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床旁超声联合血乳酸对感染性休克患者容量反应性的预测价值分析*

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摘要 目的:研究床旁超声与血乳酸(LAC)联合应用于感染性休克患者容量反应性预测中的效能。**方法:**选取 2015 年 10 月~2017 年 10 月于我院接受治疗的 120 例感染性休克患者进行研究。对所有患者均开展补液试验,并按照试验结果的差异将其分作反应组 63 例和无反应组 57 例。对两组人员均实施床旁超声检查以及 LAC 水平检测,并对比相关指标水平。通过 Pearson 相关性分析明确感染性休克患者床旁超声指标与 LAC 水平的关系。采用受试者工作特征(ROC)曲线分析床旁超声与 LAC 联合预测上述患者容量反应性的效能。**结果:**两组补液后平均动脉压(MAP)、中心静脉压(CVP)均高于补液前($P<0.05$),反应组补液前下腔静脉呼吸变异率(Δ IVC)、主动脉峰值流速呼吸变异率(Δ VpeakAO)、肱动脉最大速度变异率(Δ VpeakBA)高于补液后及无反应组($P<0.05$)。两组补液后 LAC 水平均低于补液前,且反应组低于无反应组($P<0.05$)。经 Pearson 相关性分析可得:感染性休克患者 LAC 水平与 Δ IVC、 Δ VpeakAO、 Δ VpeakBA 均呈正相关($P<0.05$)。经 ROC 曲线分析可知:床旁超声联合 LAC 预测感染性休克患者容量反应性的曲线下面积、灵敏度、特异度以及约登指数均高于床旁超声和 LAC 单独预测。**结论:**感染性休克患者补液后 LAC 水平降低,床旁超声联合 LAC 预测感染性休克患者容量反应性的效能较高,具有一定的临床应用价值。

关键词:感染性休克;容量反应性;床旁超声;血乳酸;预测价值

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Predictive Value of Bedside Ultrasound Combined with Serum Lactic Acid on Volume Responsiveness of Patients with Septic Shock*

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ABSTRACT Objective: To study the efficacy of bedside ultrasound combined with serum lactic acid (LAC) in volume responsiveness of patients with septic shock. **Methods:** A total of 120 patients with septic shock who received diagnosis and treatment in our hospital from October 2015 to October 2017 were selected for the study. Rehydration test was carried out for all patients, and they were divided into response group with 63 cases and non-response group with 57 cases according to the difference of test results. Bedside ultrasound examination and LAC level detection were performed for two groups, and the levels of relevant indicators were compared. Pearson correlation analysis was used to determine the relationship between bedside ultrasound index and LAC level in patients with septic shock. Receiver operating characteristic (ROC) curve analysis was used to determine the efficacy of bedside ultrasound combined with LAC in predicting volume responsiveness of the above patients. **Results:** The mean arterial pressure (MAP) and central venous pressure (CVP) of the two groups after rehydration were higher than those before rehydration ($P<0.05$). The variation rate of respiration of inferior vena cava (Δ IVC), peak velocity of aorta (Δ VpeakAO) and maximum velocity of brachial artery (Δ VpeakBA) in the response group before rehydration were higher than those after rehydration and the non-response group ($P<0.05$). The LAC level after rehydration was lower than that before rehydration in two groups, and that in response group was lower than that in non-response group ($P<0.05$). Pearson correlation analysis showed that LAC level was positively correlated with Δ IVC, Δ VpeakAO and Δ VpeakBA ($P<0.05$). The ROC curve analysis showed that the area under the curve, sensitivity, specificity and Youden index of the volume responsiveness of patients with septic shock predicted by bedside ultrasound combined with LAC were higher than those predicted by bedside ultrasound and LAC alone. **Conclusion:** The LAC level of patients with septic shock decreased after rehydration. The potency of bedside ultrasound combined with LAC in predicting volume responsiveness of patients with septic shock is high, which has certain clinical application value.

