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淋巴细胞及其亚群、NK 细胞与儿童原发性免疫性血小板减少症复发的相关性研究*

李明伟 刘玉 岳迎宾 李丹露 赵莉 严媚[△]

(新疆医科大学第一附属医院儿科中心小儿内一科 新疆 乌鲁木齐 830054)

摘要 目的:为探讨淋巴细胞及其亚群、NK 细胞与儿童原发性免疫性血小板减少症(ITP)复发的关系,评估其预测价值,为临床评估患者预后提供理论支持。方法:回顾性分析 2017 年 12 月 -2021 年 12 月于新疆医科大学第一附属医院儿科中心初发首诊为原发性免疫性血小板减少症的 165 例患儿,根据是否复发分为复发组与无复发组,评估 ITP 复发的影响因素,利用 ROC 曲线评估淋巴细胞计数绝对值对儿童 ITP 复发的预测价值,运用 Kaplan-Meier 法绘制与淋巴细胞计数绝对值相关的儿童 ITP 无复发生存曲线。结果:共纳入 165 名 ITP 患儿,复发率 24.8%。淋巴细胞计数绝对值对儿童 ITP 无复发的 ROC 曲线下面积为 0.704,95%CI 为 0.613-0.795($P<0.05$),最佳截断值为 $3.21\times 10^9/L$ 。儿童 ITP 是否复发与年龄、淋巴细胞计数、出血评分、ESR 有关,两组比较差异有统计学意义($P<0.05$)。儿童 ITP 是否复发与 CD3⁺CD19⁻ 细胞计数、CD3⁺CD4⁺ 细胞计数、CD3⁺CD8⁺ 细胞计数、CD4⁺/CD8⁺ 细胞比例、NK 细胞计数有关,两组比较差异有统计学意义($P<0.05$)。结论:淋巴细胞计数绝对值可作为评估儿童 ITP 复发的预测指标,儿童 ITP 复发与初始 T 淋巴细胞亚群、NK 细胞计数具有一定相关性。

关键词:儿童原发性免疫性血小板减少症;淋巴细胞及其亚群;NK 细胞;复发

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Study on the Correlation between Lymphocytes and Its Subgroups, NK cells and the Recurrence of Childhood Primary Immune Thrombocytopenia*

LI Ming-wei, LIU Yu, YUE Ying-bin, LI Dan-lu, ZHAO Li, YAN Mei[△]

(Department of Pediatric Internal Medicine, Pediatric Center, The First Affiliated Hospital of Xinjiang Medical University, Urumqi, Xinjiang, 830054, China)

ABSTRACT Objective: To explore the relationship between lymphocytes and their subgroups, NK cells and the recurrence of primary immunological thrombocytopenia in children, evaluate its predictive value, and provide theoretical support for clinical evaluation of patient prognosis. **Methods:** A retrospective analysis of 165 children with immunological thrombocytopenia who were first diagnosed with immunological thrombocytopenia in the Department of Pediatrics of the First Affiliated Hospital of Xinjiang Medical University from December 2017 to December 2021 were divided into recurrence group and non-recurrence group according to whether they recurred. To evaluate the influencing factors of ITP recurrence, use ROC curve to assess the predictive value of the absolute value of lymphocyte count for children's ITP recurrence, and use Kaplan-Meier method to draw the recurrence-free survival curve of children's ITP related to the absolute value of lymphocyte count. **Results:** A total of 165 children with ITP were enrolled, and the recurrence rate was 24.8%. The area under the ROC curve of the absolute value of lymphocyte count for children with ITP without recurrence was 0.704, 95% CI was 0.613-0.795, $P<0.05$, and the best cutoff value was $3.21\times 10^9/L$. The recurrence of ITP in children is related to age, lymphocyte count, bleeding score, and ESR. The difference between the two groups was statistically significant ($P<0.05$). The recurrence of ITP in children was related to CD3⁺CD19⁻ cell count, CD3⁺CD4⁺ cell count, CD3⁺CD8⁺ cell count, CD4⁺CD8⁺ cell ratio, and NK cell count. The difference between the two groups was statistically significant ($P<0.05$). **Conclusion:** The absolute value of lymphocyte count can be used as a predictive indicator to assess the recurrence of ITP in children. The recurrence of ITP in children has a certain correlation with the initial T lymphocyte subsets and NK cell count.

