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腹膜透析患者转血液透析原因及临床特征分析*

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摘要 目的:分析腹膜透析(PD)患者转血液透析(HD)原因及临床特征。**方法:**选取2019年12月~2021年1月30例PD转HD患者和30例PD患者的作为研究对象,将30例PD转HD患者纳入PD转HD组,将30例PD患者纳入PD组,比较两组的组间特征;并建立多因素Logistic模型,分析PD患者转HD的影响因素;另根据随访结果将PD转HD组的10例死亡患者纳入死亡组,将20例存活患者纳入存活组,分析两组的组间特征。**结果:**PD转HD组白蛋白(Alb)、总蛋白(TP)、血磷(P)明显高于PD组,尿素氮(BUN)、肌酐(Scr)明显低于PD组($P<0.05$);单因素分析结果显示,原发病、透析不良事件、Alb均是影响PD患者转HD的相关因素($P<0.05$);Logistic多因素分析结果显示,DN、腹透相关性感染、透析不充分、腹透管功能障碍、Alb下降均是PD患者转HD的独立危险因素($P<0.05$);与存活组比较,死亡组患者DN率较高,Alb水平较低($P<0.05$)。**结论:**导致PD患者转HD的原因包括腹透相关性感染、透析不充分、腹透管功能障碍、Alb降低等,DN患者较为多见,且DN和Alb降低的患者预后不良风险较高。

关键词:PD;HD;原因;临床特征

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Analysis of the Causes and Clinical Characteristics of Peritoneal Dialysis Patients Transferred to Hemodialysis*

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ABSTRACT Objective: To analyze the causes and clinical characteristics of peritoneal dialysis (PD) patients transferred to hemodialysis (HD). **Methods:** Thirty patients with PD to HD and 30 patients with PD from December 2019 to January 2021 were selected as the study subjects, 30 patients with PD to HD were included in the PD to HD group, 30 patients with PD were included in the PD group, and the intergroup characteristics of the two groups were compared; and a multifactorial logistic model was established to analyze the influencing factors of PD patients to HD; another PD to HD group was included in the PD to HD group according to the follow-up results, and 20 surviving patients were included in the survival group, and the intergroup characteristics of the two groups were analyzed. In addition, 10 patients who died in the PD to HD group were included in the death group, and 20 patients who survived were included in the survival group, and the intergroup characteristics of the two groups were analyzed. **Results:** The albumin (Alb), total protein (TP) and serum phosphorus (P) in the PD to HD group were higher than those in the PD group, and the urea nitrogen (BUN) and creatinine (Scr) were lower than those in the PD group ($P<0.05$). Univariate analysis showed that primary disease, dialysis adverse events, and Alb were all related factors affecting HD in PD patients ($P<0.05$). Logistic multivariate analysis showed that DN, peritoneal dialysis-related infection, inadequate dialysis, peritoneal dialysis tube dysfunction and Alb decrease were independent risk factors for HD in PD patients ($P<0.05$). Compared with the survival group, the DN rate of the death group was higher and the Alb level was lower, the difference was statistically significant ($P<0.05$). **Conclusion:** The causes of HD in PD patients include peritoneal dialysis-related infection, inadequate dialysis, peritoneal dialysis tube dysfunction, and Alb reduction. DN patients are more common, and patients with DN and Alb reduction have a higher risk of poor prognosis.

Key words: PD; HD; Reasons; Clinical features

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前言

腹膜透析(peritoneal dialysis, PD)和血液透析(hemodialy-

sis, HD)均是临床常用于治疗终末期肾病(End stage renal disease, ESRD)的替代疗法。PD具有安全、简便、可靠等特点,能够充分保存残余肾功能,并保障血流动力学稳定性,但PD的

