

· 临床研究 ·

Charlson 合并症指数对老年股骨粗隆间骨折术后并发症的预测效果

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【摘要】目的 分析 Charlson 合并症指数(CCI)对老年股骨粗隆间骨折术后并发症的预测价值。**方法** 对 2017 年 1 月至 2018 年 1 月于北京积水潭医院收治的 378 例股骨粗隆间骨折接受髋关节手术治疗的老年患者进行回顾性队列研究。以 CCI=4 分为界限分组, 分为高风险组($CC\geq 4$ 分)及低风险组($CC<4$ 分), 主要研究终点是术后 30 d 内并发症。采用 SPSS 22.0 统计软件进行数据分析。根据数据类型, 组间比较分别采用 *t* 检验及 χ^2 检验。采用 Cox 回归分析确定 CCI 与术后并发症的相关性。**结果** 378 例患者中, 高风险组患者 67 例, 低风险组患者 311 例。高风险组术后并发症发生率[64.2% (43/67) 和 49.8% (155/311)]、术后重症监护室(ICU)使用率[29.9% (20/67) 和 16.7% (52/311)]、全身麻醉率[50.7% (34/67) 和 37.6% (117/311)]显著高于低风险组, 差异均有统计学意义(均 $P<0.05$)。在多变量模型中, CCI 与术后并发症显著相关($RR=1.13$, 95% CI 1.011~1.253, $P=0.026$), 其他危险因素包括全身麻醉方式手术($RR=1.59$, 95% CI 1.373~1.943, $P=0.026$)和术后 ICU 住院情况($RR=1.34$, 95% CI 1.180~1.642, $P=0.001$)。**结论** CCI 可用于评估预测老年股骨粗隆间骨折患者术后并发症。

【关键词】 Charlson 合并症指数; 股骨粗隆间骨折; 术后并发症

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Predictive efficiency of Charlson comorbidity index for postoperative complications in the elderly with intertrochanteric fractures

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【Abstract】 Objective To analyze the predictive value of the Charlson comorbidity index (CCI) for postoperative complications of femoral intertrochanteric fractures in the elderly. **Methods** A retrospective cohort study was conducted on 378 elderly patients who underwent hip surgery for femoral intertrochanteric fractures between January 2017 and January 2018 in our hospital. Taking CCI=4 points as standard, they were divided into high-risk group ($CC\geq 4$ points) and a low-risk group ($CC<4$ points). The primary study endpoint was occurrence of complications within 30 d postoperatively. SPSS statistics 22.0 was used for statistical analysis. Student's *t* test or Chi-square test was performed for comparison between two groups depending on data type. Cox regression analysis was adopted to determine the relationship between CCI and postoperative complications. **Results** Of the 378 patients, there were 67 patients in the high-risk group and 311 in the low-risk group. The high-risk group had significantly higher incidence of postoperative complications [64.2% (43/67) vs 49.8% (155/311)], ratio of postoperative admission to ICU [29.9% (20/67) vs 16.7% (52/311)], and proportion of general anaesthesia [50.7% (34/67) vs 37.6% (117/311)] than the low-risk group (all $P<0.05$). In the multivariate model, CCI was significantly associated with postoperative complications ($RR=1.13$, 95% CI 1.011~1.253, $P=0.026$). Other risk factors included general anesthesia ($RR=1.59$, 95% CI 1.373~1.943, $P=0.026$) and postoperative ICU stay ($RR=1.34$, 95% CI 1.180~1.642, $P=0.001$). **Conclusion** CCI can be used to assess and predict postoperative complications in elderly patients with intertrochanteric femoral fractures.

【Key words】 Charlson comorbidity index; femoral intertrochanteric fracture; postoperative complications

