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中国卫生检验杂志

ZHONGGUO WEISHENG JIANYAN ZAZHI

2019年9月 第29卷 第18期

Sep.2019 Vol.29 No.18

国家卫生健康委员会主管
中华预防医学会主办

CHINESE
JOURNAL OF HEALTH
LABORATORY TECHNOLOGY

CJ
HLT

RCCSE 中国核心学术期刊

中国生物医学源期刊

美国化学文摘(CA)源期刊

中国学术期刊综合评价数据库源期刊

18

2019

ISSN 1004-8685



9 775098 8194

中华预防医学会系列杂志

SERIAL JOURNAL OF CHINESE PREVENTIVE MEDICINE ASSOCIATION

中国卫生检验杂志

ZHONGGUO WEISHENG JIANYAN ZAZHI

半月刊 1991 年创刊 第 29 卷 第 18 期 2019 年 9 月 25 日出版

主 管

国家卫生健康委员会
100044,北京市西城区西直门外南路 1 号

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出 版

中国卫生检验杂志社
450003 郑州市经一路 12 号 2288 信箱

编辑部电话

0371 - 65978342
0371 - 65968289 (传真)

广告部电话

0371 - 65998851
15538110112

发 行

国内发行: 自办发行
国外发行: 中国国际图书贸易总公司
(北京 399 信箱)
国外发行代号: M5752

中国标准连续出版物号

ISSN 1004 - 8685
CN 41 - 1192/R

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定 价

每期 38 元

目 次

论 著

肺炎支原体核酸定量在儿童下呼吸道感染患者精准诊疗中的价值 ...

..... 王颖颖,余坚,章婷婷,等 (2177)

林下山参冻干粉对小鼠的免疫调节作用

..... 文涛,王文思,杨鸿武,等 (2181)

肺炎克雷伯菌基因分型及碳青霉烯类耐药关系研究

..... 徐娅雯,王艳,周丽萍,等 (2185)

超高效液相色谱 - 串联质谱法测定大黄对大鼠 CYP450 酶活力的影响

..... 胡思一,叶冬青,温从丛,等 (2189)

化学测定方法

超高效液相色谱 - 质谱联用定性定量测定硫酸阿托品片

..... 刘云,杨玉忠 (2194)

聚 L - 缬氨酸修饰电极差分脉冲伏安法测定自来水中锌和镉

..... 郑丽辉,谢星云,潘绥,等 (2198)

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微生物检测方法

聚六亚甲基双胍复合碘消毒液消毒和抑菌效果观察
..... 马峰,郑传红,王淑玲,等 (2202)

产吡啶金黄杆菌的临床特点及耐药分析
..... 黄邵军,韩文雅,成聪聪,等 (2206)

微生物快速培养检测在小儿肺炎支原体感染诊断中的应用效果评价 ...
..... 齐伟翠,黄声旗 (2209)

肺癌患者肺部感染病原菌分布与耐药性分析 陈丽娅 (2212)

骨科患者手术切口感染的病原菌分布及耐药性变迁
..... 邢桂生 (2215)

化学发光法检测 EB 病毒衣壳抗原 IgM 抗体的性能评估
..... 黄桂英,莫寿勇,裴立红,等 (2218)

尿路感染患者中铜绿假单胞菌对常见抗生素耐药率分析
..... 汤晓庆,姜文佳,余文戈 (2221)

2011 年 - 2017 年上海岳阳医院住院患者肺炎克雷伯菌耐药趋势
..... 魏甜,陶建敏,王蒋君,等 (2223)

临床检验

HIV/AIDS 患者外周血 T 淋巴细胞亚群与血清 HIV RNA 病毒载量的相关
性研究 杜炜,潘克女,左中宝,等 (2228)

