

中国疗养医学

CHINESE JOURNAL OF CONVALESCENT MEDICINE

月刊 1992年创刊 2026年 第35卷 第2期

主管单位

中华人民共和国应急管理部

主办单位

应急管理部北戴河康复院

出版单位

《中国疗养医学》编辑部

066104, 河北省秦皇岛市北戴河区保二路26号

电话:0335-7817797

社长

赵朝阳

副社长

陈刚

主编

丛乃霞

编辑

《中国疗养医学》杂志编辑委员会

066104, 河北省秦皇岛市北戴河区保二路26号

电话:0335-7817797

E-mail:zglyyx@126.com

https://www.zglyyx.com

印刷单位

秦皇岛环宝印刷有限公司

发行范围

公开发行

发行单位

秦皇岛市邮政局

出版日期:2026年2月28日

邮发代号:18-246

定价

每期32.00元,全年384.00元

中国标准连续出版物号

ISSN 1005-619X

CN 13-1332/R

本刊所发表作品仅为作者观点,并不代表编委会和编辑部意见,如有印装质量问题请向本刊发行部调换。

目次

论著

- 悬浮灸联合六神丸耳穴贴压对湿热瘀阻型噪声性耳鸣的随机对照临床研究
.....刘杰,赵联伟,李同华,于孟娜,刘旭,俞琳琳(1)
- 飞行人员代谢指标与代谢相关脂肪性肝病的相关性研究
.....林晨越,范茂丹,付彬,张凯杰,高筱雅,周磊(6)
- 老年慢性阻塞性肺疾病患者运动自我效能与运动恐惧的关系:焦虑和抑郁的链式中介作用
.....王子璇,段然然,霍菲,杨云皓,张雷(11)
- 基于CiteSpace的脑卒中护理近十年研究热点和趋势分析
.....魏坛芳,谢佳瑜,肖霞萍,王建秀,钱鲜鲜,付仲霞(15)
- 自体动静脉内痿患者术后上肢功能锻炼需求调查分析
.....刘心雨,柏晓玲,杨芳,栗欢,杨曾楨,侯玉婷(20)

专题研究·医养结合

- 上海市浦东新区老年人医养结合服务需求调查研究
.....李华章,张鞠华(24)
- 多维度协同视角下医养结合机构运营的实践困境与发展方向研究
.....彭韵秋,周鑫鑫,章艳花,代红英(29)
- 社区居家失能老年人照护未满足需求的现状及整合照护模式构建研究
.....程春燕(34)

专题研究·康复治疗

- 温针灸联合小针刀对膝关节骨性关节炎患者膝关节功能及炎性因子的影响
.....项张义,刘道利(39)
- 数字化营养管理模式在老年晚期肺癌恶病质患者中的临床应用
.....冯长艳,余慧青,杨鸿,黄清卿(44)
- 基于脊柱力学平衡机制的运动控制训练对腰椎间盘突出症术后患者腰椎生物力学的影响
.....韩利利,王义娟,牛瑞芳(48)
- 腕踝针联合中药热奄包干预对手外伤患者术后疼痛及功能恢复进程的影响
.....李翠萍,黄慧芳(52)
- 有氧运动联合稳心颗粒对心房颤动患者心功能的影响
.....陈星,韩丽婷,赵丹莉,袁丽霞,马佳(57)
- McKenzie疗法联合神经动力学手法治疗神经根型颈椎病的效果分析
.....赵健乔,范红丽,寇晶晶,艾双春(61)

专题研究·特勤疗养

- 不同类别特勤人员免疫功能状态的调查研究·····董念,秦玲莉,安俊,吕慎军,任杭,张卫民(65)
- 森林疗养在军队飞行员疗养中的应用研究:以汤山温泉疗养院为例·····童同,舒航,马慧,孙振(68)

