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唑来膦酸和伊班膦酸钠治疗恶性肿瘤骨转移的成本-效用分析*

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摘要 目的:评价唑来膦酸和伊班膦酸钠治疗恶性肿瘤骨转移患者的经济性。方法:回顾性分析 2020 年 1 月-2022 年 1 月于×医院就诊的 86 例恶性肿瘤骨转移病例,其中 46 例使用唑来膦酸治疗(A 组),40 例使用伊班膦酸钠治疗(B 组),对比两组疼痛控制效果、不良反应发生情况及简明健康状况测量量表(SF-36)评分,同时汇总两种治疗方案的成本,运用药物经济学原理进行成本-效用分析。结果:A 组疼痛控制率为 82.61%,与 B 组的 85.00%比较无统计学差异($P>0.05$);治疗后,两组 SF-36 评分中的生理功能(PF)、生理职能(RP)、躯体疼痛(BP)、总体健康(GH)、社会功能(SF)、精神健康(MH)、情感职能(RE)、活力(VT)均较治疗前明显升高($P<0.05$),但组间比较差异均无统计学意义($P>0.05$);A 组、B 组不良反应发生率相似,差异无统计学意义($P>0.05$);A 组药品成本(C1)和总成本(C)分别为(4052.50±80.50)元、(4453.87±123.56)元,高于 B 组的(2025.50±70.15)元和(2395.44±109.17)元,差异均有统计学意义($P<0.05$);A 组成本-效用比(CUR)采用 SF-36 量表评分评判为 4189.94,B 组为 2829.17。结论:考虑药物的有效性及经济性,采用伊班膦酸钠治疗恶性肿瘤骨转移具有明显的成本-效用优势,值得临床推广。

关键词: 恶性肿瘤;骨转移;唑来膦酸;伊班膦酸钠;疗效;成本-效用分析

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Cost-utility Analysis of Zoledronic Acid and Sodium Ibandronate in the Treatment of Bone Metastasis from Malignant Tumors*

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ABSTRACT Objective: To evaluate the economy of zoledronic acid and sodium ibandronate in the treatment of bone metastasis from malignant tumors. **Methods:** This study retrospectively reviewed 86 patients with bone metastasis from malignant tumors who were admitted to the hospital from January 2020 to January 2022. 46 patients treated with zoledronic acid were included in group A, and 40 patients treated with sodium ibandronate were included in group B. The pain control effect, adverse reactions and the 36-item short-form health survey (SF-36) score were compared between the two groups. Costs of the two regimens was summarized to conduct cost-utility analysis using the principle of pharmacoeconomics. **Results:** The pain control rate showed no significant difference between group A and group B (82.61% vs 85.00%, $P>0.05$). After treatment, the scores for physiological function (PF), role physical (RP), body pain (BP), general health (GH), social function (SF), mental health (MH), role emotional (RE) and vitality (VT) in SF-36 were significantly increased in the two groups ($P<0.05$), without significant difference between the groups ($P>0.05$). The incidence of adverse reactions was similar in group A and group B ($P>0.05$). The drug cost (C1) and total cost (C) in group A were (4,052.50±80.50) yuan and (4,453.87±123.56) yuan, higher than (2,025.50±70.15) yuan and (2,395.44±109.17) yuan in group B ($P<0.05$). The cost-utility ratio (CUR) was 4,189.94 in group A and 2,829.17 in group B. **Conclusion:** Considering the effectiveness and economy of the drug, sodium ibandronate has obvious cost-utility advantages in the treatment of bone metastasis from malignant tumors.

