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小剂量右美托咪定用于局麻下玻璃体切割术的镇静效果观察

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摘要 目的:探讨右美托咪定用于局麻下玻璃体切割术的镇静效果。方法:选择拟在局麻监测下行玻璃体切割术患者 50 例为研究对象,年龄 20-72 岁,ASA 分级 II 级~III 级,随机分为右美托咪定组(D 组)和咪达唑仑组(M 组),每组 25 例。D 组患者于术前 10 min 静脉泵注右美托咪定 0.5 μg/kg,后以 0.2-0.4 μg/kg·h 的速度持续输注,M 组术前 10 min 缓慢静脉注射咪达唑仑 0.02 mg/kg,术中按需静注 0.5 mg/ 次。维持 VAS 评分≤ 4 分,Ramsay 评分 2-4 分。记录和比较两组患者术中血压、心率、呼吸的变化、辅助用药及患者对镇静效果的满意度。结果:给药后,M 组 T₅ 时点 MAP 较 T₀ 显著下降(P<0.05),D 组 T₁₀ 及以后各时点 MAP 较 T₀ 显著下降(P<0.05);D 组 T₅ 及以后各时点 BP 较 T₀ 显著下降(P<0.05),但组间及 M 组组内 BP 比较差异无统计学意义(P>0.05);M 组 T₃₀ 时点 HR 较 T₀ 显著下降(P<0.01),而在 T₅ 时,组间比较差异有统计学意义(P<0.01),即 D 组下降更为显著。给药后各时点,D 组 VAS 评分均显著低于 M 组(P<0.05),30 min 时达最低。两组 Ramsay 镇静评分给药后 5 min 均达 2 级以上,与给药前比较均显著升高 (P<0.05),D 组给药后 30 min 及以后各时点 Ramsay 镇静评分均显著高于 M 组 (P<0.01)。给药后各时点,两组组内和组间 SPO₂ 和 RR 比较均无统计学差异(P>0.05)。D 组患者满意度较 M 组更高(P<0.05)。**结论:** 小剂量右美托咪定用于玻璃体切割术可使患者血流动力学平稳,镇静效果良好,疼痛感觉减轻,舒适度提高。

关键词:右美托咪定;咪达唑仑;局部麻醉;玻璃体切割术**中图分类号:**R614.3, R77 **文献标识码:**A **文章编号:**1673-6273(2014)06-1117-04

Observation on the Sedative Effect of Low-dosage Dexmedetomidine in the Treatment of Vitrectomy Underlocal Anesthesia

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ABSTRACT Objective: To investigate the Sedative effect of low-dosage dexmedetomidine and midazolam on patients who would undergo vitrectomy under local anesthesia. **Methods:** Fifty ASA I ~ II patients, aged 20-72 yr, undergoing elective vitrectomy under local anesthesia were randomly divided into 2 groups n=25, the dexmedetomidine group and midazolam group. Before operation, patients either infused dexmedetomidine 0.5 μg/kg in 10 min, followed by 0.2-0.4 μg/kg·h, or midazolam 0.02 mg/kg i.v. followed by 0.5 mg i.v. as required. Sedation was titrated to a Ramsay sedation score of 2~4. Blood pressure, heart rate, respiratory rate, dose of adjuvant drugs and patients'satisfaction were recorded. **Results:** After infusion, MAP of group M significantly decreased at T₅ compared with T₀, so did group D at T₁₀ and each time after T₁₀. BP of group D significantly decreased at T₅ and each time after T₅ compared with T₀, but there was no significant difference between two groups and in group M; HR of group M significantly decreased compared with T₀, and at T₅, there was statistical difference between groups. The points after infusion, VAS score of group D were significantly lower than that of group M, 30 min to the minimum. Ramsay sedation score of the two groups increased to grade 2 at 5 min after infusion, and significantly increased after infusion in group D, which was significantly higher than group M at 30 min and later. There was no difference of SPO₂ and RR between groups and in each group. Patient satisfaction of group D was higher than that of group M (P<0.05). **Conclusion:** Low-dosage dexmedetomidine as a sedative on patients who would undergo vitrectomy under local anesthesia can improve hemodynamic stabilization, decrease patients' pain perception and increase comfort.

