

## • 论著 •

# 被动抬腿试验联合无创心排血量监测系统 预测容量反应性的临床研究

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**【摘要】目的** 评价被动抬腿试验联合无创心排血量监测系统(USCOM)预测自主呼吸患者的容量反应性。**方法** 采用前瞻性、观察性队列研究设计方法,选择33例有自主呼吸且需补液的患者,先后进行被动抬腿试验和容量负荷试验,在每个试验前后分别采用经胸超声心动图(TTE)和USCOM测量每搏量(SV)。根据对容量负荷试验的反应(以容量负荷试验后 $SV_{TTE}$ 增加 $\geq 15\%$ 者为有反应)将患者分为有反应组和无反应组。观察试验后SV的变化( $\Delta SV$ )及其相关性。**结果** 33例患者共行容量负荷试验36例次,有反应组24例次,无反应组12例次。两组一般资料及初始床头抬高45°时的血流动力学指标无明显差异。被动抬腿试验后,有反应组 $SV_{TTE}$ 和 $SV_{USCOM}$ 的增加量均明显大于无反应组 [ $\Delta SV_{TTE}$ : (21.7±13.2)%比(4.8±9.4)%;  $\Delta SV_{USCOM}$ : (23.5±13.0)%比(4.6±8.9)%], 均  $P < 0.01$ ;  $\Delta SV_{TTE}$ 与 $\Delta SV_{USCOM}$ 呈显著正相关 ( $r = 0.792$ ,  $P < 0.01$ )。容量负荷试验后,有反应组 $SV_{TTE}$ 和 $SV_{USCOM}$ 的增加量均明显大于无反应组 [ $\Delta SV_{TTE}$ : (27.3±14.1)%比(7.2±8.4)%;  $\Delta SV_{USCOM}$ : (25.4±13.8)%比(6.7±8.6)%], 均  $P < 0.01$ ;  $\Delta SV_{TTE}$ 与 $\Delta SV_{USCOM}$ 呈显著正相关 ( $r = 0.855$ ,  $P < 0.01$ )。用 $\Delta SV_{TTE} \geq 15\%$ 预测容量反应性,其敏感性为100.0% [95%可信区间(95%CI) 85.0~100.0], 特异性为83.3% (95%CI 68.4~98.2); 而用 $\Delta SV_{USCOM} \geq 15\%$ 预测容量反应性,其敏感性为83.3% (95%CI 66.1~100.0), 特异性为94.4% (95%CI 83.9~100.0)。被动抬腿试验后 $\Delta SV_{TTE}$ 与 $\Delta SV_{USCOM}$ 的受试者工作特征曲线下面积比较差异无统计学意义( $0.95 \pm 0.04$ 比 $0.93 \pm 0.05$ ,  $P > 0.05$ )。**结论** 用USCOM测量被动抬腿试验后的 $\Delta SV$ 可反映自主呼吸患者液体治疗时的容量反应性,用以指导患者的液体治疗。

**【关键词】** 被动抬腿试验; 容量反应性; 无创心排血量监测; 容量负荷试验; 每搏量

**Clinical observation of passive leg raising combined with non-invasive cardiac output monitoring system in predicting volume responsiveness** WANG Hong-liang, LIU Hai-tao, YU Kui-jiang. Department of Intensive Care Unit, the Second Affiliated Hospital of Harbin Medical University, Harbin 150086, Heilongjiang, China

