

· 论 著 ·

神经内镜微侵袭手术在高血压脑出血中的临床疗效及预后

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摘要: **目的** 分析高血压脑出血(HICH)患者行神经内镜微侵袭手术的临床疗效及影响预后的因素。**方法** 选取2020年1月至2021年12月邯郸市第一医院收治的HICH患者100例,随机分为对照组($n=50$)和观察组($n=50$)。对照组行小骨窗开颅血肿清除术,观察组行神经内镜微侵袭手术。比较两组血肿清除情况、美国国立卫生院卒中量表(NIHSS)和日常生活活动能力(ADL)、预后结局。根据预后将观察组分为预后良好亚组($n=37$)和预后不良亚组($n=13$),对影响预后的因素进行分析。**结果** 观察组术中出血量、术后残余血肿量均少于对照组,血肿清除率高于对照组($P<0.05$)。术后1个月,观察组预后良好率高于对照组(74.00% vs 48.00%, $\chi^2=7.104$, $P<0.05$)。观察组预后良好亚组术前MAP[(122.57±7.88)mmHg vs (130.26±8.97) mmHg, $t=2.921$, $P<0.05$]、血肿量[(39.51±3.65)mL vs (45.06±3.14) mL, $t=4.877$, $P<0.05$]、NIHSS评分[(15.63±1.23)分 vs (18.64±1.25)分, $t=2.921$, $P<0.05$]均低于预后不良亚组,术前GCS评分高于预后不良亚组[(10.84±2.39)分 vs (8.41±2.26)分, $t=3.196$, $P<0.05$]。 **结论** 神经内镜微侵袭手术治疗HICH患者有助于血肿清除、神经功能恢复,进而改善预后。术前MAP、血肿量、GCS、NIHSS与预后有关。

关键词: 高血压脑出血; 神经内镜; 微侵袭手术; 平均动脉压; 血肿量; 格拉斯哥昏迷评分

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Clinical efficacy and prognosis of neuro-endoscopic minimally invasive surgery in HICH

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Abstract: Objective To analyze the clinical efficacy and prognostic influencing factors of neuro-endoscopic minimally invasive surgery for hypertensive intracerebral hemorrhage (HICH). **Methods** A total of 100 patients with HICH admitted to Handan First Hospital from January 2020 to December 2021 were randomly divided into control group ($n=50$) and observation group ($n=50$). The control group underwent small bone window craniotomy for hematoma debridement, and the observation group underwent neuro-endoscopic minimally invasive surgery. The hematoma clearance, National Institutes of Health Stroke Scale (NIHSS), Activity of Daily Living (ADL) and prognosis were compared between two groups. According to the prognosis, patients in observation group were divided into good prognosis sub-group ($n=37$) and poor prognosis sub-group ($n=13$), and the influencing factors were analyzed. **Results** The intraoperative blood loss and postoperative residual hematoma in observation group were less than those in control group, and the hematoma clearance rate was higher than that in control group ($P<0.05$). One month after operation, the good prognosis rate of observation group was higher than that of control group (74.00% vs 48.00%, $\chi^2=7.104$, $P<0.05$). The preoperative MAP [(122.57±7.88) mmHg vs (130.26±8.97) mmHg, $t=2.921$, $P<0.05$], hematoma volume [(39.51±3.65) mL vs (45.06±3.14) mL, $t=4.877$, $P<0.05$], NIHSS score [(15.63±1.23) vs (18.64±1.25), $t=2.921$, $P<0.05$] of the good prognosis were

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all lower than those of the poor prognosis subgroup, and preoperative GCS score was higher than that of the poor prognosis subgroup [(10.84±2.39) vs (8.41±2.26), $t=3.196$, $P<0.05$]. **Conclusion** Neuro-endoscopic minimally invasive surgery for HICH patients can help to clear hematoma, restore nerve function and improve prognosis. And preoperative MAP, hematoma volume, GCS, and NIHSS are association with prognosis.

Keywords: Hypertensive intracerebral hemorrhage; Neuro-endoscopy; Minimally invasive surgery; Mean arterial pressure; Hematoma volume; Glasgow coma score

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因情绪激动、劳动过度等因素引起血压骤然升高,进而导致脑血管破裂出血的疾病为高血压脑出血(HICH),血肿造成的压迫会严重损害脑组织^[1]。临床往往通过手术治疗 HICH,小骨窗开颅血肿清除术创伤小、出血量少,且显微镜下视野清晰,可迅速清除血肿,但因显微镜光线衰减效应,影响光源投射,可能遗留残余血肿,术后易引发并发症;而神经内镜微创手术操作简便,且内镜成像清晰,可最大程度地清除颅内血肿,减少并发症的发生^[2-3]。目前,临床研究的重点在于比较不同手术治疗 HICH 的临床疗效,但有研究发现,影响 HICH 患者预后的因素较多,如出血量、出血位置等^[4]。本研究旨在分析神经内镜微创手术在 HICH 中的临床疗效及影响预后的因素,现报道如下。

