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机化性肺炎患者的 CT 引导下经皮肺穿刺活检及其临床诊治分析 *

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摘要 目的:探讨 CT 引导下经皮肺穿刺活检对机化性肺炎患者的诊断价值,并总结机化性肺炎的临床诊治经验。**方法:**回顾性分析 2015 年 7 月-2017 年 9 月在南京医科大学附属常州第二人民医院住院行 CT 引导下经皮肺穿刺活检取得肺部病灶组织确诊为机化性肺炎的 14 例患者,所有患者行 CT 引导下经皮肺穿刺活检,总结机化性肺炎患者的临床诊治经验。**结果:**14 例机化性肺炎患者平均年龄为 59 岁,平均起病时间为 21 天。主要临床症状以发热、咳嗽、咳痰为主。6 例肺部听诊可闻及湿啰音。影像学检查主要表现为肺部斑片状不均匀密度增高影。所有患者初次就诊时均未首先诊断考虑机化性肺炎。所有患者入院后均行 CT 引导下经皮肺穿刺活检术,术后病理均确诊为机化性肺炎,术中 3 例出现少量气胸,4 例出现少量出血,予吸氧止血等对症处理后好转。14 例患者予糖皮质激素治疗后,主要临床症状改善,影像学检查均较前吸收好转。**结论:**对于持续性干咳、呼吸困难、发热病人,抗生素疗效差,影像学显示片状或块状影病灶,特别是游走性斑片阴影,需要高度警惕机化性肺炎。CT 引导下经皮肺穿刺活检可作为明确机化性肺炎诊断的首选方法。机化性肺炎对糖皮质激素治疗敏感,可出现可逆性的好转,一旦确诊,建议及早使用糖皮质激素治疗。

关键词:机化性肺炎;CT;经皮肺穿刺活检;糖皮质激素;临床诊治

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CT guided Percutaneous Lung Biopsy and Its Clinical Diagnosis and Treatment in Patients with Organizing Pneumonia*

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ABSTRACT Objective: To explore the diagnostic value of CT guided percutaneous lung biopsy in patients with organizing pneumonia, and to summarize the clinical experience of diagnosis and treatment of organizing pneumonia. **Methods:** A retrospective analysis was made of 14 patients with pulmonary lesions diagnosed as organizing pneumonia who underwent CT guided percutaneous lung biopsy in Changzhou Second People's Hospital Affiliated to Nanjing Medical University from July 2015 to September 2017. All patients underwent CT guided percutaneous lung biopsy to summarize the clinical diagnosis and treatment experience of patients with organizing pneumonia. **Results:** The average age of 14 patients with organizing pneumonia was 59 years, and the average onset time was 21 days. The main clinical symptoms were fever, cough and expectoration. 6 cases of lung auscultation could hear moist rales. The main manifestations of imaging examination were patchy and uneven density enhancement of the lungs. organizing pneumonia was not first diagnosed in all patients. All patients underwent CT guided percutaneous lung biopsy after admission. Postoperative pathology confirmed the diagnosis of organizing pneumonia. During the operation, 3 patients had a small amount of pneumothorax and 4 patients had a small amount of hemorrhage and patients improved after symptomatic treatment such as oxygen inhalation and hemostasis. After treatment with glucocorticoid, the main clinical symptoms of 14 patients were improved, and the imaging examination was better than before. **Conclusions:** For patients with persistent dry cough, dyspnea and fever, antibiotics have poor efficacy, and the imaging findings of patchy or massive shadow lesions, especially the shadow of wandering patches, need to be highly vigilant against organizing pneumonia. CT guided percutaneous lung biopsy can be the first choice for the diagnosis of organizing pneumonia. Systemic pneumonia is sensitive to glucocorticoid therapy, and reversible improvement may occur. Once diagnosed, early application of glucocorticoid therapy is recommended.