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透析效能会随着腹膜功能时间的变化而下降,透析充分性和技术存活率较低,每年都会有大部分患者因各种原因不得不放弃PD改行HD^[2]。HD具有技术存活率高、透析充分等优势,可有效清除代谢废物,维持电解质和酸碱平衡,并延长患者生存期,但HD对于残余肾功能的保存较差,且每次治疗均会有血液流失,贫血状况明显,且透析过程中体内水分和血压变化较大,长期治疗对心肺血管系统造成的影响较大,PD患者转HD治疗后极易出现血流动力学异常、血管损伤、血源性感染、心血管疾病等不良事件,进而影响透析的充分性,导致患者生存率下降^[3]。因此ESRD患者在考虑更换透析模式治疗时,需充分明确影响其生存质量的相关因素及转透析治疗后不良事件的发生与其预后的影响,才能提前做好预防干预,进而达到延长患者生存期的目的^[4]。目前国内外也有不少研究证实了在PD治疗不充分的前提下转HD治疗,可有效延长ESRD患者的生存期^[5]。然而不同透析模式的溶质和分子清除效率不同,对ESRD患者临床指标和预后情况的影响也存在一定差异,但目前国内外对于ESRD患者短期内改变透析模式的原因、临床指标变化及其预后情况的报道较少^[6]。为此,本次研究将对PD转HD患者的临床指标变化进行对比,并探讨影响其模式改变和预后的相关因素,报告如下。

1 材料与方法

1.1 纳入对象

本研究内容均与医学伦理委员会要求相符。入选标准:(1)纳入标准:①均符合美国肾脏病与透析病人生存质量指导(K/DOQI)指南^[7]的相关标准;②患者均接受PD和HD治疗;③透析时间≥3个月;④尿素清除指数<2.0;⑤心肺脏器功能尚可。(2)排除标准:①合并严重高脂血症;②透析前凝血功能障碍;③合并自身免疫性疾病;④合并动静脉瘘感染;⑤因肝性脑部昏迷或神经疾病无法配合治疗。

1.2 一般资料

采集2019年12月~2021年1月30例PD转HD患者和30例PD患者的临床资料。将30例PD转HD患者纳入PD转HD组,并以死亡为终点事件,将10例死亡患者纳入死亡组,将20例存活患者纳入存活组;另将30例PD患者纳入PD组。

1.3 数据采集

1.3.1 采集PD组和PD转HD组的数据资料 包括:年龄、性别、透析时间、原发病[糖尿病肾病(Diabetic nephropathy, DN)、慢性肾炎(chronic glomerulonephritis, CGN)、高血压肾病(hypertensive nephropathy, HN)、慢性间质性肾炎(chronic interstitial nephritis, CIN)];采集患者5 mL空腹静脉血,采用希森美康XN-9000全自动血液分析仪(希森美康医用电子有限公司)通过比色法(试剂盒由上海信裕生物技术有限公司提供)检测血红蛋白(hemoglobin, Hb)、白蛋白(Albumin, Alb)、总蛋白(Total Protein, TP)、血磷(phosphorus, P)、血钙(Serum Calcium, sCa),速率法(试剂盒由安徽伊普诺康生物工程有限公司提供)检测尿素氮(Blood urea nitrogen, BUN),免疫透射比浊法(试剂盒由上海北加生化试剂有限公司提供)检测eGFR、肌酐(Serum creatinine, Scr);采用C8000型全自动生化分析仪[美国雅培(集团)有限公司]和北京中生生物公司提供的试剂盒检测总胆固

醇(Total cholesterol, TC)、甘油三酯(Triglyceride, TG);采用HORIBA ABX PENTRA 120 RETIC全自动血细胞分析仪和由法国HORIBA ABX公司提供的试剂盒检测白细胞总数(the total white blood cell count, WBCC)、血清铁(Serum Ferritin, SF)、总铁结合力(Total Iron binding capacity, TIBC)、转铁蛋白饱和度(Transferrin saturation, TS)。

1.3.2 随访 通过电话、上门、微信联系等方式于2021年2月1日开始随访至2023年1月30日,发现共10例患者死亡,20例患者存活。

1.3.3 建立多因素Logistic模型 分析年龄、性别、原发病、透析不良事件(腹透相关性感染、透析不充分、腹透管功能障碍)、Alb、TP、BUN、Scr、P对PD患者转HD的影响因素。

1.3.4 分析存活组和死亡组患者的组间特征 包括性别、年龄、透析时间、原发病、透析不良事件、Alb、TP、BUN、Scr、P。

1.4 统计学方法

采用统计学软件(SPSS 23.0)进行组间检验运算,计量资料($\bar{x} \pm s$)和计数资料(n)%经t检验(组间比较为独立样本t检验,组内比较为配对样本t检验)和 χ^2 检验;并建立多因素Logistic模型分析影响PD患者转HD的危险因素, $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 比较两组组间临床特征分析

