

doi: 10.13241/j.cnki.pmb.2018.02.043

帕瑞昔布钠在术后镇痛中应用的研究进展 *

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摘要:手术方式的不断完善和创新,对术后镇痛提出了更高要求。非甾体抗炎药为我国临床术后镇痛常用的一类药物,近年来应用范围仍在不断扩大,但总结长期术后镇痛用药经验发现,传统的非甾体抗炎药易引起胃肠道毒性反应和血小板抑制,因此迫切需要寻找一种安全、有效的术后镇痛药物。帕瑞昔布钠是一种环氧合酶-2(COX-2)特异性抑制剂,注射使用,可用于术后不同程度疼痛的短期治疗,近年来已被临床实践证实具有良好的疗效和较高的安全性。本文结合已经发表的临床研究报道对该药物在术后镇痛中的应用进展进行综述,旨在对该药物的作用机制、疗效、安全性有一个系统性的认识。

关键词:帕瑞昔布钠;术后镇痛;疗效;安全性

中图分类号:R614;R441.1 文献标识码:A 文章编号:1673-6273(2018)02-385-04

Application of Parecoxib Sodium in Postoperative Analgesia*

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ABSTRACT: The continuous improvement and innovation of surgical methods put forward higher requirements for postoperative analgesia. Non-steroidal anti-inflammatory drugs are the most commonly used drugs in postoperative analgesia in China, and their application scope is still expanding in recent years. However, according to the experience of long-term postoperative analgesic medication, the traditional non-steroidal anti-inflammatory drugs can cause gastrointestinal toxicity reaction and platelet inhibition, so there's an urgent need to find a safe and effective postoperative analgesic drugs. Parecoxib sodium injection is a COX-2 (cyclooxygenase-2) specific inhibitor. It can be used for short term treatment of different degrees of pain after operation. In recent years, it has been proved by clinical practice that it has good curative effect and high safety. According to published clinical research reports on the application of the drug in postoperative analgesia, the application of this drug in postoperative analgesia is reviewed in this article. The aim is to provide a systematic understanding of the mechanism, efficacy, and safety of the drug.

Key words: Parecoxib sodium; Postoperative analgesia; Efficacy; Safety

Chinese Library Classification(CLC): R614; R441.1 Document code: A

Article ID: 1673-6273(2018)02-385-04

前言

长期观察发现,术后疼痛刺激会对患者机体多个系统产生不良影响,可使患者发生胃肠功能紊乱、凝血功能异常等,不仅会增加患者发生术后并发症的风险,甚至会给患者带来心理上的压力,导致患者术后身体复原时间延长,经济负担加重。术后药物镇痛是减轻患者疼痛刺激的有效方法,安全、有效的镇痛药物在促进患者术后早日康复的过程中发挥着重要作用。阿片类药物是我国临床治疗中、重度疼痛的常用药物,在术后镇痛中的应用也较为广泛,该类药物镇痛效果确切,缺点是不良反应较多,常见的不良反应包括呼吸抑制、皮肤瘙痒、恶心、呕吐等。相对于阿片类药物,帕瑞昔布钠的安全性较高,近年来的应用范围也在不断扩大。

1 帕瑞昔布钠的作用机制

帕瑞昔布钠具有水溶性,为伐地昔布非活性前体药物^[1,2]。

环氧化物水化酶(COX)有COX-1和COX-2两种同工酶,其中COX-1又被称为要素酶和管家酶,为结构型,主要存在于人体血管、胃、肾等组织和器官中,表达水平较稳定,主要作用为促进前列腺素合成、保护前列腺素的生理作用、维持胃肠道黏膜完整、保持血管扩张、调节机体肾脏血流动力学^[3]。COX-2主要在脑、肾、输精管中表达,其他组织和器官表达极其有限^[4]。当机体发生创伤后,组织细胞中的COX-2表达量明显增加,能够将体内氧自由基、多种蛋白酶等炎性介质激活和释放,从而引起炎性疼痛^[5]。

1.1 药理机制

非甾体抗炎药通过抑制COX表达减少花生四烯酸转化为前列腺素来发挥抗炎镇痛的作用,该类药物对COX-1、COX-2产生的抑制程度相近,过度的COX-1抑制会打破COX-1的正常生理作用,引发胃肠道黏膜损伤、凝血功能障碍等并发症。帕瑞昔布钠与非甾体抗炎药不同,帕瑞昔布钠的镇痛机制为抑制COX-2表达,但该种药物本身不具有抑制COX-2表达的作用,

