强脉冲光联合睑板腺热敷改善睑板腺功能障碍性干眼症的效果观察

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[摘要]目的：观察强脉冲光（Intensive pulse light，IPL）联合睑板腺热敷按摩改善睑板腺功能障碍（Meibomian gland dysfuction，MGD）相关干眼症患者结膜上皮损伤及眼部功能效果。方法：选取笔者医院收治的82例MGD相关干眼症患者，根据入院先后顺序将其分为对照组41例与观察组41例，前者给予睑板腺热敷治疗，后者在前者治疗基础上予以IPL治疗，对比两组治疗效果、结膜上皮损伤程度及眼部功能指标。结果：观察组治疗总有效率高于对照组（P＜0.05）；治疗后，观察组睑板腺分泌能力及睑板腺分泌物性状评分均低于对照组（P＜0.05）；治疗后，观察组眼表疾病指数（Ocular surface disease index，OSDI）评分低于对照组（P＜0.05），泪膜破裂时间（Break-up time，BUT）长于对照组（P＜0.05）；两组治疗后结膜上皮损伤程度比较差异无统计学意义（P＞0.05）。结论：IPL联合睑板腺热敷可以改善MGD相关干眼症患者眼部功能，且不会增加患者结膜上皮损伤程度，治疗效果较好。

[关键词]睑板腺功能障碍相关干眼症；强脉冲光；睑板腺热敷；眼部功能

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**Effect Observation of IPL Combined with Hot Compress of Meibomian Gland Dysfunction-related Xerophthalmia**

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**Abstract: Objective** To observe the effect of intense pulsed light (IPL) combined with hot compress of meibomian gland on improving the degree of conjunctival epithelial damage and ocular function in patients with meibomian gland dysfunction (MGD)-related xerophthalmia. **Methods** A total of 82 patients with MGD-related xerophthalmia in our hospital were selected and divided into the control group (41 cases) and the observation group (41 cases) according to the order of admission. The former one was given hot compress of meibomian gland, whereas the latter one was treated with IPL based on the former treatment. The treatment effect, degree of conjunctival epithelial injury and ocular function indicators were compared between the two groups. **Results** The total effective rate of treatment in the observation group was higher than that in the control group (P＜0.05). After treatment, the scores of meibomian gland secretion capacity and meibomian gland secretion trait in the observation group were lower than those in the control group (P＜0.05). After treatment, the Ocular Surface Disease Index (OSDI) score of the observation group was lower than that of the control group (P＜0.05), and the tear filmbreakup time (BUT) was longer than that of the control group (P＜0.05). There was no significant difference in the degree of conjunctival epithelial

injury between the two groups (P＞0.05). **Conclusion** IPL combined with hot compress of meibomian gland can improve the ocular function of patients with MGD-related xerophthalmia without increasing the degree of conjunctival epithelial injury, with a good treatment effect.

**Key words:** meibomian gland dysfunction-related xerophthalmia; intensive pulse light; hot compress of meibomian gland; ocular function