

· 临床研究 ·

脉搏指示连续心输出量监测在老年急性心肌梗死合并心源性休克患者中的应用

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【摘要】目的 探讨脉搏指示连续心输出量(PICCO)监测技术在老年急性心肌梗死(AMI)合并心源性休克(CS)患者中的应用。**方法** 回顾性分析2013年6月至2018年6月在解放军第三〇五医院重症监护室(ICU)收治的AMI合并CS患者60例。按照是否行PICCO监测, 分为PICCO组30例及对照组30例。检查并记录2组患者治疗前后乳酸、尿量、血压和血清B型脑钠肽(BNP)变化趋势、患者ICU入住时间、机械通气时间、血管活性药物使用时间及疾病预后情况。PICCO组患者按照预后不同, 分为死亡组及存活组。检查并记录2组患者之间及治疗前后心指数(CI)、血管外肺水指数(EVLWI)、全心舒张末期容积(GEDVI)、系统血管阻力指数(SVRI)及全心射血分数(GEF)的变化。评估上述指标对于老年AMI合并CS患者预后的预测价值。采用SPSS 13.0统计学软件进行数据处理, 使用受试者工作特征(ROC)曲线分析相关指标对于患者预后的预测能力。**结果** PICCO组在治疗12、24及48 h后, 其乳酸及BNP水平较对照组明显降低, 平均小时尿量较对照组明显增多, 差异均有统计学意义(均 $P<0.05$)。PICCO组ICU入住时间、机械通气时间及血管升压活性药物使用时间均显著小于对照组, 差异均有统计学意义(均 $P<0.05$)。PICCO组患者7 d病死率较对照组显著降低(均 $P<0.05$), 但14及28 d病死率比较, 差异无统计学意义($P>0.05$)。存活组及死亡组患者治疗后的CI及GEF均较治疗前明显增高, EVLWI及SVRI均较治疗前明显下降(均 $P<0.05$)。且存活组的治疗前CI及GEF明显高于死亡组, SVRI明显低于死亡组; 存活组在治疗48 h后的CI、GEF仍明显高于死亡组, SVRI及EVLWI明显低于死亡组(均 $P<0.05$)。ROC曲线分析提示治疗前CI、GEF、SVRI和治疗48 h后的CI、GEF、SVRI和EVLWI均可有效预测患者28 d的预后状况。**结论** PICCO指导老年AMI合并CS患者的复苏较传统治疗方式有更好的效果, 并且其指标对于患者的预后具有一定的预测作用。

【关键词】 心肌梗死; 心源性休克; 血流动力学; 脉搏指示连续心排血量

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Applicaton of pulse-indicated continuous cardiac output in elderly acute myocardial infarction patients with cardiac shock

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【Abstract】 Objective To explore the applicaton of pulse-indicated continuous cardiac output (PICCO) in the elderly acute myocardial infarction (AMI) patients with cardiogenic shock (CS). **Methods** A retrospective analysis was made of 60 AMI patients with CS, who were admitted to the intensive care unit (ICU) of our hospital from June 2013 to June 2018. The patients were divided into PICCO group ($n=30$) and control group ($n=30$). A central venous catheter was inserted into the patient of control group to measure the central venous pressure. The following items were observed and recorded before and after the treatment: lactic acid, urine volume, blood pressure, and serum B-type natriuretic peptide (BNP). Record was made of ICU admission time, mechanical ventilation time, administration time of vasoactive drug, and prognosis. The PICCO group was further divided into the survival group and the death group. The two groups were compared before and after treatment in cardiac index (CI), extravascular lung water index (EVLWI), global end-diastolic volume (GEDVI), systemic vascular resistance index (SVRI), and global ejection fraction (GEF). The above indicators were evaluated of the predictive value for the prognosis in the AMI elderly patients with CS. SPSS statistics 13.0 was used for data processing, and the receiver operating characteristic (ROC) curve was used to analyze the predictive ability of the relevant indicators for the patient's prognosis. **Results** At 12, 24 and 48 h after the treatment, lactic acid and BNP in PICCO group were lower, and the

