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经尿道输尿管镜钬激光碎石术后尿路感染的影响因素 及其对患者细胞免疫功能和生活质量的影响 *

孙家各 孙博 侯备 郭辉 刘川海 张晓毅[△]

(中国人民解放军火箭军特色医学中心泌尿外科 北京 100088)

摘要 目的:探讨经尿道输尿管镜钬激光碎石术后尿路感染的影响因素及其对患者细胞免疫功能和生活质量的影响。**方法:**选择2019年6月-2021年1月期间来我院接受经尿道输尿管镜钬激光碎石术治疗的150例患者。采用流式细胞仪检测T淋巴细胞亚群指标:CD4⁺、CD8⁺,计算CD4⁺/CD8⁺。手术前后采用生活健康量表简表(SF-36)评价患者生活质量。分析经尿道输尿管镜钬激光碎石术后尿路感染的影响因素。**结果:**150例患者中,术后有18例发生尿路感染,发生率为12.00%(18/150)。根据是否发生尿路感染分为感染组(n=18)和未感染组(n=132)。单因素分析结果显示,经尿道输尿管镜钬激光碎石术后尿路感染与结石直径、年龄、合并糖尿病、住院时间、预防性应用抗菌药物、结石残留情况、手术时间、双J管留置时间有关($P<0.05$)。多因素Logistic回归分析结果显示:年龄为61~岁、结石直径≥2 cm、手术时间≥2 h、合并糖尿病、双J管留置时间≥14 d、有结石残留是术后发生尿路感染的危险因素,而预防性应用抗菌药物是其保护因素($P<0.05$)。两组术后CD4⁺、CD4⁺/CD8⁺下降,但未感染组高于感染组;CD8⁺升高,但未感染组低于感染组($P<0.05$)。两组术后精神健康、总体健康、社会功能、情感职能、活力、躯体疼痛、生理职能、生理功能评分均升高,且未感染组高于感染组($P<0.05$)。**结论:**经尿道输尿管镜钬激光碎石术后尿路感染患者细胞免疫功能下降,生活质量降低,且其尿路感染受年龄、结石直径、手术时间等因素影响,预防性应用抗菌药物可降低尿路感染的发生风险。

关键词:经尿道输尿管镜钬激光碎石术;尿路感染;影响因素;细胞免疫功能;生活质量

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Influence Factors of Urinary Tract Infection after Transurethral Ureteroscopic Holmium Laser Lithotripsy and Their Effects on Cellular Immune Function and Quality of Life*

SUN Jia-ge, SUN Bo, HOU Bei, GUO Hui, LIU Chuan-hai, ZHANG Xiao-yi[△]

(Department of Urology, PLA Rocket Force Characteristic Medical Center, Beijing, 100088, China)

ABSTRACT Objective: To investigate the influence factors of urinary tract infection after transurethral ureteroscopic holmium laser lithotripsy and their effects on cellular immune function and quality of life. **Methods:** 150 patients who received transurethral ureteroscopic holmium laser lithotripsy in our hospital from June 2019 to January 2021 were selected. T lymphocyte subsets were detected by flow cytometry: CD4⁺ and CD8⁺, CD4⁺/CD8⁺ were calculated. The quality of life of the patients was evaluated by 36-item short form of life health scale (SF-36) before and after operation. Urinary tract infection after transurethral holmium laser lithotripsy were analyzed. **Results:** Among the 150 patients, 18 had urinary tract infection after operation, and the incidence was 12.00%(18/150). According to whether there was urinary tract infection, they were divided into infected group (n=18) and uninfected group (n=132). Univariate analysis showed that urinary tract infection after urethra holmium laser lithotripsy were related to stone diameter, age, diabetes mellitus, length of stay, prophylactic use of antibiotics, residual stones, operation time, and double J tube indwelling time ($P<0.05$). The results of multivariate Logistic regression analysis showed that: age 61~ years, stones diameter ≥2 cm, double J catheter indwelling time ≥14 d, operation time ≥2 h, with residual stones, complicated with diabetes mellitus were risk factors for postoperative urinary tract infection, and preventive application of antibiotics was a protective factor ($P<0.05$). CD4⁺ and CD4⁺ / CD8⁺ decreased in the two groups after operation, but the uninfected group was higher than the infected group. CD8⁺ increased, but the uninfected group was lower than the infected group ($P<0.05$). The scores of mental health, general health, social function, emotional function, vitality, physical pain, physiological function, physiological function increased in the two groups, and the uninfected group was higher than the infected group ($P<0.05$). **Conclusion:** After transurethral ureteroscopic holmium laser lithotripsy, the cellular immune function and quality of life of patients with urinary tract infection decrease, and their urinary tract infection is affected by age, stone diameter, operation time and other factors. The preventive application of antibiotics can reduce the risk of urinary tract infection.