两组性别、原发病、Hb、TS、TC、sCa、eGFR、TG、SF、TIBC、WBCC比较差异无统计学意义($P > 0.05$);PD转HD组Alb、TP、P明显高于PD组,BUN、Scr明显低于PD组($P < 0.05$;表1)。

2.2 PD患者转HD的单因素分析

单因素分析结果显示,原发病、透析不良事件、Alb均是影响PD患者转HD的相关因素($P < 0.05$;表2)。

2.3 PD患者转HD的多因素分析

将存活状况作为因变量(存活=0,死亡=1)进行Logistic多因素分析,将单因素分析中存在意义的变量作为自变量,结果显示,DN、腹透相关性感染、透析不充分、腹透管功能障碍、Alb下降均是PD患者转HD的独立危险因素($P < 0.05$;表3)。

2.4 预后死亡组和存活组的组间特征分析

两组性别、年龄、透析时间、透析不良事件、TP、BUN、Scr、P比较差异无统计学意义($P > 0.05$);与存活组比较,死亡组患者DN率较高,Alb水平较低($P < 0.05$;表4)。

3 讨论

PD和HD作为ESRD的肾脏替代疗法,两种疗法均具有各自的优缺点,然而目前认为PD相较于HD而言优越性更多,例如成本效益好、大分子毒素清除率效果更佳、残余肾功能保护更佳等,且对血流动力学和免疫系统的影响较小,更能有效改善患者的生活质量^[8]。因此目前临床建议将PD作为ESRD的首选治疗方法,然而大部分PD患者受多种因素影响均会出现中途退出的情况,需要转向HD继续接受治疗^[9]。McGill R L^[10]团队研究中也发现大多数开始肾脏替代治疗的PD患者,5年内转移至HD是最常见的结局。Tanaka学者的研究也发现,PD+HD治疗的患者,生活质量评分均优于单独HD治疗患者,

且与 PD 患者相当。目前国内外虽有大量研究证实了在适当时 转 HD 后患者的生化特征变化情况及其特点尚未完全明确^[11]。机更改透析方式更有利于提升透析患者的生活质量,但对于PD

表 1 对比两组组间临床特征分析[n(%), ($\bar{x} \pm s$)]Table 1 Compare the clinical characteristics between the two groups [n(%), ($\bar{x} \pm s$)]

Clinical features	PD group(n=30)	PD to HD group(n=30)	$t/\chi^2/Z$	<i>P</i>
Sexuality			0.271	0.602
Male	16(53.33)	18(60.00)		
Female	14(46.67)	12(40.00)		
Age (years)	50.42± 6.16	51.26± 6.46	0.515	0.608
Dialysis time(months)	21.15± 3.12	21.26± 3.16	0.136	0.893
Protopathy			0.964	0.810
DN	12(40.00)	14(46.67)		
CGN	7(23.33)	8(26.67)		
HN	7(23.33)	6(20.00)		
CIN	4(13.33)	2(6.67)		
Hb(g/L)	99.68± 12.45	96.87± 12.54	0.871	0.387
Alb(g/L)	31.58± 4.46	38.12± 4.58	5.603	<0.001
TP(g/L)	60.58± 6.46	69.54± 6.84	5.216	<0.001
TS(%)	29.72± 3.45	30.25± 3.56	0.586	0.560
P(mmol/L)	1.78± 0.16	2.46± 0.28	11.549	<0.001
BUN(mmol/L)	28.46± 3.58	19.21± 2.64	11.390	<0.001
Scr(μ mol/L)	1024.69± 120.34	881.46± 100.42	5.005	<0.001
TC(mmol/L)	4.54± 0.68	4.24± 0.62	1.786	0.079
sCa(mmol/L)	2.16± 0.28	2.08± 0.26	1.147	0.256
eGFR[mL•(min•1.73 m ²) ⁻¹]	4.46± 0.64	4.76± 0.71	1.719	0.091
TG(mmol/L)	1.75± 0.21	1.66± 0.19	1.741	0.087
SF(μ mol/L)	11.25± 1.84	10.89± 1.64	0.800	0.427
TIBC(μ mol/L)	34.16± 4.16	33.65± 4.12	0.477	0.635
WBCC(× 10 ⁹ /L)	6.71± 1.16	6.24± 1.02	1.667	0.101