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mean hourly urine volume was higher than those in the control group, the differences being statistically significant ($P<0.05$ for all). The PICCO group had shorter ICU stay, mechanical ventilation and vasopressor use than the control group with statistically significant differences ($P<0.05$ for all). The 7-day fatality rate in the PICCO group was significantly lower than that in the control group; however, there was no statistical difference with 14-day and 28-day fatality rate. After the treatment, CI and GEF were significantly higher and EVLWI and SVRI significantly lower than those before the treatment in both survival and death groups. At 48 h after the treatment, CI and GEF were significantly higher, and SVRI significantly lower in the survival group than in the death group before treatment ($P<0.05$ for all). ROC curve analysis suggested that CI, GEF, SVRI before the treatment and CI, GEF, SVRI, EVLWI at 48 hours after the treatment can effectively predict the 28-day prognosis. **Conclusion** Employment of PICCO is more effective than the traditional treatment in guiding the recovery of the elderly acute myocardial infarction patients with cardiogenic shock, and the indicators of PICCO contribute to predict prognosis.

[Key words] myocardial infarction; cardiogenic shock; hemodynamics; pulse-indicated continuous cardiac output

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心源性休克(cardiogenic shock, CS)是急性心肌梗死(acute myocardial infarction, AMI)的严重并发症,也是导致AMI患者早期死亡的最主要原因之一^[1]。老年AMI患者常合并多种器官功能不全,当出现CS时死亡率极高。研究显示AMI患者并发CS时,其28 d病死率高达50%~60%^[2,3],其不良预后与心脏泵功能衰竭密切相关^[4]。脉搏指示连续心输出量技术(pulse-indicated continuous cardiac output, PICCO)是由经肺热稀释技术与脉搏轮廓波形分析技术相结合而形成,能够动态监测心输出量、血管外肺水指数和心力衰竭指数等多项血流动力学指标,便于及时掌握患者心脏功能及容量状态,对病情早期判断及处理具有极大的临床价值^[5]。但目前PICCO在老年AMI合并CS患者中的研究较少,其应用价值仍然存在争议。我们通过观察PICCO监测下AMI合并CS患者的复苏效果和治疗结局,并进一步分析预测AMI合并CS患者预后的PICCO相关指标,探讨PICCO在老年AMI合并CS患者治疗和预后的应用价值。

1 对象与方法

1.1 研究对象

回顾性分析2013年6月至2018年6月解放军第三〇五医院重症监护室(intensive care unit, ICU)收治的AMI合并CS患者78例,其中男性40例,女性38例。根据纳入标准及排除标准共计入组60例,其中男性26例,女性34例。根据实际治疗方式不同分为PICCO组和对照组,每组30例。其中PICCO组根据28 d预后情况分为存活组(18例)及死亡组(12例)。本研究不涉及对患者进行任何的干预,符合免除患者本人及家属签订知情同意书,并经医院伦理委员会审核并通过。

纳入标准:(1)符合急性冠脉综合征合并CS诊断标准,AMI诊断参照《急性冠脉综合征急诊快速诊疗指南》(2016),CS诊断标准参照《实用内科学》(第14版)第十篇第二章第三节部分;(2)年龄>65岁。**排除标准:**(1)合并严重创伤及其他类型休克的患者;(2)既往患慢性心脏瓣膜病、心肌病变、严重慢性肝肾功能衰竭、肺动脉高压及恶性肿瘤等慢性疾病终末期患者;(3)使用主动脉内球囊反搏(intra-aortic balloon pump counterpulsation, IABP)或其他心脏辅助装置者;(4)临床资料不全,无法收集相关统计学资料的患者。

1.2 方法

1.2.1 治疗方法 患者进入ICU后予常规血压、呼吸、血氧饱和度、心率及心电图监护,卧床休息,给予镇痛治疗、抗血小板及抗凝等综合治疗措施,有呼吸衰竭患者根据病情行无创呼吸机辅助呼吸或气管插管有创机械通气治疗。PICCO组根据PICCO参数进行容量管理及血管活性药物剂量调整;对照组根据中心静脉压、血压、心率及血乳酸等指标进行抗休克治疗。