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骨质疏松症和骨质疏松性骨折是老年人的常见病,已成为全球性的公共卫生问题。髋部骨折是骨质疏松最常见也最为致命的合并症^[1]。髋部骨折后患者平均生存时间为5.55年,而老年患者因伤前合并内科疾病,骨折后常导致原有疾病加重,20%~30%的患者在1年内死亡,50%的患者会致残^[2,3]。髋部骨折主要包括股骨颈骨折及股骨粗隆间骨折两种类型,而后者出血量大,预后更差^[4]。一项关于髋部骨折手术的meta分析提出,术后死亡率的12个危险因素包括高龄、男性、长期居住养老院、术前行走能力差、日常生活质量差、较高的麻醉风险评分、精神状态差、多种共病及痴呆等^[5];但其尚未建立有效的风险预测模型及评分系统,临床实用性较差^[6]。Charlson合并症指数(Charlson comorbidity index, CCI)是一种基于患者合并症进行分类加权的评分系统,首次报道于1987年^[7]。CCI已证实可以预测包括内科、外科、重症监护室(intensive care unit, ICU)、创伤和癌症患者等不同临床人群的长期死亡率及院内死亡率^[8-10],但CCI对老年股骨粗隆间骨折术后并发症的预测效力尚无相关研究。本研究旨在评估CCI对老年股骨粗隆间骨折术后并发症的预测效力,从而降低患者术后死亡率。

1 对象与方法

1.1 研究对象

回顾性收集2017年1月至2018年1月于北京积水潭医院收治的股骨粗隆间骨折接受髋关节手术治疗的老年患者病历信息。本研究中所有患者全程由一个专门的小组负责,其中包括急诊科医师、创伤骨科医师、老年病科医师及麻醉科医师。所有患者均接受术前评估,术后进行物理康复治疗。全部患者临床资料完整。纳入标准:(1)年龄≥65岁;(2)术后随访时间≥30 d。排除标准:(1)拟行髋关节翻修手术;(2)多发伤患者;(3)开放性骨折患者;(4)病理性骨折患者。本研究通过北京积水潭医院伦理委员会批准(伦理批件号:积伦科审字第202110-03号)。

1.2 方法

按纳入及排除标准由医院档案室调取股骨粗隆间骨折老年患者病历信息,包含患者年龄、性别、骨折前的活动状态及内科基础病情况,骨折的损伤机制,美国麻醉医师协会(American Society of Anesthesiologists, ASA)身体状况分类评分,手术时间,手术类型,术中输血量,住院时间及入住ICU情况并计

算术前CCI;同时收集患者住院期间的化验检查结果,包含血常规、生化组合、凝血组合、血气分析、心肌酶谱、超声心动图及胸部CT结果。结合以往研究^[9],以 $CCI \geq 4$ 分为界限分组,分为高风险组($CCI \geq 4$ 分)及低风险组($CCI < 4$ 分),预测术后并发症发生情况。通过电话或门诊在术后30 d对入选患者进行随访,评价手术治疗效果、功能训练情况,是否存在并发症并积极予以诊治。

本研究术后并发症包括腹膜后出血、胃肠道出血、心律失常、泌尿系感染、手术部位感染、假体周围骨折、肺栓塞、肺炎、肾功能不全、新发的脑梗死、心肌梗死及心力衰竭^[11]。

1.3 统计学处理

采用SPSS 22.0统计软件进行数据分析。符合正态分布的计量资料用均数±标准差($\bar{x} \pm s$)表示,采用t检验。计数资料用例数(百分率)表示,采用 χ^2 检验。将上述单因素分析中 $P < 0.05$ 并考虑具有临床意义的因素纳入Cox比例风险回归模型进行多因素分析。 $P < 0.05$ 为差异有统计学意义。

2 结 果

2.1 2组患者一般资料比较

经过筛选,最终纳入378例股骨粗隆间骨折的老年创伤骨科术后患者,其中男性121例,女性257例。以 $CCI = 4$ 分为界,分为高风险组67例(17.7%)和低风险组311例(82.3%)。

高风险组患者术后ICU使用率、ASA分级评分及全身麻醉率明显高于低风险组,伤前步行状态劣于低风险组,差异均有统计学意义(均 $P < 0.05$);2组患者其他指标比较差异均无统计学意义(表1)。

2.2 临床结局及术后并发症

30 d内随访病例,高风险组死亡率和术后并发症发病率均高于低风险组,差异均有统计学意义(均 $P < 0.05$)。主要并发症亚组分析:高风险组术后并发泌尿系感染和心力衰竭均高于低风险组,差异均有统计学意义(均 $P < 0.05$);2组间术后并发胃肠道出血、肺炎及其他并发症比较,差异均无统计学意义(表2)。

2.3 30 d内术后并发症的影响因素分析

将表1中 $P < 0.05$ 的自变量(CCI、ICU入住情况、麻醉方式、ASA评分)、ASA评分纳入多变量模型。在多变量模型中,高风险组、术后入住ICU、全身麻醉为老年股骨粗隆间骨折30 d内术后并发症的影响因素(均 $P < 0.05$;表3)。