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**【Abstract】Objective** To investigate whether passive leg raising (PLR) combined with ultrasonic cardiac output monitoring system (USCOM) could be used to predict the hemodynamic response to volume expansion (VE) in patients with spontaneous respiration. **Methods** The study was performed with prospective, cohort study method. Thirty-three patients with spontaneous breathing activity who were admitted to the intensive care unit (ICU) from October 2009 to April 2010 were included. Measurements of stroke volume (SV) were obtained with transthoracic echocardiography (TTE) and USCOM. Patients were considered to be responders to VE if  $SV_{TTE}$  increased  $\geq 15\%$ . Based on the responsiveness of VE, all the patients were divided into responders and non-responders. The change in SV ( $\Delta SV$ ) after the experiment and its correlation were observed. **Results** A total of 36 fluid load tests in 33 patients were evaluated resulting in 24 responders and 12 non-responders. There was no significant difference between two groups in the clinical data and hemodynamics parameters at incipient stage when head side of bed was raised for 45°. After PLR, the  $\Delta SV_{TTE}$  and  $\Delta SV_{USCOM}$  in responder group were significantly higher than those in non-responder group [ $\Delta SV_{TTE}$ : (21.7±13.2)% vs. (4.8±9.4)%;  $\Delta SV_{USCOM}$ : (23.5±13.0)% vs. (4.6±8.9)%], both  $P < 0.01$ ], with positive correlation between  $\Delta SV_{TTE}$  and  $\Delta SV_{USCOM}$  ( $r = 0.792$ ,  $P < 0.01$ ). After VE, the  $\Delta SV_{TTE}$  and  $\Delta SV_{USCOM}$  in responder group were significantly higher than those in non-responder group [ $\Delta SV_{TTE}$ : (27.3±14.1)% vs. (7.2±8.4)%;  $\Delta SV_{USCOM}$ : (25.4±13.8)% vs. (6.7±8.6)%], both  $P < 0.01$ ], with positive correlation between  $\Delta SV_{TTE}$  and  $\Delta SV_{USCOM}$  ( $r = 0.855$ ,  $P < 0.01$ ). The  $\Delta SV_{TTE} \geq 15\%$  during PLR was predictive of response to VE with a sensitivity of 100.0% [95% confidence interval (95%CI) 85.0~100.0] and a specificity of 83.3% (95%CI 68.4~98.2). The  $\Delta SV_{USCOM} \geq 15\%$  during PLR was predictive of response to VE with a sensitivity of 83.3% (95%CI 66.1~100.0) and a specificity of 94.4% (95%CI 83.9~100.0). There was no difference between the area under the receiver operating characteristic (ROC) curve for PLR-induced  $\Delta SV_{TTE}$  and  $\Delta SV_{USCOM}$  ( $0.95 \pm 0.04$  vs.  $0.93 \pm 0.05$ ,  $P > 0.05$ ). **Conclusion** PLR combined with USCOM can predict the hemodynamic response to VE in spontaneously breathing patients, and the procedure can be used to guide fluid therapy in spontaneously breathing patients.

**【Key words】** Passive leg raising; Volume responsiveness; Ultrasonic cardiac output monitor; Volume expansion; Stroke volume

液体治疗的目的是通过补液维持血管内液体容积,增加心脏前负荷以保证心排血量(CO),恢复有效的组织灌注。但是,液体治疗不当会导致肺水肿及组织间水肿,影响机体氧合及组织细胞的供氧,使病情进一步恶化,以致延长机械通气时间,增加死亡风险<sup>[1-2]</sup>。一项前瞻性研究显示,约有50%的患者并没有达到补液的预期效果<sup>[3]</sup>。近年来有研究报道,每搏量变异(SVV)可以预测机械通气时机体对补液的反应性<sup>[4-6]</sup>,但是SVV非常依赖呼吸状态,对于有自主呼吸的患者来说,SVV并不准确。被动抬腿试验可模拟容量负荷试验,且简单易行,通过将静脉血从下肢和内脏转移到胸腔,暂时而可逆地增加静脉回流,从而增加心脏前负荷<sup>[7-12]</sup>。近期研究表明,被动抬腿试验可预测自主呼吸患者的容量反应性,但因其引起的血流动力学变化可能是非常短暂的,需要联合能够迅速测定每搏量(SV)的测量方法<sup>[9-13]</sup>。经胸超声心动图(TTE)是评价心血管功能最基本的无创方法之一,但受到技术水平、操作手法等因素的影响,难以做到长时间连续、实时监测。近年来,国外研制出利用连续多普勒超声波技术的无创心排血量监测系统(USCOM),为实时进行床边无创血流动力学监测提供了一种新方法。本研究中分别应用TTE和USCOM监测被动抬腿试验和容量负荷试验所引起的SV变化( $\Delta SV$ ),比较二者的相关性,以评价USCOM联合被动抬腿试验预测自主呼吸患者容量反应性的能力。

## 1 资料与方法

**1.1 研究对象:**本研究中采用前瞻性、观察性队列研究设计方法,选择2009年10月至2010年4月本院重症监护病房(ICU)收治的33例有自主呼吸且需进行补液的患者。

**1.1.1 入选标准:**至少存在下列1个组织灌注不足的临床或生物学表现<sup>[10]</sup>:①收缩压<90 mm Hg(高血压者收缩压下降>50 mm Hg,1 mm Hg=0.133 kPa);②每小时尿量<0.5 ml/kg持续2 h以上;③心率>100次/min;④皮肤出现花斑。

