

· 临床研究 ·

轻比重布比卡因蛛网膜下腔麻醉联合脊椎麻醉对行防旋股骨近端髓内钉术老年患者的麻醉效果及影响

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【摘要】目的 探究轻比重布比卡因蛛网膜下腔麻醉联合脊椎麻醉对行防旋股骨近端髓内钉(PFNA)术老年患者的麻醉效果及其对循环呼吸系统的影响。**方法** 选取2015年8月至2018年8月在青海省人民医院行PFNA术的60例老年患者为研究对象。分为2组:轻比重组和重比重组,每组30例。重比重组使用3ml含0.5%布比卡因的葡萄糖溶液麻醉,轻比重组使用6ml含0.25%布比卡因的蒸馏水溶液麻醉。检测并比较2组麻醉前(T_0)、麻醉平面固定后(T_1)、用药后5 min(T_2)、15 min(T_3)、30 min(T_4)和60 min(T_5)的镇静程度及循环呼吸系统变化。使用简易精神状态量表(MMSE)评估患者认知情况。比较2组麻醉效果和不良反应发生情况。采用SPSS 20.0软件进行数据处理。**结果** 2组患者麻醉起效时间、 T_0 ~ T_5 时间点的Ramsay评分基本一致($P>0.05$)。与重比重组相比,轻比重组中麻醉阻滞平面 $\geq T_{10}$ 者的比例(20.00% vs 43.33%)、以及麻黄碱(3.33% vs 43.33%)和阿托品(6.67% vs 36.67%)的使用率均显著降低($P<0.05$)。与 T_0 时间点相比,2组患者 T_2 ~ T_5 时间点的平均动脉压(MAP)、心率、收缩压、舒张压、呼吸频率和脉搏血氧饱和度(SpO_2)均有降低趋势。与轻比重组比较,重比重组患者 T_1 ~ T_5 时间点的MAP和 SpO_2 显著降低($P<0.05$), T_2 ~ T_5 时间点的心率、收缩压、舒张压和呼吸频率显著降低($P<0.05$)。轻比重组患者麻醉后24 h的MMSE评分显著高于重比重组[(24.14±2.14) vs (26.83±2.34)分, $P<0.05$]。轻比重组认知功能障碍发生率(3.33% vs 16.67%)和不良反应发生率(23.33% vs 46.67%)均显著低于重比重组($P<0.05$)。**结论** 对行PFNA术的老年患者采用轻比重布比卡因蛛网膜下腔麻醉联合脊椎麻醉阻滞能够获得满意的麻醉效果,且对循环呼吸系统影响较小、安全性较高,值得在临床推广。

【关键词】 布比卡因;轻比重;防旋股骨近端髓内钉;股骨粗隆间骨折;循环呼吸系统

【中图分类号】 R614.4; R592

【文献标志码】 A

【DOI】 10.11915/j.issn.1671-5403.2019.08.132

Efficacy of subarachnoid anesthesia with light specific gravity bupivacaine combined with spinal anesthesia for elderly patients undergoing proximal femoral nail antirotation

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【Abstract】 Objective To investigate the anesthetic effect of subarachnoid anesthesia of light specific gravity bupivacaine combined with spinal anesthesia and its effect on circulatory and respiratory systems in the elderly patients undergoing proximal femoral nail antirotation (PFNA). **Methods** Sixty elderly patients who underwent PFNA surgery in our hospital from August 2015 to August 2018 were selected as subjects. They were randomly divided into 2 groups: light specific gravity group and heavy specific gravity group, with 30 cases in each group. Distilled water solution (6 ml) containing 0.25% bupivacaine was administered in the former group, and glucose solution (3 ml) containing 0.5% bupivacaine was administered in the latter group. The sedation levels and changes in circulatory and respiratory systems were detected and compared between the 2 groups before anesthesia (T_0), after anesthesia plane fixation (T_1), and in 5(T_2), 15(T_3), 30(T_4) and 60 min (T_5) after administration. Patients' cognitive status was assessed with mini-mental state examination (MMSE) scale. The anesthetic effects and adverse reactions of the 2 groups were compared. Data processing was performed using SPSS statistics 20.0. **Results** The Ramsay scores at onset time of anesthesia and the T_0 ~ T_5 time points were almost similar between the 2 groups ($P>0.05$). The light specific gravity group had lower percentages of the patients with anesthesia block