1.2.2 观察指标 比较2组患者治疗前基线资料,包括年龄、性别及APACHE II评分是否一致;观察2组患者治疗前后12、24、48 h的乳酸、尿量及血浆B型钠尿肽(B-type natriuretic peptide, BNP)情况;对比2组患者入住ICU时间、机械通气时间、血管升压药物使用时间及病死率。记录PICCO组治疗前后心指数(cardiac index, CI)、血管外肺水指数(extra-vascular lung water index, EVLWI)、全心舒张末期容积(global end-diastolic volume index, GEDVI)、系统血管阻力指数(systemic vascular resistance index, SVRI)及全心射血分数(global ejection fraction, GEF)指标。

1.3 统计学处理

采用SPSS 13.0统计学软件进行数据处理。计

量资料用均数±标准差($\bar{x}\pm s$)表示,采用独立样本t检验,组内前后比较采用配对样本t检验。计数资料用例数(百分率)表示,组间比较采用 χ^2 检验。使用受试者工作特征(receiver operating characteristic, ROC)曲线分析相关指标对于患者预后的预测能力。以 $P<0.05$ 为差异有统计学意义。

2 结 果

2.1 PICCO 组和对照组患者基本情况比较

2组患者平均年龄、男女比例、治疗前急性生理与慢性健康评分Ⅱ(acute physiology and chronic health evaluation II, APACHE II)、乳酸水平、BNP及平均小时尿量比较,差异均无统计学意义($P>0.05$;表1)。

2.2 PICCO 组在不同治疗时间乳酸的变化

PICCO组在12、24及48 h后,其乳酸较对照组明显降低,平均小时尿量较对照组明显增多,血清BNP值较对照组明显下降,差异均有统计学意义(均 $P<0.05$;表2)。

2.3 PICCO 组和对照组各时间指标比较

PICCO组ICU入住时间(8.25 ± 1.77)d,显著少于对照组(11.31 ± 3.44)d;PICCO组机械通气时间(6.35 ± 2.18)d,较对照组(8.68 ± 2.60)d亦明显减少;PICCO组血管活性药物使用时间(6.65 ± 2.28)d,显著小于对照组(8.94 ± 3.19)d,差异均有统计学意义($t=3.324, 2.933, 2.208, P=0.004, 0.006, 0.017$)。

2.4 PICCO 组和对照组患者病死率比较

对2组患者均进行28 d随访,PICCO组7 d病

死率4例(13.33%)显著低于对照组311例(36.67%),差异有统计学意义($\chi^2=4.360, P=0.037$)。虽然PICCO组14 d病死率7例(23.33%)及28 d病死率12例(40.00%)较对照组14 d病死率14例(46.67%)及28 d病死率15例(50.00%)低,但差异均无统计学意义($t=3.590, 0.606, P=0.058, 0.436$)。

2.5 PICCO 组患者治疗后的指标比较

将PICCO组患者按照28 d预后分为存活组及死亡组,2组患者治疗后CI及GEF均较治疗前明显增高,EVLWI及SVRI均较治疗前明显下降,差异均有统计学意义(均 $P<0.05$)。存活组治疗前CI及GEF明显高于死亡组,SVRI明显低于死亡组;存活组在治疗48 h后的CI、GEF仍明显高于死亡组,SVRI及EVLWI明显低于死亡组,差异均有统计学意义(均 $P<0.05$;表3)。

2.6 PICCO 组患者治疗后ROC曲线的结果

将存活组与死亡组之间存在差异的指标使用ROC曲线分析与28 d预后的关系,提示治疗前CI(AUC=0.84, $P=0.002$)、GEF(AUC=0.75, $P=0.022$)、SVRI(AUC=0.76, $P=0.018$)和治疗48 h后的CI(AUC=0.96, $P<0.001$)、GEF(AUC=0.79, $P=0.009$)、SVRI(AUC=0.93, $P<0.001$)和EVLWI(AUC=0.84, $P=0.002$)均可有效预测患者28 d的预后状况,其中预测能力最大为治疗48 h后CI,其截断值为3.20 L/(kg·m²)。详见图1。

