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小剂量糖皮质激素联合持续性血液净化治疗儿童严重脓毒症的效果及安全性研究*

刘 幸¹ 张 越² 王 敏³ 张 蕾⁴ 王婉娟¹ 刘晓庆^{1Δ}

(1 西北妇女儿童医院药剂科 陕西 西安 710061; 2 西安交通大学附属儿童医院中心实验室 陕西 西安 710003;
3 西安交通大学附属儿童医院儿科 陕西 西安 710003; 4 陕西省中医医院药剂科 陕西 西安 710003)

摘要 目的:分析小剂量糖皮质激素联合持续性血液净化治疗儿童严重脓毒症的效果及安全性。**方法:**选择自 2021 年 1 月至 2023 年 1 月接诊的 102 例儿童严重脓毒症患者作为研究对象,随机分为对照组和观察组,各 51 例;对照组予以经典治疗方案,观察组在对照组的基础上,予以小剂量糖皮质激素联合持续性血液净化治疗;记录两组治疗后各项信息,比较两组治疗前后外周血乳酸、中心静脉血氧饱和度(ScvO₂)、血清炎症指标、PCIS 评分、APACHE II 评分,观察主要并发症发生情况。**结果:**与对照组相比,观察组机械通气、低血压持续及入住 ICU 等时间较短,7 d 内停升压药率较高($P<0.05$);两组 28 d 病死率比较无差异($P>0.05$);观察组治疗后乳酸、降钙素原(PCT)、肿瘤坏死因子- α (TNF- α)、白介素-6(IL-6)水平均较对照组低,ScvO₂ 水平较对照组高($P<0.05$);观察组治疗后 PCIS 评分较对照组高,APACHE II 评分较对照组低($P<0.05$);观察组主要并发症发生率低于对照组($P<0.05$)。**结论:**小剂量糖皮质激素联合持续性血液净化治疗有利于儿童严重脓毒症患者病情转归,减少主要并发症发生,可能与阻断炎症反应有关,值得进一步研究应用。

关键词:儿童;严重脓毒症;糖皮质激素;持续性血液净化;炎症反应

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Efficacy and Safety of Low Dose Glucocorticoid Combined with Continuous Blood Purification in the Treatment of Severe Sepsis in Children*

LIU Xing¹, ZHANG Yue², WANG Min³, ZHANG Lei⁴, WANG Wan-juan¹, LIU Xiao-qing^{1Δ}

(1 Department of Pharmacy, Northwest Women's and Children's Hospital, Xi'an, Shaanxi, 710061, China;

2 Central Laboratory, Children's Hospital Affiliated to Xi'an Jiaotong University, Xi'an, Shaanxi, 710003, China;

3 Department of Pediatrics, Children's Hospital Affiliated to Xi'an Jiaotong University, Xi'an, Shaanxi, 710003, China;

4 Department of Pharmacy, Shaanxi Provincial Hospital of Chinese Medicine, Xi'an, Shaanxi, 710003, China)

ABSTRACT Objective: To analyze the efficacy and safety of low dose glucocorticoid combined with continuous blood purification in the treatment of severe sepsis in children. **Methods:** A total of 102 children with severe sepsis from January 2021 to January 2023 were selected as research objects and randomly divided into matched group and observation group, with 51 cases in each group. The matched group was given classical treatment, and the observation group was given low-dose glucocorticoid combined with continuous blood purification on the basis of the matched group. The information of the two groups after treatment was recorded. The peripheral blood lactic acid, central venous oxygen saturation (ScvO₂), serum inflammation index, PCIS score, APACHE II score before and after treatment were compared between the two groups, and the occurrence of main complications was observed. **Results:** Compared with the matched group, mechanical ventilation, hypotension and admission to the ICU were shorter, and the rate of stopping the booster within 7 d was higher ($P<0.05$). There was no difference in 28 d mortality between the two groups ($P>0.05$). After treatment, the levels of lactic acid, procalcitonin (PCT), tumor necrosis factor- α (TNF- α) and interleukin-6 (IL-6) in observation group were lower than those in matched group, while the level of ScvO₂ was higher than that in matched group ($P<0.05$). After treatment, PCIS score of observation group was higher than that of matched group, APACHE II score was lower than that of matched group ($P<0.05$). The incidence of main complications in the observation group was lower than matched group ($P<0.05$). **Conclusion:** Low-dose glucocorticoid combined with continuous blood purification treatment is conducive to the disease outcome of children with severe sepsis, reduce the occurrence of major complications, and may be related to the blockade of inflammatory response, which deserves further research and application.