**1.1.2 排除标准:**腹腔内高压;年龄<18岁或>80岁;体质指数>40 kg/m<sup>2</sup>或<15 kg/m<sup>2</sup>;主动脉瓣或肺动脉瓣疾病;二尖瓣狭窄或关闭不全大于2度;心内分流。

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**1.2 研究方法及分组(图1):**被动抬腿试验前(体位一):患者处于半卧位,床头抬高45°;被动抬腿试验(体位二):患者改为仰卧位且将下肢抬高45°持续2 min;容量负荷试验前(体位三):患者体位恢复到半卧位;容量负荷试验(体位四):患者处于半卧位,在15 min内迅速补充500 ml生理盐水。整个研究过程中呼吸机参数和心血管活性药物的剂量均维持不变。分别在被动抬腿试验和容量负荷试验前后用TTE和USCOM测量SV、CO。以容量负荷试验后 $\Delta SV_{TTE} \geq 15\%$ 定义为容量反应阳性<sup>[8,14-15]</sup>。以 $\Delta SV_{TTE} \geq 15\%$ 作为有反应组,<15%作为无反应组。本研究符合医院伦理学标准,所有治疗均得到患者或家属的知情同意。

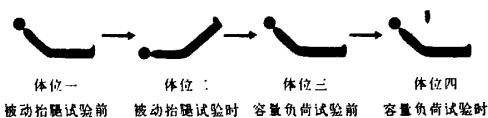


图1 被动抬腿试验和容量负荷试验步骤

## 1.3 检测指标及方法

**1.3.1 SV及CO的测量:**由专业心脏超声医师使用TTE测定患者的CO及SV,同时由作者使用USCOM在床边测定CO及SV。每个步骤均测量3次,取其平均值。

**1.3.2 中心静脉压(CVP)及有创动脉压监测:**所有患者留置中心静脉导管和动脉留置针,在呼气末测定CVP,连续监测3个呼吸周期并计算其平均值;持续监测有创动脉压。

**1.4 统计学方法:**应用SPSS 13.0软件进行统计学处理,计量数据以均数±标准差( $\bar{x} \pm s$ )表示,采用t检验或t'检验;计数资料采用 $\chi^2$ 检验或Fisher确切概率法;采用直线相关分析; $P < 0.05$ 为差异有统计学意义。

## 2 结果

**2.1 患者一般临床资料:**33例有自主呼吸且需要补液的患者被纳入试验,共行容量负荷试验36例次,有反应组24例次,无反应组12例次。其中3例患者重复进行了2次容量负荷试验,对同一患者进行重复研究相隔的时间至少24 h。入ICU诊断有脓毒症、心力衰竭、失血性休克等。补液原因包括低血压、少尿、心动过速、皮肤花斑。两组患者入选时一般临床资料、血流动力学指标、急性生理性与慢性健康状况评分系统I(APACHE I)评分比较差异无统计学意义(均 $P > 0.05$ ;表1~2),有可比性。

表1 被动抬腿试验和容量负荷试验后有无容量反应两组患者的一般资料比较

组别	例 性别		年龄	体质指数	入ICU时间	APACHE II评分	机械通气	使用血管活性	多巴胺用量( $\bar{x} \pm s$ , $\mu\text{g} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$ )	
	次	男 女	( $\bar{x} \pm s$ , 岁)	( $\bar{x} \pm s$ , $\text{kg}/\text{m}^2$ )	( $\bar{x} \pm s$ , h)	( $\bar{x} \pm s$ , 分)	[例次(%)]	[例次(%)]		
有反应组	24	18	6	58.3 ± 12.3	32.4 ± 9.5	48.5 ± 31.2	18.7 ± 6.1	15(62.5)	19(79.2)	9.05 ± 3.05
无反应组	12	7	5	64.5 ± 13.8	28.6 ± 7.8	52.8 ± 36.4	20.2 ± 7.5	7(58.3)	9(75.0)	8.45 ± 4.76
入ICU诊断[例次(%)]									补液原因[例次(%)]	
组别	例次	脓毒症	心力衰竭	失血性休克	其他	低血压	少尿	心动过速	皮肤花斑	
有反应组	24	15(62.5)	0(0)	8(33.3)	1(4.2)	3(12.5)	10(41.7)	7(29.1)	4(16.7)	
无反应组	12	7(58.3)	2(16.7)	2(16.7)	1(8.3)	2(16.7)	6(49.9)	2(16.7)	2(16.7)	