plane $\geq T_{10}$ (20.00% vs 43.33%), and reduced usages of ephedrine (3.33% vs 43.33%) and atropine (6.67% vs 36.67%) when compared with the heavy specific gravity group ($P<0.05$). Compared with the T_0 time point, the mean arterial pressure (MAP), heart rate, systolic pressure, diastolic pressure, respiratory rate, and pulse oximetry (SpO_2) of the 2 groups were in a trend of decrease at the T_2-T_5 time points. MAP and SpO_2 were significantly lower in T_1-T_5 time points, and heart rate, systolic blood pressure, diastolic blood pressure and respiratory rate were also obviously lower at T_2-T_5 time points in the heavy than the light specific gravity group ($P<0.05$). The MMSE score at 24 h after anesthesia was significantly higher in the light than the heavy specific gravity group [(24.14±2.14) vs (26.83±2.34), $P<0.05$]. The incidences of cognitive dysfunction (3.33% vs 16.67%) and adverse reactions (23.33% vs 46.67%) in the light specific gravity group were significantly lower than those of heavy specific gravity group ($P<0.05$).

Conclusion Satisfactory anesthetic effect is achieved in the elderly patients undergoing PFNA with combination of subarachnoid anesthesia of light specific gravity bupivacaine and spinal anesthesia. It has good safety and less effect on the circulatory and respiratory systems, and is worthy of further application in clinical practice.

[Key words] bupivacaine; light specific gravity; anti-rotation proximal femoral nail; femoral intertrochanteric fracture; circulatory respiratory system

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骨折是老年人常见的一种外伤,主要与老年人多患有不同程度骨质疏松有关,其中股骨粗隆间骨折是较为常见的一种。防旋股骨近端髓内钉(proximal femoral nail antirotation, PFNA)术是目前临床广泛应用的老年股骨粗隆间骨折的治疗方法,具有固定可靠、手术切口小和恢复期短等特点^[1,2]。老年患者由于身体机能下降,循环呼吸系统极易出现意外,且并发症的发生率也会增加^[3]。轻比重布比卡因和重比重布比卡因在骨折麻醉治疗中均具有较好的效果,研究显示,轻比重布比卡因对血流动力学波动影响较小^[4]。目前对于老年PFNA术使用轻比重还是重比重布比卡因尚无定论。鉴于此,本研究探讨了轻比重和重比重布比卡因对行PFNA术老年患者的麻醉效果,及其对循环呼吸系统的影响,为临床选择更优的麻醉方法提供依据。

1 对象与方法

1.1 研究对象

选取2015年8月至2018年8月在青海省人民医院行PFNA术的60例老年患者为研究对象,年龄66~84岁,其中男性36例,女性24例。纳入标准:(1)65~85岁;(2)经X线片等检查确诊为单侧股骨粗隆间骨折;(3)美国麻醉医师协会(American Society of Anesthesiologists, ASA)分级为I~II级;(4)签署知情同意书。排除标准:(1)股骨骨折或手术史;(2)心力衰竭、肝肾等重要器官功能不全;(3)麻醉禁忌;(4)严重神经系统疾病。将以上患者按照随机数表法分为2组:轻比重组和重比重组,每组30例。本研究方案经本院伦理委员会批准执行[青医伦字(2018)052号],所有患者均自愿签署知情同意书。

1.2 方法

2组患者均由同一组麻醉和手术医师操作。患者入手术室后建立静脉通道并监测常规生命指标。使用25G针穿刺L3~4并注射布比卡因,注射方向为朝向尾端,其中轻比重组注射轻比重布比卡因6ml(含布比卡因0.25%,由0.75%布比卡因2ml与4ml无菌蒸馏水混合),重比重组注射重比重布比卡因3ml(含布比卡因0.50%,由0.75%布比卡因2ml与10%的葡萄糖注射液1ml混合),布比卡因由湖南科伦制药有限公司生产(H43021411)。注射时,轻比重组患侧朝上侧卧,重比重组患侧朝下侧卧,头低脚高倾斜10°~15°,注射速度为0.1ml/s。重比重组患者在麻醉后翻转体位,患侧朝上进行手术。2组均通过针刺检测,并将麻醉阻滞平面维持在 T_{9-12} ,根据具体情况硬膜外给予罗哌卡因、麻黄碱或阿托品。拔管条件:(1)患者可按照指令进行睁眼、张嘴等行动;(2)自主潮气量>7mg/kg;(3)呼吸频率>10次/min。

1.3 观察指标

1.3.1 麻醉情况 记录每例患者麻醉起效时间、最高阻滞平面以及麻黄碱或阿托品使用情况,其中 T_{10} 阻滞平面指平脐部位, T_{12} 阻滞平面指耻骨联合处。

