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彩色多普勒超声联合血清 β_2 -微球蛋白评估血管通路动静脉内瘘的临床价值分析*

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摘要目的: 探讨与分析彩色多普勒超声联合血清 β_2 -微球蛋白评估血管通路动静脉内瘘的临床价值。**方法:** 选择2019年1月-2022年6月在本院进行建立动静脉内瘘的血液透析患者210例作为研究对象,所有患者都在造瘘术前1d、术后3个月进行彩色多普勒超声检查与血清 β_2 -MG检测,判断血管通路状况并进行相关性分析。**结果:** 210例患者术后3个月的内瘘头静脉、桡动脉、内瘘口的内径、血流速度、血流量都明显高于术前1d ($P<0.05$)。210例患者术后3个月的血清 β_2 -微球蛋白含量明显低于术前1d ($P<0.05$)。210例患者经过手术判定为动静脉内瘘异常22例,占比10.5%,其中吻合口狭窄10例、内瘘头静脉端闭塞6例、静脉段血栓2例、吻合口血栓2例、静脉段狭窄2例。Spearsman分析显示动静脉内瘘异常与内瘘口血流速度、头静脉血流量、桡动脉内径、血清 β_2 -微球蛋白含量存在相关性($P<0.05$)。多因素logistic回归分析显示内瘘口血流速度、头静脉血流量、桡动脉内径、血清 β_2 -微球蛋白含量为导致动静脉内瘘异常的重要因素($P<0.05$)。**结论:** 彩色多普勒超声可明确内瘘血流动力学和血管形态的变化,联合血清 β_2 -微球蛋白检测可有效评估动静脉内瘘血管通路状况,监测内瘘使用功能与状态,为改善患者预后提供参考依据。

关键词: 彩色多普勒超声;血管通路;动静脉内瘘; β_2 -微球蛋白

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Clinical Value of Color Doppler Ultrasonography Combined with Serum β_2 -microglobulin in Evaluating Vascular Access Arteriovenous Fistula*

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ABSTRACT Objective: To investigate and analysis the clinical values of color Doppler ultrasonography combined with serum β_2 -microglobulin in evaluating vascular access arteriovenous fistula. **Methods:** From January 2019 to June 2022, A total of 210 cases of hemodialysis patients who underwent arteriovenous fistula establishment in our hospital were selected as the research subjects. Ultrasonography and serum β_2 -MG detection were used to determine the vascular access status and conduct correlation analysis. **Results:** The inner diameter, blood flow velocity and blood flow of the cephalic vein, radial artery and internal fistula in 210 patients at 3 month after operation were higher than those at 1 day before operation ($P<0.05$). The serum β_2 -microglobulin content of 210 patients at 3 month after operation was lower than that at 1 day before operation ($P<0.05$). There were 22 cases were determined to be abnormal arteriovenous fistulas after surgery, accounted for 10.5%, included 10 cases of anastomotic stenosis, 6 cases of occlusion of the venous end of the fistula, 2 cases of venous segment thrombosis, 2 cases of anastomotic thrombus, and venous segment thrombus. Stenosis in 2 cases in the 210 cases. Spearsman analysis showed that the abnormality of arteriovenous fistula was correlated with the blood flow velocity, cephalic vein blood flow, radial artery diameter and serum β_2 -microglobulin content ($P<0.05$). Multivariate logistic regression analysis showed that the blood flow velocity of the internal fistula, the blood flow of the cephalic vein, the diameter of the radial artery, and the content of serum β_2 -microglobulin were the important factors led to the abnormality of the arteriovenous fistula ($P<0.05$). **Conclusion:** Color Doppler ultrasonography can identify the changes of hemodynamics and vascular morphology of internal fistulas, combined with serum β_2 -microglobulin detection can effectively evaluate the vascular access status of arteriovenous fistulas, monitor the function of internal fistulas, and improve the prognosis of patients for reference.

