

## • 论著 •

# 急诊心肺复苏患者临床分析及院内自主循环恢复预测模型的建立

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**【摘要】目的**筛选院内心肺复苏(CPR)患者自主循环恢复(ROSC)的独立影响因素并建立预测模型,探讨其临床价值。**方法**采用回顾性病例对照研究方法,收集2023年1月至7月空军军医大学唐都医院急诊科收治并实施CPR的心搏骤停患者的临床资料,包括一般资料、血生化指标、心搏骤停主要原因、是否为可除颤心律、入院至CPR时间、是否实现ROSC等。比较是否实现ROSC两组患者的临床资料;采用二元多因素Logistic回归分析筛选出院内CPR患者ROSC的独立影响因素,并根据上述影响因素建立ROSC预测模型;绘制受试者工作特征曲线(ROC曲线),评估该模型对ROSC的预测价值。**结果**共235例患者在急诊科接受CPR,其中院内CPR 153例(占65.11%),院外CPR 82例(占34.89%);ROSC比例为30.21%(71/235)。所有患者中,以年龄为61~80岁人群居多[占40.43%(95/235)],且心源性疾病为心搏骤停的主要原因[32.77%(77/235)]。153例院内CPR患者中,非ROSC 89例,ROSC 64例,ROSC比例为41.83%;与非ROSC组比较,ROSC组患者血乳酸(Lac)、N末端脑钠肽前体(NT-proBNP)、Lac/白蛋白(Alb)比值(LAR)及非可除颤心律比例更低[Lac(mmol/L):5.50(2.33,9.65)比7.10(3.50,13.35),NT-proBNP(μg/L):0.87(0.20,8.68)比3.00(0.58,20.17),LAR:0.14(0.07,0.29)比0.19(0.10,0.43),非可除颤心律比例:68.75%(44/64)比93.26%(83/89)],实际碱剩余(ABE)、Alb更高[ABE(mmol/L):-3.95(-12.75,0.23)比-7.50(-13.50,-3.35),Alb(g/L):38.13±7.03比34.09±7.81],入院至CPR时间更短[h:3.25(1.00,14.00)比8.00(2.00,27.50)],差异均有统计学意义(均P<0.05)。二元多因素Logistic回归分析显示,LAR[优势比(OR)=0.037,95%可信区间(95%CI)为0.005~0.287]、非可除颤心律(OR=0.145,95%CI为0.049~0.426)、入院至CPR时间(OR=0.984,95%CI为0.972~0.997)是院内CPR患者ROSC的独立影响因素(均P<0.05);根据以上影响因素构建ROSC预测模型,ROC曲线分析显示,该模型预测院内CPR患者ROSC的ROC曲线下面积(AUC)为0.757(95%CI为0.680~0.834),约登指数为0.429,敏感度为76.6%,特异度为66.3%。**结论**LAR、非可除颤心律和入院至CPR时间是院内CPR患者ROSC的独立影响因素;根据上述影响因素构建的ROSC预测模型对于院内CPR患者ROSC具有良好的预测价值,能指导临床医生及早通过相关指标评估患者预后。

**【关键词】**心搏骤停;院内心肺复苏;自主循环恢复

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**Clinical analysis of patients with cardiopulmonary resuscitation in emergency department and establishment of prediction model of restoration of spontaneous circulation in hospital**

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**【Abstract】Objective** To screen the independent influencing factors of restoration of spontaneous circulation (ROSC) in patients after cardiopulmonary resuscitation (CPR) and establish a predictive model, and explore its clinical value. **Methods** A retrospective case control study was conducted. The clinical data of cardiac arrest patients admitted to the emergency department of Tangdu Hospital of Air Force Military Medical University and received CPR from January to July 2023 were analyzed, including general information, blood biochemical indicators, main cause of cardiac arrest, whether it was defibrillation rhythm, duration from admission to CPR, and whether ROSC was achieved. The clinical data between the patients whether achieved ROSC or not were compared. The binary multivariate Logistic regression analysis was used to screen the independent influencing factors of ROSC in in-hospital CPR patients. According to the above influencing factors, the ROSC prediction model was established, and the receiver operator characteristic curve (ROC curve) was drawn to evaluate the predictive value of the model for ROSC. **Results** A total of 235 patients who received CPR in the emergency department were enrolled, including 153 cases (65.11%) of in-hospital CPR and 82 cases (34.89%) of out-of-hospital CPR. The ROSC ratio was 30.21% (71/235). Among all patients, the majority were aged 61–80 years [40.43% (95/235)], and cardiogenic disease was the main cause of cardiac arrest [32.77% (77/235)]. Among 153 patients with in-hospital CPR, 89 were non-ROSC and 64 were ROSC with ROSC rate of 41.83%. Compared with the non-ROSC group, the patients in the ROSC group had lower blood lactic acid (Lac), N-terminal pro-brain natriuretic peptide (NT-proBNP), Lac/albumin (Alb) ratio (LAR), and ratio of non-defibrillation rhythm [Lac (mmol/L): 5.50 (2.33,

