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SnapShot Assist 方案和参数优化下的冠状动脉 CT 血管成像 *

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摘要 目的: 探讨运用 SnapShot Assist 软件不同方案和参数优化下, 对冠状动脉 CT 血管成像 (Coronary Computed Tomographic Angiography, CCTA) 的图像质量和辐射剂量的影响。**方法:** 98 例患者采用 SnapShot Assist 进行自动分组行 CCTA: A 组 (n=41, eBMI<23) 80 kVp/700 mA 成像, B 组 (n=38, 23≤ eBMI<28) 100 kVp/650 mA 成像和 C 组 (n=19, eBMI≥ 28) 120 kVp/650 mA 成像。每一组又分为前瞻性门控轴向扫描模式(心率≤ 65 次/分钟)和回顾性门控螺旋扫描模式(心率>65 次/分钟)两个亚组。30 例未采用 SnapShot Assist 软件的常规回顾性心电门控螺旋扫描模式 CCTA 患者为对照组。分析比较各组图像质量主观评分、对比噪声比(Contrast-to-Noise Ratio, CNR)、信噪比(Signal-to-Noise Ratio, SNR)和胸壁皮下脂肪的密度标准差(Standard Deviation, SD)、CT 容积剂量指数(volume CT Dose Index, CTDIvol)和有效辐射剂量(Effective Dose, ED)。**结果:** (1) A、B 和 C 组内前瞻性心电门控扫描模式图像质量主观评分均值高于回顾性心电门控扫描模式, 但差异无统计学意义($P>0.05$)。实验组图像质量评分与对照组无明显差异($P>0.05$)。(2) 与对照组相比, A、B 和 C 组 CTDIvol、ED 均显著降低($P<0.05$), 其中辐射剂量平均下降 63%。A、B 和 C 组中, 前瞻性心电门控轴向扫描均比回顾性心电门控螺旋扫描的 CTDIvol、ED 明显降低($P<0.05$)。**结论:** SnapShot Assist 对患者进行个性化方案选择下的 CCTA, 在不降低图像质量的同时有效减少了辐射剂量。

关键词: CT; 心脏冠脉成像; SnapShot Assist 软件; 辐射剂量

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Coronary Computed Tomographic Angiography with Optimized Protocol and Parameter by Snapshot Assist *

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ABSTRACT Objective: To study effect of different optimized protocol and parameter with SnapShot Assist on the image quality and radiation dose of coronary computed tomographic angiography (CCTA). **Methods:** Ninety-eight patients underwent CCTA using a GE gemstone multidetector CT system were divided automatically into three groups by SnapShot Assist software according to their eBMI: group A (n=41, eBMI <23), group B (n=38, 23 ≤ eBMI <28) and group C (n=19, eBMI ≥ 28). These three group were performed CCTA with parameters of 80 kVp/700 mA, 100 kVp/650 mA and 120 kVp/650mA, respectively. Each group was subdivided into prospectively electrocardiogram-gated axial scan mode (Cases' heart rate ≤ 65 times/minute) and retrospectively electrocardiogram-gated spiral scan mode (Cases' heart rate >65 times/min). The control group was enrolled 30 patients whom underwent CCTA with retrospectively electrocardiogram-gated spiral scan mode without SnapShot Assist. Then, we analyzed and compared subjective scores of image quality, contrast-to-noise ratio (CNR), signal-to-noise ratio (SNR), and standard deviation (SD) of subcutaneous fat, volume CT dose index (CTDIvol) and effective dose (ED) in different group. **Results:** (1) In the group A, B, and C, the subjective score of the image quality with prospectively electrocardiogram-gated axial scan mode was higher than those of the retrospectively electrocardiogram-gated spiral scan mode, respectively, but the difference was not statistically significant ($P>0.05$). There was no significant difference in the subjective score of the image quality between the experimental group (with SnapShot Assist) and the control group (without SnapShot Assist) ($P>0.05$). (2) Compared with the control group, CTDIvol and ED were significantly lower in the group A, B, and C, respectively ($P<0.05$), and approximate 63 % radiation dose reduction acquired by using SnapShot Assist technique. In the group A, B, and C, CTDIvol and ED of prospectively electrocardiogram-gated axial scan mode were significantly lower than those of the retrospectively electrocardiogram-gated spiral scan mode ($P<0.05$). **Conclusion:** CCTA under the personalized selection protocol with SnapShot Assist can reduce the radiation dose without effecting the image quality.