1.3.2 镇静评分 采用Ramsay评分^[5]评估患者麻醉前(T_0)、麻醉平面固定后(T_1)、用药后5min(T_2)、15min(T_3)、30min(T_4)和60min(T_5)的镇静程度。分值1~6分:1分表示患者反正不安;2分表示患者安静合作;3分表示患者嗜睡,对指令有反应;4分表示患者处于睡眠状态,但可唤醒;5分表示患者处于睡眠状态,且对呼叫反应迟钝;6分表示患者对呼叫无反应,处于麻醉深睡状态。

1.3.3 循环呼吸系统指标 检测每位患者 T_0 、 T_1 、

T_2, T_3, T_4, T_5 的平均动脉压 (mean arterial pressure, MAP)、心率、收缩压、舒张压、呼吸频率和脉搏血氧饱和度 (pulse oximetry, SpO₂)。

1.3.4 认知功能 分别在麻醉前 24 h、麻醉后 24 h 和麻醉后 48 h 使用简易精神状态检查 (mini-mental state examination, MMSE) 量表评估患者认知情况, MMSE 分数下降 2 分以上或者低于 23 分的患者被评为认知功能障碍。

1.3.5 不良反应发生情况 记录 2 组患者呛咳、呼吸抑制以及恶心呕吐等不良反应发生情况。

1.4 统计学处理

采用 SPSS 20.0 软件进行数据处理。计量资料以均数±标准差 ($\bar{x} \pm s$) 表示, 组间比较采用 *t* 检验。计数资料以例数(百分率)表示, 组间比较采用 χ^2 检验。 $P < 0.05$ 为差异具有统计学意义。

2 结果

2.1 2 组患者基线资料比较

2 组患者性别、年龄、ASA 分级等基线资料间差

异无统计学意义, 具有可比性 ($P > 0.05$; 表 1)。

2.2 2 组患者麻醉情况比较

2 组患者的麻醉起效时间差异无统计学意义 ($P > 0.05$), 轻比重组患者麻醉阻滞平面 $\geq T_{10}$ 的比例显著低于重比重组 ($P < 0.05$)。轻比重组的麻黄碱和阿托品的使用率显著低于重比重组 ($P < 0.05$; 表 2)。

2.3 2 组患者镇静情况比较

2 组患者 $T_0 \sim T_5$ 时间点的 Ramsay 评分间差异均无统计学意义 ($P > 0.05$; 表 3)。

2.4 2 组患者循环呼吸指标比较

2 组患者 T_0 时间点的 MAP、心率、收缩压、舒张压、呼吸频率和 SpO₂ 间差异均无统计学意义 ($P > 0.05$)。与 T_0 时间点相比, 2 组患者 $T_2 \sim T_5$ 时间点的 MAP、心率、收缩压、舒张压、呼吸频率和 SpO₂ 均有降低趋势。与轻比重组比较, 重比重组患者 $T_1 \sim T_5$ 时间点的 MAP 和 SpO₂ 显著降低, $T_2 \sim T_5$ 时间点的心率、收缩压、舒张压和呼吸频率显著降低, 差异具有统计学意义 ($P < 0.05$; 表 4)。

表 1 2 组患者一般资料比较

Table 1 Comparison of general data between two groups (n=30)

Group	Gender (male/female, n)	Age (years, $\bar{x} \pm s$)	BMI (kg/m ² , $\bar{x} \pm s$)	ASA (I / II, n)
Heavy specific gravity	19/11	71.4±3.6	24.12±2.04	16/14
Light specific gravity	17/13	70.3±3.5	24.52±2.11	14/16
<i>t</i> / χ^2	0.385	0.782	0.354	0.735
<i>P</i> value	0.752	0.367	0.784	0.389

BMI: body mass index; ASA: American Society of Anesthesiologists.

表 2 2 组患者麻醉参数比较

Table 2 Comparison of indices of anesthesia between two groups (n=30)

Group	Anesthesia onset time (s, $\bar{x} \pm s$)	Block plane [n (%)]		Ephedrine [n (%)]	Atropine [n (%)]
		$\geq T_{10}$	< T_{10}		
Heavy specific gravity	49.43±7.77	13(43.33)	17(56.67)	13(43.33)	11(36.67)
Light specific gravity	52.44±8.35	6(20.00)	24(80.00)	1(3.33)	1(6.67)
<i>t</i> / χ^2	1.245	6.753		13.345	12.263
<i>P</i> value	0.094	<0.001		<0.001	<0.001