1 资料与方法

1.1 一般资料 选取 2020 年 1 月至 2021 年 12 月邯郸市第一医院收治的 HICH 患者 100 例,随机分为对照组($n=50$)和观察组($n=50$)。两组一般资料比较差异无统计学意义($P>0.05$)。见表 1。所有患者均知情同意,且本研究于 2020 年 1 月获得医院伦理委员会的批准。

表 1 两组患者一般资料比较

Tab. 1 Comparison of general data between two groups

组别	例数	男/女(例)	年龄(岁) ^a	高血压病史(年) ^a	血肿量(mL) ^a	出血部位(例)		
						基底节	脑叶	丘脑
对照组	50	32/18	52.59±6.72	8.98±3.29	41.91±6.28	26	15	9
观察组	50	30/20	52.48±6.34	9.01±3.25	42.04±6.17	24	16	10
χ^2/t 值		0.170	0.084	0.046	0.104	0.165		
P 值		0.680	0.933	0.964	0.917	0.921		

注:^a 数据以 $\bar{x}\pm s$ 表示。

1.2 纳入与排除标准 纳入标准:(1)与《高血压性脑出血中国多学科诊治指南》^[5]中的诊断标准相符;(2)经 CT 检查确诊基底节区血肿或皮质下出血;(3)血肿直径>3 cm,且伴有中线移位 1 cm。排除标准:(1)凝血功能障碍;(2)心、肝、肾功能严重不全;(3)入院时已有晚期脑疝表现。

1.3 方法 两种术式均由同一组医师操作完成。对

照组行小骨窗开颅血肿清除术:给予患者全身麻醉,CT 扫描定位血肿,选择最大血肿部位最接近头皮处作手术切口,沿颞肌纤维方向切开 4~5 cm,钻开颅骨,切开硬膜,将穿刺针置于血肿中心,抽吸血肿,若出现活动性出血,可采用电凝止血,生理盐水反复冲洗术腔,止血纱布敷于血肿壁,留置引流管,缝合创口。观察组行神经内镜微创手术:患者实施全身麻醉,行头颅 CT 扫描,以最大血肿为靶平面,标记血肿中心,头皮直切 3.5~5.0 cm,钻开颅骨,沿血肿方向置入穿刺针,定位后拔出,使用牵引器,置入神经内镜和吸引器,到达血肿外侧边缘时开始抽吸,若出现活动性出血,可采用电凝止血,止血纱布敷于血肿壁,退出神经内镜,留置引流管,缝合创口。

1.4 观察指标 (1)神经功能、日常生活能力:术前、术后 2 周、术后 1 个月参照美国国立卫生院卒中量表(NIHSS)^[6]评定神经功能,总分 42 分,分数越高则损伤越严重;使用日常生活活动能力(ADL)^[7]评定日常生活能力,总分 100 分,分数越高则日常生活能力越好。(2)血肿清除情况:记录并比较两组术中出血量、术后残余血肿量、血肿清除率。(3)预后:术后随访 1 个月,根据格拉斯哥预后评分(GOS)^[8]评估两组预后。1 分,死亡;2 分,植物生存;3 分,重度残疾;4 分,轻度残疾;5 分,恢复良好。4~5 分判定为预后良好,1~3 分判定为预后不良。(4)影响预后的单因素分析:根据预后情况将 50 例行神经内镜微创手术的 HICH 患者分为预后良好亚组和预后不良亚组,收集两亚组一般资料,包括性别、年龄、出血部位及术前平均动脉压(MAP)、血肿量、格拉斯哥昏迷评分(GCS)^[9]、NIHSS。采用心电监护仪测定 MAP。**1.5 统计学方法** 使用 SPSS 24.0 软件处理数据。计数资料用例(%)表示,比较用 χ^2 检验;计量资料用 $\bar{x}\pm s$ 表示,两组间比较用成组 t 检验,采用重复测量方差分析进行多时间点两组比较,采用 LSD- t 检验进行多重比较。

2 结果

2.1 NIHSS、ADL 评分 两组 NIHSS 评分依术前、术

后2周、术后1个月之序递降,ADL评分递升,且术后2周、1个月,观察组NIHSS评分低于对照组,ADL评分高于对照组($P<0.05$)。见表2。

2.2 血肿清除情况 观察组术中出血量、术后残余血肿量均少于对照组,血肿清除率高于对照组($P<0.05$)。见表3。

2.3 预后 术后随访1个月,观察组预后良好率为74.00%,高于对照组的48.00% ($P<0.05$)。见表4。

2.4 单因素分析 观察组预后良好亚组术前MAP、血肿量、NIHSS评分均低于预后不良亚组,术前GCS评分高于预后不良亚组($P<0.05$)。见表5。

表2 两组患者NIHSS、ADL评分比较 ($n=50$, 分, $\bar{x}\pm s$)
Tab. 2 Comparison of NIHSS and ADL scores between the two group ($n=50$, point, $\bar{x}\pm s$)