Key words: Malignant tumor; Bone metastasis; Zoledronic acid; Sodium ibandronate; Curative effect; Cost-utility analysis

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前言

恶性肿瘤呈世界性流行,一项有关全球和中国癌症负担变化的研究指出,2020 年我国恶性肿瘤患者比例占全球新发

例的 24%,占全球癌症相关死亡人数的 30%,并且我国恶性肿瘤患者的年龄标化发病率和死亡率均高于全球平均水平^[1]。尽管近年来伴随研究的深入和靶向治疗技术的进展,我国在防治恶性肿瘤、提升疗效方面已取得重大突破,但新发癌症和死亡

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率病例仍较高。骨转移是恶性肿瘤的常见并发症,以骨质损害和局部伴有不同程度的疼痛为其主要表现,最常见的位置是脊椎,除此之外,盆骨、长骨易可受累^[2,3]。多种恶性肿瘤均可发生骨转移,包括乳腺癌、肺癌、肾癌、直肠癌、胃癌等^[4],如若不及时治疗,癌细胞可随病情进展侵蚀骨结构,释放多种生长因子,刺激癌细胞增殖,加速转移灶形成,导致溶骨性破坏,产生剧烈疼痛的同时诱发病理性骨折,压迫脊髓甚至导致瘫痪,严重限制患者的活动和日常生活,严重降低其生存质量^[5]。双膦酸盐类药物与抗肿瘤联合是目前治疗恶性肿瘤骨转移的标准治疗方案之一,常用的双膦酸盐类药物为唑来膦酸和伊班膦酸钠,二者均可有效缓解骨痛,使患者获益^[6,7]。但唑来膦酸和伊班膦酸钠药价各异,而且截至目前为止,关于此两种药物经济学相关评价甚少。为缓解医保压力、减轻经济负担,本研究特选取 86 例恶性肿瘤骨转移患者资料进行回顾性分析,采用量表量化患者生存质量,行成本-效用分析对比唑来膦酸和伊班膦酸钠用于恶性肿瘤骨转移的经济性,以期恶性肿瘤骨转移患者的用药决策提供理论依据。

1 资料与方法

1.1 一般资料

回顾性分析 2020 年 1 月-2022 年 1 月于× 医院就诊的 86 例恶性肿瘤骨转移病例资料,其中男 49 例,女 37 例;年龄 45~76 岁,平均(60.81± 7.56)岁。纳入标准:(1)确诊为骨转移癌症患者^[8];(2)年龄 18~80 岁,可正常语言沟通;(3)初次就诊,无放、化疗及唑来膦酸、伊班膦酸钠药物治疗史;(4)疼痛数字(NRS)评分≥4 分。排除标准:(1)伴认知或精神异常;(2)心、肺、肝、肾严重障碍;(3)孕期及哺乳女性;(4)临床资料缺失;(5)预计生存期 <6 个月;(6)对本研究所用药物不耐受;(7)失访者。根据治疗方式异同分为 A 组(n=46)和 B 组(n=40)。

1.2 研究方法

1.2.1 一般资料收集 提取患者病例资料,记录年龄、性别、体重指数(BMI)、原发肿瘤、疼痛控制率、治疗前后简明健康状况测量量表(SF-36)评分及不良反应情况。

1.2.2 治疗方案 A 组:予唑来膦酸注射液(江苏恒瑞医药股份有限公司,国药准字 H20041953,规格 5 mL:4 mg),单价 326 元/支,以 4 mg 溶于 0.9%生理盐水 100 mL 静滴>15 min,1 次/4 周。B 组:予伊班膦酸钠注射液(河北医科大学生物医学工程中心,国药准字 H20010432,规格 1 mL:1 mg)单价 281 元

/支,以 4 mg 溶于 0.9%生理盐水 500 mL,静滴 4 h,1 次/4 周。两组均以 28 d 为 1 个周期,均连续治疗 2 个周期。

1.2.3 临床疗效评定 治疗前、后行 NRS 评分,分值 0~10 分,0 分:无痛;1~3 分:轻度疼痛;4~6 分:中度疼痛;7~9 分:重度疼痛;10 分:剧烈疼痛^[9]。根据治疗前后 NRS 改善情况评估疼痛控制率。显效:疼痛减轻≥2 个等级或无痛;有效:疼痛减轻 1 个等级;无效:疼痛等级无减轻甚至加重。显效率+有效率即为疼痛控制率。

