Clinical analysis of combined therapy of Chinese and Western medicine in the treatment of hand foot and mouth disease

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View from specialist: It is creative, and of certain scientific and educational value.

[ABSTRACT] Objective: To investigate the clinical efficacy of combined therapy of Chinese and Western medicine in the treatment of Hand, Foot and Mouth Disease (HFMD). Methods: A total of 120 children with HFMD treated in our hospital from March, 2010 to October, 2011 were divided into two groups randomly, in which the treatment group (59 cases) were treated with Tanreqing injection combined with ribavirin while the control group (61 cases) were treated with ribavirin alone. Time for patients to restore normal temperature and rash subsidence, the incidence of severe complications as well as hospitalization time in both groups were observed and compared. Results: Time for patients to restore normal temperature and rash subsidence, hospitalization time of the observation group was shorter, and incidence of severe complications lower than that of the control group (P<0.01). Conclusions: The combined therapy of Chinese and Western medicine can improve and alleviate clinical symptoms significantly, shortening the time of rash and fever for patients with HFMD. It is efficiently antiviral, significantly synergic thus worth of clinical application.

[KEY WORDS] Hand Foot and Mouth Disease (HFMD); Combined therapy of Chinese and Western medicine; Treatment