表 3 2 组患者 Ramsay 评分比较

Table 3 Comparison of Ramsay score between two groups (n=30, score, $\bar{x} \pm s$)

Group	T_0	T_1	T_2	T_3	T_4	T_5
Heavy specific gravity	2.00±0.00	2.00±0.00	2.24±0.51	3.74±0.63	4.13±0.86	4.15±0.72
Light specific gravity	2.00±0.00	2.00±0.00	2.18±0.53	3.62±0.76	4.08±0.64	4.01±0.76
<i>t</i>	-	-	0.363	0.326	0.395	0.405
<i>P</i> value	-	-	0.753	0.792	0.721	0.714

T_0 : before anesthesia; T_1 : after anesthesia plane fixation; $T_2 \sim T_5$: 5, 15, 30 and 60 min after administration respectively.

表4 2组患者循环呼吸指标比较

Table 4 Comparison of indices of circulation and respiration between two groups ($n=30$, $\bar{x}\pm s$)

Group	MAP (mmHg)					
	T ₀	T ₁	T ₂	T ₃	T ₄	T ₅
Heavy specific gravity	118.38±9.65	103.6±8.43	96.83±9.58	94.51±9.23	89.61±9.69	84.74±8.72
Light specific gravity	116.65±9.57	109.86±8.05*	100.33±10.66*	98.52±10.21*	94.07±8.87*	90.12±7.89*
Group	Systolic pressure (mmHg)					
	T ₀	T ₁	T ₂	T ₃	T ₄	T ₅
Heavy specific gravity	125.38±7.52	120.22±7.58	118.07±6.92	113.71±5.96	114.63±6.16	116.28±7.00
Light specific gravity	124.59±7.26	122.21±7.43	120.79±7.78*	117.22±6.64*	118.30±6.33*	120.42±6.37*
Group	Diastolic pressure (mmHg)					
	T ₀	T ₁	T ₂	T ₃	T ₄	T ₅
Heavy specific gravity	72.28±5.85	70.19±5.53	68.65±5.46	67.33±5.96	68.27±5.72	67.84±5.36
Light specific gravity	73.44±6.21	71.58±5.98	70.83±5.63*	69.30±5.17*	71.06±5.48*	71.82±5.08*
Group	SpO ₂ (%)					
	T ₀	T ₁	T ₂	T ₃	T ₄	T ₅
Heavy specific gravity	98.25±1.22	94.66±0.96	90.96±1.31	90.28±0.83	89.75±0.871	89.22±1.05
Light specific gravity	98.63±1.56	97.01±1.25*	96.87±1.23*	98.03±1.04*	96.69±0.39*	97.78±1.45*
Group	Heart rate (beats/min)					
	T ₀	T ₁	T ₂	T ₃	T ₄	T ₅
Heavy specific gravity	84.92±3.37	81.03±3.63	75.80±4.57	75.07±4.18	70.77±5.84	68.56±6.13
Light specific gravity	82.74±3.15	82.47±2.92	79.25±3.52*	78.67±3.88*	74.12±4.77*	72.32±4.22*
Group	Breathing rate (beats/min)					
	T ₀	T ₁	T ₂	T ₃	T ₄	T ₅
Heavy specific gravity	19.25±1.15	18.19±1.27	17.96±1.29	17.12±1.53	14.62±1.78	13.53±1.63
Light specific gravity	19.08±1.46	18.88±1.54	18.92±1.46*	18.26±1.11*	17.38±1.43*	17.67±1.32*

T₀: before anesthesia; T₁: after anesthesia plane fixation; T₂-T₅: 5, 15, 30 and 60 min after administration respectively. MAP: mean arterial pressure;SpO₂: pulse oximetry. Compared with heavy specific gravity group, * $P<0.05$. 1 mmHg = 0.133 kPa.

2.5 2组患者认知功能情况比较

2组患者麻醉前24 h和麻醉后48 h的MMSE评分差异无统计学意义($P>0.05$),但轻比重组患者麻醉后24 h的MMSE评分显著高于重比重组($P<0.05$;表5)。轻比重组共发生认知功能障碍1例(占3.33%),重比重组共发生认知功能障碍5例(占16.67%),2组认知功能障碍发生率间差异具有统计学意义($P=0.009$)。

表5 2组MMSE评分比较

Table 5 Comparison of MMSE scores between two groups

(n=30, score, $\bar{x}\pm s$)