表1 PICCO组和对照组患者基线资料比较

Table 1 Comparison of baseline data between PICCO group and control group (n=30)						
Group	Gender (male/female, n)	Age (years, $\bar{x}\pm s$)	APACHE II (points, $\bar{x}\pm s$)	Lactic acid (mmol/L, $\bar{x}\pm s$)	BNP (pg/ml, $\bar{x}\pm s$)	Hour urine volume [ml/(kg·h), $\bar{x}\pm s$]
PICCO	12/18	81.33±5.85	24.17±2.84	4.63±1.62	3909±1196	1.28±0.61
Control	14/16	80.16±7.47	23.53±3.22	4.72±1.54	3654±986	1.47±0.78
χ^2/t	0.271	0.673	0.643	1.038	0.037	1.046
P value	0.600	0.500	0.520	0.300	0.970	0.300

PICCO: pulse-induced continuous cardiac output; APACHE: Acute Physiology and Chronic Health Evaluation; BNP: B-type natriuretic peptide.

表2 PICCO组和对照组患者早期复苏效果比较

Table 2 Comparison of early resuscitation effect between PICCO group and control group (n=30, $\bar{x}\pm s$)									
Group	Lactic acid (mmol/L)			Hour urine volume [ml/(kg·h)]			BNP (pg/ml)		
	After 12 h treatment	After 24 h treatment	After 48 h treatment	After 12 h treatment	After 24 h treatment	After 48 h treatment	After 12 h treatment	After 24 h treatment	After 48 h treatment
PICCO	3.51±1.09	3.04±1.27	2.47±1.59	2.20±0.73	2.32±1.14	3.06±1.34	2837±723	2122±837	1603±431
Control	5.41±1.94	4.46±1.78	3.62±1.76	1.48±0.73	1.58±0.69	2.31±1.34	3265±689	2714±605	2149±537
t	4.656	3.539	2.600	3.818	3.073	2.115	2.350	3.135	4.266
P value	<0.001	0.001	0.012	<0.001	0.003	0.039	0.022	0.003	<0.001

PICCO: pulse-induced continuous cardiac output; BNP: B-type natriuretic peptide.

表3 PICCO组患者治疗后死亡组及存活组相关指标比较

Table 3 Comparison of PICCO results of patients in death group and survival group

 $(\bar{x} \pm s)$

Item	Survival group ($n=18$)		Death group ($n=12$)	
	Before treatment	After 48 h treatment	Before treatment	After 48 h treatment
CI [$L/(kg \cdot m^2)$]	2.56±0.20	3.40±0.21*	2.31±0.15#	2.84±0.23**
GEDVI (ml/m^2)	767.17±45.93	785.44±50.84	791.58±51.84	789.33±40.10
EVLWI (ml/kg)	10.11±1.78	7.03±0.98*	11.08±1.25	8.57±1.05**
SVRI ($dyn \cdot s \cdot cm^{-5} \cdot m^2$)	2 267.94±228.09	1 934.67±112.50*	2 481.08±192.06#	2 180.17±132.98**
GEF (%)	16.61±2.11	21.89±1.53*	14.58±0.90#	18.50±1.57**

PICCO: pulse-induced continuous cardiac output; CI: cardiac index; GEDVI: global end-diastolic volume; EVLWI: extravascular lung water index; SVRI: systemic vascular resistance index; GEF: global ejection fraction. Compared with before treatment, * $P < 0.05$; compared with survival group, # $P < 0.05$.