Key words: Children; Severe sepsis; Glucocorticoid; Continuous blood purification; Inflammatory response

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作者简介:刘幸(1995-),女,本科,主管药师,研究方向:临床合理用药,E-mail:slxx198@163.com

Δ 通讯作者:刘晓庆(1994-),女,本科,主管药师,研究方向:妇科、儿科、生殖用药,E-mail:slxx198@163.com

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前言

严重脓毒症是一种由感染引起的全身炎症反应综合征,一直是儿童重症医学面临的棘手难题,亦是儿科重症监护病房患儿病死的主要原因之一^[1]。对于儿童严重脓毒症的治疗,控制感染、血管活性药物和扩充血容量等经典治疗方案已得到临床学认可,然而此类患儿的休克发生率和病死率仍处于较高水平^[2,3]。由此可见,亟需寻找更有效的辅助疗法,期望阻断与严重脓毒症发生、发展密切相关的炎症反应,进一步提高疗效。近年来,持续性血液净化技术已广泛用于治疗成人脓毒症,在清除机体炎症介质和保护脏器功能上取得显著进展,被认为是儿童严重脓毒症的新型治疗手段^[4]。尽管如此,持续性血液净化治疗仍未能从根本上抑制炎症因子产生,而糖皮质激素的抗炎效果,具有抑制炎症介质释放和改善外周循环等多重作用,尤其适用于控制儿童严重脓毒症,防止病情恶化^[5-7]。现阶段,小剂量糖皮质激素联合持续性血液净化治疗儿童严重脓毒症仍处于初步研究阶段,鲜有相关报道,能否获得满意的疗效,尚未形成统一论,安全性如何,有待商榷。基于此本研究目的在于分析小剂量糖皮质激素联合持续性血液净化治疗儿童严重脓毒症的效果及安全性。

1 资料与方法

1.1 一般资料

选择自2021年1月至2023年1月接诊的102例儿童严重脓毒症患儿,分为对照组和观察组,各51例。对照组男27例,女24例;平均年龄 (4.92 ± 1.37) 岁;导致严重脓毒症的基础性疾病:肺炎28例、血流感染7例、颅内感染6例、胃肠道感染4例、腹腔感染4例、泌尿系感染2例;观察组男29例,女22例;平均年龄 (4.87 ± 1.41) 岁;导致严重脓毒症的基础性疾病:肺炎26例、血流感染12例、颅内感染5例、胃肠道感染4例、腹腔感染2例、泌尿系感染2例;两组患儿一般资料比较无差异($P > 0.05$)。