注:ICU:重症监护病房,APACHE II评分:急性生理学与慢性健康状况评分系统II评分

表2 被动抬腿试验和容量负荷试验后有无容量反应两组患者入院时血流动力学指标比较( $\bar{x} \pm s$ )

组别	例次	HR(次/min)	MAP(mm Hg)	SV <sub>TTE</sub> (ml)	SV <sub>USCOM</sub> (ml)	CO <sub>TTE</sub> (L/min)	CO <sub>USCOM</sub> (L/min)	CVP(mm Hg)
有反应组	24	105 ± 20	82 ± 14	71 ± 24	72 ± 26	6.3 ± 1.8	6.1 ± 2.0	5.8 ± 2.8
无反应组	12	97 ± 18	79 ± 13	80 ± 30	81 ± 32	7.5 ± 2.2	7.4 ± 2.1	7.1 ± 3.2

注:HR:心率,MAP:平均动脉压,SV:每搏量,TTE:经胸超声心动图,USCOM:无创心排血量监测系统,CO:心排血量,CVP:中心静脉压;  
1 mm Hg = 0.133 kPa

**2.2 被动抬腿试验和容量负荷试验对SV的影响**  
(表3):被动抬腿试验后,两组SV<sub>TTE</sub>和SV<sub>USCOM</sub>均较被动抬腿试验前有所增加,有反应组ΔSV<sub>TTE</sub>和ΔSV<sub>USCOM</sub>均明显大于无反应组(均P<0.01)。容量负荷试验后,两组SV<sub>TTE</sub>和SV<sub>USCOM</sub>均较容量负荷试验前有所增加,有反应组ΔSV<sub>TTE</sub>和ΔSV<sub>USCOM</sub>均明显大于无反应组(均P<0.01)。

表3 被动抬腿试验和容量负荷试验对有无容量反应两组患者SV的影响( $\bar{x} \pm s$ )

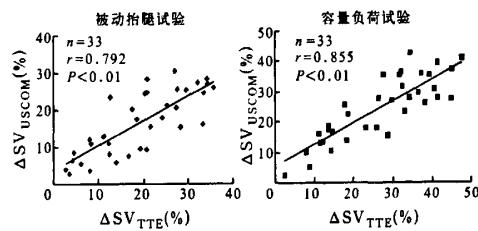
组别	被动抬腿试验后 ΔSV(%)		容量负荷试验后 ΔSV(%)		
	例次	ΔSV <sub>TTE</sub>	ΔSV <sub>USCOM</sub>	ΔSV <sub>TTE</sub>	ΔSV <sub>USCOM</sub>
有反应组	24	21.7 ± 13.2*	23.5 ± 13.0*	27.3 ± 14.1*	25.4 ± 13.8*
无反应组	12	4.8 ± 9.4	4.6 ± 8.9	7.2 ± 8.4	6.7 ± 8.6

注:SV:每搏量,ΔSV:每搏量变化,TTE:经胸超声心动图,USCOM:无创心排血量监测系统;与无反应组比较,\*P<0.01

**2.3 ΔSV<sub>TTE</sub>与ΔSV<sub>USCOM</sub>的相关性分析(图2):**被动抬腿试验后ΔSV<sub>TTE</sub>与ΔSV<sub>USCOM</sub>呈显著正相关( $r=0.792, P<0.01$ );容量负荷试验后ΔSV<sub>TTE</sub>与ΔSV<sub>USCOM</sub>亦呈显著正相关( $r=0.855, P<0.01$ )。

**2.4 ΔSV<sub>TTE</sub>和ΔSV<sub>USCOM</sub>预测容量反应性比较:**用ΔSV<sub>TTE</sub>≥15%预测患者对容量负荷试验的反应,其敏感性为100.0%(95%CI 95.0~100.0),特异性为83.3%(95%CI 68.4~98.2)。用ΔSV<sub>USCOM</sub>≥15%预测患者对容量负荷试验的反应,其敏感性为83.3%(95%CI 66.1~100.0),特异性为94.4%(95%CI 83.9~100.0)。被动抬腿试验后ΔSV<sub>TTE</sub>与ΔSV<sub>USCOM</sub>的受试者工作特征曲线(ROC曲线)下面积(AUC)比较差异无统