* 基金项目:陕西省卫生厅科研基金项目(2012D043)

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(收稿日期:2017-05-06 接受日期:2017-05-28)

其作用机制需通过伐地昔布实现^[6]。药理研究发现,帕瑞昔布钠注射至患者体内后可迅速被水解为伐地昔布和丙酮,伐地昔布为具有生物活性、高选择性的COX-2抑制剂,对COX-2的抑制作用为COX-1的28000倍,因此镇痛效果更确切,安全性更高^[7]。

1.2 药物代谢动力学

帕瑞昔布钠的血浆半衰期为30 min~54 min,给药达峰时间为30 min。肌肉注射用药的半衰期为15 min~35 min,给药达峰时间为90 min。单次肌肉注射帕瑞昔布钠的血浆达峰浓度较单次静脉注射的血浆达峰浓度低25%~30%。单次给予患者静脉注射40 mg帕瑞昔布钠15 min后即可在患者的脑脊液中检测到药物有效成分,17 min后能够达到体外半抑制浓度,即1.57 ng/mL,注射后50 min药物浓度可达到≥6 ng/mL。静脉注射40 mg帕瑞昔布钠7 min后即可出现镇痛效果,2 h内达到最佳镇痛效果,作用时间长,单次静脉注射药效可持续6 h以上,镇痛效果明显优于静脉注射吗啡(4 mg),单次肌肉注射40 mg的镇痛效果明显优于静脉肌肉注射吗啡(12 mg)。帕瑞昔布钠水解后的伐地昔布主要经肝脏代谢,少量经磺胺酸葡萄糖醛酸化、细胞色素P450 3A4、细胞色素P450 2C9同工酶代谢,消除半衰期为8 h,其中70%的代谢物以非活性形式随尿液排出体外,约有低于5%的代谢物以尿液原型排出体外。

2 帕瑞昔布钠的临床应用及疗效

2.1 帕瑞昔布钠在头颈部手术后镇痛中的应用

近年来,国内临床报道关于帕瑞昔布钠在头颈部手术后镇痛中的应用较多,且均获得了较满意的应用效果。如邓奋^[8]等在对帕瑞昔布钠在开颅手术患者术后镇痛中的应用效果进行分析,将90例行开颅手术的患者随机分为观察组和对照组,每组各45例,术后给予观察组患者静脉滴注帕瑞昔布钠,给予对照组患者静脉滴注等量生理盐水,对比两组患者术后1 h、6 h、12 h、24 h的疼痛视觉模拟评分法(VAS)评分、躁动评分(RS),结果显示观察组患者术后上述时间点的VAS评分、RS评分均较对照组患者低。贾真^[9]等的临床研究对比帕瑞昔布钠和氟比洛芬酯在腭咽成形术后镇痛中的应用效果,将75例患者随机分为P组、F组、C组,分别给予三组患者静脉滴注帕瑞昔布钠、氟比洛芬酯和生理盐水,结果显示P组、F组患者术后2 h、4 h、6 h、12 h、24 h的VAS评分均较C组患者降低,P组、F组患者上述时间点的VAS评分比较无明显差异。上述研究结果均表明帕瑞昔布钠在头颈部手术后镇痛中的应用具有良好的临床疗效。

2.2 帕瑞昔布钠在胸部手术后镇痛中的应用

胸部手术具有创伤性大的特点,对术后镇痛的需求更加迫切。孙立新^[10]等的临床研究分析帕瑞昔布钠对肺叶切除术患者的抗炎作用及镇痛效果,将40例行肺叶切除术的患者随机分为帕瑞昔布钠组和对照组,给予帕瑞昔布钠组静脉滴注帕瑞昔布钠,给予对照组静脉滴注等量生理盐水,结果显示两组开始镇痛后12 h、24 h、36 h、48 h的VAS评分比较无明显差异,但术后12 h、24 h帕瑞昔布钠组患者血清白介素-8(IL-8)和肿瘤坏死因子-α(TNF-α)的表达水平均低于对照组患者。国外研究学者Nong L^[11]等的研究结果显示术后给予胸部手术患者静脉滴