艰难梭菌培养联合酶法检测毒素蛋白(A/B)的临床应用价值探索	吴晓燕,李小四,冯雪君,等	(2231)
检测白细胞介素-6、白细胞介素-8、肿瘤坏死因子- α 和超敏C-反应蛋白与前列腺电切术后下尿路症状关系研究	刘全启,童建勇,罗荣利,等	(2234)
依托咪酯对老年股骨颈骨折患者皮质醇与氧化应激因子及认知功能的影响	郑军,韩文,高慧	(2237)
中性粒细胞及血小板与淋巴细胞的比值在类风湿关节炎中的研究	范欣,俞颖哲,莫翼军,等	(2240)
平均血小板体积与D-二聚体在神经外科患者术后下肢深静脉血栓形成中的预测价值 ...	陈银伟,徐锋	(2244)
血清肌钙蛋白I、甘油三酯和C-反应蛋白水平与动脉瘤性蛛网膜下腔出血的相关性研究		
.....	徐佳丽,陈苏清,吴林杰	(2248)
肺结核患者血清高密度脂蛋白胆固醇、白细胞介素-6、高敏C-反应蛋白/白蛋白比值和降钙素原水平的临床研究		
.....	戴烨烨	(2251)
标本不同状态对荧光定量PCR检测乙型肝炎病毒DNA的影响	赵云,刘兴祥,徐云芳,等	(2254)
同型半胱氨酸、D-二聚体及降钙素原检测对急性脑梗死的临床评估价值	顾倩倩	(2257)
醒脑静注射液对颅内动脉瘤夹闭术后患者治疗效果的观察	方激杨,丁胜鸿义	(2260)
糖化白蛋白在妊娠期糖尿病初筛中的应用探讨	季晓庆,吴远桥,董凤,等	(2263)
龈下菌斑人类巨细胞病毒、EB病毒、单纯疱疹病毒1型指标检测在诊断慢性牙周炎中的应用研究		
.....	徐俊仙,陆兰芳,姜梅	(2265)
脑脊液联合检测在颅内感染患者中的应用	胡旭姣,方晶晶	(2269)

调查·监测

扬州市2014年-2017年手足口病流行病学特征分析	刘文俊,周丽萍,董玉颖,等	(2272)
----------------------------------	---------------	--------

1 例由空肠弯曲菌感染引起婴儿腹泻的溯源调查	龙奇志,贾华云,陈湘,等	(2276)
2017 年浙江省病原微生物实验室生物安全现状调查分析	吝国明,翁景清,张琪峰,等	(2279)
14 038 例腹泻患儿轮状病毒感染分析	叶振斌,曲春生,周瑜	(2282)
2016 年-2017 年湖州市手足口病病原监测结果分析	吴晓芳,徐德顺,查赟峰,等	(2285)
武汉市三甲医院 2016 年口腔科综合治疗台用水污染状况调查	张静玲,曾其莉,江姗,等	(2288)
学生用橡皮中 6 种增塑剂的检测及现状分析	彭瑾,王红,周茜,等	(2290)
2012 年-2016 年北京市东城区游泳池中尿素检测结果分析	杜伟静,黄露,邹艳杰,等	(2294)
女性外阴瘙痒症危险因素研究	王润,沈惠良,徐新美,等	(2296)
2012 年-2017 年平顶山市部分食品中食品添加剂监测结果分析	宋秋坤,李宗瑾,李爱军,等	(2299)

卫生健康事业发展 70 年巡礼

我国食品理化检验的过去、现在和未来(续)	李永新,陈婧,张楚妍,等	(2303)
----------------------------	--------------	--------

教学与实验室管理

疾病预防控制检验检测机构最高管理者内部审核探讨	常宪平,田青,田颖琳,等	(封二、封三)
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责任编辑 杨锋 责任校对 刘迪 英文编辑 张蒙 田辉

CHINESE JOURNAL OF HEALTH LABORATORY TECHNOLOGY

Semimonthly Established in 1991, Volume 29 Number 18 September 25, 2019

Managed by
National Health Commission of the People's Republic
of China
No. 1, Xizhimen Wainan Road, Xicheng District, Beijing, 100044

Sponsored by
Chinese Preventive Medicine Association
Floor 5, No. 25 Huaweili, Chaoyang District, Beijing, 100021

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Edited by
Editorial Board of Chinese Journal of Health Labo-
ratory Technology

Published by
Editorial Department of Chinese Journal of Health
Laboratory Technology
Mailbox 2288, No. 12, Jingyi Road, Zhengzhou, 450003

Editorial office telephone
0371 – 65978342
0371 – 65968289 (Fax)

Advertising department telephone
0371 – 65998851
15538110112

Domestic Distributor
Self – publishing

Overseas Distributor
China International Book Trading Corporation
(P. O. Box 399, Beijing, China)
Code: M5752

