

· 临床研究 ·

超声引导下行髂筋膜联合腰骶丛神经阻滞和全身麻醉在老年患者髋关节置换术中的对比研究

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【摘要】目的 对比超声引导下行髂筋膜联合腰骶丛神经阻滞和全身麻醉在老年患者髋关节置换术中的效果及安全性。

方法 选取2017年10月至2018年10月期间麻城市人民医院收治的行髋关节置换术的老年患者90例,按随机数表法分为观察组和对照组,每组45例。对照组采用全身麻醉,观察组采用髂筋膜联合腰骶丛神经阻滞,术后均随访30 d。对比2组患者术中舒芬太尼用量,术后24 h静脉自控镇痛(PCA)药物用量,下床活动时间,出院时间,术后4、12、24 h的视觉模拟量表(VAS)评分,围手术期血流动力学,认知功能,术后30 d并发症等。采用SPSS 17.0软件进行数据处理。**结果** 观察组术中舒芬太尼用量[(12.39±2.44)和(38.02±5.28)μg]、术后24 h PCA用量[(58.34±3.59)和(81.13±4.25)ml]、下床活动时间[(4.16±0.81)和(5.34±1.15)d]及出院时间[(7.29±0.76)和(8.35±0.96)d]均显著少于对照组($P<0.01$),而简易精神状态评估量表(MMSE)各项评分均显著高于对照组。观察组患者术后4 h[(0.83±0.15)和(3.34±0.61)]、12 h[(1.52±0.31)和(3.31±0.54)]、24 h[(1.76±0.35)和(3.15±0.62)]的VAS评分均显著低于对照组($P<0.05$)。观察组患者在麻醉完成后10 min、手术开始时及手术结束时的平均动脉压(MAP)和心率(HR)均显著高于对照组($P<0.05$)。术后随访30 d,2组患者均未出现死亡,观察组患者并发症发生率显著低于对照组(4.44%和31.11%, $P<0.05$)。**结论** 超声引导下行髂筋膜联合腰骶丛神经阻滞可应用于老年患者髋关节置换术,麻醉效果较好,对患者血流动力学及认知功能的影响较小,且安全性较高。

【关键词】 老年人; 髋关节置换术; 超声; 髂筋膜; 腰骶丛神经阻滞

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Comparison of ultrasound-guided iliac fascia block combined with lumbosacral plexus block versus general anesthesia in the elderly undergoing hip arthroplasty

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【Abstract】 Objective To compare the clinical efficacy and safety of ultrasound-guided iliac fascia block combined with lumbosacral plexus block and general anesthesia in hip arthroplasty in elderly patients. **Methods** A total of 90 elderly patients undergoing hip arthroplasty in Macheng People's Hospital from October 2017 to October 2018 were enrolled in this study, and randomly divided into observation group and the control group, with 45 cases in each group. General anesthesia was used in the patients of control group, while iliac fascia combined with lumbosacral plexus block was given to those in observation group. Both groups were followed up for 30 d post-operatively. The amount of intra-operative sufentanil, amount of drug in intravenous self-controlled pain (PCA), time of getting out of bed, time of discharge, scores of visual analogue scale (VAS) at 4, 12 and 24 h after operation, peri-operative hemodynamic parameters, cognitive function, and incidence of complications in 30 d after operation were compared between the 2 groups. SPSS statistics 17.0 was used for data analysis. **Results** The observation group had less intra-operative sufentanil dosage [(12.39±2.44) vs (38.02±5.28) μg], lower drug amount in PCA in postoperative 24 h [(58.34±3.59) vs (81.13±4.25) ml], shorter time of getting out of bed [(4.16±0.81) vs (5.34±1.15) d] and discharge time [(7.29±0.76) vs (8.35±0.96) d] when compared with the control group (all $P<0.01$). But all the scores of mini-mental state examination (MMSE) were significantly higher in the former than the latter group. But the trends in VAS scores were opposite [4 h: (0.83±0.15) vs (3.34±0.61); 12 h: (1.52±0.31) vs (3.31±0.54); 24 h: (1.76±0.35) vs (3.15±0.62), all $P<0.05$]. The mean arterial pressure (MAP) and heart rate (HR) in the