9.65) vs. 7.10 (3.50, 13.35), NT-proBNP ( $\mu\text{g/L}$ ): 0.87 (0.20, 8.68) vs. 3.00 (0.58, 20.17), LAR: 0.14 (0.07, 0.29) vs. 0.19 (0.10, 0.43), non-defibrillation rhythm ratio: 68.75% (44/64) vs. 93.26% (83/89)], higher actual base excess (ABE) and Alb [ABE (mmol/L): -3.95 (-12.75, 0.23) vs. -7.50 (-13.50, -3.35), Alb (g/L):  $38.13 \pm 7.03$  vs.  $34.09 \pm 7.81$ ], and shorter duration from admission to CPR [hours: 3.25 (1.00, 14.00) vs. 8.00 (2.00, 27.50)], the differences were statistically significant (all  $P < 0.05$ ). Binary multivariate Logistic regression analysis showed that LAR [odds ratio ( $OR$ ) = 0.037, 95% confidence interval (95%CI) was 0.005–0.287], non-defibrillation rhythm ( $OR = 0.145$ , 95%CI was 0.049–0.426), and duration from admission to CPR ( $OR = 0.984$ , 95%CI was 0.972–0.997) were independent influencing factors for ROSC in hospitalized CPR patients (all  $P < 0.05$ ). Based on the above influencing factors, a ROSC prediction model was constructed through regression analysis results. The ROC curve analysis showed that the area under the ROC curve (AUC) for predicting ROSC in in-hospital CPR patients was 0.757 (95%CI was 0.680–0.834), Yoden index was 0.429, sensitivity was 76.6%, and specificity was 66.3%. **Conclusions** LAR, non-defibrillation rhythm and duration from admission to CPR were independent influencing factors for ROSC in patients with in-hospital CPR. The ROSC prediction model established based on the above influencing factors has a good predictive value for ROSC of CPR patients in hospital, and can guide clinicians to evaluate the prognosis of patients through relevant indicators as early as possible.

**【Key words】** Cardiac arrest; Cardiopulmonary resuscitation in hospital; Restoration of spontaneous circulation

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心肺复苏(cardiopulmonary resuscitation, CPR)是抢救心搏骤停患者的重要措施,主要包括常规标准CPR及体外心肺复苏(extracorporeal cardiopulmonary resuscitation, ECPR)。近40年来,我国院外心搏骤停10 min内常规CPR成功率约为9.06%<sup>[1]</sup>。丹麦一项调查研究结果显示,8 727例院内CPR患者中有53.1%实现自主循环恢复(restoration of spontaneous circulation, ROSC)<sup>[2]</sup>,但仍可出现不同程度神经功能紊乱,且标准CPR较ECPR更严重<sup>[3]</sup>。我国学者推荐心搏骤停最初10 min内是接受治疗的关键时刻<sup>[1, 4]</sup>。心搏骤停患者如能得到早期预测和干预,则可能使ROSC概率增加。Imamura等<sup>[5]</sup>基于CPR患者临床参数导出了一个可预估病死率的方程,并得出血pH值、血乳酸(blood lactic acid, Lac)、心搏骤停时间、格拉斯哥昏迷评分(Glasgow coma scale, GCS)、初始心室纤颤、性别等对30 d死亡具有预测价值的结论。本研究基于我国CPR现状,获取CPR患者易提取的临床参数进行分析,并对ROSC进行预测,以期指导制定患者进一步治疗方案。

## 1 资料与方法

**1.1 研究对象:**采用回顾性病例对照研究方法,收集2023年1月至7月本院急诊科收治的年龄>16岁的CPR患者的临床资料;排除入院时已恢复自主循环或资料不全者。

**1.2 资料收集:**收集患者的一般资料[性别、年龄、休克指数,休克指数=心率(heart rate, HR)/收缩压(systolic blood pressure, SBP)]、入院时的血生化指标[实际碱剩余(actual base excess, ABE)、Lac、N末端脑钠肽前体(N-terminal pro-brain natriuretic peptide, NT-proBNP)、肾小球滤过率(glomerular filtration rate, GFR)、血糖、血K<sup>+</sup>、白蛋白(albumin, Alb)、Lac/Alb