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前言

血液透析是治疗终末期肾脏病患者的重要方法之一,不过在长期透析过程中需建立血管通路,血管通路能否保证足够的血流量是影响透析效果的重要因素^[1,2]。动静脉内瘘是血液透析患者的生命线,也是目前最理想的永久性血管通路,其具有血流量稳定、可反复穿刺、并发症发生率低、使用寿命较长等特点^[3,4]。但是由于各种因素的影响,特别是老年透析患者逐渐增多,动静脉内瘘的建立越来越困难^[5];长期透析可使血液在体外循环,血管局部损伤、炎症和反复接触肝素,可诱发血小板活化,增加了血栓发生的风险^[6,7]。为保证造瘘成功与内瘘的长期使用,对动静脉内瘘的血管通路进行评估具有重要价值^[8,9]。彩色多普勒超声是监测内瘘功能,诊治动静脉内瘘功能障碍的重要手段,也具有无创、可反复使用等多种优点^[10]。 β 2-微球蛋白是反映机体肾功能的重要指标,可比尿素氮、血肌酐更敏感、更准确反映肾小球滤过率^[11,12]。本文具体探讨与分析了彩色多普勒超声联合血清 β 2-微球蛋白评估血管通路动静脉内瘘的临床价值,以减少内瘘失效率及增加内瘘使用寿命。

1 资料与方法

1.1 研究对象

选择2019年1月-2022年6月在本院进行建立动静脉内瘘的血液透析患者210例作为研究对象。

纳入标准:初次血液透析患者,且初次建立动静脉内瘘;造瘘方式均为桡动脉与头静脉吻合;透析时间 \geq 6个月;预计生存期 \geq 3个月;择期进行造瘘手术;符合终末期肾病的诊断标准;预计生存期 \geq 3个月;患者意识形态清晰,自愿参与本研究;年龄20-70岁;本院伦理委员会批准了此次研究。

排除标准:妊娠与哺乳期妇女、备孕期妇女;合并高危传染性疾病者;患者存在严重心、脑、肝合并症;合并恶性肿瘤患者;患者有出血性疾病病史;临床资料不全者。

在210例患者中,男110例,女100例;年龄最小22岁,最大69岁,平均年龄 58.71 ± 8.83 岁;平均收缩压(134.87 ± 12.47)mmHg;平均舒张压(84.21 ± 4.18)mmHg;平均体重指数(21.47 ± 2.14)kg/m²;平均透析时间(1.29 ± 0.15)年;原发疾病:慢性肾小球肾炎78例,糖尿病肾病122例,其他10例。

1.2 彩色多普勒超声方法

所有患者都在造瘘术前1d与术后3个月进行彩色多普勒超声检查,采用飞利浦公司的EPIQ 5超声诊断仪EPIQ 5, L12-5探头频率为5.0-7.0 MHz。患者取仰卧位,手心向上并放平伸直,伸直受检测上肢,探头部位在离开吻合口3-4cm之挠动脉和头静脉所在处。对头静脉、桡动脉、内瘘口的内径及壁厚进行观察,并于横切面上测量吻合口的内径和壁厚,观察血管分布与走向分布状态。观察与记录头静脉、桡动脉、内瘘口的内径、血流速度、血流量。判定动静脉内瘘异常情况,其中异常包括吻合口狭窄、内瘘头静脉端闭塞、静脉段血栓、吻合口血栓、静脉段狭窄等。

1.3 血清 β 2-微球蛋白检测

所有患者在术前1d与术后3个月抽取空腹静脉血2-3 mL,促凝后2000 rpm离心10 min,分离上层血清,采用酶联免疫法检测血清 β 2-微球蛋白含量,检测试剂盒购自南京建成生物技术研究所。

1.4 统计方法

应用SPSS25.00分析,计量资料结果以均数 \pm 标准差表示(对比为t检验),计数资料用百分率(%)表示,组间比较采用 χ^2 检验,相关性分析采用Spearsman分析与多因素logistic回归分析,检验水准为 $\alpha=0.05$ 。

2 结果

2.1 彩色多普勒超声指标变化对比

210例患者术后3个月的头静脉、桡动脉、内瘘口的内径、血流速度、血流量都明显高于术前1d($P<0.05$)。见表1。

表1 210例患者动静脉内瘘手术前后的彩色多普勒超声指标变化对比(均数)

Table 1 Comparison of color Doppler ultrasound index changes before and after arteriovenous fistula surgery in 210 patients (mean)