Key words: Dexmedetomidine; Midazolam; Local anesthesia; Vitrectomy**Chinese Library Classification(CLC):** R614.3, R77 **Document Code:** A**Article ID:**1673-6273(2014)06-1117-04

前言

玻璃体视网膜病变患者多为老年人,高血压,糖尿病,动脉

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硬化等心血管疾病为其主要病因。玻璃体切割前常伴有不同程度的精神紧张,而手术刺激也会增加术中心血管事件的发生风险,局部麻醉下咪达唑仑辅助镇静已被广泛应用于临床。而右美托咪定是一种高选择性的α2-肾上腺素能受体激动剂,具有良好的镇静镇痛作用,而不产生呼吸抑制,多用于 ICU 患者的镇静及全麻手术患者的麻醉。但其辅助局麻下的玻璃体切割术的研究报道甚少。本研究旨在观察右美托咪定用于局部麻醉下

玻璃体切割术的镇静效果。

1 材料和方法

1.1 病例资料

选择拟在局麻下行玻璃体切割术的患者 50 例,预计手术时间 60 min。ASA 分级 II 级~III 级,性别不限,年龄 20~72 岁,体重 50~86 kg,排除肝肾功能异常,相关药物过敏史,II~III 度房室传导阻滞,病窦综合征,平日服用可乐定及不合作患者。采用随机数字表法随机分为两组,每组 25 例,即右美托咪定组 D 组和咪达唑仑组(M 组)。研究方案经本院伦理委员会批准,患者或其家属术前签署麻醉知情同意书。

1.2 麻醉方法

患者术前禁食 6~8 小时,无术前用药。术前 1 h 术眼常规复方托品卡胺散瞳,瞳孔直径达 5 mm 以上。入室后患者仰卧位,开放外周静脉通路。常规面罩吸氧,氧流量设为 6 L/min。连接 Datex-Ohmeda 型多功能监护仪,连续监测血流动力学变化。M 组静脉注射咪达唑仑 0.02 mg/kg 3 分钟推注完毕,术中按需静注 0.5 mg/次。D 组采用微量泵持续输注右美托咪定,首剂量 0.5 μg/kg 输注 10 分钟,0.2~0.4 μg/kg·h 速率持续输注。术毕前

10 分钟停药。维持 VAS 评分≤4 分,Ramsay 评分 2~4 分。给药 5 分钟后,患眼滴盐酸奥布卡因滴眼液表面麻醉,吸收后术者术眼球后注射 3~4 mL 2% 盐酸利多卡因,手掌部间断压迫眼球以降低眼压,促进局麻药吸收,检查眼球固定不动麻醉效果完全即可开始手术。HR 低于 50 次/min 给予阿托品 0.5 mg,收缩压大于 180 mmHg 给予乌拉地尔 10 mg。血压低于基础值的 30% 或者低于 90/60 mmHg 给予麻黄碱 5 mg。VAS≥4 静注芬太尼 25 μg/次。

1.3 观察指标

记录麻醉前 T₀、用药后 5 分钟 T₅、10 分钟 T₁₀、30 分钟 T₃₀、1 小时 T₆₀ 和手术结束 Tend 时患者的平均动脉压、收缩压、舒张压、心率、呼吸频率、血氧饱和度。记录 Ramsay 评分 1 分:患者呈焦虑或躁动不安状;2 分:平静合作,具有定向力;3 分:仅对指令有反应;4 分:入睡,轻叩眉间或大声呼唤反应敏捷;5 分:入睡,轻叩眉间或大声呼唤反应迟钝;6 分:对刺激无反应,呈深睡状或麻醉状态,VAS 评分,手术时间和辅助用药情况。手术结束即刻应用 Likert-like 语言评分表(表 1)评估患者对术中镇痛镇静效果的满意度。

表 1 Likert-like 语言评分表

Table 1 Language rating scale of Likert-like

1	2	3	4	5	6	7
Extremely	Dissatisfied	Somewhat	Undecided	Somewhat	Satisfied	Extremely

1.4 统计学分析

计量资料用均数±标准差($\bar{x} \pm s$)表示,两组计量资料比较使用独立样本 t 检验;计数资料使用 Fisher's 检验;等级资料比较使用非参数检验。组内不同时点比较采用 Bonferroni 法,P<0.05 为差异有统计学意义。