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作者简介:孙家各(1979-),男,本科,主治医师,研究方向:泌尿外科微创治疗、前列腺疾病综合治疗,E-mail: doctorsjg@163.com

△ 通讯作者:张晓毅(1966-),男,博士,主任医师,研究方向:泌尿外科微创治疗,E-mail: doctorzhxy@163.com

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Key words: Transurethral ureteroscopic holmium laser lithotripsy; Urinary tract infection; Influence factors; Cellular immune function; Quality of life

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前言

泌尿系结石是泌尿系统的常见疾病之一,据统计^[1],我国泌尿系结石的发病率为2.3~59%之间。经尿道输尿管镜钬激光碎石术是临床治疗此类结石的常用术式之一,具有创伤小、清石率高、术后恢复迅速等优点^[2]。但该手术也属于侵入性操作,会导致人体泌尿系统免疫受到破坏,且术后需留置导尿管,导致术后尿路感染的发生不可避免^[3]。尿路感染一旦处置不当,会引起肾积脓,对患者肾功能产生影响,甚至可引发脓毒血症与感染性休克等^[4]。因此,需详细了解引起尿路感染的因素,并据此预先做好预防措施。本研究通过探讨经尿道输尿管镜钬激光碎石术后尿路感染的影响因素及其对患者细胞免疫功能和生活质量的影响,旨在为其临床预防提供一些依据。

1 资料与方法

1.1 临床资料

选择2019年6月-2021年1月期间来我院接受经尿道输尿管镜钬激光碎石术治疗的150例患者。本研究方案经医院医学伦理委员会审批通过。纳入标准:(1)诊断标准参考《中国泌尿外科疾病诊断治疗指南》^[5];(2)经静脉尿路造影、超声、非增强CT扫描、腹部平片等影像学检查确诊;(3)具有手术指征,均为初诊初治病例;(4)所有患者均知情研究且签署知情同意书;(5)均为原发性单侧或双侧尿路结石。排除标准:(1)合并心脑血管意外、自身免疫疾患、血液系统疾病、免疫缺陷症者;(2)存在先天性尿路畸形;(3)合并传染性疾病或恶性肿瘤者;(4)术后出现严重并发症需要重复手术的患者;(5)存在意识、语言、听力、认知等功能障碍。

1.2 方法

1.2.1 手术方法 所有患者均接受经尿道输尿管镜钬激光碎石术,取截石位,将输尿管镜经尿道插入到膀胱,持续进镜至结石部位,借助输尿管镜操作通道插入钬激光光纤,频率8~15Hz,能量1~2J,击碎结石,采用取石钳或其他工具取出碎石。碎石后留置1根双J管在输尿管内。

1.2.2 尿路感染诊断标准 参考《医院感染诊断标准》^[6],患者接受尿常规、尿液培养检查,以出现尿路感染症状、尿液中白细胞10个/HP以上、尿液培养有病原菌被检出判定出现尿路感染。

1.2.3 一般资料收集 采用电子病历调查的方式统计患者的一般资料,包括年龄、肾盂内压、手术时间、性别、病程、结石直径、住院时间、结石位置、预防性应用抗菌药物、结石残留情况、合并基础性疾病(糖尿病、高血压)、双J管留置时间。

1.2.4 细胞免疫功能 手术前后抽取患者静脉血5mL,采用美国Coulter公司生产的EPICS-X型流式细胞仪检测T淋巴细胞亚群指标:CD4⁺、CD8⁺,计算CD4⁺/CD8⁺值。

