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# 超早期立体定向手术治疗高血压脑出血的疗效及对患者炎性因子和生活质量的影响\*

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**摘要目的:**探讨超早期立体定向手术治疗高血压脑出血(HICH)的疗效及对患者炎性因子和生活质量的影响。**方法:**选取 2016 年 3 月~2018 年 1 月期间我院收治的 HICH 患者 93 例,两组均给予立体定向手术治疗,根据手术时机将患者分为早期组( $n=45$ ,发病 6~24h 内手术)和超早期组( $n=48$ ,发病 6h 内手术),比较两组疗效相关指标、炎性因子和生活质量,观察两组术后并发症发生情况。**结果:**超早期组病死率低于早期组,格拉斯哥昏迷评分(GOS)优良率高于早期组( $P<0.05$ ),两组术后再出血率对比差异无统计学意义( $P>0.05$ )。两组患者术后 2 周白介素-6(IL-6)、超敏 C 反应蛋白(hs-CRP)、肿瘤坏死因子- $\alpha$ (TNF- $\alpha$ )水平均降低,且超早期组低于早期组( $P<0.05$ )。术后 3 个月、术后 6 个月超早期组心理健康、躯体健康、社会功能、物质生活等维度评分均高于早期组( $P<0.05$ )。超早期组术后并发症总发生率低于早期组( $P<0.05$ )。**结论:**超早期立体定向手术治疗 HICH,疗效显著,可有效改善炎性因子水平及患者的生活质量,同时还可减少术后并发症的发生率。

**关键词:**超早期;立体定向手术;高血压脑出血;疗效;炎性因子;生活质量

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## Efficacy of Ultra-early Surgery for Hypertensive Intracerebral Hemorrhage and its Effect on Inflammatory Factors and Quality of Life in Patients with Hypertensive Intracerebral Hemorrhage\*

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**ABSTRACT Objective:** To investigate the effect of ultra-early stereotactic surgery on hypertensive intracerebral hemorrhage (HICH) and its influence on inflammatory factors and quality of life. **Methods:** 93 patients with HICH who were admitted to our hospital from March 2016 to January 2018 were selected, and they were divided into early group ( $n=45$ , operation within 6-24 hours of onset) and super-early group ( $n=48$ , operation within 6 hours of onset) according to the timing of operation. Relevant indexes of curative effect, inflammatory factors and quality of life were compared between the two groups, and the occurrence of postoperative complications was observed. **Results:** The mortality of super-early group was lower than that of early group, and the Glasgow coma score (GOS) excellent and good rate was higher than that of early group ( $P<0.05$ ). There was no significant difference in the postoperative rebleeding rate between the two groups ( $P>0.05$ ). The levels of interleukin-6 (IL-6), high-sensitivity C-reactive protein (hs-CRP) and tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ) were decreased in the two groups at 2 weeks after operation, and those in the ultra-early group were lower than those in the early group ( $P<0.05$ ). The scores of mental health, physical health, social function and material life in the ultra-early group at 3 months and 6 months after operation were higher than those in the early group ( $P<0.05$ ). The total incidence of postoperative complications in the ultra-early group was lower than that in the early group ( $P<0.05$ ). **Conclusion:** Ultra-early stereotactic surgery for HICH has remarkable curative effect, which can effectively improve inflammatory factors and quality of life, and it can also reduce the incidence of postoperative complications.

**Key words:** Ultra-early; Stereotactic surgery; Hypertensive intracerebral hemorrhage; Efficacy; Inflammatory factors; Quality of life

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### 前言

高血压脑出血 (Hypertensive intracerebral hemorrhage, HICH) 是临床常见的脑实质内出血,也是高血压最严重的并发

症之一,多发于 50~70 岁,男性发病率稍高些<sup>[1,2]</sup>。据相关报道统计<sup>[3]</sup>,HICH 占全部脑卒中的 17.1%~39.4%。HICH 发病急骤,病情进展迅速,其病死率高达 30%以上,即使存活,也会遗留不同程度的神经功能障碍,影响患者生活质量<sup>[4,5]</sup>。目前,立体定向手