observation group were significantly higher than those of the control group at 10 min after the completion of anesthesia, at the beginning and at the end of operation ($P<0.05$). After 30 d of follow-up, no death occurred in the 2 groups, and the incidence of complications was significantly lower in the observation group than the control group (4.44% vs 31.11%, $P<0.05$). **Conclusion** Ultrasonic-guided iliac fascia block combined with lumbosacral plexus block can be applied in hip arthroplasty for elderly patients with high safety, good anesthesia effectiveness, and less impact on the hemodynamics and cognitive function.

[Key words] aged; hip arthroplasty; ultrasound; fascia fascia; lumbosacral plexus block

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髋关节置换术多见于老年患者,老年患者由于多伴高血压、冠心病、糖尿病及呼吸系统疾病等全身性慢性疾病,且各脏器功能随着年龄增长而衰退,手术和麻醉的风险较高。近年来,超声引导下髂筋膜联合腰骶丛神经阻滞逐渐应用于临床,可将局麻药直接注射到神经丛,使定位更准确,且神经阻滞麻醉对血流动力学影响较小,因而越来越受到国内外研究人员的肯定。本研究拟通过分析比较超声引导下行髂筋膜联合腰骶丛神经阻滞与全身麻醉的效果,为该方法的临床应用提供参考。

1 对象与方法

1.1 研究对象

选取2017年10月至2018年10月期间麻城市人民医院收治的行髋关节置换术的老年患者90例。纳入标准:(1)X线诊断为股骨颈骨折;(2) $\geqslant 65$ 岁;(3)住院期间未进行过其他手术;(4)无手术禁忌证;(5)无精神病史;(6)美国麻醉医师协会(American Society of Anesthesiologists, ASA)分级Ⅱ或Ⅲ级^[1];(7)签署知情同意书。排除标准:(1)外周神经疾病、阻滞部位感染;(2)意识障碍,不能正常沟通;(3)下肢神经损伤史;(4)长期服用阿片类药物;(5)严重凝血障碍;(6)对本研究所用药物过敏。按随机数表法分为观察组和对照组,每组45例。本研究方案经本院伦理委员会批准[黄医伦字(2017)065号]。

1.2 方法

术前所有患者禁食禁饮6 h,入手术室后常规监测心电图、血氧饱和度等,并建立静脉通道。

对照组患者静脉注射咪达唑仑(0.08 mg/kg)+依托咪酯(0.3 mg/kg)+舒芬太尼(1~2 μg/kg)+阿曲库溴铵(0.2 mg/kg)诱导后,置入喉罩,行机械通气;使用瑞芬太尼[0.1~0.5 μg/(kg·h)]和丙泊酚[4~6 mg/(kg·h)]维持麻醉深度。

观察组患者取仰卧位,在患肢髂前上棘和耻骨结节连线中外1/3处向尾端旁开1~2 cm作为穿刺点,采用超声仪(购自徐州贝尔斯电子科技有限公司)进行定位,将高频探头(5~10 mHz)置于腹股沟

韧带处,确定髂筋膜位置后,用针尖穿过髂筋膜,注入0.5%罗哌卡因30 ml,5 min后取侧卧位,于第4腰椎棘突旁开3~4 cm为穿刺点,注射0.5%罗哌卡因20 ml,从髂后上棘到坐骨结节的连线上并距髂后上棘6 cm处作为穿刺点,将低频探头(2~5 mHz)放置于穿刺点附近,超声实时引导至穿刺针抵达骶丛后,注入0.5%罗哌卡因15 ml,并观察局麻药物扩散效果。