Key words: X-ray computed tomography; Coronary computed tomographic angiography (CCTA); SnapShot Assist software;

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前言

冠状动脉 CT 血管成像 (Coronary Computed Tomography Angiograph, CCTA) 技术经过十多年的发展和临床应用已成为一项较成熟的和常规的冠状动脉病变检查方法之一^[1-9]。与其它血管成像技术相比, CCTA 技术具有原理较复杂、操作难度较高、操作技术人员要求较高、心脏运动的影响扫描成功率等特点^[1, 3-5, 9, 10]。随着心血管类疾病的不断增加和高危人群体检需求的增加, 以及当前要求高效的医疗环境实际, 通过优化扫描流程、降低技术门槛、减轻医技负担, 让高科技更加方便、快捷、有效的应用到临床, 服务于广大的病患成为医疗工作者和医疗设备生产厂家都关注的焦点。本文通过比较我院运用 GE 公司 SnapShot Assist 个性化选择冠脉扫描相关技术和参数, 探讨了其在 CCTA 成像中的优化合理应用。

1 材料与方法

1.1 研究对象

我院 2014 年 2 月至 2014 年 4 月间 98 例临床疑似冠心病行 CCTA 检查患者, 男性 56 例, 女性 42 例, 年龄 35 岁~85 岁, 平均 60.6 岁。98 例患者采用 SnapShot Assist 进行自动分组: A 组 (n=41, eBMI<23), B 组 (n=38, 23≤ eBMI<28) 和 C 组 (n=19, eBMI≥ 28)。每一组中又分为前瞻性心电门控轴向扫描模式 (心率≤ 65 次/分钟) 和回顾性心电门控螺旋扫描模式 (心率>65 次/分钟) 两个亚组。同时收集同期在我院行 CCTA 检查的患者 30 例 (男性 16 例, 女性 14 例, 年龄 27 岁~86 岁, 平均 60.2 岁) 为对照组, 未采用 SnapShot Assist 软件进行方案及参数优化, 采用常规回顾性门控螺旋扫描模式 CCTA 成像。

1.2 仪器及扫描方案

CCTA 成像运用 Discovery™ CT750 HD 扫描系统 (GE 公司, 美国), 所用患者均采用非离子型碘对比剂 (碘海醇), 剂量为 1.5 mL/kg, 370 mg I/mL, 自肘静脉注射, 注射速率为 4-5 mL/s。扫描参数: 球管旋转一周 0.35 s, 螺旋比 0.2-0.24, 层厚 0.625 mm。采用固定 kVp 和智能 mA 技术, 设定 mA 最高限值: A 组: 80 kVp/700 mA; B 组: 100 kVp/650 mA; C 组: 120 kVp/650 mA。前瞻性心电门控轴向扫描模式采用 SnapShot Pulse。所有扫描均采用 50 % 自适应统计迭代重建 (Adaptive

Statistical iterative Reconstruction, ASiR)。

1.3 图像后处理

所有患者的冠状动脉原始图像均传输至 GE 公司的 Advantage Workstation 4.6 (AW 4.6) 工作站进行重建及影像质量评估。回顾性门控螺旋扫描图像均按照 75 %、45 % 及 50 % R-R 间期时相进行重建。当这三个时相重建影像质量不佳时, 采用 SnapShot Freeze 技术进行后处理重建, 筛选图像最佳者用于图像质量评价。

1.4 数据分析

所有冠脉图像质量按 5 分法进行主观评价^[12], 由两位具有高年资心血管影像诊断经验的医师进行。评分采用双盲法, 若评判结果不一致, 则经共同讨论后得到一致结果。测量所有患者冠状动脉左主干 (Left Main stem, LM) 和右冠状动脉 (Right Coronary Artery, RCA) 起始处的 CT 值, 信噪比 (Signal-to-Noise Ratio, SNR), 对比噪声比 (Contrast-to-Noise Ratio, CNR)。测量胸壁皮下脂肪的密度标准差 (Standard Deviation, SD) 作为图像噪声值。记录每位患者 CT 容积剂量指数 (volume CT Dose Index, CTDIvol) 和剂量长度乘积 (Dose Length Product, DLP)。通过 DLP 计算每位患者的有效辐射剂量 (Effective Dose, ED): $ED = DLP \times k$ [k 为胸部权重指数, $k = 0.014 \text{ mSv}/(\text{mGy} \cdot \text{cm})$]^[11]。