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术仍是治疗 HICH 的主要方式,通过手术可完全清楚血肿、解除脑组织压迫、降低颅内压<sup>[6,7]</sup>。然而目前临床对于 HICH 患者手术适应证、手术时机仍存在一定争议,超早期手术是指自发病至手术时间为 6h 内,在此期间进行手术可解除血肿对脑组织的机械性压迫,将血肿分解产物对脑周围神经组织的损伤减到最低,最大限度恢复患者神经功能<sup>[8-10]</sup>。本研究通过对我院收治的部分 HICH 患者行超早期立体定向手术治疗,取得了不错的疗效,现报道如下。

## 1 资料与方法

### 1.1 一般资料

选取 2016 年 3 月~2018 年 1 月期间我院收治的 HICH 患者 93 例,纳入标准:(1)均有明确的高血压史,经头颅 CT 证实为脑出血,出血量大于 30 mL;(2)发病至手术时间 1~24h;(3)均具备手术指征;(4)患者家属对本研究知情同意。排除标准:(1)心肺功能已衰竭或在手术过程中停止呼吸者;(2)位于脑干及小脑的脑内血肿;(3)存在血液系统疾病,及有长期服用抗凝药物治疗史者;(4)家属放弃手术治疗的病例;(5)伴有多灶性出血、癫痫史者;(6)随访期间失联者。根据手术时机将患者分为早期组(n=45)和超早期组(n=48),其中男 28 例,女 17 例;年龄 43~76 岁,平均(52.68±6.49)岁;出血部位:脑皮层下 17 例,丘脑 16 例,壳核 12 例;入院时格拉斯哥昏迷评分(Glasgow coma score, GOS)<sup>[11]</sup>1~6 分,平均(3.46±0.95)分;高血压病程 1~9 年,平均(4.93±1.06)年;出血量 31~43 mL,平均(36.19±1.36)mL。超早期组男 30 例,女 18 例;年龄 42~75 岁,平均(53.18±6.54)岁;出血部位:脑皮层下 19 例,丘脑 15 例,壳核 14 例;入院时 GOS 评分 1~5 分,平均(3.52±1.07)分;高血压病程 1~10 年,平均(5.06±1.12)年;出血量 32~45 mL,平均(36.28±1.42)mL。两组基线资料对比无显著性差异( $P>0.05$ ),具有可比性。本研究已获取我院伦理学委员会批准同意。

### 1.2 治疗方法

两组患者均给予立体定向手术,早期组于发病 6~24h 内手术,超早期组于发病 6h 内手术,手术方式具体如下:采用安科公司生产的 ASA-602 型脑立体定向仪,在 CT 机的引导下计算出相应靶点,选取患侧血肿区域附近的相对无功能区进行入路,钻孔,将排空器置于血肿中心,经阿基米德钻搅碎后抽吸血

肿,抽吸压力 <30.0 Kpa,抽吸完成后置引流管于血肿腔内,每日注射尿激酶溶解血肿,经引流管引流至体外,术后动态复查头颅 CT,待血肿基本排空或次全排空后,将引流管拔除。术后视患者具体情况给予降低颅内压、抗感染、营养支持、保护胃黏膜以及康复治疗等。

### 1.3 观察指标

观察两组患者病死率、术后再出血率,比较术后 2 周的 GOS 优良率,其中 GOS 评分如下:优(5 分):术后恢复良好,遗留轻度神经功能障碍,但不影响生活;良(4 分):遗留中度神经功能障碍,但生活可自理;中(3 分):遗留重度神经功能障碍,生活不能自理,差(1~2 分):植物人状态或死者;GOS 优良率=优率+良率。于术前、术后 2 周抽取患者肘静脉血 6 mL,经 3500 r/min 离心 10 min,离心半径 12 cm,分离上清液,放置于-30℃冰箱中待测。采用酶联免疫吸附法检测白介素-6(Interleukin-6, IL-6)、超敏 C 反应蛋白(High-sensitivity C-reactive protein, hs-CRP)、肿瘤坏死因子-α(Tumor necrosis factor-α, TNF-α)水平,试剂盒采购自武汉华美生物科技有限公司,严格按照说明书操作进行。采用电话询问或门诊复查等方式对所有患者进行为期 6 个月的随访,随访终止指标为患者死亡,于术后 3 个月、术后 6 个月采用生活质量(Quality of life, QOL)<sup>[12]</sup>评分对所有患者生活质量进行评价,其中 QOL 量表包括心理健康、躯体健康、社会功能以及物质生活这 4 个维度,每项总分 100 分,分数越高,生活质量越好。记录两组术后并发症发生情况。

