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《中国卒中报告2019(英文版)》是我国近年来第一份较为全面反映中国卒中流行现状、住院期间医疗质量诊疗水平和院内结局的英文版统计报告,该报告详尽描述了我国城乡居民卒中流行病学现状和危险因素,卒中患者的发病状况、临床特征、诊疗流程及院内结局等疾病发生和医疗质量等指标。现总结该报告主要内容如下:

★2018年,中国卒中(脑血管病)死亡率为149.49/10万,占我国居民总死亡率的22.3%。卒中(脑血管病)死亡率呈现男性高于女性、农村高于城市的特点。同时,农村居民卒中发病率和患病率也显著高于城市居民。卒中已成为造成过早死亡和疾病负担的首位原因。

★与卒中密切相关的危险因素包括行为危险因素(如吸烟、高盐饮食等)和既往疾病(如高血压、血脂异常、糖尿病和心房颤动等)。在卒中幸存患者中最普遍的危险因素是高血压(63.0%~84.2%)和吸烟(31.7%~47.6%)。

★卒中住院患者平均年龄为66岁,其最主要的类型为脑梗死、脑出血和蛛网膜下腔出血,占比分别为81.9%、14.9%和3.2%,而在三级综合医院中儿童卒中(<18岁)的三种类型占比分别为0.1%、0.6%和1.4%。

★卒中住院患者院内并发症位列第一位的是肺炎/肺部感染,其中脑梗死患者合并肺炎/肺部感染的比例为10.1%,脑出血患者为31.4%,蛛网膜下腔出血患者为25.2%。

★脑梗死、脑出血、蛛网膜下腔出血住院患者遵循指南治疗的指标综合执行率分别为(0.77±0.21)、(0.72±0.28)和(0.59±0.32),其中3.5 h到院且无溶栓禁忌证的缺血性卒中患者,接受重组组织型纤溶酶原激活剂静脉溶栓治疗的比例为24.0%;缺血性卒中合并心房颤动患者出院时使用抗凝药物的比例为43.8%;所有收治入院的缺血性卒中患者中行动脉内机械取栓术的比例为28.1%。

(数据来源: <https://www.cast.org.cn>)



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