1.5 统计学分析

采用 SPSS19.0 统计软件, 各组图像质量主观评分、脂肪 SD、CNR、SNR、CTDIvol、ED 比较采用单因素方差分析进行成组设计多个样本均数的比较, 组间两两比较采用 Student t 检验。 $P < 0.05$ 表示差异具有统计学差异。

2 结果

2.1 不同组的图像质量主观评分比较结果

采用 SnapShot Assist 软件自动分组后, 图像质量主观评分各亚组与对照组比较均无统计学差异 ($P > 0.05$, 见表 1)。A、B 及 C 组内前瞻性心电门控扫描模式图像质量主观评分均值高于回顾性心电门控扫描模式, 但差异无统计学意义 ($P > 0.05$, 见表 1、图 1)。

2.2 不同组图像 SNR、CNR 及脂肪 SD 值间比较结果

同一组患者, 无论前瞻性心电门控扫描和回顾性心电门控扫描, LM 和 RCA 的 CNR、SNR 平均值差异无统计学意义

表 1 不同组的图像质量主观评分比较结果

Table 1 Comparison of subjective image quality evaluation in different group

Group	n	Image quality evaluation score	
		Prospectively electrocardiogram-gated axial scan mode	Retrospectively electrocardiogram-gated spiral scan mode
A group	41	4.4± 0.8	3.7± 0.7
B group	38	4.5± 0.8	4.0± 0.6
C group	19	4.0± 0.9	3.9± 0.7
Control group	30	4.3± 0.7	

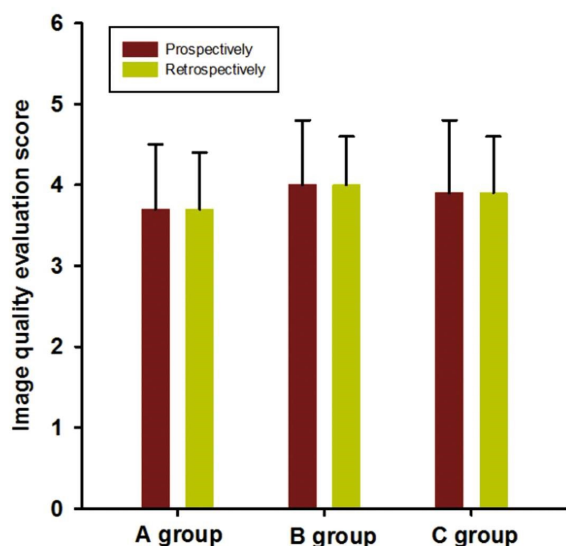


图1 不同组前瞻性心电门控扫描模式和回顾性心电门控扫描模式图像质量主观评分比较

Fig.1 Comparison of subjective image quality evaluation score with prospectively electrocardiogram-gated axial scan mode and retrospectively electrocardiogram-gated spiral scan mode in different group

($P>0.05$, 表 2、3)。不同组间的 CNR、SNR 和脂肪 SD 值比较 (A、B、C 组每组所有前瞻性心电门控扫描和回顾性心电门控的值与对照组比较): (1) B 组中 LM 和 RCA 的 CNR、SNR 与对照组之间差异有统计学意义 ($P<0.05$, 表 2、3); A、C 组与对照组之间差异无统计学意义 ($P>0.05$, 表 2、3)。(2) A、B 组的脂

肪 SD 值较对照组大, 差异具有统计学意义 ($P<0.05$, 表 4), C 组的脂肪 SD 值与对照组之间无统计学差异 ($P>0.05$, 表 4)。

2.3 不同组的 CTDIvol 和 ED 的比较结果

与对照组相比, A、B、C 组 CTDIvol、ED 均显著降低, 差异均有统计学意义 ($P<0.05$, 表 5); 其中辐射剂量实验组较对照组平均下降 63%。A、B、C 各组中, 前瞻性心电门控轴向扫描比回顾性心电门控螺旋扫描的 CTDIvol 和 ED 明显降低, 差异具有统计学意义 ($P<0.05$, 表 5、6 和图 2A、B)。