### 1.4 统计学方法

本研究数据均采用 SPSS20.0 软件进行统计分析,计数资料以率(%)表示,采用  $\chi^2$  检验,计量资料以( $\bar{x} \pm s$ )表示,采用 t 检验; $P<0.05$  表示差异具有统计学意义。

## 2 结果

### 2.1 两组术后相关指标比较

两组术后 2 周内均无病死病例,早期组术后 3 个月内病死 5 例,术后 4 个月~术后 6 个月病死 4 例;超早期组术后 4 个月~术后 6 个月病死 2 例。超早期组病死率低于早期组,GOS 优良率高于早期组( $P<0.05$ ),两组术后再出血率对比差异无统计学意义( $P>0.05$ ),详见表 1。

表 1 两组术后相关指标比较例(%)

Table 1 Comparisons of two groups of relevant indexes after operation n(%)

Groups	Mortality	Postoperative rebleeding rate	GOS excellent and good rate				
			Excellent	Good	Medium	Poor	Excellent and good rate
Early group (n=45)	9(20.00)	9(20.00)	9(20.00)	11(24.44)	14(31.11)	11(24.45)	20(44.44)
Super-early group(n=48)	2(4.17)	5(10.42)	15(31.25)	20(41.67)	9(18.75)	4(8.33)	35(72.92)
$\chi^2$	5.583	1.698		-			4.186
P	0.018	0.167		-			0.041

### 2.2 两组炎性因子水平比较

两组患者术前 IL-6、hs-CRP、TNF-α 水平比较差异无统计

学意义( $P>0.05$ ),两组患者术后 2 周 IL-6、hs-CRP、TNF-α 水平均降低,且超早期组低于早期组( $P<0.05$ ),详见表 2。

### 2.3 两组患者生活质量比较

术后3个月、术后6个月超早期组心理健康、躯体健康、社

会功能、物质生活等维度评分均高于早期组( $P<0.05$ ),详见表3、表4。

表2 两组炎性因子水平比较( $\bar{x}\pm s$ )  
Table 2 Comparison of inflammatory factors between two groups( $\bar{x}\pm s$ )

Groups		IL-6(ng/L)		hs-CRP(mg/L)		TNF- $\alpha$ (g/L)	
Before operation	Before operation	2 weeks after operation	Before operation	2 weeks after operation	Before operation	2 weeks after operation	
Early group(n=45)	46.92± 5.17	31.82± 4.13*	13.53± 2.14	10.46± 1.12*	65.51± 5.27	51.18± 4.36*	
Super-early group(n=48)	46.88± 6.18	17.71± 4.21*	13.21± 2.09	7.37± 0.95*	64.98± 6.35	39.56± 5.38*	
t	0.034	16.301	0.729	14.379	0.436	11.398	
P	0.973	0.000	0.468	0.000	0.664	0.000	

Note: Compared with before operation, \* $P<0.05$ .

### 2.4 两组术后并发症发生情况比较

早期组术后发生4例感染、3例消化道出血、5例高血糖,并发症总发生率为26.67%(12/45),超早期组术后发生2例感

染、1例消化道出血、2例高血糖,并发症总发生率为10.42%(5/48),超早期组术后并发症总发生率低于早期组( $\chi^2=4.106$ , $P=0.043$ )。

表3 两组术后3个月生活质量比较( $\bar{x}\pm s$ ,分)  
Table 3 Comparison of quality of life in two groups at 3 months after operation ( $\bar{x}\pm s$ , scores)

Groups	Mental health	Physical health	Social function	Material life
Early group(n=40)	46.61± 6.51	41.15± 6.34	55.04± 5.42	59.18± 9.95
Super-early group(n=48)	52.41± 7.43	48.18± 6.57	62.13± 6.33	68.25± 10.73
t	3.855	5.078	5.580	4.080
P	0.000	0.000	0.000	0.000

表4 两组术后6个月生活质量比较( $\bar{x}\pm s$ ,分)  
Table 4 Comparison of quality of life between the two groups at 6 months after operation ( $\bar{x}\pm s$ , scores)

Groups	Mental health	Physical health	Social function	Material life
Early group(n=36)	51.64± 5.47	47.74± 7.53	62.88± 6.78	67.54± 7.32
Super-early group(n=46)	60.63± 6.52	57.35± 5.46	73.04± 7.65	75.66± 8.01
t	6.922	6.926	6.529	4.923
P	0.000	0.000	0.000	0.000