Time point	n	Cephalic vein			Radial artery			Internal fistula		
		Bore size (mm)	Blood flow rate (cm/s)	Blood flow (mL/min)	Bore size (mm)	Blood flow rate (cm/s)	Blood flow (mL/min)	Bore size (mm)	Blood flow rate (cm/s)	Blood flow (mL/min)
1d before surgery	210	3.00 \pm 0.21	56.98 \pm 4.01	400.82 \pm 18.39	2.11 \pm 0.18	67.37 \pm 3.25	411.02 \pm 24.02	2.87 \pm 0.33	76.02 \pm 9.11	411.47 \pm 19.72
One month after surgery	210	3.56 \pm 0.25 [#]	76.52 \pm 3.28 [#]	456.02 \pm 21.58 [#]	2.65 \pm 0.22 [#]	82.47 \pm 4.40 [#]	487.09 \pm 34.50 [#]	3.32 \pm 0.23 [#]	93.45 \pm 8.38 [#]	478.98 \pm 20.11 [#]

Note: Compared with the 1 d before surgery, [#] $P<0.05$.

2.2 血清 β 2-微球蛋白含量变化对比

210例患者术后3个月的血清 β 2-微球蛋白含量明显低于术前1d[(4.34 ± 0.33)mg/LVS(14.82 ± 1.54)mg/L]($t=34.602$,

$P<0.05$)。

2.3 动静脉内瘘异常情况

210例患者经过手术判定为动静脉内瘘异常22例,占比

10.5%，其中吻合口狭窄 10 例、内瘘头静脉端闭塞 6 例、静脉段血栓 2 例、吻合口血栓 2 例、静脉段狭窄 2 例。

2.4 相关性分析

在 210 例患者中,Spearsman 分析显示动静脉内瘘异常与内瘘口血流速度、头静脉血流量、桡动脉内径、血清β2-微球蛋白含量存在相关性($P<0.05$)。见表 2。

表 2 动静脉内瘘血管通路状况与彩色多普勒超声指标、血清 β2-微球蛋白含量的相关性(n=210)

Table 2 Correlation between the vascular access status of the arteriovenous fistula and the color Doppler ultrasound index and the serum 2-microglobulin contents (n=210)

Indexs	Flow velocity at the internal fistula mouth	Head vein blood flow	Internal diameter of radial artery	Serum 2-microglobulin
r	0.644	0.598	0.614	0.599
P	0.000	0.000	0.000	0.000

2.5 影响因素分析

在 210 例患者中,以动静脉内瘘异常作为因变量,以内瘘口血流速度、头静脉血流量、桡动脉内径、血清β2-微球蛋白含

量作为自变量,多因素 logistic 回归分析显示内瘘口血流速度、头静脉血流量、桡动脉内径、血清β2-微球蛋白含量为导致动静脉内瘘异常的重要因素($P<0.05$)。见表 3。

表 3 影响动静脉内瘘血管通路状况的多因素 logistic 回归分析(n=210)

Table 3 Multivariate logistic regression analysis affecting the vascular access status of arteriovenous fistula (n=210)

Indexs	β	SE	Wald	P	OR	95%CI
Flow velocity at the internal fistula mouth	1.832	0.287	22.174	0.000	2.911	1.113-5.036
Head vein blood flow	2.477	0.315	18.636	0.000	3.157	2.099-5.681
Internal diameter of radial artery	3.114	0.222	21.983	0.000	3.004	1.259-6.136
Serum 2-microglobulin content	1.988	0.394	9.777	0.000	1.664	1.102-7.892

3 讨论

动静脉内瘘是指身体邻近的浅表动静脉血管通过手术吻合起来建立的血流通道,绝大多数血液透析患者使用自体动静脉内瘘,其在临床上的应用具有寿命长、手术操作方便、通畅率高、并发症少、医疗费用低等优势^[13,14]。但受多种因素的影响,部分患者可出现自体动静脉内瘘血栓,从而造成动静脉内瘘异常。当前研究也认为,动静脉内瘘患者的血管通路的功能可影响整体治疗疗效,早期判定动静脉内瘘的具体情况,能够有效提高血透析治疗质量,改善患者预后^[15,16]。彩色多普勒超声可以明确血管内部以及周围邻近血管的具体情况,可通过观察血管颜色进而判断血流速度、方向的变化^[17]。特别是超声为一种无创性检查方法,患者依从性较高,通过有效早期明确血栓以及狭窄等并发症发生情况,判断血流量情况,提前采取预防措施^[18,19]。