Key words: Childhood primary immune thrombocytopenia; Lymphocytes and their subgroups; NK cells; Relapse

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作者简介:李明伟(1993-),男,硕士研究生,住院医师,研究方向:小儿血液与肿瘤方面,E-mail:mingvictor8@163.com

△ 通讯作者:严媚(1967-),女,博士研究生,主任医师,研究方向:小儿血液与肿瘤,E-mail:mingvictor8@163.com

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前言

原发性免疫性血小板减少症(Immune thrombocytopenia, ITP)是以血小板减少为特征的自身免疫性出血性疾病。儿童发病率高且易复发,慢性ITP治疗时间长。虽然儿童ITP被认为比成人ITP更容易自发性缓解,但仍有约有20%的儿童ITP患者病程趋于慢性化^[1,2]。传统观点认为大多数ITP患者都检测到血小板抗体,所以ITP是B细胞介导的疾病,但实验揭示,在B细胞分化为分泌自身抗体的浆细胞时,T细胞的辅助起关键作用,提示了细胞在疾病发病机制中的重要性^[3,4]。在细胞免疫中,Th1/Th2细胞因子分泌谱失衡被认为发挥了很大的作用。NK细胞比例百分比也被认为是影响儿童ITP预后的重要因素之一^[5,6],通过操控细胞因子网络而更好地控制自身免疫。本文即对165例初诊初治患儿进行淋巴细胞及其亚群、NK细胞对ITP复发的预测作用进行分析,通过淋巴细胞及其亚群、NK细胞评估新诊断ITP患儿复发风险。

1 资料与方法

1.1 一般资料

回顾性分析2017年12月-2021年12月于新疆医科大学第一附属医院儿科初发首诊为原发性免疫性血小板减少症的165例患儿,其中男87例,女78例,年龄6月-15岁,随访时间1月-36月。纳入标准:符合2013年颁布的《儿童原发性免疫性血小板减少症诊疗建议》^[7]的患儿。排除标准:继发性血小板减少症。经过治疗后PLT计数未能>100×10⁹/L的患儿。输血治疗的ITP患儿。

1.2 统计指标

年龄、性别、发病季节、是否合并前驱感染、血小板下降程度、ESR、CRP、淋巴细胞计数绝对值(Absolute value of lymphocyte count, ALC)、淋巴细胞亚群(CD3⁺CD19⁻、CD3⁺CD4⁺、CD3⁺CD8⁺、CD3⁺CD19⁺、CD4⁺CD8⁺)占比及计数、NK细胞计数、血小板下降程度(取初治前最低值)、出血评分。

ITP复发定义:初始治疗后完全反应:血小板计数≥100×10⁹/L,且无出血。后再次出现血小板计数降至30×10⁹/L以下,或不到基础血小板的2倍,或出现出血症状。至少检测2次,期间至少间隔1天^[8]。

出血评分:根据《儿童原发性免疫性血小板减少症诊疗规范(2019年版)》^[9]中出血评分标准,根据不同出血部位、性质判断综合判断出血评分。

1.3 治疗及随访

165例患者中均按照2013年颁布的《儿童原发性免疫性血小板减少症诊疗建议》^[7]进行治疗。

随访:病历查阅及门诊随访,随访时间(1月-36月),随访截止时间2021年12月31日。发生复发事件随访时间即停止。

1.4 统计学分析

采用SPSS 23.0统计软件进行数据处理。正态分布计量资料以($\bar{x} \pm s$)表示,采用t检验;计数资料以[n(%)]表示,采用 χ^2 检验;采用受试者工作特征曲线(ROC曲线),评估ALC对ITP无复发的预测价值,同时选取最佳截断值。运用Kaplan-Meier

