипа движений и лечебной физкультуре согласно «Клиническим рекомендациям РАОП», и прошли обучение в «Школе остеопороза». Оценку индивидуального риска падений проводили с помощью «Ватерно теста» по оценке физической функции (Guralnik et al., 1994).

Результаты. В 28 случаях compliance в течение 12 месяцев составил 88% и выше (группа 1), у 18 женщин compliance составил ниже 88% (группа 2). Еще 3 женщины выбыли из исследования. За 12 месяцев наблюдений в когорте не было новых переломов и падений. Статистически значимое улучшение параметров физической функции отмечено только в группе 1, в группе 2 – значимого улучшения не было.

Заключение. В группе высокого риска падений и переломов статистически значимые позитивные изменения в способности к сохранению равновесия и статике и при ходьбе отмечены только у женщин, приемистость которых альфакальцидола в течение 12 месяцев была выше 88%.



Наблюдающееся увеличение продолжительности жизни приводит к увеличению доли пожилых людей в современном обществе. Для лиц старшего возраста характерно экспоненциальное увеличение частоты остеопороза (ОП) [8]. Однако низкая минеральная плотность кости (МПК) и достаточно подробно описанные в последние годы изменения архитектоники костной ткани, являются факторами, но не единственными детерминантами повышенного риска переломов [2]. Реализация высокого риска в виде перелома наступает, прежде всего, при падениях, частота которых также растет экспоненциально с увеличением возраста [6]. Ежегодно падает каждый третий человек в возрасте 65 лет и старше, а в группе старше 90 лет ежедневная частота падений доходит до 60%. Переломом заканчиваются 1–5% падений у пожилых. Последствия падений настолько серьезны, что один только страх упасть приводит у людей старших возрастных групп к самоограничению физической активности и социальных контактов [2, 5].

Для снижения риска падений у больных постменопаузальным остеопорозом, а также связанных с ними переломами позвоночника и периферических костей (кроме проксимального отдела бедренной кости) в ряде рандомизированных испытаний была показана эффективность активного метаболизма витамина D альфакальцидола [1]. Однако результаты клинических испытаний не всегда совпадают с таковыми в последующей клинической практике [12].

Целью настоящего исследования явилась оценка влияния приемистости альфакальцидола на риск падений в условиях реальной клинической практики.

МАТЕРИАЛЫ И МЕТОДЫ

В проспективное когортное исследование на условиях добровольного согласия были включены 46 женщин в постменопаузе в возрасте от 52 до 78 лет (средняя возраст 61 год). Критериями включения считали женский пол, отсутствие менструаций в течение 12 месяцев и более, информированное согласие пациентки, наличие факторов риска ОП и падений, низкую минеральную плотность кости (МПК) дистального отдела предплечья, скорость клубочковой фильтрации от 65 до 30 мл/мин. Критериями исключения считали наличие ОП, скорость клубочковой фильтрации ниже 30 мл/мин, прием препаратов кальция и витамина D, а также антирезорбтивных препаратов как минимум в течение 12 месяцев до включения в исследование, а также перенесенные переломы дистального отдела предплечья с обеих сторон.

Все участницы исследования получали альфакальцидол в дозе 1 мкг в сутки, а также рекомендации по модификации образа жизни, питания, стереотипа движений и лечебной физкультуре согласно «Клиническим рекомендациям РАОП», и прошли обучение в «Школе остеопороза» [4, 8].

Проводили унифицированный сбор жалоб и анамнеза, измерение роста, массы тела, рассчитывали индекс массы тела (ИМТ – масса тела/рост²). Все участницы исследования заполнили анкету «Национальной программы изучения факторов риска ОП», в которой учитывались: возраст, образование, семейное положение, сопутствующие заболевания, длительный прием лекарственных препаратов, количество переломов в анамнезе, гинекологический анамнез, профессиональные данные, частота употребления молочных продуктов, алкогольных напитков, курение, пассивное курение. Кроме того, учитывали приемистость и правильность приема альфакальцидола методом подсчета использованных капсул медицинским работником, не участвовавшим в цели исследования. Диагностику остеопороза МПК дистального отдела предплечья проводили с помощью рентгеновской абсорбциометрии на аппарате «DX 2000». Оценку МПК проводили согласно рекомендациям ВОЗ [8]. Скорость клубочковой фильтрации рассчитывали по уровню креатинина сыворотки по общепринятой формуле [10].

Оценку индивидуального риска падения проводил медицинский работник, не осведомленный о целях исследования, с помощью тестов по оценке физической функции, включающих тест вставания со стула, тест «встань и иди», tandem-тест в покое и tandem-тест при ходьбе. Используемые тесты были разработаны и валидизированы для оценки и прогнозирования риска падений в группах повышенного риска [14, 15].

Тест «Вставание со стула» (Chair rising test). Обследуемый, стоя свободно со сложенными в груди руками, 5 раз встает и садится на стул высотой не более 46 см. Риск падений повышен у лиц, выполняющих тест вставания со стула в течение 10 сек и более или не способных его выполнить.

Тест «Встань и иди» (Up and Go). Обследуемый садится на стул стандартной высоты (не более 46 см). Фокусируется время, за которое обследуемый способен без посторонней помощи подняться со стула, пройти 3 метра вперед, вернуться назад и сесть на стул. Риск падений повышен у выполняющих тест в течение 10 сек и более или не способных его выполнить.

«Тандем» тест для оценки способности к сохранению равновесия в покое. Выполняется стоя с открытыми глазами. Пациент

Otsenka Riska I Tarifnoe Obespechenie Strakhovaniia Budushchego Urozhaia

Thomas Griffiths



Otsenka Riska I Tarifnoe Obespechenie Strakhovaniia Budushchego Urozhaia:

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