比值(Lac/Alb ratio, LAR),以及心搏骤停主要原因、是否为可除颤心律、入院至CPR时间、最终是否实现ROSC]。

**1.3 统计学方法:**应用SPSS 26.0软件处理数据。连续性资料若符合正态分布则以均数±标准差( $\bar{x} \pm s$ )表示,两组间比较采用t检验;若为非正态分布则以中位数(四分位数)[ $M(Q_L, Q_U)$ ]表示,两组间比较采用非参数检验。计数资料以频数(%)表示,两组间比较采用 $\chi^2$ 检验。采用二元多因素Logistic回归分析筛选院内CPR患者ROSC的独立影响因素,绘制列线图;绘制受试者工作特征曲线(receiver operator characteristic curve, ROC曲线),分析各项影响因素对ROSC的预测价值。 $P < 0.05$ 为差异有统计学意义。

## 2 结果

**2.1 一般资料:**235例CPR患者入选,男性153例,女性82例;年龄( $60.60 \pm 17.73$ )岁,以61~80岁人群较集中(图1);前3位心搏骤停原因依次为心源性疾病、呼吸系统疾病、脑源性疾病(图2)。院内CPR 153例(占65.11%),院外CPR 82例(占34.89%);最终实现ROSC 71例(占30.21%)。

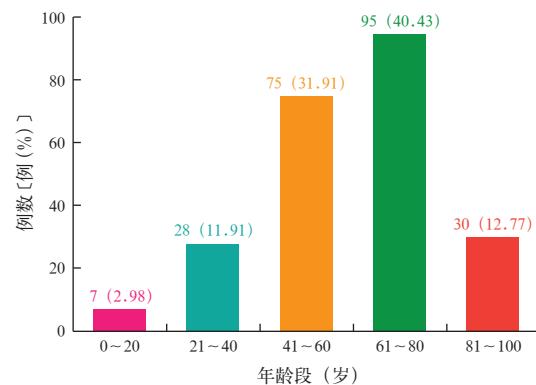


图1 235例外心肺复苏患者年龄段分布

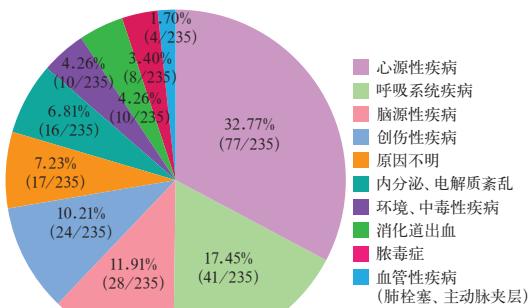


图2 235例心肺复苏患者心搏骤停原因分布

**2.2** 是否实现 ROSC 两组患者临床资料比较(表1):153例院内 CPR 患者中,ROSC 64例(41.83%),非 ROSC 89例(58.17%);与非 ROSC 组比较,ROSC 组患者 Lac、NT-proBNP、LAR、非可除颤心律比例更低,ABE、Alb 更高,入院至 CPR 时间更短(均  $P < 0.05$ )。

表1 是否实现 ROSC 两组院内 CPR 患者临床资料比较

指标	非 ROSC 组 (n=89)	ROSC 组 (n=64)	$\chi^2/Z$	P 值
男性[例(%)]	56(62.92)	40(62.50)	0.003	0.958
年龄[岁, $M(Q_L, Q_U)$ ]	60.00 (51.50, 72.00)	63.00 (46.75, 72.75)	0.142	0.887
休克指数 [ $M(Q_L, Q_U)$ ]	1.10(0.79, 2.00)	1.00(0.66, 2.00)	-0.923	0.356
ABE [mmol/L, $M(Q_L, Q_U)$ ]	-7.50 (-13.50, -3.35)	-3.95 (-12.75, 0.23)	-2.395	0.017
Lac [mmol/L, $M(Q_L, Q_U)$ ]	7.10(3.50, 13.35)	5.50(2.33, 9.65)	-1.985	0.047
NT-proBNP [ $\mu\text{g/L}$ , $M(Q_L, Q_U)$ ]	3.00 (0.58, 20.17)	0.87 (0.20, 8.68)	-2.162	0.031
GFR [ $\text{mL} \cdot \text{min}^{-1} \cdot 1.73 \text{ m}^{-2}$ , $M(Q_L, Q_U)$ ]	61.47 (28.90, 91.38)	74.88 (42.90, 99.16)	-1.319	0.187
血糖 [mmol/L, $M(Q_L, Q_U)$ ]	10.85(7.17, 15.14)	10.16(7.45, 16.07)	-0.200	0.842
血 K <sup>+</sup> [mmol/L, $M(Q_L, Q_U)$ ]	3.88(3.38, 4.47)	3.84(3.40, 4.33)	-0.355	0.723
Alb (g/L, $\bar{x} \pm s$ )	34.09 $\pm$ 7.81	38.13 $\pm$ 7.03	-3.177	0.001
LAR [ $M(Q_L, Q_U)$ ]	0.19(0.10, 0.43)	0.14(0.07, 0.29)	-2.493	0.012
非可除颤心律[例(%)]	83(93.26)	44(68.75)	15.853	<0.001
入院至 CPR 时间 [h, $M(Q_L, Q_U)$ ]	8.00 (2.00, 27.50)	3.25 (1.00, 14.00)	-3.193	0.001