计学意义(0.95±0.04比0.93±0.05,P>0.05)。



注:ΔSV<sub>TTE</sub>:经胸超声心动图监测每搏量变化,  
ΔSV<sub>USCOM</sub>:无创心排血量监测系统监测每搏量变化  
图2 33例有自主呼吸且需补液患者被动抬腿试验和容量负荷试验后ΔSV<sub>TTE</sub>与ΔSV<sub>USCOM</sub>的相关性

### 3 讨论

近年来,评估容量反应性的研究进展较快,除静态指标外,还包括完全机械通气患者的SVV及相关替代参数如脉压变化率(PPV)等动态指标<sup>[16-17]</sup>,以及被动抬腿试验等<sup>[9]</sup>。但由于检测SVV及PPV要求患者无自主呼吸,同时不能存在心律失常,应用范围较窄。前瞻性研究显示,被动抬腿试验可以很好地预测自主呼吸患者的容量反应性<sup>[8,14]</sup>,能够更加广泛地指导临床液体治疗。然而,被动抬腿试验对应的CO、SV、动脉血流峰流速需通过热稀释法或超声来监测,限制了其临床的广泛应用。USCOM采用连续多普勒超声波技术,通过测量主动脉或肺动脉的射血速度再乘以其管腔截面面积,计算出SV。国内外学者均已进行了USCOM与“金标准”测定CO的比较。褚铭健等<sup>[18]</sup>分别用USCOM及连续温度稀释法双盲监测18例冠状动脉旁路移植术后的患者

CO、心排血指数(CI),结果显示两者所测得的 CO、CI 均具有显著相关性。Wong 等<sup>[19]</sup>用 USCOM 与肺动脉导管测量 12 例肝移植术后患者的 CO,二者所测得的 CO 值无明显差异。USCOM 的出现,为进行实时床边血流动力学监测提供了一种新的方法。

本研究中将容量负荷试验后  $\Delta SV_{TTE} \geq 15\%$  定义为容量反应阳性,这是根据以前的研究所选定的,因为这个截断值在临床上有较好的相关性<sup>[8,14-15]</sup>。本研究结果显示,用  $\Delta SV_{TTE} \geq 15\%$  预测患者对容量负荷试验的反应,其敏感性为 100.0%,特异性为 83.3%;其中 4 例患者被动抬腿试验后  $\Delta SV_{TTE} \geq 15\%$ ,但他们对容量负荷试验却没有反应。而用  $\Delta SV_{USCOM} \geq 15\%$  预测患者对容量负荷试验的反应,其敏感性为 83.3%,特异性为 94.4%;其中有 3 例患者被动抬腿试验后  $\Delta SV_{USCOM} < 15\%$ ,但他们对容量负荷试验有反应;而有 1 例患者  $\Delta SV_{USCOM} > 15\%$  却对容量负荷试验无反应。考虑导致反应缺失的潜在原因可能包括患者对被动抬腿试验不耐受、心脏回声不佳、严重血容量不足等。AUC 的大小可以反映指标对于疾病的诊断价值<sup>[20]</sup>。ROC 曲线分析发现,分别用 TTE 与 USCOM 测量被动抬腿试验后  $\Delta SV$  的 AUC 没有区别,提示用 USCOM 测量被动抬腿试验后  $\Delta SV$  也可以很好地预测自主呼吸患者的容量反应性。

本研究中也发现 USCOM 存在一些问题:如肥胖、严重肺气肿、呼吸急促患者难取得满意信号;对一些 CO 明显低下患者,仪器捕捉信号困难,图形质量差,检测结果可能与实际存在差别。因此我们非常谨慎对待所发现的问题,SV 和 CO 均连续 3 次测量取其平均值,以期获取有说服力的测量结果。

综上,本研究表明,对自主呼吸患者来说,分别用 TTE 与 USCOM 测量被动抬腿试验后  $\Delta SV$  具有良好的相关性。用 USCOM 测量被动抬腿试验后  $\Delta SV$  可反映自主呼吸患者液体治疗时的容量反应性,可用来指导自主呼吸患者的液体治疗。

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# 被动抬腿试验联合无创心排血量监测系统预测容量反应性的临床研究

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