### 3 讨论

HICH是一类严重危害人类健康的危急重症,其致残率、病死率较高,治疗效果不佳,预后较差<sup>[13]</sup>。HICH的治疗目的是尽早清除血肿,降低颅内压,以防止或减轻出血后一系列病理损伤导致的继发性神经损伤<sup>[14,15]</sup>。立体定向手术为HICH的微创治疗外科拓展了空间,该手术方式定位精准、手术创伤小、安全性高,对于丘脑、重要功能区等深部血肿及无法耐受开颅手术者,疗效明确<sup>[16,17]</sup>。虽然立体定向手术在HICH的治疗地位不容置疑,且现有不少研究普遍认为发病至手术24h内手术效果较佳,但有关具体的手术时机仍存在一定争议。以往报道指出<sup>[18]</sup>,HICH发病20~30 min内,血肿即可形成,6~7h出血则逐渐停止,紧靠血肿的脑实质开始出现坏死现象,随着时间的延长,水

肿范围不断向脑实质内扩大,加重患者病情。由此可见,在血肿形成6h后,周围脑组织即开始发生变性,故而有研究提出可在血肿造成此类不可逆损伤之前将血肿清除,可有效减少继发性损害<sup>[19]</sup>。邱学才等<sup>[20]</sup>学者认为,患者发病6h内,出血尚未完全停止,在此时间段内实施手术可增加再出血发生率。而许光涛等<sup>[21]</sup>学者却认为,尽早清除血肿,可有效减少血肿对周围神经组织的压迫,提高治疗效果,减少继发性神经损伤。因此,选择合适的HICH的治疗时机具有积极的临床意义。

本次研究结果中,超早期组病死率、并发症总发生率低于早期组,GOS优良率高于早期组,可见尽早进行手术是改善患者预后的关键,脑出血一方面可使出血部位脑组织受到破坏,同时压迫周围组织引起局部微血管痉挛、坏死,另一方面由于血肿部位的分解产物毒性作用,使血肿周围脑组织发生由近及

远的水肿、变性及坏死,进行超早期手术后,可解除血肿压迫,打破血肿部位细胞分解代谢、水肿扩散等一系列病理变化所引起的恶性循环<sup>[22-24]</sup>。同时两组术后再出血率对比无差异,可见超早期组并不增加再出血发生率,这可能与手术过程中严格控制患者血压、血肿引流量以及引流速度等因素的稳定有关<sup>[25]</sup>。既往有研究报道显示<sup>[26,27]</sup>,HICH 发病期间,血肿及其周围组织易发生炎性反应,分泌多种炎性细胞因子如 IL-6、hs-CRP 以及 TNF- $\alpha$ ,上述炎性因子水平的升高,可导致脑微血管通透性及血脑屏障通透性,参与着血肿周围组织损伤的病理进程,且其水平高低与损伤程度呈现一定的正相关性。而本研究结果中超早期组术后 2 周 IL-6、hs-CRP、TNF- $\alpha$  水平明显低于早期组,可见越早进行手术,可尽早阻断炎性反应-脑水肿-神经损伤这一系列恶性循环,最终改善治疗效果,减少神经损伤<sup>[28,29]</sup>。同时本次研究还显示,超早期组术后 3 个月、术后 6 个月生活质量改善效果更佳,这可能与超早期及时进行手术,消除血肿占位现象,减少患者继发性损害,改善患者预后,进而有效提高生活质量有关<sup>[30]</sup>。

综上所述,HICH 患者于超早期进行立体定向手术治疗,可有效改善病死率、GOS 优良率,同时还可有效减轻机体炎性因子水平,改善患者术后生活质量,减少术后并发症发生率,临床应用价值较高。

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其准确性进行评估。除此之外,wang 等<sup>[2]</sup>提出一种通过优化 AL 来提高第三代公式准确性的方法,其准确性有待进一步验证。

综上所述,在现有样本量的研究下,当  $26 \text{ mm} \leq \text{AL} < 28 \text{ mm}$ , 我们建议使用 SRK/T、Barrett Universal II 公式,当  $\text{AL} \geq 28 \text{ mm}$ , 建议应用 Barrett Universal II 公式,其次为 Haigis 公式。

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