注帕瑞昔布钠,能够有效降低患者VAS评分及血清炎性因子表达水平,与上述孙立新等的研究结果具有一定程度的相似性。

2.3 帕瑞昔布钠在腹部手术后镇痛中的应用

张金立^[12]等分析帕瑞昔布钠超前镇痛对老年腹部手术患者术后应激和炎性反应的影响,将60例行腹部手术的患者随机分为观察组和对照组,麻醉前15 min给予观察组患者静脉注射40 mg帕瑞昔布钠,给予对照组患者注射4 mL生理盐水,观察两组患者术后1 h、6 h、12 h、24 h的VAS评分及皮质醇、白介素-6(IL-6)的表达水平,结果显示观察组患者上述时间点的VAS评分均较对照组患者降低,皮质醇、IL-6的表达水平也较对照组患者降低,根据上述研究结果得出帕瑞昔布钠超前镇痛能够有效缓解老年腹部手术患者术后疼痛、抑制炎性介质释放、减轻患者机体应激反应。

2.4 帕瑞昔布钠在骨科术后镇痛中的应用

顾莉萍^[13]等对帕瑞昔布钠超前镇痛对全髋关节置换术后患者疼痛的影响进行探究,选取在围手术期采用帕瑞昔布钠超前镇痛护理的30例患者作为观察组,另选取在围手术期采用骨科常规护理的30例患者作为对照组,结果显示观察组患者术后1、6、12、24 h的疼痛数字等级评定量表(NRS)评分均低于对照组,观察组的满意度高于对照组。何立江^[14]等的临床研究评价帕瑞昔布钠在胸腰椎骨折患者术后镇痛中的应用效果,将全麻下行胸腰椎单椎体骨折后路减压复位内固定手术的52例患者随机分为A、B两组,术后给予A组患者静脉注射40 mg帕瑞昔布钠注射液,给予B组患者肌肉注射100 mg曲马多注射液,结果显示A组患者的镇痛起效时间为(11.36±5.63) min,早于B组患者的(17.27±8.75) min,A组各时间点的VAS评分均较B组患者低,不良反应发生率较B组患者减少,认为帕瑞昔布钠能够有效缓解胸腰椎骨折患者术后头痛,是静脉注射镇痛的合适用药。

2.5 帕瑞昔布钠在妇科手术后镇痛中的应用

贾旭琴^[15]等对“帕瑞昔布钠对妇科腹腔镜术后镇痛的效果观察”这一课题进行研究,将50例ASA分级为I级或II级妇科腹腔镜手术患者随机分为帕瑞昔布钠组和对照组,于术毕前20~30 min给予帕瑞昔布钠组患者静注40 mg帕瑞昔布钠,给予对照组患者静注等量生理盐水。结果发现帕瑞昔布钠组患者拔除喉罩后即刻、拔除喉罩后30 min的切口痛VAS评分以及拔除喉罩后即刻、拔除喉罩后30 min、术后6 h、24 h的牵涉痛均较对照组患者降低。国外一项临床研究^[16]将妇科手术患者随机分为两组,分别给予两组患者帕瑞昔布钠超前镇痛和注射等量生理盐水,结果显示术后1 h观察组患者的疼痛评分明显低于对照组,术后24 h两组VAS评分比较无明显差异,说明帕瑞昔布钠能够减轻妇科手术患者术后1 h的疼痛感知。侯景利^[17]等对“帕瑞昔布钠联合术后自控镇痛在上腹部手术患者的临床应用”这一课题进行研究,将78例上腹部手术患者随机分为A组和B组,于手术前30 min给予A组患者静注帕瑞昔布钠40 mg,B组注射等量生理盐水作为空白对照组,两组患者均使用芬太尼进行自控镇痛,对比两组术后2 h的VAS评分及24 h的PCA按压次数,结果显示A组患者术后2 h的VAS评分较B组患者降低,术后24 h的PCA按压次数较B组患者减少,得出结论帕瑞昔布钠能够降低上腹部手术患者术后疼痛和

减少术后芬太尼的使用量。

3 帕瑞昔布钠的安全性

3.1 帕瑞昔布钠对心血管的影响

帕瑞昔布钠水解为伐地昔布后无活性前体,冠状动脉搭桥患者术后使用会增加发生心血管不良事件的风险。国外一项研究^[18]对2个医学数据库中使用帕瑞昔布钠患者的心血管不良事件发生情况进行统计,结果显示患者的心血管事件发生率为0.44%,非心脏手术患者使用帕瑞昔布钠后心血管不良事件发生率无显著增加。Liu JY等进行动物实验^[19],大鼠连续使用3次帕瑞昔布钠后,大鼠的出血时间明显缩短,血浆PGI-2和TXB2低于正常值的下限,说明帕瑞昔布钠使用过多会增加发生心肌梗死的几率。因此,不建议患有心血管疾病的手术患者使用帕瑞昔布钠。