综述

- 迷走神经刺激术在脑卒中康复治疗中的研究进展·····徐聪,陈斌,刘晴晴,林万庆(72)
- 中医特色技术干预卒中后情感障碍的研究进展·····旷玲玉,杨娇娇,刘佳露,符海涛(77)
- 团体心理训练联合虚拟现实技术干预焦虑情绪的研究进展·····何文聪,张亮,武斌,邓扬,费英俊(82)
- 功能性筛查在军队人员体能素质训练中的研究进展·····马冬梅,张晓臣,刘美含,王健霖,王冬(86)
- 神经动力学视域下的《黄帝内经》五体理论解读·····王丹,常浩,张铁军,吴国程,张海湃,刘欣(90)
- 睑板腺功能障碍的临床与基础研究进展·····唐绍倩,陈胜(95)

临床研究

- 老年重症肺炎合并呼吸衰竭患者营养指标水平纵向分析及与预后的相关性
·····王芳,陈珊,黄凯,吴炜,魏风娣(100)
- Endobutton带袢钛板与螺钉固定治疗下胫腓联合韧带损伤的疗效比较
·····王琼超,陈宏峰,姚佳乐,李真,李晓奇,陈贝贝(104)
- 双相情感障碍患者血清TSH、TBIL、FT4水平的变化趋势分析及临床意义·····张星星(108)

Competent Organization

Ministry of Emergency Management of
the People's Republic of China

Sponsor

Beidaihe Sanatorium of the Ministry
of Emergency Management

Publishing

Editorial department of Chinese
Journal of Convalescent Medicine
26, Bao Er Road Seashore Beidaihe,
Qinhuangdao (066104)
Tel: 0335-7817797

President

ZHAO Chaoyang

Deputy President

CHEN Gang

Editor-in-Chief

CONG Naixia

Editing

Editorial Board of Chinese Journal of
Convalescent Medicine
26, Bao Er Road Seashore Beidaihe,
Qinhuangdao (066104)
Tel: 0335-7817797
E-mail: zglyyx@126.com
<https://www.zglyyx.com>

Printing

Qinhuangdao Huanbao Printing Co.,
Ltd.

Publishing Mode

Open

Distributor

Post Office of Qinhuangdao

Publication Date: February 28, 2026

Mail Code: 18-246

Price

32.00¥/issue, 384.00¥/year

CSSN

ISSN 1005-619X

CN 13-1332/R

CONTENTS IN BRIEF

Treatise

- Randomized Controlled Clinical Study on the Effects of Suspension Moxibustion Combined with Liushenwan Pill Ear Acupoint Pressing for Noise-Induced Tinnitus with Dampness-Heat and Stasis Obstruction Syndrome
..... *LIU Jie, ZHAO Lianwei, LI Tonghua, YU Mengna, LIU Xu, YU Linlin* (1)
- Correlation between Metabolic Biomarkers and Metabolic Fatty Liver Disease in Aviation Aircrews
..... *LIN Chenyue, FAN Maodan, FU Bin, ZHANG Kaijie, GAO Xiaoya, ZHOU Lei* (6)
- Relationship between Exercise Self-Efficacy and Exercise Fear in Elderly Patients with Chronic Obstructive Pulmonary Disease: The Chain Mediating Effects of Anxiety and Depression
..... *WANG Zixuan, DUAN Ranran, HUO Fei, YANG Yunhao, ZHANG Lei* (11)
- Analysis of Research Hotspots and Trends in Nursing Care of Stroke in the Past Decade Based on CiteSpace
WEI Tanfang, XIE Jiayu, XIAO Xiaping, WANG Jianxiu, QIAN Xianxian, FU Zhongxia (15)
- Investigation and Analysis of Postoperative Upper-Limb Exercise Needs in Patients with Autogenous Arteriovenous Fistula
..... *LIU Xinyu, BAI Xiaoling, YANG Fang, LI Huan, YANG Zengzhen, HOU Yuting* (20)

Thematic Research • Integration of Medical Care and Elderly Care Services

- Investigation and Research on the Demand for Integrated Medical and Elderly Care Services among the Elderly in Pudong New Area, Shanghai
..... *LI Huazhang, ZHANG Juhua* (24)
- Research on the Practical Dilemmas and Development Directions in the Operation of Integrated Medical and Elderly Care Institution from a Multi-dimensional Collaborative Perspective
..... *PENG Yunqiu, ZHOU Xinxin, ZHANG Yanhua, DAI Hongying* (29)
- Study of Unmet Home-Care Needs among Disabled Community-Dwelling Older Adults and the Development of an Integrated Care Model
..... *CHENG Chunyan* (34)