表1 2组患者一般资料比较
Table 1 Comparison of baseline data between two groups

Item	All patients (n = 378)	High-risk group (n = 67)	Low-risk group (n = 311)	t/χ ²	P value
Age (years, $\bar{x} \pm s$)	81.3 ± 7.0	81.0 ± 6.6	81.3 ± 7.1	0.299	0.765
Gender [n (%)]				0.737	0.473
Male	121 (32.0)	24 (35.8)	97 (31.2)		
Female	257 (68.0)	43 (64.2)	214 (68.8)		
Reason for injury [n (%)]				0.096	0.923
Fall on flat ground	323 (85.4)	57 (85.1)	266 (85.5)		
Others	55 (14.6)	10 (14.9)	45 (14.5)		
Operation duration [n (%)]				0.503	0.778
[0, 60] min	278 (73.5)	47 (70.1)	231 (74.3)		
(60, 120] min	91 (24.1)	18 (26.9)	73 (23.5)		
(120, 180] min	9 (2.4)	2 (3.0)	7 (2.2)		
ICU admission [n (%)]				2.483	0.013
Yes	72 (19.0)	20 (29.9)	52 (16.7)		
No	306 (81.0)	47 (70.1)	259 (83.3)		
ASA grade [n (%)]				18.215	<0.001
I	33 (8.7)	0 (0.0)	33 (10.6)		
II	77 (20.4)	14 (20.9)	63 (20.3)		
III	260 (68.8)	48 (71.6)	212 (68.5)		
VI	8 (2.1)	5 (7.5)	3 (1.0)		
Pre-injury walking status [n (%)]				33.438	<0.001
Independent	75 (19.8)	2 (3.0)	73 (23.5)		
Mildly restricted	127 (33.6)	15 (22.4)	112 (36.0)		
Restricted activities at home	114 (30.2)	27 (40.3)	87 (28.0)		
Bedridden status	62 (16.4)	23 (34.3)	39 (12.5)		
Evans classification [n (%)]				3.283	0.512
I a	211 (55.8)	31 (46.3)	180 (57.9)		
I b	69 (18.3)	16 (23.9)	53 (17.0)		
I c	56 (14.8)	11 (16.4)	45 (14.5)		
I d	23 (6.1)	5 (7.5)	18 (5.8)		
II	19 (5.0)	4 (5.9)	15 (4.8)		
Anesthesia [n (%)]				1.990	0.047
General anaesthesia	151 (39.9)	34 (50.7)	117 (37.6)		
Others	227 (60.1)	33 (49.3)	194 (62.4)		
Surgical procedure [n (%)]				0.894	0.640
Intramedullary nail	349 (92.3)	63 (94.0)	286 (92.0)		
Hip arthroplasty	12 (3.2)	1 (1.5)	11 (3.5)		
Others	17 (4.5)	3 (4.5)	14 (4.5)		

ICU: intensive care unit; ASA: American Society of Anesthesiologists.

表2 2组患者死亡结局与主要术后并发症比较

Table 2 Comparison of 30-d death and major post-operative complications between two groups [n (%)]

Group	n	30-day death	Postoperative complications					
			Gastrointestinal bleeding	Urinary tract infections	Pneumonia	Heart failure	Others	Total complication
High-risk	67	2 (3.0)	5 (7.5)	15 (22.4)	11 (16.4)	6 (8.96)	16 (23.9)	43 (64.2)
Low-risk	311	1 (0.3)	14 (4.5)	40 (12.9)	45 (14.5)	9 (2.9)	62 (19.9)	155 (49.8)
t/χ^2		2.208	1.006	2.006	0.407	2.305	0.724	2.132
P value		0.027	0.314	0.049	0.683	0.021	0.469	0.033

表3 30 d 内术后并发症的影响因素分析

Table 3 Analysis of factors influencing postoperative complications within 30 d

Item	B	P value	RR	95%CI
CCI(High-risk group)	0.083	0.026	1.13	1.011–1.253
ICU admission	0.291	0.001	1.34	1.180–1.642
General anaesthesia	0.468	0.026	1.59	1.373–1.943

CCI: Charlson comorbidity index; ICU: intensive care unit.