Key words: Organizing pneumonia; CT; Percutaneous lung biopsy; Glucocorticoid; Clinical diagnosis and treatment

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前言

机化性肺炎是一种以肺泡、肺泡管或伴有细支气管管内机化性肉芽组织为组织病理学特征的临床综合征^[1-3]。在临床表现、实验室检查及CT影像学表现上,机化性肺炎无明显特异性,与肺部感染难以相鉴别,因此机化性肺炎的确诊需要病理支持。经CT引导下肺穿刺活检可取得较大的病理组织,基本可以代表病灶部位整个组织特征,可包含相对完整肺组织,费用相对较少,且在临床开展时间较早,操作安全性高,并发症发生率小,随着肺部病灶远离胸膜,CT引导下经皮肺穿刺活检定位准确,活检阳性率更高,对患者一般心肺情况要求较低,穿刺过程痛苦小,患者及其家属易于接受^[4,5]。本文回顾性分析2015年7月-2017年9月住院行CT引导下肺穿刺活检诊断为机化性肺炎的14例患者的临床资料,探讨CT引导肺穿刺活检对机化性肺炎的诊断价值及机化性肺炎临床诊治经验,现报道如下。

1 资料与方法

收集2015年7月-2017年9月在南京医科大学附属常州第二人民医院住院行CT引导下经皮肺穿刺活检送检病理,行HE染色,病理确诊为机化性肺炎14例患者的临床资料。其中男性9例,女性5例;年龄为32~80岁,<40岁1例,40~60岁7例,>60岁6例,平均年龄59岁;起病病程7天~2个月,平均21天。有吸烟史8例,无吸烟史6例。4例合并有高血压病,4例合并有2型糖尿病,1例合并有脑梗塞,1例合并有心房颤动合并冠状动脉粥样硬化性心脏病,1例合并有风湿性关节炎,1例合并有免疫性肝病,1例合并有荨麻疹,1例有乳腺癌手术及放疗病史。所有患者初诊未考虑机化性肺炎。12例考虑肺部感染,1例考虑肺占位待查,1例考虑肺脓肿可能。

2 结果

2.1 临床症状

14例患者中,有明显发热9例,咳嗽11例,咳痰症状9例

(咳少量白黏痰6例,咳黄痰3例),体温高峰39.0℃。咯血2例,胸闷2例,气促2例,胸痛1例。14例患者均未见明显消瘦。肺部查体6例可闻及湿啰音,下肺较为明显。

2.2 影像学表现

肺部CT检查主要表现为肺部斑片状密度增高影,密度不均匀。其中单肺叶病变7例,多肺叶病变7例。5例伴有局部实变影;3例伴有支气管充气征;3例伴有纵隔小淋巴结影;2例伴有条索状密度增高影;2例伴肺部小结节影;2例伴有少量胸腔积液。

2.3 实验室检查

所有患者入院后均行血常规、C反应蛋白、血沉、降钙素原、细菌培养等检查,5例白细胞数升高,4例中性粒细胞百分比升高,11例C反应蛋白升高,12例血沉增快,3例降钙素原升高。病原学检查均为阴性。抗中性粒细胞胞浆抗体(ANCA)均为阴性。

2.4 CT引导下肺穿刺活检及病理结果

14例患者均行CT引导下肺穿刺活检术。其中6例左下肺病灶明显,5例右下肺病灶明显,1例左肺诸叶、右肺中下叶见团片状高密度影(图1),1例右肺上叶后段见斑片状及片絮状密度增高影(图2),1例左上肺舌段斑片状阴影(图3)。术前所有患者均行常规心电图、血常规、凝血常规等检查,排除以下情况:(1)有出血、明显凝血功能障碍者;(2)咳嗽剧烈不能控制者;(3)智能语言障碍无法交流沟通者;(4)重要脏器功能严重不全者(心、肺、脑、肝、肾等);(5)营养状况差。穿刺前对患者进行必要的屏气训练,必要者加用镇咳药等,充分沟通告知穿刺的相关风险,签署知情同意书。使用巴德(BARD)全自动活检穿刺枪行CT引导下经皮肺穿刺活检,根据肺部CT影像学特点,同一病变部位穿刺2-4次获取病理标本。取材成功的标准为取得1.5-2.0 cm条状的组织2-3条,否则重新穿刺。14例患者行1次CT引导下肺穿刺活检均病理明确诊断为机化性肺炎。镜下见肺组织内见急慢性炎症细胞浸润,部分肺泡上皮增生,肺泡内可见机化(图4)。涂片细菌染色排除结核、真菌感染,未找到恶性肿瘤细胞。