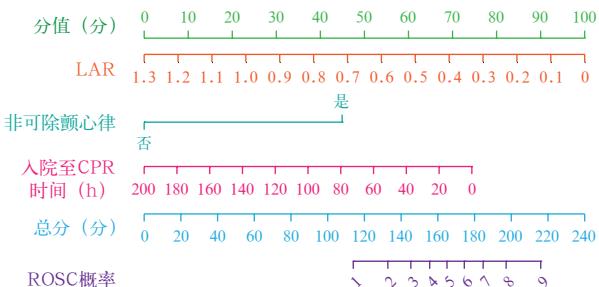
注:ROSC 为自主循环恢复,CPR 为心肺复苏,ABE 为实际碱剩余,Lac 为血乳酸,NT-proBNP 为 N 末端脑钠肽前体,GFR 为肾小球滤过率,Alb 为白蛋白,LAR 为 Lac/Alb 比值

**2.3** 二元多因素 Logistic 回归分析(表2;图3):LAR、非可除颤心律和入院至 CPR 时间是院内 CPR 患者 ROSC 的独立影响因素(均  $P < 0.05$ )。

表2 院内 CPR 患者 ROSC 独立影响因素的二元多因素 Logistic 回归分析

指标	$\beta$ 值	$s_{\beta}$	P 值	OR 值	95%CI
LAR	-0.331	9.891	0.002	0.037	0.005 ~ 0.287
非可除颤心律	-1.934	12.310	<0.001	0.145	0.049 ~ 0.426
入院至 CPR 时间	-0.016	6.109	0.013	0.984	0.972 ~ 0.997

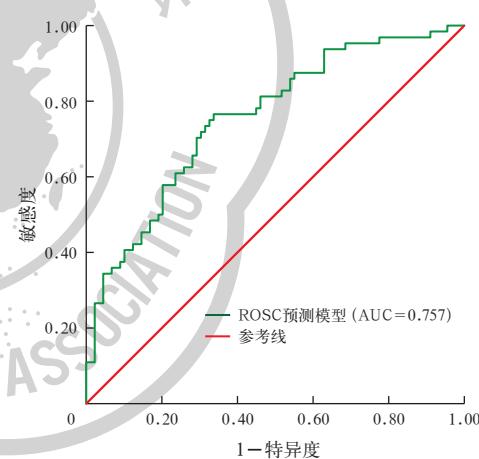
注:CPR 为心肺复苏,ROSC 为自主循环恢复,LAR 为血乳酸/白蛋白比值,OR 为优势比,95%CI 为 95% 可信区间



注: CPR 为心肺复苏, ROSC 为自主循环恢复,  
LAR 为血乳酸/白蛋白比值

图3 预测院内 CPR 患者 ROSC 的列线图

**2.4** ROC 曲线分析(图4):根据多因素回归分析结果构建 ROSC 预测模型,该模型预测院内 CPR 患者 ROSC 的 ROC 曲线下面积(area under the ROC curve, AUC)为 0.757[95% 可信区间(95% confidence interval, 95%CI)为 0.680 ~ 0.834],约登指数为 0.429,敏感度为 76.6%,特异度为 66.3%。



注: 自主循环恢复 (ROSC) 预测模型包括血乳酸/白蛋白比值、非可除颤心律、入院至心肺复苏 (CPR) 时间 3 项指标;  
ROC 曲线为受试者工作特征曲线, AUC 为 ROC 曲线下面积