1.2.5 生活质量 手术前后采用生活健康量表简表(SF-36)^[7]评价患者生活质量,SF-36包括情感职能、社会功能、躯体疼痛、精神健康、生理功能、生理职能、活力、总体健康维度,每个维度均为100分,分数越低,提示生活质量越差。

1.3 统计学方法

应用SPSS 26.0统计软件对数据进行分析。CD4⁺、CD8⁺、生活质量各维度评分等计量资料经D-W检验符合正态分布以($\bar{x} \pm s$)表示,比较采用t检验;等计数资料以率表示,比较采用 χ^2 检验;经尿道输尿管镜钬激光碎石术后尿路感染的影响因素采用单因素及多因素Logistic回归分析,以P<0.05为差异有统计学意义。

2 结果

2.1 尿路感染发生情况

150例患者中,有18例术后发生尿路感染,发生率为12.00%(18/150)。根据是否发生尿路感染分为感染组(n=18)和未感染组(n=132)。

2.2 尿路感染的单因素分析

单因素分析结果显示,经尿道输尿管镜钬激光碎石术后尿路感染与年龄、结石直径、手术时间、住院时间、合并糖尿病、预防性应用抗菌药物、双J管留置时间、结石残留情况有关(P<0.05),而与性别、结石位置、肾盂内压、病程、合并高血压无关(P>0.05),见表1。

表1 尿路感染的单因素分析[n(%)]

Table 1 Univariate analysis of urinary tract infection [n(%)]

Factors	Infected group(n=18)	Uninfected group (n=132)	χ^2	P
Age(years)	21~39	3(16.67)	23.652	0.000
	40~60	5(27.78)		
	61~	10(55.56)		
Gender	Male	7(38.89)	0.228	0.614
	Female	11(61.11)		
Stone location	Unilateral	12(66.67)	1.063	0.206
	Bilateral	6(33.33)		

续表 1 尿路感染的单因素分析 [n(%)]

Table 1 Univariate analysis of urinary tract infection [n(%)]

Factors		Infected group(n=18)	Uninfected group (n=132)	χ^2	P
Stone diameter(cm)	<2	7(38.89)	84(63.64)	4.065	0.044
	≥2	11(61.11)	48(36.36)		
Intrapelvic pressure (mmHg)	<30	11(61.11)	76(57.58)	0.086	0.776
	≥30	7(38.89)	56(42.42)		
Operation time(h)	<2	6(33.33)	80(60.61)	4.826	0.028
	≥2	12(66.67)	52(39.39)		
Hospital stay(d)	<10	5(27.78)	78(59.09)	6.289	0.012
	≥10	13(72.22)	54(40.91)		
Complicated with diabetes mellitus	Yes	14(77.78)	37(28.03)	17.473	0.000
	No	4(22.22)	95(71.97)		
Complicated with hypertension	Yes	6(33.33)	37(28.03)	0.228	0.940
	No	12(66.67)	95(71.97)		
Preventive application of antibiotics	Yes	4(22.22)	85(64.39)	11.683	0.006
	No	14(77.78)	47(35.61)		
Residual stones	Yes	15(83.33)	41(31.06)	16.169	0.000
	No	3(16.67)	91(68.94)		
Course of disease (months)	<6	8(44.44)	63(47.73)	0.077	0.794
	≥6	10(55.56)	69(52.27)		
Double J tube indwelling time(d)	<14	3(16.67)	72(54.55)	90.93	0.000
	≥14	15(83.33)	60(45.45)		

2.3 尿路感染的多因素 Logistic 回归分析

以经尿道输尿管镜钬激光碎石术后是否发生尿路感染为因变量,赋值0=未发生,1=发生;以表1中有统计学意义的因素作为自变量,建立多因素 Logistic 回归分析模型。结果显示:年龄为61~岁、结石直径≥2 cm、双J管留置时间≥14d、手术时间≥2h、合并糖尿病、有结石残留是术后发生尿路感染的危险因素,而预防性应用抗菌药物是保护因素($P<0.05$),见表2。