法绘制与ALC相关的儿童ITP无复发生存曲线, $P<0.05$ 为差异有统计学意义。

2 结果

2.1 ITP患儿基本情况

共纳入165名ITP患儿,其中男87例,女78例,年龄6月-15岁,平均(4.8±3.7)岁;随访时间1月-36月,平均(12.10±7.57)月;其中复发41例,未复发124例,复发率24.8%。

2.2 ALC对儿童ITP复发的预测价值

应用受试者工作特征(ROC)曲线评估ALC对儿童ITP无复发的预测价值,ROC曲线显示,ALC对儿童ITP无复发的ROC曲线下面积(AUC)为0.704,95%CI为0.613-0.795, $P<0.05$,ALC预测ITP无复发的最佳截断值为3.21×10⁹/L。敏感度0.548,特异性0.829。见图1。

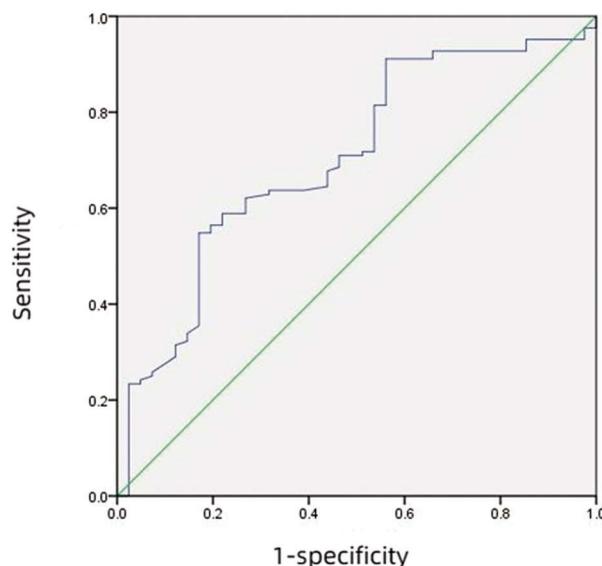


图1 ALC对儿童ITP无复发的ROC曲线

Fig.1 ROC curves of ALC for childhood ITP without recurrence

2.3 儿童ITP复发危险因素单因素分析

儿童ITP是否复发与年龄、淋巴细胞计数、出血评分、ESR有关,两组比较差异有统计学意义($P<0.05$),与性别、发病季节、是否合并前驱感染、血小板下降程度、CRP无关,两组比较差异无统计学意义($P>0.05$)。见表1。

2.4 儿童ITP复发与淋巴细胞亚群比例及计数关系分析

儿童ITP是否复发与CD3⁺CD19⁻细胞计数、CD3⁺CD4⁺细胞计数、CD3⁺CD8⁺细胞计数、CD4⁺CD8⁺细胞比例、NK细胞计数有关,两组比较差异有统计学意义($P<0.05$),与CD3⁺CD19⁺细胞计数及比例、CD3⁺CD19⁻细胞比例、CD3⁺CD4⁺细胞比例、CD3⁺CD8⁺细胞比例无关,两组比较差异无统计学意义($P>0.05$)。见表2。

2.5 ALC水平对ITP患儿无复发的生存分析

ALC≥3.21×10⁹/L组患儿无复发生存时间为30.39(26.30,34.48)个月,ALC<3.21×10⁹/L患儿无复发生存时间为22.21(18.97,28.76)个月。(Log-rank $\chi^2=15.708$, $P<0.01$),见图2。