2 结果

2.1 两组患者基线资料的比较

两组患者的年龄、性别、身高、体重、基础生命体征、手术时间等一般情况比较差异无统计学意义(P>0.05),见表 2。

表 2 两组患者基线资料的比较

Table 2 Comparison of the baseline information between two groups

	Group M	Group D	P
gendermale/female	16/9(M/F)	14/11(M/F)	0.5637
Age year	46.36±13.29	51.04±12.57	0.2070
Height cm	167.64±6.24	165.96±7.59	0.3966
Weight kg	64.79±10.69	65.02±10.69	0.9392
Hypertension number	7/18(Y/N)	10/15(Y/N)	0.3705
Diabetes number	8/17(Y/N)	10/15(Y/N)	0.5557
Smoking number	9/16(Y/N)	7/18(Y/N)	0.5443
MAP mm hg	110.48±11.40	115.36±10.94	0.1292
SBP mm hg	148.84±17.55	156.88±16.59	0.1025
DBP mm hg	87.84±10.82	93.24±12.48	0.1087
heart rate number/min	79.52±11.98	74.24±10.42	0.1029
SPO ₂ %	98.32±1.44	98.52±1.56	0.6390
RR number/min	18.00±2.87	18.48±2.89	0.5585
GLU mmol/l	6.65±2.71	6.19±1.49	0.4609
operation time hr	1.32±0.29	1.34±0.33	0.8048

2.2 两组患者各时点血流动力学指标的比较

给药前,两组患者的血流动力学平稳,指标波动均在正常范围内,MAP/BP 比较无统计学差异($P>0.05$);给药后,M 组 T_5 MAP 较 T_0 显著下降 ($P<0.05$),D 组 T_{10} 及以后各时点MAP 较 T_0 显著下降($P<0.05$),但下降幅度均小于 15 mm Hg。组间及 M 组组内 BP 比较差异无统计学意义,D 组 T_5 及以后各时点BP 较 T_0 显著下降 ($P<0.05$)。M 组 HR T_{30} 后显著下降($P<0.01$),而在 T_5 时,组间比较差异有统计学意义($P<0.01$),即 D 组 HR 下降更为显著,见图 2。

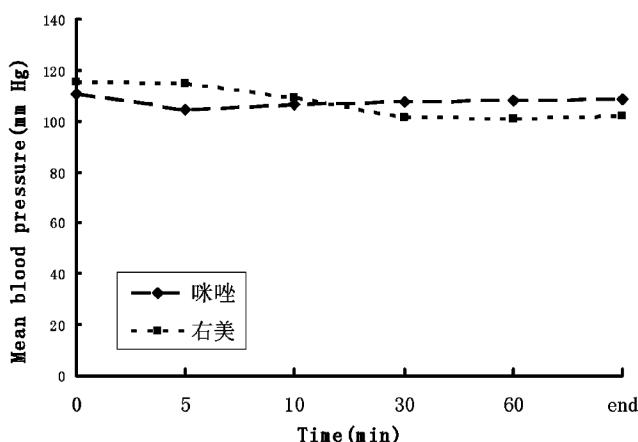


图 1 两组患者平均动脉压的比较

Fig.1 Comparison of the mean arterial pressure between two groups

2.3 两组患者各时点 Ramsay 镇静评分和 VAS 评分的比较

两组 Ramsay 镇静评分给药后 5min 均达 2 级以上,与 T_0 比较均显著升高,D 组给药后 30min 及以后各时点 Ramsay 镇静评分均显著高于 M 组($P<0.01$),见表 3。两组给药后 5 分钟

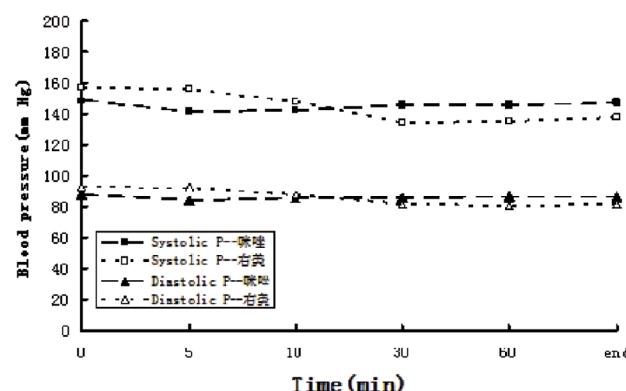


图 2 两组患者收缩压和舒张压的比较

Fig.2 Comparison of the systolic blood pressure and diastolic blood pressure between two groups