Website
www. zgwsjy. cn

E – mail
wsjyzz@126. com

Standard Series Number
ISSN 1004 – 8685
CN 41 – 1192/R

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Chinese Journal of Health Laboratory Technology

Price
RMB ¥ 38

CONTENTS IN BRIEF

Original Articles

Quantification value of *Mycoplasma pneumoniae* nucleic acid in accurate
diagnosis and treatment of children with lower respiratory tract infection ...
..... WANG Ying – ying, YU Jian, ZHANG Ting – ting, *et al* (2177)

Immunomodulatory effects of lyophilized powder of ginseng under forest on
mice WEN Tao, WANG Wen – si, YANG Hong – wu, *et al* (2181)

Study on the relationship between carbapenem resistance and the genotyping of
Klebsiella pneumoniae
..... XU Ya – wen, WANG Yan, ZHOU Li – ping, *et al* (2185)

Effect of *Rheum palmatum* L. determination by UPLC – MS/MS on CYP450
activity in rats
..... HU Si – yi, YE Dong – qing, WEN Cong – cong, *et al* (2189)

Chemical Detection Method

Qualitative and quantitative determination of atropine sulfate tablets by
UPLC – MS LIU Yun, YANG Yu – zhong (2194)

Determination of trace zinc and cadmium in tap water by differential pulse
voltammetry with a polymeric L – valine modified electrode
..... ZHENG Li – hui, XIE Xing – yun, PAN Sui, *et al* (2198)

Microbe Detection Method

Disinfection and antibacterial effect of polyhexamethylene biguanide compound iodine disinfectant
..... MA Feng, ZHENG Chuan - hong, WANG Shu - ling, et al (2202)

Clinical characteristics and antibiotic resistance of *Chryseobacterium indologenes*
..... HUANG Shao - jun, HAN Wen - ya, CHENG Cong - cong, et al (2206)

Application effect of microbiological fast culture detection in the diagnosis of children with *Mycoplasma pneumoniae* infection
..... QI Wei - cui, HUANG Sheng - qi (2209)

Pathogenic bacteria distribution and drug resistance of lung infection in patients with lung cancer ... CHEN Li - ya (2212)

Distribution and drug resistance changes of pathogens causing surgical incision infection in orthopaedic patients
..... XING Gui - Sheng (2215)

Performance evaluation of chemiluminescence immunoassay in detecting EB virus capsid antigen IgM antibody
..... HUANG Gui - ying, MO Shou - yong, PEI Li - hong, et al (2218)

Analysis of drug susceptibility and pathogenic bacteria distribution in urinary tract infection after antibiotic using
..... TANG Xiao - qing, JIANG Wen - jia, YU Wen - ge (2221)

The antibiotic - resistant trend of *Klebsiella pneumoniae* isolates from inpatients during 2011 - 2017
..... WEI Tian, TAO Jian - min, WANG Jiang - jun, et al (2223)

Clinical Laboratory Test

Relationship of peripheral blood T lymphocyte subsets and plasma HIV RNA viral load among patients with HIV/AIDS ...
..... DU Wei, PAN Ke - nv, ZUO Zhong - bao, et al (2228)

Value exploration of *Clostridium difficile* toxin A/B detection by combination methods of culture and ELFA
..... WU Xiao - yan, LI Xiao - si, FENG Xue - jun, et al (2231)

Study on the relationship between IL - 6, IL - 8, TNF - α , hs - CRP and LUTS after transurethral resection of prostate
hyperplasia LIU Quan - qi, TONG Jian - yong, LUO Rong - li, et al (2234)