2组患者术中均持续输入舒芬太尼5 ml/(kg·h),术后进入麻醉恢复室,观察至完全清醒。采用静脉自控镇痛(patient controlled analgesia, PCA):2.5 μg/kg舒芬太尼+100 mg氟比洛芬酯+100 ml生理盐水。

1.3 观察指标

(1)麻醉药用量与恢复时间:术中舒芬太尼用量、术后24 h PCA用量、下床活动时间及出院时间。(2)血流动力学:采用飞利浦MX800监护仪测定患者麻醉穿刺前(T0)、麻醉完成后10 min(T1)、手术开始时(T2)及手术结束时(T3)的平均动脉压(mean arterial pressure, MAP)和心率(heart rate, HR)。(3)采用视觉模拟量表(visual analogue scale, VAS)^[2]评估患者术后4、12、24 h的疼痛程度。(4)采用简易精神状态评定量表(mini-mental state examination, MMSE)^[3]评估患者认知功能,主要包括定向力、瞬时记忆、注意计算力、短时记忆、语言能力及视空间觉6项,总分30分,分值越高表示认知功能越好。(5)术后30 d死亡率及并发症情况,并发症主要包括认知功能障碍、谵妄、头痛、恶心呕吐、尿潴留等。

1.4 统计学处理

采用SPSS 17.0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组患者一般资料比较

2组患者基线资料间差异均无统计学意义($P>0.05$;表1)。

2.2 2组患者麻醉药用量与恢复时间比较

观察组术中舒芬太尼用量、术后24 h PCA用量、下床活动时间及出院时间均显著少于对照组($P<0.01$;表2)。

2.3 2组患者血流动力学比较

与T0时间点相比,对照组患者在T1~T3时间点的MAP及HR值均显著降低,而观察组患者无显著变化,且观察组患者在T1~T3时间点的MAP及HR值均显著高于对照组($P<0.05$;表3)

2.4 2组患者术后VAS评分比较

观察组患者术后4 h[(0.83 ± 0.15)和(3.34 ± 0.61)]、12 h[(1.52 ± 0.31)和(3.31 ± 0.54)]和24 h

[(1.76 ± 0.35)和(3.15 ± 0.62)]的VAS评分均显著低于对照组($P<0.05$)。

2.5 2组患者术前及术后MMSE评分比较

组内比较:与术前相比,2组患者术后的定向力、瞬时记忆、注意计算力、短时记忆、语言能力及视空间觉评分均显著降低($P<0.05$)。组间比较:术后观察组的定向力、瞬时记忆、注意计算力、短时记忆、语言能力及视空间觉评分均显著高于对照组($P<0.05$;表4)。

2.6 2组患者死亡率及并发症比较

术后随访30 d,2组患者均未出现死亡。观察组患者共2例出现并发症,其中认知功能障碍1例,

表1 2组患者基线资料比较

Table 1 Comparison of baseline data between two groups

(n=45)

| Group | Gender | Age | Body mass | ASA staging | Complicating disease [n (%)] | | | |
|-------------|--------------------|---------------------------|------------------------|------------------|--------------------------------|-------------------|------------|--------------|
| | (male/female, n) | (years, $\bar{x}\pm s$) | (kg, $\bar{x}\pm s$) | (II / III , n) | CHD | Pulmonary disease | Arrhythmia | Hypertension |
| Observation | 23/22 | 75.20±5.11 | 60.41±6.72 | 22/23 | 32(71.1) | 24(53.3) | 16(35.6) | 16(35.6) |
| Control | 22/23 | 75.04±5.76 | 60.13±6.45 | 21/24 | 30(66.7) | 23(51.1) | 17(37.8) | 15(33.3) |
| P value | 0.833 | 0.889 | 0.841 | 0.832 | | | 0.992 | |

ASA: American Society of Anesthesiologists; CHD: coronary heart disease.

