

机械通气相关性肺损伤生物伤发生机制的研究进展

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【摘要】 机械通气作为治疗急性呼吸衰竭患者的一种高级生命支持手段,在稳定呼吸功能的同时,也作为损伤因素诱导或加重肺损伤,即机械通气相关性肺损伤(VILI)。VILI可能存在一种更微妙的损伤形式,这种损伤形式被称为“生物伤”。目前VILI生物伤的发生机制尚不明确。因此,本文从炎症反应、氧化应激、补体激活、血气屏障等方面总结了VILI生物伤的发生机制,以期为临床制定VILI生物伤的防治策略提供参考。

【关键词】 机械通气相关性肺损伤; 生物伤; 炎症反应; 氧化应激; 补体激活; 血气屏障

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Research progress on mechanism of biotrauma caused by ventilation-induced lung injury

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【Abstract】 Mechanical ventilation is an advanced life support treatment for patients with acute respiratory failure. While stabilizing respiratory function, it also acts as an injury factor to exacerbate or lead to lung injury, that is, ventilation-induced lung injury (VILI). There may be a more subtle form of damage to VILI known as "biotrauma". However, the mechanism of biotrauma in VILI is still unclear. This article intends to review the mechanism of biotrauma of VILI from the aspects of inflammatory response, oxidative stress and complement activation, in order to provide a new strategy for clinical prevention and treatment of biotrauma caused by VILI.

【Key words】 Ventilation-induced lung injury; Biotrauma; Inflammation response; Oxidative stress; Complement activation; Blood-gas barrier

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机械通气是治疗急性呼吸衰竭患者过程中重要的高级生命支持手段,在稳定患者呼吸功能的同时,也可以作为损伤因素参与肺损伤的发生发展,导致机械通气相关性肺损伤(ventilation-induced lung injury, VILI)^[1-2]。VILI的概念是基于当施加的机械应力导致肺部解剖结构发生机械破坏时引起的生物物理损伤,包括暴露于高充气跨肺压(气压伤)、肺泡过度扩张(容积伤)和(或)肺泡反复打开、关闭(剪切伤)。1998年, Tremblay 和 Slutsky^[3]提出,除直接的结构损伤外, VILI可能还存在一种更微妙的损伤形式,即“生物伤”,是对机械应力产生的生物反应,包括各种介质释放到肺中、白细胞在肺部募集及炎症过程的启动,引发局部和全身炎症反应,使损伤向肺外器官传播,最终导致多器官系统功能障碍,甚至死亡。目前已有大量文献报道了VILI生物伤的发生机制,现将相关研究进展进行综述。

1 VILI生物伤与炎症反应

1.1 促炎因子的释放: VILI的主要特征是促炎因子释放和

炎症信号通路激活。大潮气量通气时,机械应力通过对细胞的损伤或生物伤及机械传导间接损害肺部,使肺组织炎症介质表达增加,这些介质释放到体循环,在终末器官功能障碍中发挥作用^[4]。中性粒细胞、毛细血管内皮细胞、肺泡上皮细胞、肺泡巨噬细胞等均参与了VILI发生发展过程,活化的巨噬细胞是呼吸机诱导肺部炎症的关键因素,其分泌的白细胞介素(interleukins, IL-1 β 、IL-6)及肿瘤坏死因子- α (tumor necrosis factor- α , TNF- α) 在VILI的发生发展过程中发挥了重要作用^[5],三者协同作用,进一步增强炎症信号,诱发肺组织严重炎症反应。研究表明,大潮气量通气可能激活肺部NOD样受体蛋白3(NOD-like receptor protein 3, NLRP3)炎症小体,天冬氨酸特异性半胱氨酸蛋白酶1(caspase-1)裂解、成熟的IL-1、IL-18以及支气管肺泡灌洗液(bronchoalveolar lavage fluid, BALF)中IL-1 β 水平在通气后1h增加。NLRP3基因敲除一定程度上消除了机械拉伸对caspase-1的激活和IL-18、IL-1 β 的释放。因此,抑制NLRP3激活可能是预防

VILI的潜在靶点^[6]。此外,有研究者在轻中度急性呼吸窘迫综合征(acute respiratory distress syndrome, ARDS)动物模型中发现,低机械功率下,较大的潮气量可导致动脉血二氧化碳分压(arterial partial pressure of carbon dioxide, PaCO₂)和弥漫性肺泡损伤评分增加,也可导致与炎症、肺泡收缩、上皮细胞损伤和细胞外基质相关的媒介基因表达上调^[7]。当患者接受较高平台压的通气时,常发生呼吸衰竭,其特征是促炎标志物显著增加,肺顺应性、血压和氧合急剧下降;而地塞米松预处理可以减轻炎症反应^[8]。由此推测,大潮气量和过高肺泡压力的机械通气策略是促进VILI炎症发生发展的因素之一,机械通气引起的炎症对肺部的损害可能比机械应力的损害更严重。通过药物干预调节肺部炎症来控制和治疗VILI可能成为防治VILI的一种新策略。有研究表明,在VILI兔模型中,血红素加氧酶-1(heme oxygenase-1, HO-1)预处理可使中性粒细胞计数、TNF- α 、IL-8水平降低,BALF中IL-10水平升高^[9]。说明HO-1具有抗炎作用,HO-1及其生物活性产物可能通过调节炎症细胞和恢复促炎与抗炎介质平衡来下调机械刺激引起的肺部炎症反应。