1.2 纳入标准和排除标准

纳入标准:符合儿童严重脓毒症的诊断标准^[8];确诊并收入儿童重症监护室7d内;临床考虑患儿存活期超过7d;经医院

伦理委员会审批,知情同意。

排除标准:合并免疫功能紊乱及脓毒性休克者;心、肝、肾等重要脏器移植术后者;近3个月内接受糖皮质激素治疗或有输血史者;基础性疾病预后恶劣且短期内可能导致患儿死亡。

1.3 研究方法

对照组予以经典治疗方案,包括基础性疾病治疗、机械通气、营养支持、控制感染、容量复苏、液体治疗,必要时静脉注射血管活性药物、肾上腺素或去甲肾上腺素,并监测生命体征,维持水盐平衡。观察组在对照组的基础上,予以小剂量糖皮质激素联合持续性血液净化治疗,具体如下:静脉滴注甲强龙,每次剂量1-2 mg/kg,每日治疗2次,治疗3d,逐渐减少剂量,连续治疗7d;使用PRISMA flex血液净化机及Gambro prisma滤器进行持续性血液净化治疗,根据患儿年龄及体重,选择相应的单针双腔管(7F~11F),采取股静脉穿刺置管或颈内静脉穿刺置管,治疗模式为床旁连续性高容量血液滤过,置换液剂量为50~70 mL/(kg·h),以肝素抗凝并检测凝血功能,及时调整肝素用量。

1.4 观察指标

记录两组治疗后各项信息,包括机械通气时间、低血压持续时间、入住ICU时间、7d内停升压药率、28d病死率,在患儿治疗前1d及治疗后7d,使用德国罗氏Cobas b 221血气分析仪检测乳酸、中心静脉血氧饱和度($ScvO_2$),ELISA双抗体夹心法检测血清降钙素原(PCT)、肿瘤坏死因子- α (TNF- α)、白介素-6(IL-6),进行PCIS评分、APACHE II评分,观察主要并发症发生情况,如碱血症、低血容量性休克、酸中毒、多器官功能障碍综合征(MODS)、二重感染、脏器出血。

1.5 数据处理

采用SPSS22.0,计量资料以 $\bar{x} \pm s$ 表达,t检验;计数资料以率表达, χ^2 检验;以 $P < 0.05$ 差异有统计学意义。

2 结果

2.1 治疗后各项信息比较

与对照组相比,观察组机械通气、低血压持续及入住ICU等时间较短,7d内停升压药率较高($P < 0.05$);两组28d病死率比较无差异($P > 0.05$)。见表1。

表1 两组治疗后各项信息比较($\bar{x} \pm s$)

Table 1 Comparison of post-treatment information in the two groups ($\bar{x} \pm s$)

Groups	n	Time of mechanical ventilation (d)	Duration of hypotension (d)	ICU stay time (d)	Stop opstopped within 7 d [n (%)]	28 d death [n (%)]
Matched group	51	10.47 $\pm$ 2.53	4.25 $\pm$ 1.18	11.84 $\pm$ 3.25	24(47.06%)	16(31.37%)
Observation group	51	7.69 $\pm$ 1.48	3.11 $\pm$ 0.67	9.82 $\pm$ 2.06	36(70.59%)	12(23.53%)
t/ χ^2		6.773	6.000	3.749	5.829	0.788
P		<0.001	<0.001	<0.001	0.016	0.375

2.2 治疗前后实验室监测指标比较

观察组治疗后乳酸、PCT、TNF- α 、IL-6水平均明显低于对照组, $ScvO_2$ 水平明显高于对照组($P < 0.05$)。见表2。

2.3 治疗前后PCIS评分、APACHE II评分比较

与对照组相比,观察组治疗后PCIS评分较高,APACHE

II评分较低($P < 0.05$)。见表3。

2.4 并发症发生率比较

观察组主要并发症发生率低于对照组($P < 0.05$)。数据见表4。

表 2 两组治疗前后实验室监测指标比较($\bar{x} \pm s$)

Table 2 Comparison of laboratory monitoring indicators before and after treatment ($\bar{x} \pm s$)