表2 2组患者麻醉用药量与恢复时间比较

Table 2 Comparison of anesthetic dosage and recovery time between two groups

(n=45, $\bar{x}\pm s$)

| Group | Intra-operative sufentanil dosage (μ g) | Drug amount in PCA in postoperative 24 h (ml) | Time of getting out of bed (d) | Hospital stay length (d) |
|-------------|---|---|----------------------------------|----------------------------|
| Observation | 12.39±2.44 | 58.34±3.59 | 4.16±0.81 | 7.29±0.76 |
| Control | 38.02±5.28 | 81.13±4.25 | 5.34±1.15 | 8.35±0.96 |
| t | 29.559 | 27.480 | 5.627 | 5.807 |
| P value | <0.01 | <0.01 | <0.01 | <0.01 |

PCA: patient controlled analgesia.

表3 2组患者围手术期不同时间点MAP及HR值比较

Table 3 Comparison of MAP and HR at different perioperative time points between two groups

(n=45, $\bar{x}\pm s$)

| Group | MAP(mmHg) | | | | HR(beats/min) | | | |
|-------------|-------------|-------------------------|-------------------------|-------------------------|-----------------|-------------------------|-------------------------|-------------------------|
| | T0 | T1 | T2 | T3 | T0 | T1 | T2 | T3 |
| Observation | 92.46±10.78 | 91.14±8.21 [#] | 88.46±7.52 [#] | 85.73±7.03 [#] | 67.63±5.25 | 68.19±1.90 [#] | 68.75±1.54 [#] | 67.14±1.23 [#] |
| Control | 92.48±10.69 | 85.96±8.04 [*] | 83.78±7.92 [*] | 80.09±7.65 [*] | 67.79±5.63 | 63.85±1.62 [*] | 60.28±1.19 [*] | 60.35±1.67 [*] |

MAP: mean arterial pressure; HR: heart rate. Compared with T0, ^{*} $P<0.05$; compared with control group, [#] $P<0.05$. 1 mmHg=0.133 kPa.

表4 2组患者手术前后MMSE评分比较

Table 4 Comparison of preoperative and postoperative MMSE score between two groups

(n=45, score, $\bar{x}\pm s$)

| Group | Orientation | Immediate memory | Attention calculating force | Short-term memory | Language competence | Spatial perception |
|---------------|------------------------|------------------------|-----------------------------|------------------------|------------------------|------------------------|
| Observation | | | | | | |
| Preoperation | 5.62±1.16 | 5.68±1.09 | 5.12±1.06 | 4.41±0.78 | 7.92±1.43 | 4.46±0.82 |
| Postoperation | 4.35±0.43 [#] | 3.87±0.74 [#] | 2.63±0.54 [#] | 3.92±0.69 [#] | 6.85±1.02 [#] | 3.74±0.65 [#] |
| Control | | | | | | |
| Preoperation | 5.63±1.13 | 5.66±1.05 | 5.13±1.04 | 4.43±0.79 | 7.90±1.41 | 4.45±0.79 |
| Postoperation | 3.96±0.24 [*] | 3.03±0.62 [*] | 2.08±0.38 [*] | 3.21±0.58 [*] | 5.83±0.86 [*] | 2.96±0.59 [*] |

MMSE: mini-mental state examination. Compared with preoperation, ^{*} $P<0.05$; compared with control group, [#] $P<0.05$.

术后谵妄1例，并发症发生率为4.44%(2/45)；对照组患者共14例出现并发症，其中认知功能障碍6例，术后谵妄5例，头痛1例，恶心呕吐1例，尿潴留1例，并发症发生率为31.11%(14/45)。观察组患者并发症发生率显著低于对照组($\chi^2 = 10.946$, $P < 0.05$)。

