

Table des matières

1. Systematic Reviews and Meta-Analysis	1
1.1. Generic Acupuncture	1
1.2. Special Clinical Forms	1
1.2.1. Stroke-associated	1
1.2.1.1. Su 2025	1

Pneumonia

Pneumonie

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

1.2. Special Clinical Forms

1.2.1. Stroke-associated

1.2.1.1. Su 2025

Su K, Wang X, Zhang S, Wu J, Chen Y, Yin L, Li H, Wang J. Efficacy of acupuncture for stroke-associated pneumonia: a systematic review and meta-analysis. *Front Med (Lausanne)*. 2025 Mar 3;12:1440121. <https://doi.org/10.3389/fmed.2025.1440121>

Objectives	This study aims to systematically evaluate the efficacy of acupuncture on stroke-associated pneumonia (SAP).
Methods	English and Chinese databases were searched from their inception until 15 March 2024 to collect randomized controlled trials (RCTs). The risk of bias was assessed using Cochrane collaboration tools. RevMan 5.4.0 software was used to analyze the included studies, and the Grades of Recommendations, Assessment, Development, and Evaluation (GRADE) assessment was used to evaluate the quality of the study outcomes.
Results	Sixteen studies involving 1,125 patients were included. Compared with the control group, acupuncture significantly improved the effective rate [RR = 1.20, 95% CI (1.13, 1.27)] and reduced inflammatory and infection-related markers including white blood cell count [MD = -6.52, 95% CI (-8.31, -4.73)], C-reactive protein [MD = -6.50, 95% CI (-9.97, -3.03)], neutrophil percentage [MD = -6.66, 95% CI (-8.96, -4.36)], and procalcitonin [MD = -0.81, 95% CI (-1.21, -0.40)]. Acupuncture shortened the duration of coughing, time to disappearance of rales, and duration of antibiotic use, and reduced the clinical pulmonary infection score (CPIS) and National Institute of Health Stroke Scale (NIHSS). Improvements were also observed in pulmonary function parameters including forced vital capacity (FVC) [MD = 0.46, 95% CI (0.02, 0.89)] and forced expiratory volume in one second (FEV1) [MD = 0.49, 95% CI (0.14, 0.84)].
Conclusion	Acupuncture shows a positive effect in the treatment of stroke-associated pneumonia. However, due to the overall low quality of evidence, more rigorous and well-designed randomized controlled trials are required to confirm these findings.

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