Groups	n		Lactic acid (mmoL / L)	PCT(μ g/L)	TNF- α (pg/mL)	IL-6(pg/mL)	ScvO ₂ (%)
Matched group	51	Pretherapy	12.32 $\pm$ 3.28	4.21 $\pm$ 0.61	58.24 $\pm$ 7.46	163.65 $\pm$ 27.42	56.25 $\pm$ 5.43
		Post-treatment	5.93 $\pm$ 1.31	1.26 $\pm$ 0.32	32.55 $\pm$ 6.03	102.12 $\pm$ 19.52	78.92 $\pm$ 6.46
Observation group	51	Pretherapy	12.81 $\pm$ 3.58	4.26 $\pm$ 0.59	59.54 $\pm$ 7.97	161.25 $\pm$ 28.64	57.20 $\pm$ 6.04
		Post-treatment	2.23 $\pm$ 0.70 [#]	0.70 $\pm$ 0.25 [#]	21.46 $\pm$ 4.58 [#]	80.47 $\pm$ 15.48 [#]	86.57 $\pm$ 7.82 [#]

Note: compared with Post-treatment, [#] $P < 0.05$.

表 3 治疗前后 PCIS 评分、APACHE II 评分比较(分, $\bar{x} \pm s$)

Table 3 Comparison of PCIS score and APACHE II score (score, $\bar{x} \pm s$)

Groups	n	PCIS Score		APACHE II Score	
		Pretherapy	Post-treatment	Pretherapy	Post-treatment
Matched group	51	74.47 $\pm$ 6.67	81.92 $\pm$ 8.42	15.38 $\pm$ 2.62	10.54 $\pm$ 1.57
Observation group	51	75.51 $\pm$ 7.42	87.53 $\pm$ 9.91	15.79 $\pm$ 2.49	7.26 $\pm$ 1.30
t		0.744	3.081	0.810	11.492
P		0.459	0.003	0.420	<0.001

表 4 主要并发症发生率比较[n(%)]

Table 4 Comparison of the major complication rates [n (%)]

Groups	n	Electrolyte disturbances	Low blood capacity quantitative shock	Oxidosis	MODS	Double infect	Organ bleeding	Summation
Matched group	51	4	5	4	3	2	1	19(37.25%)
Observation group	51	3	3	1	1	1	1	10(19.61%)
χ^2								3.903
P								0.048

3 讨论

严重脓毒症被公认为儿童重症医学中常见疾病之一,尽管 2012 国际严重脓毒症及脓毒性休克诊疗指南已得到临床学者认可,但临床疗效仍未满意,病死率较高^[9]。鉴于持续性血液净化技术可滤过、透析及吸附外周循环中炎症介质,减轻炎症反应对脏器功能的损害,可能有助于成人严重脓毒症治疗^[10]。近年来,关于持续性血液净化治疗成人严重脓毒症的研究文献逐渐增多,能否用于儿童严重脓毒症,尚未形成专家共识。与此同时,儿童体重较轻,建立血管通路的难度大,并发症较多,可能是目前国内临床较少应用持续性血液净化治疗儿童严重脓毒症的主要原因^[11,12]。另外,基于儿童严重脓毒症源于过度炎症反应的这一观点,且糖皮质激素可用于治疗多种炎症疾病,拮抗炎症介质,抵御剧烈炎症反应^[13,14]。对此,本研究目的在于分析小剂量糖皮质激素联合持续性血液净化治疗儿童严重脓毒症的效果及安全性,期望进一步完善此病的治疗方案。

在本研究中,与对照组相比,观察组机械通气时间、低血压持续时间、入住 ICU 时间较短,7 d 内停升压药率较高;与 Kamps^[15]等的研究结果相似,说明了小剂量糖皮质激素联合持续性血液净化治疗可有效促进儿童严重脓毒症患儿病情转归,