3 讨 论

由于老年患者的生理特点，行髋关节置换术时若采用全身麻醉，其临床效果很难达到预期^[4]。周围神经阻滞是一种针对性的麻醉手段，髂筋膜间隙阻滞可有效阻滞间隙内的股外侧皮神经、股神经、闭孔神经，而腰骶丛阻滞不仅可阻滞坐骨神经及其分支，还可阻滞包括股后皮神经和部分支配髋关节的感觉和运动神经等。在超声引导下进行操作，定位准确，能避免局部麻醉药中毒、神经损伤等并发症，减少盲目穿刺次数，提高阻滞效果，减轻对周围组织的损伤，适用于中老年患者^[5]。

本研究结果表明，观察组患者术中舒芬太尼用量、术后24 h PCA用量明显减少，下床活动时间及出院时间也均较早，该研究结果提示髂筋膜联合腰骶丛神经阻滞可明显减少围手术期镇痛药用量，有利于患者早期恢复。在超声可视化引导下，可使针尖穿刺至神经附近，在腰骶丛坐骨神经周围直接注入麻醉药物，可清晰观察到麻醉药物对神经的浸润效果，且作用也更确切，进而大大减少舒芬太尼及术后PCA用量，有利于患者尽快恢复，早日进行功能锻炼。大量研究表明，超声引导下周围神经阻滞可明显减少麻醉药物的使用量^[6]。

本研究结果表明，与对照组相比，观察组患者术后4、12、24 h的VAS评分均明显降低，提示髂筋膜联合腰骶丛神经阻滞的术后早期镇痛效果较好。这可能是因为超声引导下阻滞定位更准确，麻醉药物直接作用于相应神经组织，从而明显提高镇痛效果。多项研究报道了髋关节置换术患者采用超声引导下周围神经阻滞术后的早期镇痛效果，结果均表明患者术后镇痛需求量降低，不良反应少^[7-9]。本研究与以上研究的不同之处在于：选择了髂筋膜联合腰骶丛神经阻滞，该方法可在仰卧位下进行，并能有效地阻滞间隙内的股外侧皮神经、股神经、闭孔神经等，使髋部、膝部和小腿中段近侧前方皮肤和深部组织产生麻醉效果，大容量向头端扩散时，又可阻滞同侧腰丛的其他分支，减轻了患者摆放体位的不适和痛苦。

本研究结果显示，观察组患者在T1~T3时间点的MAP及HR值均显著高于对照组($P < 0.05$)，这说明超声引导下行髂筋膜联合腰骶丛神经阻滞对患者的MAP和HR影响较小。老年患者自主神经调节能力较差、难以稳定应激，导致血流动力学波动，腰骶丛神经阻滞对神经根影响较小，且作用于单根神经，因此对患者的血流动力学影响较小。

有资料显示，阿片类药物可导致记忆和认知功能障碍^[10]。另有研究表明，术中过度应激和疼痛是诱发患者术后谵妄及认知功能障碍的关键因素^[11]。本研究结果表明，观察组患者术后认知功能评分均显著高于对照组，说明超声引导下周围神经阻滞可减轻术后认知功能损伤。分析原因为：观察组阿片类药物的用量减少，间接减少了对认知功能的伤害，且神经阻滞可抑制神经系统源性应激反应，帮助患者完善认知功能。这与左东等^[12]研究结果类似。

本研究结果表明，观察组患者的并发症发生率明显低于对照组，这说明髂筋膜联合腰骶丛神经阻滞可明显减少并发症的发生。髂筋膜联合腰骶丛神经阻滞使用的局麻药物量较少，能更有效地减少神经系统源性应激反应，从而减少循环系统的不良反应；此外，髂筋膜联合腰骶丛神经阻滞不会阻滞腹腔及盆腔内脏神经，术后不需要禁食，从而安全性得到明显提高^[13,14]。

综上所述，高龄患者行髋关节置换术时，采用超声引导下行髂筋膜联合腰骶丛神经阻滞可提高阻滞定位的准确率及阻滞效果，有效减少镇痛性麻醉药物的使用量，术后早期镇痛效果较好，患者恢复快，且对认知功能损伤较小，安全性较好。

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