表 1 儿童 ITP 复发危险因素单因素分析

Table 1 Univariate analysis of risk factors for ITP recurrence in children

Hazards (Group, unit and description)		Recurrent group (n=41)	Non-recurrent group (n=124)	Inspection value	P
Age	Year, $\bar{x} \pm s$	7.03± 4.05	4.06± 3.31	t=4.245	0.000
Sex	N, male/female	22/19	65/59	$\chi^2=0.019$	0.890
The onset of season	N, Winter spring / summer autumn	25/16	88/36	$\chi^2=1.425$	0.233
Combined with prodromal infection	N, Yes/No	17/24	62/62	$\chi^2=0.900$	0.343
Lymphocyte count	N, ALC≥3.21× 10 ⁹ /L/ ALC<3.21× 10 ⁹ /L	7/34	68/56	$\chi^2=17.725$	0.000
The extent of the platelet decline	N, PLT≥ 20× 10 ⁹ /L/ PLT<20× 10 ⁹ /L	22/19	60/64	$\chi^2=0.342$	0.558
Bleeding score	Score, $\bar{x} \pm s$	1.54± 0.77	1.06± 0.872	t=3.084	0.002
ESR	N, ≥15mm/h <15 mm/h	21/20	94/30	$\chi^2=8.819$	0.003
CRP	mg/L, $\bar{x} \pm s$	6.56± 6.37	8.92± 12.48	t=1.155	0.250

表 2 儿童 ITP 复发与淋巴细胞亚群比例及计数关系分析

Table 2 Analysis of the relationship between ITP recurrence and lymphocyte subsets in children

Lymphocyte subset counts and ratios (Group, unit, and description)		Recurrent group (n=41)	Non-recurrent group (n=124)	Inspection value	P
CD3CD19 ⁺ cell count	10 ⁹ /L, $\bar{x} \pm s$	0.83± 1.08	0.97± 0.53	t=1.126	0.262
CD3 ⁺ CD19 ⁻ cell count	10 ⁹ /L, $\bar{x} \pm s$	1.70± 1.22	2.47± 1.75	t=3.095	0.003
CD3 ⁺ CD4 ⁺ cell count	10 ⁹ /L, $\bar{x} \pm s$	0.81± 0.63	1.16± 0.54	t=3.445	0.001
CD3 ⁺ CD8 ⁺ cell count	10 ⁹ /L, $\bar{x} \pm s$	0.84± 0.69	1.39± 1.52	t=3.142	0.002
CD3 ⁺ CD19 ⁺ Cell ratio	%, $\bar{x} \pm s$	26.53± 9.79	27.54± 13.20	t=0.450	0.653
CD3 ⁺ CD19 ⁻ Cell ratio	%, $\bar{x} \pm s$	62.68± 9.18	60.64± 15.68	t=0.788	0.432
CD3 ⁺ CD4 ⁺ Cell ratio	%, $\bar{x} \pm s$	29.28± 9.69	32.53± 9.36	t=1.915	0.057
CD3 ⁺ CD8 ⁺ Cell ratio	%, $\bar{x} \pm s$	30.68± 6.71	31.63± 13.85	t=0.424	0.672
CD4 ⁺ /CD8 ⁺ Cell ratio	%, $\bar{x} \pm s$	1.01± 0.44	1.26± 0.64	t=2.700	0.008
NK cell count	10 ⁹ /L, $\bar{x} \pm s$	0.20± 0.15	0.38± 0.35	t=4.589	0.000

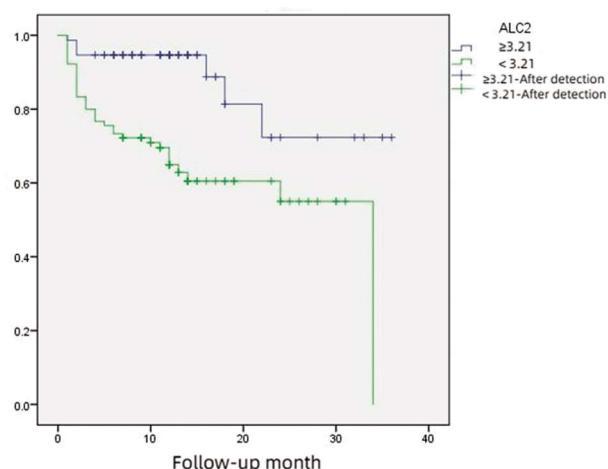


图 2 ALC 水平 ITP 患儿的无复发生存率 Kaplan-Meier 曲线

Fig.2 Recurrence-free survival Kaplan-Meier curves for children with ITP at ALC levels