1.2.4 生存质量评定 治疗前、后行简明健康状况测量量表(SF-36)评分,包括生理功能(PF)、生理职能(RP)、躯体疼痛(BP)、总体健康(GH)、社会功能(SF)、精神健康(MH)、情感职能(RE)、活力(VT)8 个维度,各维度分值 0~100 分,分数越高,生存质量越好^[10]。

1.2.5 不良反应 包括恶心呕吐、头晕、肾毒性、贫血、骨髓抑制、乏力。

1.2.6 成本分析 从社会角度对两种药物进行评价,包括研究中涉及的药品成本、不良反应处理成本。(1)药品成本(C1):唑来膦酸或伊班膦酸钠的直接药物成本;(2)不良反应处理成本(C2):详细记录患者使用唑来膦酸或伊班膦酸钠后产生的不良反应,统计处理不良反应所产生的额外费用。总成本(C)=C1+C2。注射费用、材料费、检查费、护理治疗费因组间差异较小,故不纳入成本计算。

1.2.7 效用值分析 采用质量调整生命年(QALYs)^[11]计算恶性肿瘤骨转移患者的健康效用值。计算公式 $QALYs = \sum_{i=1}^n W_i \times Y_i$, Y_i 为在健康状态下生存的时间, W_i 为该状态的健康效用值, n 表示状态数。健康效用值(Hu)= 量表标准分/总分,获得效用值(Δu)= 出组时 Hu- 入组时 Hu, 成本-效用比 (CUR)= 总成本/效用增值, CUR 越小,提示获得相同的健康效用所需要的净费用越少。

1.3 统计学处理

采用 SPSS 20.0 软件处理数据,计量资料用($\bar{x} \pm s$)描述,行 t 检验;计数资料用 $n(\%)$ 描述,行 χ^2 或连续性校正 χ^2 检验;以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 一般资料比较

两组患者年龄、性别、BMI、原发肿瘤等一般资料平齐($P > 0.05$),可比较。见表 1。

表 1 两组患者基本资料比较

Table 1 Comparison of basic data between the two groups

Groups	Age (year)	Gender		BMI (kg/m ²)	Primary tumors			
		Males	Females		Lung cancer	Esophageal cancer	Breast cancer	Rectal cancer
Group A (n=46)	60.14± 7.06	28	18	23.14± 2.19	21(45.65)	11(23.91)	8(17.39)	6(13.04)
Group B(n=40)	61.58± 8.10	21	19	23.58± 2.61	15(37.50)	12(30.00)	9(22.50)	4(10.00)
t/χ^2	0.881		0.614	0.850			1.089	
P	0.381		0.434	0.400			0.780	

2.2 疼痛控制率

A 组、B 组疼痛控制率分别为 82.61%、85.00%, 无统计学

差异($P > 0.05$)。见表 2。

表 2 两组疼痛控制率比较[n(%)]

Table 2 Comparison of pain control rate between the two groups [n (%)]

Groups	Marked effectiveness	Effectiveness	Ineffectiveness	Total effectiveness
Group A (n=46)	21(45.65)	17(36.96)	8(17.39)	38(82.61)
Group B (n=40)	19(47.50)	15(37.50)	6(15.00)	34(85.00)
χ^2				0.090
P				0.764

2.3 生存质量

学意义($P>0.05$)。见表 3。

两组治疗前、治疗后各维度 SF-36 评分比较差异均无统计

表 3 两组治疗前后 SF-36 评分比较($\bar{x}\pm s$,分)Table 3 Comparison of SF-36 scores between the two groups before and after treatment ($\bar{x}\pm s$, points)