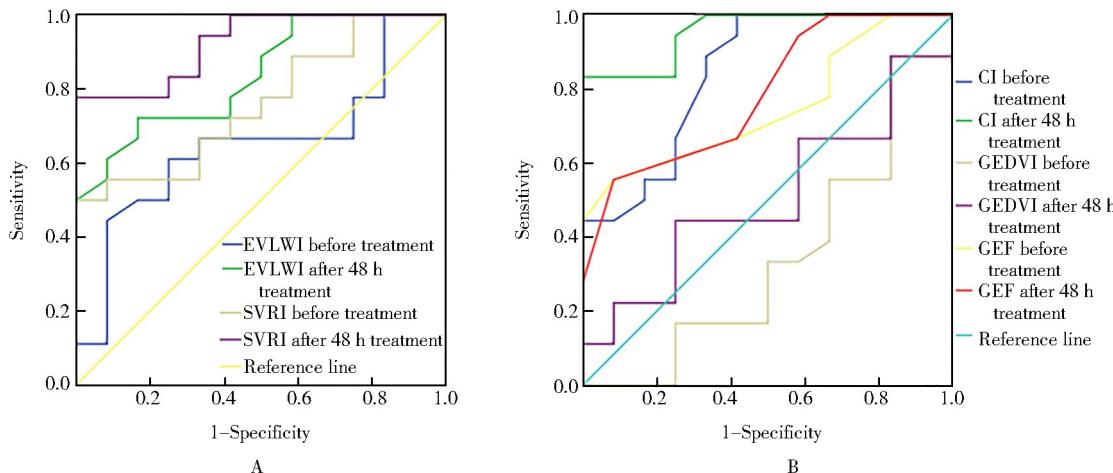


图1 PICCO组患者治疗后ROC曲线分析

Figure 1 ROC curve analysis about PICCO results of patients

A: ROC analysis of 28 d prognosis by EVLWI and SVRI; B: ROC analysis of 28 d prognosis by CI, GEDVI and GEF.

PICCO: pulse-induced continuous cardiac output; ROC: receiver operating characteristic; EVLWI: extravascular lung water index; SVRI: systemic vascular resistance index; CI: cardiac index; GEDVI: global enddiastolic volume; GEF: global ejection fraction.

3 讨论

老年AMI合并CS患者死亡率较非老年患者明显增高^[6],其病理生理为心肌缺血、坏死,心脏射血功能明显下降,心输出量降低,致使有效循环血量明显降低,组织灌注不足。同时,外周血管阻力代偿性增加以达到提升血压的效果,但进入失代偿期后反而会进一步增加心脏后负荷。临床治疗该疾病时往往需使用IABP或其他心脏机械辅助装置^[7],但由于上述治疗均为创伤较大的治疗方式,高龄患者容易出现并发症,死亡率并未见明显降低^[8,9]。因此,药物保守治疗成为老年高龄AMI合并CS患者的主要治疗手段,治疗方式为使用血管活性药物及补液来维持有效心输出量和血压。然而,由于心肌梗死后心脏贮备能力下降,补液后极易出现肺淤血和水肿,这就要求治疗过程中限制补液。实际临床工作中,补液和利尿往往难以精确把握。因此,准确的血流动力学监测尤为重要。目前,常用监测手段包括

中心静脉压、超声心动图、Swan-Ganz导管以及PICCO技术,其中PICCO是一种微创的血流动力学监测手段,能够动态监测心输出量、外周阻力、血管外肺水等参数,从而指导临床医师进行复苏治疗^[10,11]。

本研究发现,PICCO监测治疗下,老年AMI合并CS患者心功能明显改善(CI和GEF),外周血管阻力下降(SVRI),并且肺水肿缓解(EVLWI),这些是患者复苏效果(乳酸和平均小时尿量)优于对照组的基础。同时,PICCO组患者病情转归(ICU入住时间、机械通气时间和血管活性药物使用时间)较对照组改善,7d病死率低于对照组,但在14d及28d病死率上2组之间并无明显差异。前瞻性研究发现,在PICCO指导下,AMI合并CS患者的7d、14d及28d病死率均明显低于对照组^[12,13],与本研究结果不一致,这可能与本研究所纳入的患者年龄比上述研究者所纳入的患者年龄更大有关。由于年龄越大的患者,心肌梗死后发生感染及其他器官功能衰

竭等并发症的风险越大,会严重影响患者的预后,导致14 d及28 d病死率无明显差异。PICCO作为一种监测技术,能够反映患者相应的病理生理状态。因此,其指标与疾病的预后必然存在联系。本研究将PICCO组按照28 d预后分为了存活组及死亡组,找出了2组之间存在差异的PICCO指标。进一步通过ROC曲线分析,发现心功能相关的指标(CI、GEF)、外周血管阻力指标(SVRI)与治疗后肺水肿指标(EVLWI)均可以有效地预测老年AMI合并CS患者28 d预后,其中CI是最有效的预测指标,这与之前研究者的研究结论是基本一致的^[14,15],更加证实了PICCO监测技术的准确性和实用性。

综上,PICCO监测有助于改善老年AMI合并CS患者的治疗效果,并且其指标有助于预测患者的预后。然而,由于本文为回顾性研究,且样本量较小,无法筛选出影响患者预后的独立危险因素,需要进一步研究和探索。

【参考文献】

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