表 2 PD 患者转 HD 的单因素分析

Table 2 Single factor analysis of HD in PD patients

Variable	Assignment	OR	95%CI	<i>P</i> value
Age	< 60 years old=1, ≥60 years old=2	1.114	0.369~1.126	>0.05
Sexuality	male=1, female=1	0.726	0.341~1.245	>0.05
Protopathy	DN=1, CGN=1, HN=1, CIN=1	2.789	1.126~4.584	<0.001
adverse events	Peritoneal dialysis-related infection=1, inadequate dialysis=1, Peritoneal dialysis tube dysfunction=1	2.792	1.129~4.521	<0.001
Alb	Original value input	0.815	0.121~0.965	<0.001
TP	Original value input	0.526	0.384~1.169	>0.05
BUN	Original value input	0.562	0.369~1.158	>0.05
Scr	Original value input	1.171	0.318~1.519	>0.05
<i>P</i>	Original value input	1.191	0.321~1.525	>0.05

表 3 PD 患者转 HD 的多因素分析
Table 3 Multivariate analysis of HD in PD patients

Variable	α	SE(α)	Wald χ^2	OR	95%CI	P
Constant term	1.824	0.712	4.254	1.346	1.102~1.795	<0.001
DN	1.912	0.745	4.688	1.548	1.116~2.146	<0.001
CGN	1.879	0.768	4.845	1.436	0.118~1.869	>0.05
HN	1.658	0.469	2.684	1.126	0.764~1.426	>0.05
CIN	1.625	0.438	2.846	1.125	0.792~1.435	>0.05
Peritoneal dialysis-related infection	1.868	0.759	4.695	1.495	1.121~1.899	<0.001
Inadequate dialysis	1.872	0.736	4.691	1.387	1.116~1.798	<0.001
Peritoneal dialysis tube dysfunction	1.864	0.741	4.638	1.452	1.119~1.964	<0.001
Alb	1.875	0.728	4.529	0.764	0.122~0.982	<0.001

表 4 预后死亡组和存活组的组间特征分析[n(%), ($\bar{x} \pm s$)]
Table 4 Prognostic characteristics between death group and survival group[n(%), ($\bar{x} \pm s$)]

Clinical features	Survival group(n=20)	Death group(n=10)	t/ χ^2 /Z	P
Sexuality			0.156	0.693
Male	12(60.00)	6(40.00)		
Female	8(66.67)	4(33.33)		
Age (years)	50.62 $\pm$ 6.24	51.12 $\pm$ 6.28	0.206	0.838
Dialysis time(months)	21.54 $\pm$ 3.52	20.46 $\pm$ 3.54	0.791	0.436
Protopathy			11.598	0.009
DN	5(25.00)	9(90.00)	11.317	<0.001
CGN	7(35.00)	1(10.00)		
HN	6(30.00)	0(0.00)		
CIN	2(10.00)	0(0.00)		
Adverse events			0.300	0.861
Peritoneal dialysis-related infection	10(50.00)	6(60.00)		
Inadequate dialysis	7(35.00)	3(30.00)		
Peritoneal dialysis tube dysfunction	3(15.00)	1(10.00)		
Alb	44.84 $\pm$ 4.26	36.89 $\pm$ 4.12	4.869	<0.001
TP	71.26 $\pm$ 6.25	69.12 $\pm$ 6.45	0.875	0.389
BUN	18.97 $\pm$ 2.54	19.84 $\pm$ 2.61	0.877	0.388
Scr	826.58 $\pm$ 100.14	898.64 $\pm$ 100.45	1.856	0.074
P	2.56 $\pm$ 0.28	2.39 $\pm$ 0.24	1.639	0.112

本次研究通过对 PD 患者转 HD 进行分析, 分析了单独 PD 透析和 PD 转 HD 后患者的临床特征,发现 PD 转 HD 组较 PD 组 Alb、TP、P 水平均升高,BUN、Scr 水平均降低,表明 PD 转 HD 治疗有利于维持机体水、酸碱平衡。这一结果与赵世莉^[13]团队研究结果一致,即短期内 PD 转 HD 不会影响透析患者的电解质平衡。PD 转 HD 治疗后,其 eGFR 水平与 PD 患者比较虽无显著差异,但其 BUN、Scr 水平均有所下降,推测可能是因为不同透析模式在蛋白结合类毒素物质清除中的能力不同有关,PD 主要清除中大分子,在清除小分子物质效果欠佳,而 HD 通