Groups	PF			RP			BP		
	Before treatment	After treatment	Increment	Before treatment	After treatment	Increment	Before treatment	After treatment	Increment
Group A (n=46)	51.39± 7.46	68.67± 12.39	17.28± 5.92	46.70± 10.19	65.12± 13.59	18.42± 4.89	53.12± 11.58	68.14± 10.69	15.02± 4.01
Group B (n=40)	50.94± 8.01	66.96± 11.34	16.02± 3.94	47.43± 9.56	67.19± 12.41	19.76± 3.98	53.78± 10.24	67.53± 9.58	13.75± 3.91
t	0.270	0.664	1.143	0.340	0.733	1.380	0.278	0.277	1.482
P	0.788	0.509	0.256	0.734	0.465	0.171	0.782	0.783	0.142

(continued to Table 3)

Groups	GH			SF			MH		
	Before treatment	After treatment	Increment	Before treatment	After treatment	Increment	Before treatment	After treatment	Increment
Group A (n=46)	52.46± 12.14	63.59± 10.04	11.13± 3.09	49.15± 14.39	64.36± 8.98	15.21± 3.68	50.69± 7.47	63.57± 11.61	12.88± 3.54
Group B (n=40)	53.59± 12.28	65.07± 9.58	11.48± 3.26	50.12± 13.51	65.17± 10.21	15.05± 3.86	51.38± 8.26	63.35± 12.41	11.97± 2.54
t	0.428	0.696	0.510	0.321	0.391	0.197	0.407	0.085	1.351
P	0.670	0.488	0.611	0.749	0.696	0.845	0.685	0.933	0.180

(continued to Table 3)

Groups	RE			VT		
	Before treatment	After treatment	Increment	Before treatment	After treatment	Increment
Group A (n=46)	54.71± 10.20	67.36± 10.29	12.65± 3.68	46.00± 12.53	65.42± 11.54	19.42± 5.03
Group B (n=40)	55.68± 11.45	67.14± 12.14	11.46± 2.97	47.18± 9.85	67.57± 10.16	20.39± 5.14
t	0.416	0.091	1.634	0.481	0.911	0.883
P	0.679	0.928	0.106	0.632	0.365	0.380

2.4 药物不良反应

两组不良反应各不良反应发生率及对症处理所占比组间比较差异均无统计学意义($P>0.05$)。见表 4。

2.5 成本分析

A 组药物成本 C1 及总成本 C 均较 B 组更高,差异有统计学意义($P<0.05$)。见表 5。

2.6 成本-效用值比较

以 SF-36 简表进行测算,A 组的 Δu 低于 B 组,CUR 高于 B 组。见表 6。

3 讨论

3.1 恶性肿瘤骨转移患者的治疗

资料显示,2021 年美国新增约 180 万例新癌症病例和 60 万例癌症死亡病例^[12],其中约半数原发肿瘤患者会产生转移。

骨转移是恶性肿瘤患者常见的转移方式,发生率 18%~36%不等^[13,14],其发生及发生转移的部位与原发肿瘤的病理类型有关。但骨转移早期一般无任何症状,许多患者就诊时已有明显骨痛,甚至产生骨相关不良事件(SREs),导致患者行动能力丧

失,生活质量严重下降^[15]。由于恶性肿瘤骨转移的发病率、死亡率高且并发症多,患者和社会经济负担较重,如何在保证效益的同时降低药物成本颇受临床关注。

表 4 两组患者主要不良反应比较[n(%)]

Table 4 Comparison of main adverse reactions between the two groups [n (%)]

Groups	Nausea and vomiting	Dizziness	Renal toxicity	Anemia	Myelosuppression	Weakness	Symptomatic treatment
Group A (n=46)	6(13.04)	1(2.17)	3(6.52)	2(4.35)	7(15.22)	4(8.70)	12(26.09)
Group B (n=40)	8(20.00)	2(5.00)	5(12.50)	1(2.50)	5(12.50)	2(5.00)	10(25.00)
χ^2 or Continuous correction χ^2	0.760	0.015	0.336	0.015	0.132	0.061	0.013
P	0.383	0.902	0.562	0.902	0.717	0.805	0.908

表 5 两组患者成本比较($\bar{x} \pm s$, 元)

Table 5 Comparison of costs between the two groups ($\bar{x} \pm s$, yuan)