Group	24 h before	24 h after	48 h after
	anesthesia	anesthesia	anesthesia
Heavy specific gravity	28.91±2.05	24.14±2.14	27.53±2.15
Light specific gravity	29.04±2.17	26.83±2.34	28.63±2.26
t	0.246	3.245	1.345
P value	0.872	0.026	0.143

2.6 2组患者不良反应发生情况

重比重组患者出现呛咳3例、呼吸抑制1例、心血管事件2例、躁动4例、恶心呕吐2例、疼痛2例,共计14例(占46.67%)发生不良反应;轻比重组患者出现呛咳1例、心血管事件1例、躁动1例、恶心呕吐1例、疼痛3例,共计7例(占23.33%)发生不良反应。重比重组不良反应发生率显著高于轻比重组($P<0.05$)。

3 讨论

老年患者的各器官功能均出现不同程度减退,尤其是循环、呼吸以及中枢神经系统,再加上老年人往往合并糖尿病、冠心病和高血压等基础疾病,系统储备功能极大降低^[5,6]。老年患者由于耐受性差别大,医师常常难以对手术期间局麻药的剂量进行准确控制,如何既能较好地维持足够的麻醉时间、又能降低对患者循环呼吸系统等方面不利影响,显得尤其重要。

股骨粗隆间骨折是老年患者的常见疾病,蛛网膜下腔麻醉联合脊椎麻醉是其常用的麻醉方法,使用布比卡因麻醉的效果好且稳定,在临幊上有着广泛的应用。轻、重比重布比卡因用于老年下肢手术麻醉时的特点不同,但是如何选择尚未有定论^[7]。本研究比较了轻、重比重布比卡因对行PFNA术老年患者的麻醉效果,结果显示,2组的麻醉起效时间基本一致,并且2组患者T₀~T₅时间点的Ramsay评分差异无统计学意义,这与过往的研究结果相类似^[8]。但是PFNA术往往为单侧手术,需要保持患肢朝上的侧卧体位进行手术。而重比重布比卡因会下浮,麻醉时患者体位需取患侧朝下,在手术时需要再改变患者体位,这不但增加了手术流程,患肢也可能受到压迫,从而对手术和预后产生不良影响^[9]。而轻比重布比卡因具有上浮的特性,麻醉时患者可以始终保持患肢向上的体位,有利于简化手术,并且其麻醉效果与重比重布比卡因相比差异无统计学意义^[10]。

蛛网膜下腔麻醉联合脊椎麻醉会造成交感神经阻滞,影响下肢血管张力,进而引起血压降低,对患者的循环和呼吸系统影响较大,而老年患者呼吸循环系统的剧烈波动会引起多种并发症^[11]。本研究结果显示,麻醉后2组患者的MAP、心率、收缩压、舒张压、呼吸频率和SpO₂均有不同程度的降低,但是与轻比重组相比,重比重组降低更明显,提示轻比重组患者循环呼吸指标波动更小。本研究结果还显示,轻比重组患者麻黄碱和阿托品的使用率均显著低于重比重组。既往研究显示,蛛网膜下腔麻醉联合脊椎麻醉会引起脊髓交感神经节前纤维阻滞,引起小动脉及静脉扩张,回心血量减少,心输出量下降,引起低血压等症状,而维持阻滞平面在T₁₂以下可有效减少低血压发生^[12]。本研究结果显示,轻比重组麻醉阻滞平面≥T₁₀的比例显著低于重比重组,这可能是由于轻比重布比卡因的上浮,形成单侧阻滞,而对位于下方的健侧肢体影响较小,这可有效增加血液回流,维持血压稳定,调节呼吸循环系统,并减少血管活性药物麻黄碱以及阿托品的使用^[13]。

老年术后认知功能障碍会影响患者的预后和生活质量。研究表明,维持循环呼吸系统的稳定对于减少老年患者认知功能障碍和并发症的发生有着重要意义^[14]。本研究结果显示,麻醉后24 h轻比重组的MMSE评分显著高于重比重组,并且轻比重组的认知功能障碍发生率显著低于重比重组。本研究结果表明,重比重组不良反应发生率显著高于轻比重组(46.67% vs 23.33%)。这可能是由于麻醉期间

轻比重布比卡因对患者影响较小,麻醉后患者恢复较快^[15]。

综上所述,对行PFNA术的老年患者行轻比重布比卡因麻醉可避免手术过程中的体位改变,对患者循环呼吸系统影响较小,并且麻醉效果良好,这对减少麻醉并发症、帮助患者麻醉后恢复具有重要意义。但是关于轻比重布比卡因麻醉的相关研究还需要进一步扩大规模。

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(编辑: 吕青远)

· 消息 ·

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