Key words: Septic shock; Volume responsiveness; Bedside ultrasound; Blood lactic acid; Predictive value

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前言

感染性休克是重症监护室(ICU)中常见的临床综合征,具体是指因感染导致的血管扩张以及毛细血管通透性异常升高,继而引起组织灌注不足,促使组织器官因缺氧而出现损伤^[1-3]。容量治疗是目前国内外公认的有效改善感染性休克患者低血容量状态的可靠手段,然而该类患者的容量反应存在明显的个体异质性,一旦容量负荷过度极易引发心功能障碍等不良反应^[4-6]。因此,如何有效预测该病患者的容量反应性具有极其重要的临床意义。既往,临床上主要是借助中心静脉压(CVP)以及下腔静脉直径等静态指标反映循环容量状态,但其应用效果不佳,备受争议。近年来人们对动态预测以及评估循环系统对容量负荷反应性日益重视,床旁超声因其具有实时监测机体心脏和外周动脉血流动力学变化状况的优点,已在临床中广泛应用^[7-9]。此外,乳酸(LAC)表达水平可有效反映感染性休克患者的灌注量^[10-12]。基于以上背景,本研究通过探讨床旁超声与LAC联合预测感染性休克患者容量反应性的价值,以期相关的临床工作提供一定参考。

1 资料与方法

1.1 一般资料

选取2015年10月~2017年10月于我院接受治疗的120例感染性休克患者进行研究。其中男性68例,女性52例;年龄32~79岁,平均(63.22±11.49)岁;体质指数(BMI)19~29 kg/m²,平均(23.52±3.44)kg/m²;入院时急性生理学及慢性健康状况评分系统(APACHE II)评分18~27分,平均(22.41±3.11)分。入组标准:(1)所有受试者均符合美国休斯顿危重症年会所制定的感染性休克指南^[13];(2)均接受机械通气以及容量负荷试验;(3)存在明显感染灶和器官灌注不足的表现。排除标准:(1)腹腔内高压者;(2)右心功能障碍者;(3)神志异常或无法完成相关检查者;(4)正参与其它研究者。所有患者家属均签署知情同意书,医院伦理委员会已批准本研究。

1.2 研究方法

(1)所有患者均开展被动抬腿试验,随后开展容量负荷试验,以此完成对容量反应性的评估。将试验前后心脏每搏输出量(SV)的差异≥15%记作容量反应阳性,纳入反应组。将试验前后SV的差异<15%记作容量反应阴性,纳入无反应组^[14]。(2)补液方式:予以500 mL的复方氯化钠注射液15 min内全部输注完。(3)床旁超声检查:使用仪器为GE LOGIQ P3彩色多普勒超声诊断仪[购自灵增商贸(上海)有限公司],心脏选用相控阵探头,肺部则选用线性探头,腹部选用凸阵探头。分别检测所有受试者补液前后下述指标水平:①心率(HR);②平均动脉压(MAP);③CVP;④下腔静脉呼吸变异率(Δ IVC);⑤主动脉搏流速呼吸变异率(Δ VpeakAO);⑥肱动脉最大速度变异率(Δ VpeakBA)。(4)LAC水平检测:分别于补液前后采集所有受试者的股静脉血,以日立7600型全自动生化分析仪(购自北京泰林东方商贸有限公司)完成LAC水平的检测,操作遵循仪器说明书完成。

1.3 统计学处理

采用SPSS 22.0软件处理数据。计量资料以($\bar{x} \pm s$)表示,经检验符合正态性分布及方差齐性,行t检验。通过Pearson相关性分析明确感染性休克患者床旁超声指标与LAC水平的关系。采用受试者工作特征(ROC)曲线分析床旁超声与LAC联合预测感染性休克患者容量反应性的效能。 $\alpha=0.05$ 为检验水准。

2 结果

2.1 两组床旁超声指标评价

两组补液前后HR比较无统计学差异($P>0.05$);两组补液后MAP、CVP均高于补液前($P<0.05$),而组间补液前后MAP、CVP比较均无统计学差异($P>0.05$);反应组补液前 Δ IVC、 Δ VpeakAO、 Δ VpeakBA高于补液后及无反应组($P<0.05$);无反应组补液前后 Δ IVC、 Δ VpeakAO、 Δ VpeakBA比较无统计学差异($P>0.05$),见表1。

表1 两组床旁超声指标评价($\bar{x} \pm s$)

Table 1 Bedside ultrasonic indicators of the two groups($\bar{x} \pm s$)