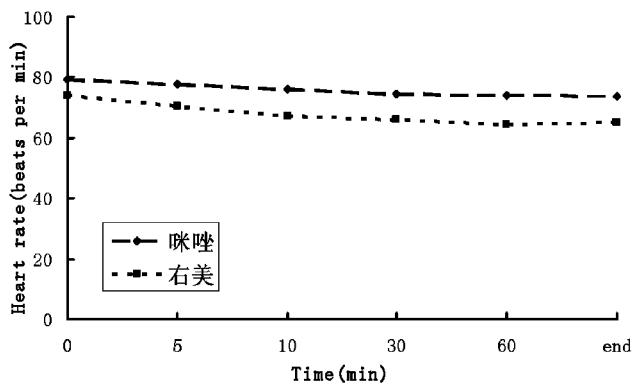


图 3 两组患者心率的比较

Fig.3 Comparison of heart rate between two groups

及以后各时点 VAS 评分均较给药前显著升高,且 D 组 VAS 评分给药后各时点均显著低于 M 组($P<0.01$),见表 4。

表 3 两组患者 Ramsay 镇静评分

Table 3 Comparison of the Ramsay sedation score at different time between two groups

	T0	T05	T10	T30	T60	T end	P	P'
Group D	1.80± 0.41	2.36± 0.57*	2.76± 0.52*	3.08± 0.49**#	2.92± 0.57**#	2.64± 0.57**#	0.0003	0.0066
Group M	1.84± 0.62	2.44± 0.51*	2.72± 0.54*	2.60± 0.50*	2.40± 0.50*	2.16± 0.37*	0.0031	

表 4 两组患者各时点 VAS 评分的比较

Table 4 Comparison of the VAS score at different time between two groups

	T0	T05	T10	T30	T60	T end	P	P'
Group D	0.72± 1.10	1.04± 1.06*	0.96± 0.89#	0.56± 0.96#	0.88± 0.88#	0.84± 0.90#	0.2532	<0.0001
Group M	1.20± 1.38	1.84± 1.25	1.88± 0.97	1.84± 1.07	1.60± 0.76	1.52± 0.82	0.2887	

注:与 T0 比较,* 表示 $p<0.05$;与 M 组比较,# 表示 $P<0.05$ 。P 表示组内时点比较。P' 表示两组指标的比较。

Note: compared with T0,* $p<0.05$; compared with group M, # $P<0.05$. P means time point comparison. P' means index comparison.

2.4 两组患者各时点 SPO_2 水平和 RR 的比较

在给药后各时点,两组组内和组间 SPO_2 和 RR 比较均无统计学差异($P>0.05$)。两组患者给药后呼吸平稳,镇静期间均无呼吸抑制和缺氧发生,见表 5 和表 6。

2.5 两组患者辅助用药情况和患者满意度的比较

M 组 7 人使用芬太尼,D 组 2 人,M 组 3 人应用压宁定,D 组 1 人,差异均无统计学意义($P>0.05$)。M 组和 D 组患者满意度分别为 5.60 ± 1.00 和 6.20 ± 0.76 ,见表 7,D 组患者满意度显著高于 M 组($P<0.05$),见表 7。

表 5 两组患者各时点 SPO₂ 的比较Table 5 Comparison of the SPO₂ at different time between two groups

	T0	T05	T10	T30	T60	T end	P	P'
Group D	98.52 ± 1.56	98.80 ± 1.22	99.04 ± 1.06	98.60 ± 1.08	98.80 ± 0.76	98.72 ± 0.79	0.3793	
Group M	98.32 ± 1.44	98.28 ± 1.72	98.48 ± 1.26	98.64 ± 0.95	98.72 ± 1.06	98.68 ± 0.90	1.66	0.3919

表 6 两组患者 RR 的比较

Table 6 Comparison of the RR at different time between two groups

	T0	T05	T10	T30	T60	T end	P	P'
Group D	18.48 ± 2.89	18.04 ± 3.68	17.60 ± 3.44	17.44 ± 3.66	16.64 ± 3.60*	17.04 ± 3.41	0.0142	
Group M	18.00 ± 2.87	18.00 ± 3.40	18.40 ± 2.97	17.72 ± 3.16	18.40 ± 3.66	18.16 ± 3.04	0.8491	0.4695