1.2 核转录因子- κ B(nuclear factor- κ B, NF- κ B)信号通路:众所周知,VILI时NF- κ B信号通路被激活。NF- κ B广泛存在于哺乳动物细胞中,可被多种刺激因子诱导而迅速活化^[10]。NF- κ B信号通路被激活后参与TNF- α 、IL-6等炎症因子的表达,在VILI等炎症性疾病中发挥关键作用^[11]。Ye等^[12]研究发现,接受大潮气量通气4h的小鼠比自主呼吸及小潮气量通气小鼠表现出更严重的肺水肿和炎症,且内质网应激标志物表达增加;使用内质网应激与肌醇依赖性激酶1 α (inositol-requiring enzyme-1 α , IRE1 α)抑制剂可减轻肺组织病理损伤,下调内质网应激标志物和NF- κ B磷酸化水平,提示内质网应激通过IRE1 α /TNF受体相关因子2(TNF receptor associated factor 2, TRAF2)/NF- κ B信号通路参与到VILI中。Sun等^[13]在小鼠VILI模型中发现,使用人消退素D1(resolvin D1, RvD1)可以通过激活过氧化物酶体增殖物激活受体 γ (peroxisome proliferator-activated receptor γ , PPAR γ)抑制NF- κ B的活化,增加核因子E2相关因子2(nuclear factor E2-related factor 2, Nrf2)的表达,减轻炎症反应,但RvD1调节Nrf2和NF- κ B的确切机制仍有待于进一步明确。另一项研究报告,大潮气量通气持续6h可以使肺组织中NF- κ B抑制因子 α (inhibitory α of NF- κ B, I κ B α)的表达降低,I κ B α 和NF- κ B p65磷酸化水平增加,且NF- κ B从细胞质移位至细胞核,说明NF- κ B通路被激活;而经过6-姜酚预处理后,NF- κ B活化显著降低,PPAR γ 的表达增加,肺组织结构破坏及肺水肿明显改善,且有效减少了髓过氧化物酶(myeloperoxidase, MPO)释放,并抑制了炎症反应^[14]。人为敲除小鼠髓样细胞中的I κ B激酶 β 或IL-6基因,抑制NF- κ B信号通路下游,可改善大潮气量通气所致的IL-6、IL-1 β 、CXC趋化因子受体2(CXC chemokine receptor 2, CXCR2)和人巨噬细胞炎症蛋白2(macrophage-inflammatory protein-2, MIP-2)表达增加,从而减轻肺损伤^[15]。

1.3 Wnt/ β -连环蛋白(β -catenin)信号通路:Wnt信号通路广泛存在于动物体内,是一类高度保守的信号通路,可参与到VILI的发生发展中。Wnt信号通路主要包含3条路径,即经典通路(Wnt/ β -catenin通路)、Wnt钙离子通路和平面细胞极性(planar cell polarity, PCP)通路,其中Wnt/ β -catenin通路是最具特征性的Wnt信号通路^[16]。在肺损伤修复和组织再生过程中,Wnt信号通路被重新激活,发挥肺发育、维持细胞稳态等关键作用^[17]。Wnt信号通路通过与其他基因产物刺激组织重塑、细胞迁移、伤口闭合或组织移除和破坏,直接或间接刺激许多促炎细胞因子释放,参与炎症介导的肺破坏和增厚的透明膜形成^[18]。有研究表明,机械通气持续4h可提高健康大鼠肺组织Wnt5a蛋白和非磷酸化(苏氨酸和丝氨酸) β -catenin以及Wnt靶基因产物基质金属蛋白酶7(matrix metalloproteinase 7, MMP7)、细胞周期蛋白D1、血管内皮生长因子(vascular endothelial growth factor, VEGF)的表达^[19]。熊杰等^[20]研究发现,在盲肠结扎穿孔术(cecal ligation and puncture, CLP)诱导脓毒症急性肺损伤大鼠肺组织中有大量的 β -catenin表达,而Tankyrase抑制剂XAV939可抑制Wnt/ β -catenin信号通路,减轻肺损伤。此外,在受损的肺泡上皮细胞中, β -catenin表达量亦明显升高^[21]。Ding等^[22]在小鼠肺损伤模型中发现,肺内Wnt1诱导信号通道蛋白1(Wnt1 inducible signaling pathway protein 1, WISP1)和整合素 β 蛋白显著增加,使用抗WISP1和整合素 β 5抗体可缓解炎症反应及肺部渗透性改变。提示非经典Wnt信号通路同样参与到VILI中。