Groups	n	Times	HR (beats/min)	MAP(mmHg)	CVP(cm H ₂ O)	Δ IVC(%)	Δ VpeakAO (%)	Δ VpeakBA (%)
Response group	63	Before rehydration	117.42±10.25	70.28±7.15	6.95±1.30	17.05±3.31*	15.25±1.96*	16.30±2.10*
		After rehydration	114.19±9.16	75.35±8.01	9.14±1.42	13.88±3.57	12.45±2.02	12.54±1.87
		t	1.865	-3.748	-9.029	5.168	7.896	10.613
		P	0.065	0.000	0.000	0.000	0.000	0.000
Non-response group	57	Before rehydration	117.50±10.21	70.34±7.18	6.95±1.31	13.10±3.28	13.14±1.97	13.25±2.14
		After rehydration	113.77±10.34	75.41±7.94	9.10±1.39	12.84±3.02	12.48±2.05	12.77±2.01
		t	1.938	-3.576	-8.498	0.440	1.753	1.234
		P	0.055	0.001	0.000	0.661	0.082	0.220

Note: compared with the non-response group, * $P<0.05$.

2.2 两组补液前后LAC水平评价

补液前两组LAC水平比较无统计学差异($P>0.05$),两组

补液后LAC水平均低于补液前($P<0.05$),反应组补液后LAC水平低于无反应组($P<0.05$),见表2。

表 2 两组补液前后 LAC 水平评价($\bar{x} \pm s$, mmol/L)Table 2 Evaluation of LAC level before and after rehydration in the two groups($\bar{x} \pm s$, mmol/L)

Groups	n	Before rehydration	After rehydration
Response group	63	3.39 $\pm$ 0.49	2.25 $\pm$ 0.39 [#]
Non-response group	57	3.27 $\pm$ 0.50	2.60 $\pm$ 0.43 [#]
t	-	1.327	-4.676
P	-	0.187	0.000

Note: compared with before rehydration, [#] $P < 0.05$.

2.3 感染性休克患者床旁超声指标与 LAC 水平的相关性分析 Δ IVC、 Δ VpeakAO、 Δ VpeakBA 均呈正相关 ($P < 0.05$), 与经 Pearson 相关性分析可得: 感染性休克患者 LAC 水平与 HR、MAP、CVP 无相关性 ($P > 0.05$), 见表 3。

表 3 感染性休克患者床旁超声指标与 LAC 水平的相关性分析

Table 3 Correlation analysis of bedside ultrasound indicators and LAC level in patients with septic shock

Indicators	LAC	
	r	P
HR	0.123	0.186
MAP	-0.138	0.145
CVP	-0.165	0.083
Δ IVC	0.413	0.034
Δ VpeakAO	0.425	0.020
Δ VpeakBA	0.479	0.013

2.4 床旁超声及 LAC 预测感染性休克患者容量反应性的效能分析 克患者容量反应性的曲线下面积、灵敏度、特异度以及约登指数均高于床旁超声和 LAC 单独预测, 见表 4、图 1。

经 ROC 曲线分析可知: 床旁超声联合 LAC 预测感染性休

表 4 床旁超声及 LAC 预测感染性休克患者容量反应性的效能分析

Table 4 Analysis of bedside ultrasound and LAC in predicting volume responsiveness in patients with septic shock

Items	Area under the curve	Sensitivity(%)	Specificity(%)	Youden index	95%CI
Bedside ultrasound	0.766	78.44	74.87	0.533	0.623~0.804
LAC	0.710	77.20	65.43	0.426	0.655~0.751
Bedside ultrasound combined with LAC	0.897	91.50	88.35	0.799	0.774~0.965

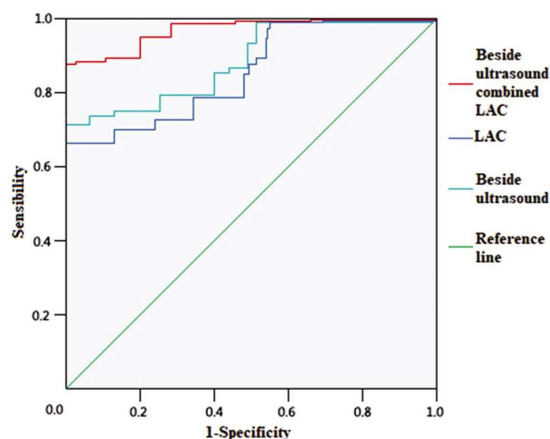


图 1 预测感染性休克患者容量反应性效能的 ROC 曲线

Fig.1 ROC curve for predicting the efficacy of volume responsiveness in patients with septic shock