表 7 两组患者满意度比较

Table 7 Comparison of the satisfaction between two groups

	$\bar{x} \pm s$	Median	Maximum	Minimum	P
Group M	5.60 ± 1.00	6	7	3	
Group D	6.20 ± 0.76	6	7	4	0.0207

3 讨论

行玻璃体切割术的患者多为老年人,常合并心血管系统疾病,手术刺激可引起患者血流动力学指标波动和躁动不安,致眼内压升高,影响手术效果。眼科手术精确度高因此常需使用镇静镇痛药维持血流动力学稳定和适宜的镇静。镇静程度需考虑手术种类、局麻技术以及并发症^[2]。咪达唑仑为辅助镇静常用药物之一,小剂量咪达唑仑静脉注射不影响通气,镇静效果良好^[3]。当咪达唑仑静脉注射时间2~5分钟时,起效迅速,在恢复室时间短,泵注镇静效率可能低于缓慢推注^[6]。

右美托咪定具有镇静效果良好,易于唤醒和管理的特点^[3,11,13],常见副作用有低血压、心动过缓、高血压等,与输注速率和剂量有关^[9,10,14]。相关研究表明右美托咪定负荷量1 μg/kg,维持量0.2 μg/kg/h,心率、血压下降明显^[7],随着美托咪定剂量的增加,不良反应的发生率升高^[8]。单独使用右美托咪定时,其提供镇痛的最大剂量为0.5 μg/kg,镇痛镇静效果呈非剂量依赖性关系^[2],0.5 μg/kg的负荷量,0.2~0.5 μg/kg·h 维持量的右美托咪定能达到2~4分的镇静水平^[13]。本实验选用小剂量右美托咪定用于局麻下玻璃体切割术镇痛镇静效果良好,无不良反应发生。

右美托咪定为高选择性的α2-肾上腺素受体激动剂,作用于蓝斑核的α2-受体产生镇静催眠作用,作用于脊髓的α2-受体产生镇痛作用,通过内源性促睡眠途径发挥镇静效果^[17],其特异性为可乐定的7~8倍,通过与大脑、脊髓的α2-肾上腺素受体特异性结合发挥镇静镇痛,抗交感作用^[1,13],而不引起呼吸抑制^[10],能提高外周血流动力学稳定性^[1,15],具有潜在的心脏保护作用,其阻滞交感和类迷走作用削弱了紧张引起的交感反应^[2],在药效学上主要表现出血压和心率下降,也提示α2-受体激动药物有助于维持术中患者心血管功能的稳定。本研究结果表明,应用小剂量右美托咪定后,患者的血压、心率均有不同程度

下降,下降趋势平稳,在正常范围内,无需使用血管活性药物。因此,右美托咪定用于局麻下玻璃体切割术能够有效的抑制手术刺激引起的交感神经系统兴奋,减轻应激反应,有助于减少心血管不良事件的发生和维持循环稳定,有潜在的心脏保护作用。两组 Ramsay 镇静评分维持在2~4分,D组 Ramsay 镇静评分较高,镇静效果优于M组。两组均无呼吸抑制,呼吸频率和脉搏血氧饱和度在正常范围内,差异无统计学意义。D组术中呼吸频率下降可能与类似睡眠的镇静状态有关。因此小剂量右美托咪定相对咪达唑仑具有良好的镇痛镇静作用而无呼吸抑制。术中芬太尼的用量,M组7人,D组2人,差异无统计学差异,可能与采用球后阻滞有关。球后阻滞是美国眼科医生使用最多的手术麻醉方式,阻滞充分,镇痛效果好^[14]。本研究中还采用了表面麻醉。所以需要的补救镇痛药减少。VAS评分D组低于M组,差异有统计学意义,说明右美托咪定降低了患者的疼痛感觉,提高了舒适度。

综上所述,小剂量右美托咪定用于局麻下玻璃体切割术患者血流动力学平稳,镇静效果良好,减轻了疼痛感觉,提高了舒适度。小剂量右美托咪定可安全有效地用于局部麻醉下玻璃体切割术。

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