Thematic Research • Rehabilitation Therapy

- Effects of Warm Acupuncture and Moxibustion Combined with Small Needle Knife on Knee Joint Function and Inflammatory Factors in Patients with Knee Osteoarthritis
..... *XIANG Zhangyi, LIU Daoli* (39)
- Clinical Application of a Digital Nutrition Management Model in Elderly Cachexia Patients with Advanced Lung Cancer
..... *FENG Changyan, YU Huiqing, YANG Hong, HUANG Qingqing* (44)
- The Influence of Motion Control Training Based on the Spinal Mechanical Balance Mechanism on the Biomechanics of the Lumbar Vertebrae in Patients after Lumbar Intervertebral Disc Protrusion Surgery
..... *HAN Lili, WANG Yijuan, NIU Ruifang* (48)
- Effect of Wrist Ankle Acupuncture Combined with Traditional Chinese Medicine Hot Compress on Postoperative Pain and Functional Recovery Process in Patients with Hand Trauma
..... *LI Cuiping, HUANG Huifang* (52)

Effect of Aerobic Exercise Combined with Wenxin Granules on Cardiac Function in Patients with Atrial Fibrillation

..... *CHEN Xing, HAN Liting, ZHAO Danli, YUAN Lixia, MA Jia* (57)

Effect Analysis of McKenzie Therapy Combined with Neurodynamic Mobilization for Cervical Spondylotic Radiculopathy

..... *ZHAO Jianqiao, FAN Hongli, KOU Jingjing, AI Shuangchun* (61)

Thematic Research • Recuperation of Staff for Special Services

Investigation and Research on the Immune Function Status of Special Service Personnel of Different Categories

..... *DONG Nian, QIN Lingli, AN Jun, LYU Shenjun, REN Hang, ZHANG Weimin* (65)

Research on the Application of Forest Recuperation of Military Pilots: Taking Tangshan Hot Spring Sanatorium as an example

..... *TONG Tong, SHU Hang, MA Hui, SUN Zhen* (68)

Review

Research Progress of Vagus Nerve Stimulation in Stroke Rehabilitation

..... *XU Cong, CHEN Bin, LIU Qingqing, LIN Wanqing* (72)

Research Progress on the Intervention of Post-stroke Emotional Disorders with Traditional Chinese Medicine Characteristic Techniques

..... *KUANG Lingyu, YANG Jiaojiao, LIU Jialu, FU Haitao* (77)

Research Progress on Combining Group Psychological Training with Virtual Reality Interventions for Anxiety Symptoms

..... *HE Wencong, ZHANG Liang, WU Bin, DENG Yang, FEI Yingjun* (82)

Research Progress of Functional Screening in Physical Fitness Training for Military Personnel

..... *MA Dongmei, ZHANG Xiaochen, LIU Meihan, WANG Jianlin, WANG Dong* (86)

Interpretation of the Five-Body Theory of the Inner Canon of the Yellow Emperor from the Perspective of Neurodynamics

..... *WANG Dan, CHANG Hao, ZHANG Tiejun, WU Guocheng, ZHANG Haipai, LIU Xin* (90)

Clinical and Basic Research Progress on Meibomian Gland Dysfunction

..... *TANG Shaoqian, CHEN Sheng* (95)

Clinical Research

Longitudinal Analysis of Nutritional Indicator Levels in Elderly Patients with Severe Pneumonia Complicated by Respiratory Failure and Their Correlation with Prognosis

..... *WANG Fang, CHEN Shan, HUANG Kai, WU Wei, WEI Fengdi* (100)

Comparison of the Efficacy of Endobutton Loop Titanium Plate and Screw Fixation in the Treatment of Distal Tibiofibular Joint Injury

..... *WANG Qiongchao, CHEN Hongfeng, YAO Jiale, LI Zhen, LI Xiaoqi, CHEN Beibei* (104)

Change Trend Analysis and Clinical Significance of Serum TSH, TBIL, and FT4 Levels in Patients with Bipolar Disorder

..... *ZHANG Xingxing* (108)