过更换透析器膜大小的方式,能够更好地清除 BUN、Scr 等小分子毒素物质^[14]。Alb、TP 是目前临床常用于评估机体营养状态的指标,有报道认为长期 HD 治疗患者的营养状态较优于 PD 患者,推测可能是因为 PD 液中含有葡萄糖,ESRD 患者多存在糖负荷增高的情况,日常营养摄入量较少,且 PD 残留还会影响消化吸收,极易从 PD 液中丢失大量蛋白质、氨基酸等营养物质,一定程度上加大了低蛋白血症的产生^[20]。PD 转 HD 可有效减轻 PD 液对机体造成的影响,同时还能改变患者的饮食结构,有利于提升患者的食欲,使得蛋白质、磷摄入增多,有

利于稳定机体营养状态,但受透析患者肾功能较差,尿液仅能排除一部分磷,因此钙磷代谢紊乱的风险较大,更容易导致 P 水平升高。目前国内外对于 PD 转 HD 也存在较大争议,本次研究通过建立 Logistic 多因素分析模型对影响 PD 患者转 HD 的相关因素进行分析后发现,DN、腹透相关性感染、透析不充分、腹透管功能障碍、Alb 下降均是 PD 患者转 HD 的独立危险因素,说明原发病、透析不良事件和营养状态下降是 PD 转 HD 的主要原因。这一结果与周刚^[11]团队研究结果一致,即转 HD 和死亡是 PD 患者掉队的主要原因,而技术失败和透析不充分是患者转 HD 最常见原因。与 Banno T^[18]团队的研究也有相似性,该团队认为低蛋白血症和心血管疾病是患者退出 PD 的主要原因。PD 液中含有大量葡萄糖,DN 患者长期处于高血糖状况会导致动脉粥样硬化速度加快,因此更容易导致感染的发生^[19]。Alb 水平降低说明机体营养状态低下,机体抵抗力随之下降,受致病菌感染的可能性也更大^[20]。感染是 PD 失败的主要原因之一,PD 常见感染为腹透相关性感染,主要包括腹腔感染、出口及隧道感染等,腹腔感染是 PD 转 HD 的最主要原因。透析不充分一般有患者和透析处方两个方面的问题,其中患者方面主要是因为残余肾功能会随着 PD 时间的延长而减退,腹膜有效交换面积随之减少,PD 效果将会下降;透析处方方面主要包括透析剂量低、因经济问题导致透析频率低或 PD 液留存腹腔时间过短等,均会导致透析不充分^[21]。腹透管功能障碍包括导管堵塞、移位等,导管受血块、大网膜包裹、腹膜粘连等原因影响,均会出现堵塞的情况;移位主要因肠功能紊乱、手术技术差、反复牵拉所致,一般主要通过变换体位、冲洗透析管、改进手术置管技术等方式降低堵塞和移位的发生,若以上方式无法改善腹透管功能障碍情况,可直接更换 HD 治疗。进一步研究发现,死亡组较存活组 DN 患者占比较高,Alb 水平较低,说明原发病、营养状态对转透析患者预后的影响较大。这一结果与宋洁^[22]团队的研究结果一致,即患者退出 PD 的主要原因为 PD 相关性腹膜炎和透析不充分,其次为死亡,死亡原因以低蛋白血症、合并糖尿病等原因为主。推测可能是因为 DN 患者在透析前已存在心血管功能严重受损的情况,接受透析后还有可能会加大心血管疾病的新发风险。Alb 作为反映机体营养状态的重要指标,其水平下降证实了机体营养缺乏,营养缺乏则会导致透析效果下降,一定程度上加大了患者的死亡风险^[23]。本次研究的不足之处:① 研究纳入样本量偏少;② 仅采集资料行回顾性分析;③ 随访时间较短;④ 未明确 PD 转 HD 的最佳时机,本次研究结论是否能适用于其他人群还有待进一步加大样本研究。

综上所述,PD 转 HD 多为 DN 患者,转透析原因多为腹透相关性感染、透析不充分、腹透管功能障碍、Alb 下降,且原发病类型和 Alb 下降对转透析后患者的存活率影响较大。

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