Groups	C ₁	C ₂	C
Group A (n=46)	4052.50± 80.50	401.37± 95.41	4453.87± 123.56
Group B (n=40)	2025.50± 70.15	369.94± 100.70	2395.44± 109.17
t	123.578	1.485	81.310
P	<0.001	0.141	<0.001

表 6 两组患者的成本 - 效用比较($\bar{x} \pm s$)

Table 6 Comparison of cost-utility between the two groups ($\bar{x} \pm s$)

Groups	Δu	CUR (yuan/QALY)
Group A (n=46)	0.89	4189.94
Group B (n=40)	1.07	2829.17

对于恶性肿瘤骨转移患者,目前在治疗上尚无标准化治疗方案,国内外临床一致认为在传统治疗(即放、化疗、矫形手术、镇痛药物)的基础上,联合双膦酸盐靶向治疗,能有效抑制破骨细胞形成和破骨细胞活性,促进凋亡,阻碍其介导的骨吸收,提高骨转移的骨痛缓解率^[16,17]。唑来膦酸为第 3 代双膦酸盐制剂,可通过抑制小 GTPase 信号蛋白丙酰化,抑制破骨细胞黏附、分化,抗骨破坏,最终起到骨保护作用^[18]。伊班膦酸盐与唑来膦酸的化学分子结构类似,可诱导细胞凋亡,增强细胞毒化疗药物的作用,降低骨折风险^[19,20]。近些年,有关唑来膦酸与伊班膦酸钠的随机临床对照试验累积了大量数据和经验^[21-24],但对于两种药物的治疗效果、价格优势等方面仍存在较大争议。

3.2 两种药物的疗效、对患者生存质量的影响以及不良反应比较

本研究结果显示,两组疼痛控制率相当(82.61% vs 85.00%),治疗后,两组各维度 SF-36 评分较治疗前显著升高,但组间比较并无显著性差异。说明两种药物对恶性肿瘤骨转移的疼痛控制效果极对患者生存质量的改善效果是一致的,与 Ermer 等^[25]研究结果基本吻合。从药品不良反应来看,两组患者的不良反应主要以恶心呕吐、头晕、肾毒性、骨髓抑制、乏力为

主,发生率 2.50%~26.09%不等,但两组各不良反应发生率及对症处理所占比例基本相当,国外也有研究表明唑来膦酸与伊班膦酸钠的不良反应情况类似^[26,27]。

3.3 成本 - 效用分析(CUA)

CUA 是药物经济学领域最重要的研究方法之一,可用于评价成本与临床结果之间的关系,为临床决策和医保决策提供参考^[28]。效用在经济学中与偏好同义,即对某个健康结果越偏好,其产生的效用值越高^[29]。目前国外多采用标准博弈法(SG)、时间权衡法(TTO)等方法对效用值进行直接测量,并设计出了一系列可供直接测量的可靠量表,而国内在效用值测量方法上仍存在欠缺和不规范^[30-32]。本研究将不良反应处理成本计入总成本的研究范畴,采用 SF-36 量表对两种药物进行成本 - 效用分析,结果显示,A 组药物成本 C₁、总成本 C 及 CUR 均较 B 组更高,但 Δu 更低。这提示在目前的情况下,对于恶性别肿瘤骨转移患者来说,伊班膦酸钠可能有更好的经济性,患者获益更大。

综上所述,对于恶性肿瘤骨转移患者,伊班膦酸钠相比唑来膦酸更具有经济性,可一定程度降低患者负担,值得临床推广应用。但本研究仍存在以下局限性:(1)本研究属单中心回顾

性研究,受病例资料缺失等限制,最终纳入病例数较少,且未收集患者长期随访资料;(2)本组资料中,部分患者不良反应较轻微,可能对药品不良反应处理成本产生影响,由此得到的结果可能与临床真实数据略有偏差。建议今后扩大样本纳入范围,开展前瞻性对照研究进一步验证。

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