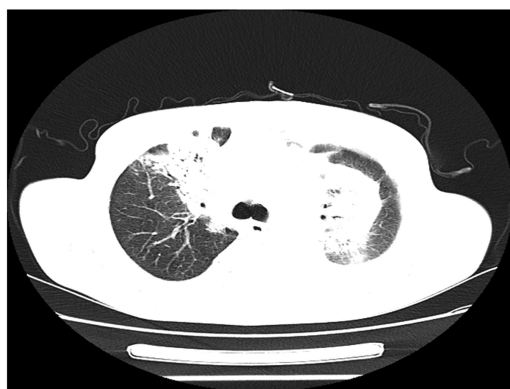


图1 左肺诸叶、右肺中叶见斑片状、团片状高密度影

Fig. 1 Patchy and patchy high density shadows were seen in the left and middle lobes of the right lung

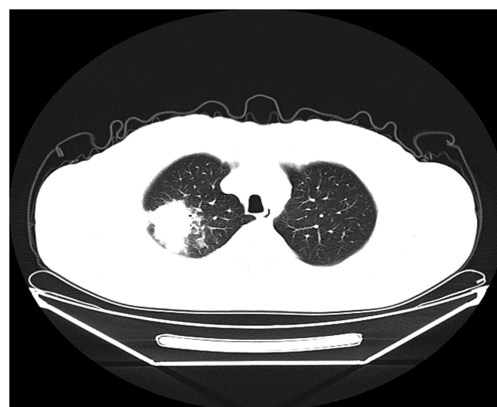


图2 右肺上叶后段斑片状及片絮状密度增高影

Fig. 2 Patchy and flocculent density enhancement in posterior segment of right upper lobe

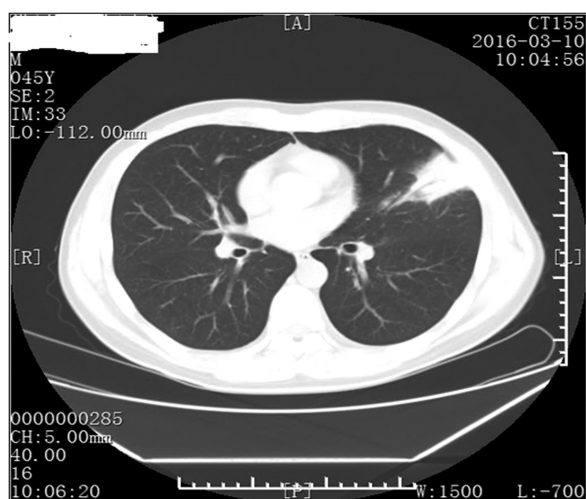


图3 左肺上叶舌段斑片状阴影,部分实变

Fig. 3 Patchy shadow and partial consolidation of lingual segment in left upper lobe of lung

2.5 并发症

14例患者活检过程顺利,患者术中配合良好。仅有3例发生少量气胸,无明显胸闷、咳嗽、呼吸困难等不适,予吸氧对症处理,气胸自行吸收好转。4例出现少量出血,予止血对症处理好转,未造成大咯血、窒息等致死性后果。其余患者术后病情平稳,未有并发症发生。

2.6 治疗和转归

14例患者予甲泼尼龙 40-80 mg 1天1次静滴治疗,治疗1周后主要临床症状改善,复查肺部CT提示肺部病灶较前明显吸收后激素开始减量,改甲泼尼龙片 24 mg 1天1次口服继续治疗,予带药出院,定期门诊随访调整激素用量。CT影像学完全好转后予甲泼尼龙片 8 mg 1天1次口服维持,总疗程6-12个月。14例患者2-6个月内复查影像学示肺内病灶基本吸收消散。随访1年以上,未有复发。