3 讨论

本研究显示,儿童 ITP 复发与患儿年龄呈显著相关($P<0.05$)。有研究表明,ITP 复发患儿的年龄明显大于非复发患儿,提示年龄是 ITP 影响 ITP 患儿复发的相关因素,年龄越大者 ITP 的复发率越高^[10],该结果与本研究相似。究其原因可能是随着年龄的增长免疫功能增强有关。董静^[11]等人的研究表明,非复发组的前驱感染例数明显高于复发组($P<0.05$),前驱感染率越低 ITP 复发率越高。与本研究结果类似,但本研究中非复发组的前驱感染例数只是稍高于复发组,差异无统计学意义($P>0.05$),这可能与本研究是单中心研究,样本量较小等原因相关。ESR 增高的患儿出现复发的可能性较大,可能与炎症活动、细胞因子水平相关,有待进一步研究。

目前已明确严重的血小板减少可导致大出血,但是血小板计数并不能完全预测 ITP 患者的出血风险,比如不同年龄患

儿、不同部位的出血都会影响 ITP 出血的危险程度^[12,13]。如儿童颅内出血的风险小于成人,但严重出血的风险大于成人^[14]。本研究提示,出血评分与是否复发存在相关性,但初诊时血小板减少程度与复发无相关性。

ALC 与 ITP 慢性化的相关研究均提示 ALC 可以作为慢性化预测的因子^[15-17],本研究中,ITP 患儿初始 ALC 小于 3.21×10^9 时,存在复发风险。同时在淋巴细胞亚群中,B(CD3-CD19⁺)淋巴细胞占比与复发无关,T(CD3⁺CD19⁻)淋巴细胞计数与复发存在关联。辅助 T 细胞(CD4⁺)亚群是重要的免疫调节细胞,可产生不同的细胞因子,根据细胞因子的不同分类,包括 Th1、Th2、Th17、Th22、Treg 细胞等^[18]。在正常条件下,Th1/Th2 处于平衡状态。ITP 患者存在 Th1/Th2 失衡,以 Th1 细胞因子介导的免疫应答为主,经糖皮质激素^[19]治疗后可纠正这种失衡。CD8⁺T 细胞也被称为细胞毒性 T 淋巴细胞(CTL)^[20]。有体外研究表明^[21],慢性 ITP 患者的骨髓中存在 CD8⁺T 细胞时,巨核细胞细胞凋亡受阻,导致巨核细胞数目增多,血小板生成减少。同时这一新发现,可能使得巨核细胞凋亡成为 ITP 治疗的新靶点^[22,23]。另一项研究表明^[24],ITP 中 CD8⁺T 细胞诱导血小板去烷基化和肝脏血小板清除,这可能是 ITP 的一种新机制。提示可能由于发病时免疫细胞参与种类的差别,导致复发可能性的改变。

本研究提示自然杀伤细胞(NK)计数与复发存在相关性,NK 细胞是先天免疫系统的淋巴细胞。在自身免疫性疾病中,不仅发挥细胞介导的细胞毒性作用,还通过分泌细胞因子和趋化因子,促进或抑制其他免疫细胞的功能,发挥调节作用^[25]。ITP 中 NK 细胞的研究较少,结果并不统一,有研究提示^[26],ITP 患者 NK 细胞颗粒酶 B、穿孔素、FasL 的表达率明显高于正常人群,提示其可能通过介导的细胞毒性,导致血小板破坏,引起 ITP 的发病。

在临床实践过程中,对于新诊断的 ITP 患者治疗方案取决于几个决定因素,如停止出血、增加血小板计数、诱导缓解等。一线治疗中皮质醇激素虽然可以提升血小板数量,但停药后也存在高的复发率,要求我们提高缓解率的同时也要关注远期可能出现的复发^[27-29]。对初发初诊患儿使用人免疫球蛋白,可以迅速增加血小板计数,一项研究表明,与安慰剂相比,人免疫球蛋白可以减少出血风险,但与疾病慢性化无关^[30]。

综上所述,淋巴细胞计数绝对值可作为评估儿童 ITP 复发的预测指标,儿童 ITP 复发与初始 T 淋巴细胞亚群、NK 细胞计数具有一定相关性。其机制有待多中心,大样本量数据进行进一步研究。

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