究其原因,考虑在于小剂量糖皮质激素联合持续性血液净化治疗可协同控制患儿炎症反应,进而稳定生命体征。牛文元^[16]等研究表明,持续性血液净化可以改善儿童严重脓毒症患儿外周循环功能和氧合功能。Villar^[17]等采取前瞻性对照研究证实了小剂量糖皮质激素能有效保护严重脓症患者外周循环和重要脏器功能。本研究表 1 结果与上述报道基本一致,除得益于持续性血液净化可清除血液中炎症介质,调节酸碱、电解质和渗透压平衡,稳定内环境之外,还与小剂量糖皮质激素抑制炎症介质过度释放,清除氧自由基,改善微循环,提高脏器血液灌注水平等多重药理作用有关^[18,19]。对于儿童严重脓毒症,提高存活率是临床治疗的主要目的,然而本研究中小剂量糖皮质激素联合持续性血液净化治疗未能明显降低儿童严重脓毒症的 28 d 病死率,与 Menon^[20]等研究不同,究其原因,考虑在于两项研究样本量及病情严重程度不同有关。

本研究初步证实了小剂量糖皮质激素联合持续性血液净化治疗对儿童严重脓毒症的治疗作用,仍有待确切、有效的实验室指标,予以验证支持。在临床上,乳酸、PCT、TNF- α 、IL-6 及 ScvO₂ 被认为评价儿童严重脓毒症患儿炎症反应程度、疗效及预后的有效指标^[21]。基于本研究表 2 结果可知,观察组治疗后乳酸、PCT、TNF- α 、IL-6 水平较对照组低,ScvO₂ 较对照组高

($P<0.05$),与持续性血液净化能降低乳酸水平,清除炎症介质,维持酸碱平衡及小剂量糖皮质激素能调控炎症介质释放,拮抗炎症反应,改善循环灌注的报道相一致,究其原因,考虑如下:促炎与抗炎机制失衡是儿童严重脓毒症的主要病理机制,抗炎治疗是治疗成功的关键所在,而小剂量糖皮质激素联合持续性血液净化治疗,前者在调控炎症介质释放和保护重要脏器功能的效果及安全性均优于糖皮质激素,后者在吸除清除炎症介质上具有显著优势,有效降低相关炎症介质表达水平,两者联合治疗可进一步控制患儿炎症反应,减轻病情^[22,23]。值得注意的是,本研究结果与 Jin^[24]等研究表明不同,该治疗方案对儿童严重脓毒症的治疗作用仍存在争议。

从本研究表3结果可知,观察组治疗后 PCIS 评分较对照组高,APACHE II 评分较对照组低($P<0.05$);提示小剂量糖皮质激素联合持续性血液净化治疗能有效控制儿童严重脓毒症进展,这可能与小剂量糖皮质激素联合持续性血液净化治疗能协同调节炎症反应有关。也有研究结果显示,糖皮质激素或持续性血液净化治疗未能有效控制儿童严重脓毒症的病情^[25,26],与本研究结果不同,考虑原因在于患儿对糖皮质激素的敏感性 & 持续性血液净化的治疗模式、剂量存在差异。当然,小剂量糖皮质激素联合持续性血液净化治疗的安全性亦不容忽视,尤其对于儿童严重脓毒症患儿而言,极易出现各种严重并发症^[27]。然而在本研究中,观察组主要并发症发生率为 19.61%,明显低于对照组的 37.25%,无疑说明了该治疗方案能有效减少主要并发症发生,与既往研究^[28]认为糖皮质激素联合持续性血液净化治疗可能增加严重脓毒症患儿并发症发生的这一观点不同。基于本研究结果,结合笔者临床实践,体会如下:在小剂量糖皮质激素联合持续性血液净化治疗治疗儿童严重脓毒症前,有必要严格掌握儿童严重脓毒症的各项治疗指征,改良穿刺技术,合理选择血管导管和滤器管路,加强抗凝功能监测和镇静,有助于提高治疗安全性。

综上,小剂量糖皮质激素联合持续性血液净化治疗可促进儿童严重脓毒症患儿病情转归,减少主要并发症发生,可能与阻断炎症反应有关,值得进一步研究应用。当然,本研究亦存在不足之处,如样本量较小,未分析不同剂量糖皮质激素及持续性血液净化对临床疗效及安全性的影响,有待日后扩大研究规模,深入分析该治疗方案对儿童严重脓毒症患儿远期预后的影响。

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