3 讨论

机化性肺炎是由多种病因引起的非特异性炎症,原因不明的机化性肺炎称为隐源性机化性肺炎。继发性机化性肺炎可继发于感染(病毒、细菌、非典型病原体、真菌等)^[6]、药物(胺碘酮、卡马西平、金制剂、沙利度胺、吉非替尼、利妥昔单抗、博来霉素等)^[7]、结缔组织疾病(多发性肌炎、白塞氏病、系统性红斑狼疮等)、器官移植、血液恶性疾病(白血病、淋巴瘤)、胶原病、吸入致病原(可卡因)、肿瘤放化疗、吸入有害气体、胃食管返流、自身免疫性疾病(原发性胆汁肝硬化、慢性甲状腺炎、炎症肠病、多发性结节动脉炎等)^[8,9]。机化性肺炎实际上是机体对外来刺激的一种反应形式,其可发生于15-87岁,多发生于中老年人,男女无明显差异。机化性肺炎发生率在过去20年里明显上升,其的发生与人种、性别、吸烟无关^[10]。常见的临床表现有流感样前驱症状,发热,乏力,干咳,轻度呼吸困难,纳差,体重下降,可持续数周,部分患者可无症状;咯血、胸痛等少见;流感样前驱症状好转的同时,呼吸困难加重;大多数为亚急性病程,偶有急性起病者进展迅速类似于急性呼吸窘迫综合征(ARDS);偶有

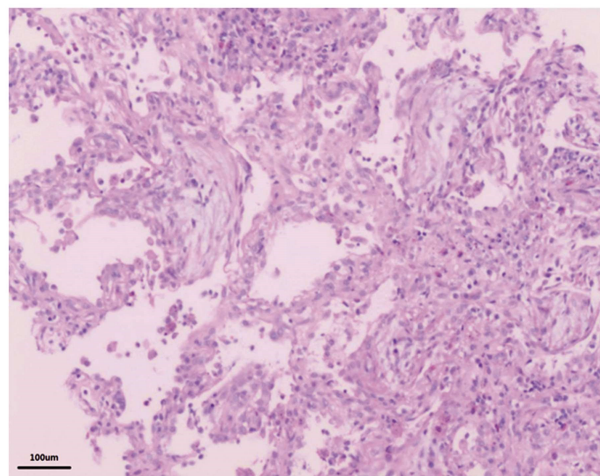


图4 肺组织内见急慢性炎症细胞浸润,部分肺泡上皮增生,肺泡内可见机化($\times 100$)

Fig. 4 Acute and chronic inflammatory cell infiltration, alveolar epithelial hyperplasia and alveolar organization were observed in lung tissue($\times 100$)

表现为气胸的机化性肺炎^[11];抗生素治疗无效,部分患者查体可无明显的阳性体征,部分患者可闻及吸气相细湿啰音,发绀、杵状指少见^[12]。辅助检查中白细胞和中性粒细胞数常高,但也有白细胞减少的报道^[13]。血沉、C反应蛋白升高,肺功能通常呈轻度限制性通气功能障碍,弥散功能下降。影像学特点为^[14-16]:(1)多态性:典型影像为斑片状肺泡浸润影,不常见影像为孤立性阴影、浸润性阴影;少见影像为反晕轮征、进行性肺纤维化并网格及实变、多发性结节、支气管中央型实变、不规则线或带、宵夜周围型阴影。(2)多发性:两肺多发病灶。(3)多变性:游走性病灶,多数在一周内可观察到病灶变化。(4)多复发性:复发率多在13%-58%之间。(5)多双肺:主要分布于两中下肺。(6)蜂窝肺少见:仅有少许晚期重症机化性肺炎出现蜂窝肺。病理特点为细支气管管腔内肉芽组织填充肺泡腔或堵塞肺泡管,腔内结缔组织呈息肉样增生及纤维性渗出,肺泡壁及肺泡间隔存在以单核细胞、淋巴细胞浸润为主的炎症渗出,肺泡间隔增厚。近年来,机化性肺炎的诊断率较以往明显增多,考虑以下方面^[17-20]:(1)环境污染的加重,雾霾频发,空气中PM2.5成为各类微生物的载体,包括细菌、病毒、放线菌、真菌、有毒重金属、酸性氧化物、有机污染物等,易被吸入肺部,沉积于肺泡,引起活性氧的产生和炎症因子的释放,刺激腐蚀肺泡壁,使呼吸道防御机能受到破坏。(2)临床对于结缔组织疾病相关性机化性肺炎(CTD-OP)的认识提高,呼吸道症状可为CTD-OP的首发症状,在病史采集中临床医生对于关节痛、皮疹、黏膜损害、口干等结缔组织疾病症状注意询问,并在早期注意完善抗核抗体(ANA)、抗盐水可提取性抗原多肽抗体谱(ENA)、ANCA等免疫指标的检查,提高早期诊断率。(3)目前肿瘤患者的急剧增多,针对肿瘤放化疗、靶向治疗、免疫治疗的广泛开展,继发性机化性肺炎的患者也明显增多。尤其是合并有慢性阻塞性肺疾病、哮喘以及既往行胸部放疗的患者更容易发生机化性肺炎。