3 讨论

感染性休克作为 ICU 较为多见的难治性休克, 往往发生在急性感染器官功能障碍之后, 其中病原微生物以及宿主防御能力直接影响该病的发生、发展^[15,16]。患者症状多见发热、寒战和心动过速等, 如不予以及时有效的治疗, 随着病情的不断恶化, 极易导致患者死亡^[17,18]。容量治疗是一种迅速增加该病患者心输出量的重要手段, 且对患者组织微循环亦有一定的改善作用。然而, 容量治疗开展的基本条件是患者存在容量高反应性, 即快速扩容的反应性^[19-21]。相关研究报道表明, 当双侧心室功能同时处于上升状态, 前负荷的增加方可促进心排出量的升高, 若机体心功能状态属于平台期, 盲目实施扩容干预可能起到适得其反的效果^[22-24]。因此, 对于感染性休克患者而言, 准确可靠地评估其容量反应性至关重要。LAC 是一种常用的可对 ICU

患者病情症状实施监测的指标,其能科学地反映出感染性休克患者机体的灌注量。而床旁超声则可实时反映出患者心脏和肺部,以及腹部等重要区域的病情变化,对机体的容量反应性亦有较好地侧面呈现价值。理论上,二者的联合应用有助于更好地综合评价患者机体的实际容量反应性状况,从而能够科学地辅助临床治疗及患者预后、病情评估,对患者的生存具有十分重要的意义。另外,分析 LAC 联合床旁超声对感染性休克患者容量反应性的预测价值,亦有助于临床进一步深入地为患者拟定治疗方案,最终更好地改善患者的治疗效果。

本研究结果发现,反应组补液前 Δ IVC、 Δ VpeakAO、 Δ VpeakBA 均高于无反应组,说明上述各项参数的值越大,患者的容量反应性越佳,检测其数值可为感染性休克患者容量治疗提供一定的指导作用。分析原因,下腔静脉血管壁较薄,且顺应性良好,是容量血管的首选,当机体循环容量缺乏时,下腔静脉回心血流遭受胸腔内压力变化的影响较大,从而导致 Δ IVC 值变化较明显^[25-27]。 Δ VpeakAO 则可从客观方面评估循环系统对前负荷依赖的程度,可反映扩容治疗后的血流动力学效应^[28-30]。 Δ VpeakBA 则可直接反映机体容量反应性,且其检测操作难度系数较低,易于掌握^[31]。此外,反应组补液后 LAC 水平低于无反应组,究其原因,LAC 主要源自葡萄糖的无氧代谢,而感染性休克患者全身或局部组织灌注不足会引起组织缺氧,继而导致体内的 LAC 水平异常升高,其可有效反映微循环灌注水平以及组织细胞氧化代谢状况^[32]。另外,经 Pearson 相关性分析可得,感染性休克患者 LAC 水平与 Δ IVC、 Δ VpeakAO、 Δ VpeakBA 均呈正相关关系,其中主要原因可能和上述指标均伴随着机体容量反应性变化而呈现不同的表达水平有关,继而促使其表达水平变化呈现出较高的一致性。本研究结果还显示了床旁超声联合 LAC 预测感染性休克患者容量反应性的曲线下面积、灵敏度、特异度以及约登指数均高于床旁超声和 LAC 单独预测,提示了床旁超声联合 LAC 预测感染性休克患者容量反应性的价值较高。分析原因,可能是联合检测综合了超声检查以及 LAC 检测的优势,有助于医生从影像学以及血清学两个方面实现对患者容量反应性的评估,两者发挥了协同互补作用。

综上所述,床旁超声检查与 LAC 水平检测联合应用于感染性休克患者容量反应性的预测中效果较好,可能在感染性休克患者容量反应性预测过程中具有一定的辅助作用。

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