1.4 Toll样受体(Toll-like receptor, TLR):机械通气如何调节肺部炎症和损伤,以应对微生物产物或其他炎症性损伤,其机制之一可能是细胞损伤期间释放的其他损伤相关分子模式(damage associated molecular pattern, DAMP)介导TLR激活,从而产生炎症反应^[23]。TLR信号是一种潜在的常见炎症途径,可通过触发补体、巨噬细胞和中性粒细胞产生趋化因子或细胞因子,介导全身免疫反应,并将白细胞募集到炎症部位^[24]。Dai等^[25]研究发现,大潮气量通气增加了病原体相关分子模式(pathogen-associated molecular pattern, PAMP)前哨细胞TLR2、TLR4、TLR9以及髓样分化因子88(myeloid differentiation factor 88, MyD88)和NF- κ B的表达,提示TLR信号转导可能参与了VILI的发病机制。值得注意的是,Yu等^[26]还发现全基因敲除TLR4可减轻VILI。Huang等^[27]通过动物模型和体外实验表明,作为对机械通气压力的反应,TLR4可以通过激活NF- κ B/MyD88通路刺激促炎因子IL-1 β 和IL-6分泌;利用TLR4单克隆抗体mAb抑制TLR4信号可减轻通气诱导的肺水肿和损伤,减少通气诱导的促炎细胞因子分泌,降低通气诱导的NF- κ B活化,以及减弱TNF- α 诱导的NF- κ B和MyD88激活。因此,TLR4单克隆抗体具有治疗或预防VILI的潜在作用。

2 VILI生物伤与氧化应激

机械通气可引发氧化应激和炎症反应,导致VILI。在机械通气期间,存在白细胞、实质细胞、促氧化酶等多种潜在

的氧化剂产生。中性粒细胞释放自由基可促进炎症发生,并诱导一种超越抗氧化防御机制的促氧化状态^[28]。氧化应激水平与潮气量相关。Sun等^[29]发现,与自主呼吸对照组相比,低至8 mL/kg的潮气量通气足以使丙二醛(malondialdehyde, MDA)水平升高,而且潮气量为42 mL/kg的大鼠MDA水平最高;同时,抗氧化蛋白Nrf2和硫氧还蛋白1(sulfiredoxin 1, SRXN1)的表达也随着潮气量的增加而上调。说明潮气量越大,氧化应激和抗氧化反应越严重。Veskemaa等^[30]研究表明,叔丁基对苯二酚(tert-butylhydroquinone, tBHQ)通过激活Nrf2/抗氧化反应元件(antioxidant response element, ARE)通路加强了小鼠的肺氧化还原能力,上调了抗氧化基因表达,从而在机械通气前增加了肺细胞的抗氧化能力,预调节了肺部即将发生的氧化应激。Amatullah等^[31]研究表明,与野生型小鼠相比,DJ-1蛋白敲除小鼠的血红素加氧酶1(heme oxygenase-1, HO-1)以及氧化还原酶1 [NAD(P)H-quinine oxidoreductase 1, NQO1] mRNA表达降低,且Nrf2蛋白表达降低,促氧化剂表达增加,提示氧化还原状态受损,并证实DJ-1敲除细胞增加了Nrf2与Kelch样ECH关联蛋白1(Kelch like ECH associated protein 1, Keap1)结合;此外,一氧化氮合酶(nitric oxide synthase, NOS)和凋亡相关因子(factor related apoptosis, FAS)的mRNA表达增加也进一步支持DJ-1在肺炎症和细胞死亡中具有保护作用。更有研究者发现,脂蛋白A4可以使肺组织中诱导型一氧化氮合酶(inducible nitric oxide synthase, iNOS)、烟酰胺腺嘌呤二核苷酸(nicotinamide adenine dinucleotide, NADH)活性和MDA水平降低;与氧化剂作用相反,脂毒素A4显著增加了重要的抗氧化物质超氧化物歧化酶(superoxide dismutase, SOD)和环磷酸鸟苷(cyclic guanosine monophosphate, cGMP)的活性^[32]。这些结果表明,增加机体抗氧化能力可有效缓解VILI生物伤。