3 讨 论

本研究为单中心、回顾性研究,发现高风险组在股骨粗隆间骨折术后死亡风险及并发症风险高于低风险组($P<0.05$),亚组分析提示高风险组在术后泌尿系感染、心力衰竭发病明确高于低风险组($P<0.05$)。回归分析提示 CCI、全身麻醉手术方式和入住 ICU 是术后发生并发症的独立因素。

CCI 是世界范围内最广泛应用的评估工具之一,其包括 19 条合并症项目^[7],可以有效地对包括恶性肿瘤、慢性内科疾病等多种疾病进行预后危险分层。其针对老年髋部骨折患者术后死亡风险预测价值也得到了不同地区学者的肯定:Tang 等^[12]收集了 8080 例老年髋部骨折患者,研究发现 CCI 可以有效预测院内死亡风险;Kirkland 等^[13]证明,CCI $\geqslant 6$ 分是预测 30 d 病死率的独立危险因素;Nelson 等^[14]发现其在 30 d 内和 12 个月内病死率的受试者工作特征曲线下面积均优于诺丁汉髋部骨折评分。而 CCI 对术后并发症的预测价值尚存在争议:一项纳入 6121 例髋关节置换研究发现,较高的术前 CCI 与并发症发生率、输血事件和住院时间的增加有关,提示 CCI 在髋关节返修术人群风险分层中的潜在效用^[15]。Flikweert 等^[16]进一步发现 CCI $\geqslant 3$ 分为髋部骨折并发症独立的危险因素。但另一些研究提出相反看法:一项对 64 792 例全髋关节置换术的研究发现,年龄、CCI 和 ASA 评分对术后并发症具有预测作用,但 CCI 对预测术后不良事件有效性差^[17]。Hindmarsh 等^[18]亦没有发现 CCI 和围手术期及术后并发症之间存在明确相关性。本研究检索了万方数据库、中国知网及维普网,尚未发现 CCI 同老年股骨粗隆间骨折术后院内并发症相结合的相关研究。本研究发现,高风险组(CCI $\geqslant 4$ 分)术后并发症发病率更高,尤其以心力衰竭和泌尿系感染为著。近年来,诸多学者对老年髋部骨折患者术后并发症评分系统的预测效力亦进行了评估:ASA 评分、生理学和手术严重性评分系统(Physiological and Operative Severity Score for the Enumeration of Mortality and Morbidity, POSSUM)及大坪骨科老年患者手术风险

评分系统(Daping Orthopedics Operative Risk Scoring System for Senile Patient, DORSSSP)均展现了较好的预测效力^[19]。ASA 评分系统简单便捷,但主观性较强,不适用于精准预测;POSSUM 及 DORSSSP 评分系统全面,但评估内容包含术中的相关情况(失血量、手术时长等)。CCI 较为简便,适用于急诊环境下的术前评估,本研究也肯定了其对老年股骨粗隆间骨折术后并发症的预测价值。

除此之外,本研究也发现麻醉方式与术后恢复及并发症的发生发展有密切关系。既往研究发现,同全身麻醉相比较,椎管内麻醉的患者术后呼吸衰竭及新发心肌梗死的发生率明显减少^[20,21]。黄兆松等^[22]研究发现全身麻醉是术后尿路感染的独立相关因素。一项对髋部骨折老年患者术后谵妄的多因素分析^[23]也发现,年龄和全身麻醉是独立危险因素,同本研究结果基本一致。而全身麻醉为少数可预防的危险因素^[16],结合本研究结果,建议老年股骨粗隆间骨折手术治疗时,优先采用非全身麻醉方式,减少术后并发症的发生。

本研究仍有一些局限:(1)本研究是一项回顾性队列研究,且数据量较小,因此存在无法避免的选择偏倚风险;(2)本研究无法控制其他可能影响结果的潜在混杂因素,如患者应用的某些药物、患者吸烟状况、患者体质量指数及护理人员对患者的术后护理;(3)CCI 评分系统的评分项目同术后并发症有相同的内容,如充血性心力衰竭及偏瘫等,在判断是否为新发的术后并发症时确实存在影响,是不可避免的混杂因素。

综上,本研究对股骨粗隆间骨折手术患者的回顾性队列研究证明 CCI 可用于术前评估预测患者术后并发症。而未来可以进行前瞻性对照研究来评估 CCI 与术后并发症之间的关系,从而更好地指导临床决策。

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