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## • 经验交流 •

## 颈内静脉穿刺置管的简易方法

张振亚

【关键词】 静脉穿刺置管; 颈内静脉; 操作手法

临床上经皮颈内静脉穿刺置管应用广泛,传统的方法通常需用专用的静脉穿刺包,但费用较高。我们对 36 例患者改用外用穿刺留置针直接进行颈内静脉穿刺置管,收到满意效果,并能减轻患者经济负担,简便操作,现将穿刺要领和体会介绍如下。

## 1 临床资料

1.1 材料:采用普通外用静脉穿刺留置导管针, <6 岁用 20 号(长约 33 mm,直径 1.1 mm), 6~15 岁用 18 号(长约 45 mm,直径 1.3 mm), >15 岁用 16 号(长约 50 mm,直径 1.7 mm),用 5 ml 注射器抽取生理盐水 2~3 ml 连接套管针做成穿刺针,并备无菌保护膜以固定套管针用。

1.2 方法:将患者肩部垫高,头尽量转向对侧。头部低于胸部 15°,以利静脉

充盈和防止空气栓塞。以中路进针法,取胸锁乳突肌的胸骨头和锁骨头交叉最高点,即胸锁乳突肌三角顶点为穿刺进针点,针杆与皮肤呈 30°~40°角,朝与中线平行或略偏内侧方向进针,进针过程中保持注射器内轻度负压,徐徐进针,当针尖进入静脉时常有突破感,回血通畅后继续进针约 2~3 mm。确保外套管进入静脉后,保证再次回血通畅,然后固定针芯捻转并推进外套管,拔除内针外套管针座接输液测压装置,大部分患者进针 1~2 cm 即可抽得回血,以无菌保护膜粘附固定针座,防止脱落。补液结束后,可用肝素帽盖紧,再使用时只需将输液针插入肝素帽后的橡皮孔内。

## 2 体会

首先,必须熟悉解剖位置,穿刺点与锁骨相距 7~8 cm,胸膜最顶点在锁骨上 2~3 cm<sup>[1]</sup>处。该穿刺点选择位置高,而且所用套管针长度不及深静脉穿刺针

的一半,操作熟练者基本可避免误伤肺尖和动脉,较为安全,本组 36 例患者无一例发生意外。其次,必须严格无菌操作,静脉距皮肤近,便于穿刺成功,但置入外套管有时较困难,关键是将管针顺静脉走向推进少许,抽得回血后固定针芯,这样容易推进外套管。穿刺置管成功后,连接三通管配合应用直尺可有效测得颈内静脉压,所测颈内静脉压可代表中心静脉压。

本法操作简单,不试穿,不破皮,穿刺处不缝针,组织损伤少,患者痛苦小,费用低廉,尤其适应于周围静脉穿刺困难的急救患者,穿刺置管所需时间明显短于通常采用的深静脉穿刺置管术。

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