3 VILI生物伤与补体激活

Takahashi等^[33]研究表明,补体系统激活与VILI有关。大潮气量通气小鼠BALF中凝血酶、明胶/胶原酶和MMP活性升高,补体C3被激活;使用人源化眼镜蛇毒因子(human cobra venom factor, HCVF)在机械通气期间灭活肺组织中的补体C3,可减少补体C3沉积,缓解肺损伤。补体C3激活后,补体级联通过经典、替代和甘露糖结合凝集素途径被激活。de Beer等^[34]利用大鼠二次打击模型进一步研究了补体系统经典通路的作用,结果显示,与自主呼吸及小潮气量联合呼气末正压(positive end-expiratory pressure, PEEP)通气大鼠相比,在没有PEEP情况下使用高流量通气的VILI大鼠BALF及血清补体C4b/c水平显著增加,补体系统被激活。但Petersen等^[35]发现,单剂量补体C1抑制因子(complement 1 inhibitor, C1INH)预处理对VILI啮齿动物模型全身补体激活、肺气体交换或肺组织损伤无明显影响。这可能是由于单次剂量太小而不能起作用,也可能指向补体系统的替代途径。总之,补体激活可能参与了VILI的发病机制。

4 VILI生物伤与血气屏障功能

机械通气本身可能会对已经受损的肺泡血气屏障造成

进一步损害,上皮损伤和血气屏障破坏可能表现为由于细胞间紧密连接破坏而在上皮细胞之间出现间隙,或由于细胞坏死而在上皮细胞中留下空位。VEGF/血管内皮细胞生长因子受体-2(vascular endothelial growth factor receptor-2, VEGFR-2)作为导致屏障破坏的重要信号通路,在从生理上和病理上调节血管屏障功能方面发挥着不可或缺的作用,如ARDS患者血浆中VEGF水平较高,而BALF中VEGF水平较低^[36]。Wang等^[37]研究发现,乙胺嘧啶可抑制信号转导及转录激活因子3(signal transducer and activator of transcription 3, STAT3)依赖性转录,显著降低小鼠和人类内皮细胞中VEGF诱导的血管通透性。1-磷酸鞘氨醇(sphingosine-1-phosphate, S1P)作为保护屏障的上游蛋白,与其受体之间的相互作用不仅负责内皮细胞中肌动蛋白的重排,而且还负责血小板内皮细胞黏附分子-1(platelet endothelial cell adhesion molecule-1, PECAM-1)和血管内皮钙黏蛋白等表面分子的表达,这些分子对于细胞黏附和细胞间接触至关重要。S1P1的长期下调可导致内皮细胞上PECAM-1和血管内皮钙黏蛋白的表达减少,通过影响细胞-细胞相互作用增强内皮细胞屏障^[38]。机械通气可通过拉伸内皮细胞和上皮细胞诱导血管渗漏而引发炎症反应^[39]。Sammani等^[40]研究发现,静脉或气管内使用生理浓度的S1P和S1P1激动剂SEW2871(0.3 mg/kg)能够降低肺组织的通透性和炎症反应;而在气管内大剂量给药时则可诱导肺水肿,并导致蛋白质水平升高,引起屏障破坏。因此,S1P信号转导和代谢可能是治疗炎症及促进屏障稳定性的一个有价值的靶点,利弊取决于剂量。血管内皮钙黏蛋白作为上皮细胞中细胞间连接的主要黏附分子,定位于连接上皮细胞的外侧,是细胞间机械信号转导的主要功能结构。由此推测,BALF中血管内皮钙黏蛋白水平上调是上皮细胞损伤和屏障连接破坏的直接指标^[41]。此外,血气屏障还包括连续的肺泡上皮细胞,肺泡必须通过固有的稳定因素防止过度扩张和塌陷。表面活性物质是II型肺泡上皮细胞分泌的产物,以生物物理活性薄膜和连续膜的形式覆盖肺泡上皮,即使是在低肺容量下,表面活性物质的表面张力降低特性也能使肺泡及气体交换表面积保持稳定,以防止应力集中,并最大程度地减少作用于非常薄且脆弱的气血屏障的机械应力^[42]。研究表明,博莱霉素可导致II型肺泡上皮细胞超微结构异常,肺组织中相对分子质量为16 000的表面活性剂蛋白C前体蛋白(prosurfactant protein C, proSP-C)水平降低,1 cmH₂O(1 cmH₂O≈0.098 kPa)PEEP的机械通气加重了肺泡间隔内的间质异常,进一步导致血气屏障增厚^[43]。另外,细胞骨架元件、缺血期间血流变化等因素也可能导致屏障失调。

5 总结

通过从炎症反应、氧化应激、补体激活及血气屏障等方面对VILI生物伤的发生机制进行归纳总结后发现,VILI最终造成生物伤的发病机制及防治方法还有待进一步探索,从而为临床制定VILI防治策略提供参考。

利益冲突 所有作者均声明不存在利益冲突

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