Effects of etomidate on cortisol, oxidative stress factors and cognitive function in elderly patients with femoral neck fractures	ZHENG Jun, HAN Wen, CAO Hui (2237)
Ratios of neutrophils and platelets to lymphocytes in rheumatoid arthritis	
.....	FAN Xin, YU Ying - zhe, MO Yi - jun, <i>et al</i> (2240)
Predictive value of mean platelet volume and D - dimer in neurosurgery patients with lower extremities deep venous thrombosis after surgery	CHEN Yin - wei, XU Feng (2244)
The correlation between serum troponin I, total triglyceride, C - reactive protein level and aneurysmal subarachnoid hemorrhage	XU Jia - li, CHEN Su - qing, WU Lin - jie (2248)
Clinical study of serum HDL - C, IL - 6, hs - CRP/ALB ratio and PCT levels in active pulmonary tuberculosis	
.....	DAI Ye - ye (2251)
Effects of sample status on fluorescence quantitative PCR detection of HBV DNA	
.....	ZHAO Yun, LIU Xing - xiang, XU Yun - fang, <i>et al</i> (2254)
Clinical evaluation value of homocysteine, D - two dimer and procalcitonin in patients with acute cerebral infarction	
.....	GU Qian - qian (2257)
To observe the curative effect of Xingnaojing Injection on patients after clipping of intracranial aneurysm clip and the influence on the reaction and oxidative stress in patients with S100 protein	FANG Ji - yang, DING Sheng - hong - yi (2260)
Application of glycated albumin in primary screening of gestational diabetes	
.....	JI Xiao - qing, WU Yuan - qiao, DONG Feng, <i>et al</i> (2263)
Application of subgingival plaque HCMV, EBV and HSV - 1 markers in the diagnosis of chronic periodontitis	
.....	XU Jun - xian, LU Lan - fang, JIANG Mei (2265)
Application of cerebrospinal fluid combined detection in patients with intracranial infection	
.....	HU Xu - jiao, FANG Jing - jing (2269)
Investigation and Monitoring	
Epidemiologic features of hand - foot - mouth disease in Yangzhou City from 2014 to 2017	
.....	LIU Wen - jun, ZHOU Li - ping, DONG Yu - ying, <i>et al</i> (2272)

One case of infant diarrhea induced by *Campylobacter jejuni* infection
..... LONG Qi - zhi, JIA Hua - yun, CHEN Xiang, *et al* (2276)

Investigation and analysis of laboratory biosafety of pathogenic microorganisms in 2017 in Zhejiang Province
..... LIN Guo - ming, WENG Jing - qing, ZHANG Qi - feng, *et al* (2279)

Analysis of rotavirus infection in 14 038 children with diarrhea YE Zhen - bin, QU Chun - sheng, ZHOU Yu (2282)

Pathogen surveillance on hand - foot - mouth disease in Huzhou during 2016 - 2017
..... WU Xiao - fang, XU De - shun, CHA Yun - feng, *et al* (2285)

Hygienic investigation report of dental unit waterline of the class - 3 and grade - A hospitals in Wuhan in 2016
..... ZHANG Jing - ling, ZENG Qi - li, JIANG Shan, *et al* (2288)

Determination and situation analysis of six kinds of phthalates in eraser used by students
..... PENG Jin, WANG Hong, ZHOU Qian, *et al* (2290)

Detection results analysis of urea residue in swimming pool water in Dongcheng District of Beijing from 2012 to 2016
..... DU Wei - jing, HUANG Lu, ZOU Yan - jie, *et al* (2294)

Risk factors study for vulvar pruritus in female WANG Jian, SHENG Hui - liang, XU Xin - mei, *et al* (2296)

Monitoring and analysis of food additives in some food in Pingdingshan City from 2012 to 2017
..... SONG Qiu - kun, LI Zong - jin, LI Ai - jun, *et al* (2299)

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29日 2019年9月 世界心脏日

世界心脏日（World Heart Day）是由世界心脏联盟设立的一个旨在引起人们对心脏疾病重视的节日，其目的是在世界范围内宣传有关心脏健康的知识，并让公众认识到生命需要健康的心脏。2000年9月24日为第一个世界心脏日，2011年起，改为每年9月29日，世界心脏日的永恒主题是“健康的心 快乐人生”。

关爱心脏病，呵护心脏，让爱一直跳动！

据统计，我国心血管病现患人数约2.9亿，其中高血压的患病人数最多；心血管病死亡率居人群首位，高于肿瘤等其他疾病。心血管病的首要危险因素是高血压，其他危险因素包括高血脂、吸烟、饮酒、肥胖、糖尿病、运动量不足、膳食结构不合理等。降低心血管病的发病率以预防措施为主，包括合理膳食，如多吃蔬菜和水果，少食辛辣、刺激、油腻等不易消化食物；改善不良的生活方式，如戒烟、限酒、保证充足睡眠、保持乐观情绪等；每天坚持适量的运动，控制体重适中。