组别	NIHSS			ADL		
	术前	术后2周	术后1个月	术前	术后2周	术后1个月
对照组	17.37±3.59	12.52±2.18 ^a	8.85±1.37 ^{ab}	32.64±5.58	50.85±8.79 ^a	62.72±10.43 ^{ab}
观察组	17.42±3.65	7.09±1.20 ^{ac}	6.34±1.06 ^{abc}	32.40±5.84	64.21±8.62 ^{ac}	74.95±10.25 ^{abc}
$F_{组间}/P_{组间}$		65.402/ <0.001			8.220/ <0.001	
$F_{时间}/P_{时间}$		190.104/ <0.001			368.953/ <0.001	
$F_{交互}/P_{交互}$		31.225/ <0.001			9.650/ <0.001	

注:与术前比较,^a $P<0.05$;与术后2周比较,^b $P<0.05$;与对照组比较,^c $P<0.05$ 。

表3 两组患者血肿清除情况比较 ($\bar{x}\pm s$)
Tab. 3 Comparison of hematoma clearance between the two groups ($\bar{x}\pm s$)

组别	例数	术中出血量 (mL)	术后残余血肿量 (mL)	血肿清除率 (%)
对照组	50	283.61±34.76	9.42±1.65	77.08±3.71
观察组	50	81.64±12.15	3.24±0.82	92.43±1.25
t 值		38.785	23.717	27.725
P 值		<0.001	<0.001	<0.001

表4 两组患者预后比较 ($n=50$, 例)
Tab. 4 Comparison of prognosis between two groups ($n=50$, case)

组别	GOS评分					预后良好 [例(%)]
	1分	2分	3分	4分	5分	
对照组	2	7	17	12	12	24(48.00)
观察组	0	4	9	15	22	37(74.00)
χ^2 值						7.104
P 值						0.008

表5 影响观察组预后的单因素分析
Tab. 5 Univariate analysis of prognostic outcome in observation group

因素	预后良好组 ($n=37$)	预后不良组 ($n=13$)	χ^2/t 值	P 值
性别[例(%)]				
男	23(62.16)	7(53.85)	0.277	0.599
女	14(37.84)	6(46.15)		
年龄(岁) ^a	52.41±5.68	54.30±5.76	1.028	0.309
出血部位[例(%)]				
基底节	20(54.05)	4(30.77)	2.270	0.321
脑叶	10(27.03)	6(46.15)		
丘脑	7(18.92)	3(23.08)		
术前MAP(mmHg) ^a	122.57±7.88	130.26±8.97	2.921	0.005
术前血肿量(mL) ^a	39.51±3.65	45.06±3.14	4.877	<0.001
术前GCS评分(分) ^a	10.84±2.39	8.41±2.26	3.196	0.002
术前NIHSS评分(分) ^a	15.63±1.23	18.64±1.25	7.559	<0.001

注:^a数据以 $\bar{x}\pm s$ 表示。

3 讨论

HICH病情危急、进展快速、预后不佳,需尽快手术清除颅内血肿,降低颅内压,减轻脑组织损伤^[10]。小骨窗开颅血肿清除术简单易行,对机体创伤小,一定程度上避免了脑组织的无效暴露,在显微镜直视下手术,视野安全性能佳,但显微镜光源来自颅外,手术视野受光源投射的影响,可能导致止血不确切、遗留残余血肿,增加脑水肿、脑缺血发生概率^[11]。神经内镜微创手术在神经内镜下精确定位血肿,明确血肿范围与残留情况,可彻底清除血肿,对脑组织牵拉损伤小,可避免术中失血过多及减少术后并发症,利于患者术后恢复^[12-13]。本研究中,观察组术中出血量、术后残余血肿量均少于对照组,血肿清除率、ADL评分、预后良好率均高于对照组,NIHSS评分低于对照组,提示神经内镜微创手术治疗HICH患者有助于血肿清除、神经功能恢复,进而改善预后。

有研究表明,神经内镜微创手术是治疗HICH的可靠选择,但目前国内尚无系统性的临床研究对其影响预后的因素进行分析^[14]。本研究中,术前MAP、血肿量、GCS、NIHSS均为预后的影响因素,分析其原因可能为脑出血发生后,患者常伴有血压骤升或骤降的表现,当MAP超过正常值,脑部血流量随血压上升而增加,出现过度灌注性脑水肿,加重患者病情,增加死亡风险^[15];血肿量过大常预示神经功能恶化,患者的中线结构发生显著位移,脑干部位承受压力变大,容易形成脑疝,加重脑组织损伤程度,引发并发症,病死率较高^[16];GCS、NIHSS评分可用来评估颅脑损伤患者意识障碍情况,血肿会压迫脑部血管,

加剧脑组织缺血、缺氧状态,加重脑损伤严重程度,增加昏迷风险^[17-18]。有研究证实,早期手术效果较好,可及时清除血肿,降低颅内压,故应积极争取在超早期或早期施行神经内镜微侵袭手术,术中还应避免损伤血肿周围脑组织,术后应用药物调节血压,避免发生并发症,保证预后^[19-21]。

综上所述,神经内镜微侵袭手术治疗 HICH 患者有助于血肿清除、神经功能恢复,进而改善预后。但术前 MAP 高、血肿量大、GCS 评分低、NIHSS 评分高均为影响患者预后的因素,临床应积极采取应对措施。

利益冲突 无

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