3.2 帕瑞昔布钠对胃肠道的影响

国外一项临床研究^[20]给予92例老年志愿者帕瑞昔布钠(40mg)、每天2次,连续用药7d后,使用内窥镜观察患者胃部情况,结果显示患者胃部均无明显异常,而使用安慰剂的老年患者的胃溃疡发生率为14%,说明帕瑞昔布钠对胃肠道的影响较小。杨凤兵^[21]等的临床研究于术后2h给予骨折患者静脉注射帕瑞昔布钠镇痛,给予对照组注射生理盐水,经对比发现两组术后恶心、呕吐等胃肠道不良反应发生率比较无明显差异。表明帕瑞昔布钠术后镇痛不会增加患者术后胃肠道不良反应发生率。

3.3 帕瑞昔布钠对肺功能的影响

国外研究学者^[22]将6~8周的雄性小鼠随机分为3组,麻醉后将1组和2组小鼠放在1个密闭绝缘的容器中暴露30%的皮肤,将暴露的皮肤浸泡在95℃的热水中,持续8s,在浸泡前15min给予小鼠注射帕瑞昔布钠,2组小鼠注射无菌生理盐水,3组小鼠作为对照组放入24℃的水中,观察三组小鼠肺功能情况,结果显示2组小鼠肺脏COX-2受体活动水平明显上升,MPO酶的升高幅度最大。上述研究结果表明帕瑞昔布钠对肺功能具有保护作用。一项研究^[23]观察接受冠状动脉搭桥手术的1671例患者术后使用帕瑞昔布钠,观察其猝死、心肌梗死、肺动脉栓塞等并发症的发生率,结果显示使用帕瑞昔布钠的患者术后上述并发症的发生率高于使用安慰剂的患者,表明帕瑞昔布钠会对患者肺功能产生一定程度的影响。

3.4 帕瑞昔布钠对肾功能的影响

既往实践研究^[24]证实帕瑞昔布钠对肾功能的影响较小。观察术后使用帕瑞昔布钠和使用生理盐水患者术后1~3天血清肌酸酐含量发现,两组患者比较存在的差异并无统计学意义,表明帕瑞昔布钠不会对肾功能造成严重损伤。国外一项研究^[25]分析帕瑞昔布钠对腹腔镜子宫切除患者围术期肾功能的影响,结果发现给予帕瑞昔布钠的患者术后第1天的血钠、血肌酐、血钾、尿α-1微球蛋白等指标与术后使用安慰剂的患者比较均不存在明显差异,表明帕瑞昔布钠的使用对肾功能不会产生较大的影响。

3.5 帕瑞昔布钠对血小板的影响

国外研究学者^[26]应用血小板功能仪和血栓弹性测定仪测

定几种术后镇痛药物对血小板的影响,结果显示帕瑞昔布钠和扑热息痛对血小板无明显的抑制作用。

3.6 帕瑞昔布钠对骨愈合的影响

帕瑞昔布钠在骨科手术后镇痛中的应用较多。国外有研究学者^[27]给予股骨重点骨折大鼠帕瑞昔布钠(1.06mg/kg),连续使用七天,X线检查术后28天及42天大鼠骨折愈合率降低,但无统计学差异,提示高剂量短期应用帕瑞昔布钠对骨折无明显影响。国外一项研究^[28]术后连续给予胫骨骨折小鼠1周的帕瑞昔布钠镇痛,观察发现小鼠术后第2周、第3周,小鼠骨折处的骨密度减少,术后第6周再次观察发现,骨密度无明显差异,考虑帕瑞昔布钠镇痛会影响早期骨愈合,但对晚期骨愈合无明显影响。

3.7 其他不良事件

康茵^[29]认为全麻手术患者术后麻醉苏醒期寒战的发生与帕瑞昔布钠存在相关性,并经实践研究证实COX-2为下丘脑的主要发热介质,帕瑞昔布钠抑制COX-2的释放能够使寒战阈值降低,预防寒战的发生。国外一项研究^[30]给予既往有NSAIDs过敏史的患者40mg帕瑞昔布钠进行镇痛,未发现患者有不良反应,分析原因可能为该药物与其他NSAIDs无交叉作用,过敏体质的患者也能耐受。

4 总结

综上所述,帕瑞昔布钠可用于多种手术的术后镇痛,能够高选择性的抑制COX-2,有效减少疼痛介质释放,且对患者血液系统、重要脏器功能产生的影响较小,安全性高,在多种手术的术后镇痛中均可获得良好疗效,可作为现阶段我国临床进行术后镇痛的常用药物,具有较高的推广应用价值。

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