2.4 感染组和未感染组的细胞免疫功能对比

两组术前CD4⁺、CD8⁺、CD4⁺/CD8⁺对比无统计学差异($P>0.05$)。两组术后CD4⁺、CD4⁺/CD8⁺下降,但未感染组高于感染组;CD8⁺升高,但未感染组低于感染组($P<0.05$),见表3。

2.5 感染组和未感染组的生活质量评分对比

两组术前情感职能、社会功能、躯体疼痛、精神健康、生理功能、生理职能、活力、总体健康评分对比无统计学差异($P>0.05$)。两组术后精神健康、总体健康、社会功能、情感职能、活力、躯体疼痛、生理职能、生理功能评分均升高,且未感染组高于感染组($P<0.05$),见表4。

3 讨论

泌尿系结石增大可引起泌尿管的堵塞、积水,进而出现排尿困难、疼痛、排尿中断甚至尿闭等临床症状,而结石长期滞留可使患者腰、腹部疼痛,甚至还可能出现肾小管变性坏死、肾功能下降等情况,严重影响患者生活质量^[8-10]。经尿道输尿管镜钬激光碎石术是治疗泌尿系结石的常用方法,既往不少报道已证实其碎石的有效性和安全性^[11,12]。但受到结石本身易受感染的特性,加上手术属于侵入性操作,导致术后感染事件不可避免^[13]。本次研究中,150例患者中,术后发生尿路感染18例,发生率为12.00%。比程传宇等人^[14]研究调查显示的96例患者中术后尿路感染率18.8%更低。与焦志灵等^[15]学者报道的泌尿外科患者尿路感染率的11.11%相接近。可见经尿道输尿管镜钬激光碎石术后会发生尿路感染,但发生率不具备统一性和稳定性。这可能是受到手术类型、操作水平、患者体质等多种因素影响^[16]。

近年来,学者针对经尿道输尿管镜钬激光碎石术后患者发

表 2 尿路感染的多因素 Logistic 回归分析

Table 2 Multivariate Logistic regression analysis of urinary tract infection

Variable	Assignment	β	SE	Wald χ^2	OR(95%CI)	P
Age 61~ years	0=21~39 years, 1=40~60 years, 2=61~years	0.158	0.386	7.839	2.469(1.637~4.528)	0.000
Stones diameter ≥ 2 cm	0=<2 cm, 1= ≥ 2 cm	0.089	0.196	5.167	1.934(1.291~2.364)	0.009
Operation time ≥ 2 h	0=<2 h, 1= ≥ 2 h	0.125	0.364	5.394	3.293(1.982~5.875)	0.007
Complicated with diabetes mellitus	0=no, 1=yes	0.106	0.212	5.182	1.973(1.007~3.176)	0.008
Double J catheter indwelling time ≥ 14 d	0=<14d, 1= ≥ 14 d	1.092	0.475	6.273	3.294(1.963~5.427)	0.002
With residual stones	0=no, 1=yes	1.372	0.483	8.627	2.836(1.381~5.637)	0.000
Preventive application of antibiotics	0=no, 1=yes	-1.354	0.527	10.397	0.768(0.269~0.931)	0.000

表 3 感染组和未感染组的细胞免疫功能对比($\bar{x}\pm s$)Table 3 Comparison of cellular immune function between infected group and uninfected group($\bar{x}\pm s$)

Groups	Time	CD4 ⁺ (%)	CD8 ⁺ (%)	CD4 ⁺ /CD8 ⁺
Infected group(n=18)	Before operation	37.23 \pm 5.09	24.38 \pm 3.37	1.53 \pm 0.21
	After operation	28.12 \pm 29.14*	30.39 \pm 3.93*	0.93 \pm 0.14*
Uninfected group(n=132)	Before operation	37.58 \pm 4.96	24.72 \pm 4.47	1.52 \pm 0.24
	After operation	32.29 \pm 4.55**	27.39 \pm 4.56**	1.18 \pm 0.16**

Note: *, # compared with before operation and infected group, the difference was statistically significant.