糖皮质激素是目前临床治疗机化性肺炎的有效手段,临床症状通常在48小时内得到改善,大部分患者治疗1周后影像学病变明显吸收,自发吸收少见^[21,22]。但至今尚无规范统一的治

疗方案,目前 GERA"O" P 标准治疗方案为强的松 0.75 mg/kg/d,4 周→强的松 0.5 mg/kg/d,4 周→强的松 20 mg/d,4 周→强的松 10 mg/d,6 周→强的松 5 mg/d,6 周,总疗程 6-12 个月。糖皮质激素减量过程中和停用糖皮质激素后机化性肺炎患者病情易复发。复发患者可再次激素加量治疗,多恢复到强的松 20 mg/d 不等,维持 12 周,后逐渐减量。如复发时激素剂量 >15-30 mg 强的松,建议复诊病理。亦有大环内酯类抗生素治疗机化性肺炎的报道,予克拉霉素 500 mg 1 天 2 次口服,大环内酯类药物具有免疫调节作用,可用于症状轻微接受激素治疗患者的辅助治疗及不能耐受糖皮质激素患者的替代治疗^[23,24]。对糖皮质激素反应欠佳病人可能需要采取其他的治疗方法,如环磷酰胺(CTX)、硫唑嘌呤等,多用于 CT 网格阴影为主/致纤维化型机化性肺炎,但疗效尚不明确。

病理诊断对机化性肺炎的确诊十分重要,CT 引导下经皮肺穿刺活检适用于肺部周围型病灶、中央型病灶及经支气管镜检查未能确诊者,对特殊部位的病灶,如近心脏、脊柱旁、近大血管、近胸膜等处,该操作定位准确,具有可重复性,对于多肺叶病变的患者,可一次性获取多处组织标本进一步病理明确诊断。患者痛苦小,经济实用,穿刺后可立即再次 CT 扫描,观察并发症的发生,便于及时处理^[25-28]。本研究术后其中 3 例出现少量气胸,4 例出现少量出血,予对症处理好转,均未造成致死性后果。感染继发的机化性肺炎,临床起初诊治时易误诊为细菌性肺炎,予反复大量抗生素抗感染治疗,效果差,延误病情,加重患者经济负担,浪费有限的医疗资源,而且需警惕急性纤维素性机化性肺炎(AFOP)有引起 ARDS 可能。AFOP 可能与感染相关,患者病情进展迅速,短时间内可能出现呼吸衰竭,致死率高^[29,30],因此早期建议患者行病理活检对诊断的明确、治疗方案的调整以及疾病的预后具有重要意义。

综上所述,对于持续性干咳、呼吸困难、发热病人,抗生素疗效差,影像学显示斑片状或块状浸润影,特别是游走性斑片阴影,应该高度警惕机化性肺炎。糖皮质激素是目前治疗机化性肺炎的有效措施,一旦确诊机化性肺炎,应及早使用糖皮质激素治疗。机化性肺炎患者病情易反复,对于症状较轻或激素不耐受的机化性肺炎患者,可尝试使用大环内酯类药物作为一线药物。激素减量或停用激素后病情反复的机化性肺炎患者,可考虑加用大环内酯类药物控制病情,需注意肝肾功能损害、胃肠道症状、恶性心律失常的发生。

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