图4 ROSC 预测模型预测院内 CPR 患者 ROSC 的 ROC 曲线

### 3 讨论

CPR 的目的是恢复患者自主呼吸及循环,尽可能保护神经功能,最大程度减少终末器官损伤和功能障碍<sup>[6]</sup>。研究表明,年龄、心搏骤停原因、复苏初始心律、旁观者 CPR、复苏时间、除颤及气管插管、肾上腺素开始使用时间等因素可显著影响 CPR 成功率<sup>[2, 7-9]</sup>。在心搏骤停的“铂金 10 min”内,CPR 实施越早,患者预后越好<sup>[4]</sup>。本研究纳入的院内 CPR 患者心搏骤停时立即实施 CPR,并在 CPR 前或 CPR 时进行气管插管,尽可能减小 CPR 开始时间及气管插管时间对预后的影响。我国一项纳入 2 005 例 CPR 患者的研究表明,与徒手 CPR 比较,在 CPR 早

期及时实施徒手胸外心脏按压联合机械胸外心脏按压的模式可提高复苏患者 ROSC 率<sup>[10]</sup>。本研究中所有院内 CPR 患者均采用此模式进行胸外心脏按压。

本研究收集了院内 CPR 患者入院时一般资料、血气分析、肝肾功能及复苏情况,间接或直接反映了患者临床特征及呼吸、心、肝、肾功能,结果显示,非 ROSC 与 ROSC 患者 ABE、Lac、NF-proBNP、Alb、非可除颤心律比例、入院至 CPR 时间差异均有统计学意义。一项针对院外心搏骤停患者急诊科 CPR 的 ROSC 预测模型研究表明,CPR 开始后,快速血气分析中 Lac、血 K<sup>+</sup>、葡萄糖水平是 ROSC 预测因素<sup>[11]</sup>,可能与组织缺血缺氧、细胞损伤和应激性高血糖有关。国外一项针对急诊科人群的回顾性研究表明,修正休克指数>1.7 可预测患者入院风险和住院病死率<sup>[12]</sup>;但本研究中休克指数在非 ROSC 与 ROSC 患者差异无统计学意义,考虑与本研究纳入指标为休克指数,且所针对的人群为院内 CPR 患者有关,后续可应用大样本数据对修正休克指数与 ROSC 的关系进行验证。在心搏骤停时,线粒体氧化磷酸化停止,厌氧条件下细胞内酸性物质(Lac、丙酮酸、H<sup>+</sup>)堆积,CPR 时缺血/再灌注损伤使细胞处于氧化应激状态,多种机制参与的氧化还原介导了心肌细胞程序性死亡<sup>[13]</sup>。Lac 可反映心搏骤停患者机体缺血、缺氧等,而 Alb 具有抗炎、抗氧化作用,能间接反映患者营养状况和肝肾功能,是危重患者常监测的指标之一。LAR 可预测院内外心搏骤停患者的临床预后,较单一 Lac 或 Alb 的预测价值更高<sup>[14-15]</sup>。因此,本研究也纳入 LAR 对 ROSC 进行预测,二元多因素 Logistic 回归分析显示,LAR、非可除颤心律、入院至 CPR 时间是 ROSC 的独立影响因素,并根据上述因素建立了 ROSC 预测模型;ROC 曲线分析显示,该模型预测 ROSC 的 AUC 为 0.757。

本研究中 ABE、NF-proBNP 在 ROSC 与非 ROSC 患者间差异有统计学意义,但对 ROSC 无预测作用,考虑 ABE 受患者呼吸及代谢情况影响,在 CPR 前或 CPR 过程中经气道管理后可部分改善。NF-proBNP 作为心力衰竭的诊断工具,对心力衰竭住院患者死亡具有预测价值<sup>[16]</sup>。在 CPR 过程中,心肌细胞除缺血/再灌注损伤及心脏受到的钝性损伤外,也会导致 NF-proBNP 升高<sup>[17]</sup>,虽然本研究显示其对 ROSC 无预测作用,但可能对 ROSC 后生存时间有影响。

综上所述,本研究急诊 CPR 患者中,心源性疾病为心搏骤停的主要病因,61~80 岁患者心搏骤停

风险最高;LAR、入院至 CPR 时间、CPR 时是否为可除颤心律对院内 CPR 患者 ROSC 具有预测价值。但本研究为单中心、小样本研究,后续期待多中心、大样本数据进行补充,以完善对院内心搏骤停风险及 ROSC 的预测,及早识别危重患者并判断其预后。

**利益冲突** 所有作者均声明不存在利益冲突

## 参考文献

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