表 4 感染组和未感染组的生活质量评分对比($\bar{x}\pm s$, 分)Table 4 Comparison of quality of life scores between infected group and uninfected group($\bar{x}\pm s$, scores)

Groups	Time	Emotional function	Social function	Physical pain	Mental health	Physiological function	Role-physical	Vitality	Overall health
Infected group(n=18)	Before operation	62.94 \pm 6.24	61.80 \pm 6.12	52.93 \pm 6.47	65.56 \pm 11.32	60.10 \pm 7.56	59.13 \pm 7.45	63.37 \pm 11.34	66.24 \pm 7.34
	After operation	78.93 \pm 9.58*	75.76 \pm 6.23*	74.33 \pm 5.09*	78.38 \pm 7.21*	76.97 \pm 6.37*	74.51 \pm 6.34*	79.97 \pm 9.43*	78.64 \pm 8.65*
Uninfected group(n=132)	Before operation	62.74 \pm 1.63	61.34 \pm 5.16	52.26 \pm 6.47	64.83 \pm 6.84	60.27 \pm 7.16	59.25 \pm 6.28	63.97 \pm 8.84	65.42 \pm 8.78
	After operation	87.57 \pm 8.57**	86.41 \pm 5.24**	83.93 \pm 6.69**	88.41 \pm 7.93**	84.93 \pm 6.02**	86.61 \pm 7.39**	88.43 \pm 8.26**	89.43 \pm 8.94**

Note: *, # compared with before operation and infected group, the difference was statistically significant.

生尿路感染的危险因素进行了研究,结果并不一致,有的研究认为危险因素包括尿管留置时间长、合并糖尿病、术前尿路感染等^[15]。而有的研究则认为既往泌尿道手术史、年龄、术前尿培养结果、手术时间、术前尿白细胞计数、住院时间、导尿管留置时间是术后尿路感染的影响因素^[17]。本次研究术后发生尿路感染的危险因素有年龄为 61~ 岁、双 J 管留置时间 ≥ 14 d、结石直径 ≥ 2 cm、有结石残留、手术时间 ≥ 2 h、合并糖尿病,而保护因素则是预防性应用抗菌药物。这种分歧的产生,一方面可能与输尿管镜技术、术式入路差异有关,另一方面可能是因为选取的病例存在个体差异有关。进一步分析原因可知:年龄大的患者,其对病原菌的防御能力较弱,增加了病原菌的入侵机会,提高感染发生几率^[18,19]。直径 ≥ 2 cm 的结石在形成过程中会包裹

少量病原菌,经碎石治疗后,碎石会经尿路排出,其包裹的少量病原菌也会触及尿道,提高感染风险^[20,21]。而手术时间越长的患者,说明其结石越大,故长时间的手术会增加患者尿路感染细菌的概率^[22,23]。短时间内双 J 管留置能扩张输尿管,但时间太长,易导致细菌滋生,附着于双 J 管上,可能损伤相关组织,提高尿路感染发生风险^[24,25]。此外,结石本身感染风险大,进而导致有结石残留的患者感染风险明显增加^[26,27]。合并糖尿病的患者尿路感染发生风险高是因为糖尿病患者会存在明显的代谢障碍,其机体免疫能力、皮肤和黏膜防御功能与健康人群相比均较差,同时,病原菌的繁殖能力在高糖环境状态下可大大增强,从而增加了泌尿系统感染的风险^[28-30]。而预防性应用抗菌药物是保护因素,提示临床工作中可需根据病原菌及药敏试验选

择合适的抗菌药物干预。本次研究还发现,相对于未发生尿路感染的患者,术后发生尿路感染的患者其免疫能力、生活质量均明显下降,其原因与病原菌对输尿管黏膜的持续损害有关,导致患者免疫功能下降,患者术后恢复效果一般,无法尽快的回归正常的日常生活状态,而导致生活质量下降^[31]。

综上所述,年龄为61~岁、结石直径≥2 cm、手术时间≥2 h、合并糖尿病、双J管留置时间≥14 d、有结石残留是经尿道输尿管镜钬激光碎石术后患者发生尿路感染的危险因素,而预防性应用抗菌药物可降低术后尿路感染的发生风险。此外,术后发生尿路感染的患者细胞免疫功能下降,生活质量降低,临床需结合上述因素制定针对性的干预方案,以尽可能改善患者术后预后。

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