本研究初步结果显示:210 例患者术后 3 个月的头静脉、桡动脉、内瘘口的内径、血流速度、血流量较术前 1 d 高($P<0.05$),表明动静脉内瘘术后患者的血管通路状况明显改善。动静脉术后内瘘需一定时间才能成熟,常规术后检查多采用听诊血管杂音、触摸血管震颤,存在一定的主观性^[20]。采用彩色多普勒超声检查可探查血管通畅程度,在术前评价动、静脉血管,有无动脉硬化、斑块、狭窄、闭塞及变异,血管内径、血流量及通畅情况,术后可为血透 AVF 患者评价吻合区域血管及血流量情况。在术前及术后获得血管内径和血流量具体数值,还可对管腔中是否出现闭塞或狭窄的情况进行探查,对头静脉、桡动脉、内瘘

口内血流通过的情况进行有效判定,明确内膜增厚程度,从而为指导临床治疗提供参考^[21,22]。

动静脉内瘘血栓的形成机制比较复杂,涉及的病因包括患者一般情况、炎症、内瘘位置选择、内瘘、透析、凝血纤溶、高甲状旁腺激素血症、脂代谢、矿物代谢等^[23]。本研究显示 210 例患者术后 3 个月的血清 β2-微球蛋白含量明显低于术前 1 d ($P<0.05$),表明动静脉内瘘术后患者的 β2-微球蛋白含量明显降低,肾功能有所恢复。头静脉-桡动脉内瘘具有可利用的穿刺部位长、对血流动力学影响小、对日常生活影响小、抗感染能力强、等优点,成为血液透析患者建立血管通路的重要方法。但很多血液透析患者的血管顺应性下降、动脉硬化发生率高,血管弹性差,常导致造瘘失败^[24]。β2-微球蛋白是人类白细胞抗原(HLA) I 类抗原的轻链,是由淋巴细胞、血小板、多形核白细胞产生的一种低分子量血清球蛋白。当机体血清 β2-微球蛋白上升时,可间接反映机体肾小球滤过功能受损。特别是当机体肾小管对 β2-微球蛋白重吸收障碍,也会造成血液中 β2-微球蛋白表达升高^[25]。

动静脉内瘘对患者机体造成的伤害较小。但传统术前检查仅限于触摸动脉搏动、近肘部绑上止血带观察静脉充盈情况,无法明确相关血管的血流速度与通畅情况。超声对内瘘血流量检测有重要作用,其认为动静脉内瘘是血流量在 430 mL/min 左右,能有效降低并发症的发生,也能满足血透采血的要求^[26,27]。并且彩色多普勒超声可以明确血透患者人工动静脉内瘘等异常,可高效快速地掌握患者的病情,且有较高的检测准确率^[28]。本研究显示 210 例患者经过手术判定为动静脉内瘘异常

22 例,占比 10.5%,其中吻合口狭窄 10 例、内瘘头静脉端闭塞 6 例、静脉段血栓 2 例、吻合口血栓 2 例、静脉段狭窄 2 例;Spearsman 分析显示动静脉内瘘异常与内瘘口血流速度、头静脉血流量、桡动脉内径、血清 β_2 -微球蛋白含量存在相关性 ($P<0.05$);多因素 logistic 回归分析显示内瘘口血流速度、头静脉血流量、桡动脉内径、血清 β_2 -微球蛋白含量为导致动静脉内瘘异常的重要因素 ($P<0.05$),表明彩色多普勒超声联合血清 β_2 -微球蛋白评估血管通路动静脉内瘘具有重要的价值。并且彩色多普勒超声可清晰显示血管的走形、斑块、内径、动脉内膜厚度等情况,能直观评价血流状态,可对血管的血流动力学准确评价,有助于选择合适的吻合血管,提高内瘘手术成功率^[29,30]。不过本研究未进行长时间的随访分析,调查病例数量较少,使将在后续研究中扩大样本进行探讨。

总之,彩色多普勒超声可明确内瘘血流动力学和血管形态的变化,联合血清 β_2 -微球蛋白检测可有效评估动静脉内瘘血管通路状况,监测内瘘使用功能,为改善患者预后提供参考。

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