3 讨论

随着近年来 CT 扫描设备不断更新换代, CCTA 技术已日臻成熟, 逐渐成为临床的常规辅助检查手段, 取得了冠状动脉疾病 97-100% 的高诊断成功率^[3-5, 10, 13]。然而 CCTA 操作的复杂性和对操作人员专业的高要求以及辐射剂量一定程度限制了其应用^[1, 3-5, 9, 10, 14, 15], 因此通过改进扫描方案或软件等优化操作流程, 使检查更便利、危害更小具有重要意义。

SnapShot Assist 是 GE 公司推出的一项有关心脏检查的全自动式解决方案, 它能够优化 CCTA 操作流程, 选择最佳的个性化扫描方案及扫描参数^[16, 17]。Snapshot Assist 将所有的心脏扫描相关技术智能地整合在一起, 包括前瞻性心电门控扫描、回顾性心电门控扫描、多扇区重建技术、机架转速、螺旋扫描螺距、最佳重建时相及缓冲时间、kV/mA 设置等。它可根据患者情况进行个性化扫描方案制定, 其包含了 6 个协议: 2 个 GE 的协议和 4 个用户协议, 用户协议可基于冠脉扫描的心率及变化

表 2 不同组的 CNR 比较结果

Table 2 Comparison of CNR in different group

Group	n	CNR			
		Prospectively electrocardiogram-gated axial scan mode		Retrospectively electrocardiogram-gated spiral scan mode	
		LM	RCA	LM	RCA
A group	41	32.98± 13.31	32.66± 3.53	29.67± 8.04	27.20± 6.91
B group*	38	22.84± 7.21	21.57± 7.55	27.26± 7.92	25.32± 8.09
C group	19	34.12± 12.86	33.33± 13.25	34.29± 12.42	34.25± 12.50
Control group	30			36.62± 17.21	28.07± 13.93

注: * $P<0.05$ 与对照组比较。

Note: * $P<0.05$ compared with control group.

表 3 不同组的 SNR 比较结果

Table 3 Comparison of SNR in different group

Group	n	SNR			
		Prospectively electrocardiogram-gated axial scan mode		Retrospectively electrocardiogram-gated spiral scan mode	
		LM	RCA	LM	RCA
A group	41	27.15± 11.52	26.83± 11.78	23.95± 6.94	21.45± 5.97
B group*	38	17.76± 5.62	16.47± 5.80	21.15± 6.40	19.22± 6.63
C group	19	25.33± 10.24	24.53± 10.63	25.61± 9.75	25.57± 9.82
Control group	30			28.07± 13.93	27.76± 15.82

注: * $P<0.05$ 与对照组比较。

Note: * $P<0.05$ compared with control group.

表 4 不同组的脂肪 SD 比较结果
Table 4 Comparison of fat SD in different group

Group	n	SD	
		Prospectively electrocardiogram-gated axial scan mode	Retrospectively electrocardiogram-gated spiral scan mode
A group*	41	24.58± 7.34	24.19± 5.19
B group*	38	27.57± 9.82	20.78± 4.39
C group	19	15.88± 4.96	14.25± 4.58
Control group	30		16.34± 4.94

注: * $P<0.05$ 与对照组比较。

Note: * $P<0.05$ compared with control group.

表 5 不同组的 CT 容积剂量指数比较结果(mGy, 均数± 标准差)
Table 5 Comparison of volume CT dose index (CTDIvol) in different group (mGy, $\bar{x}\pm s$)

Group	n	CTDIvol	
		Prospectively electrocardiogram-gated axial scan mode	Retrospectively electrocardiogram-gated spiral scan mode
A group*	41	6.66± 0.00	18.83± 1.59 [#]
B group*	38	12.55± 1.51	30.29± 6.82 [#]
C group*	19	24.23± 8.89	51.83± 10.14 [#]
Control group	30		59.90± 7.85

注: * $P<0.05$ 与对照组比较, [#] $P<0.05$ 与同组前瞻性心电门控扫描比较。

Note: * $P<0.05$ compared with control group, [#] $P<0.05$ compared with prospectively electrocardiogram-gated axial scan mode in the same group.

表 6 不同组的有效辐射剂量比较结果(mSv, 均数± 标准差)
Table 6 Comparison of effective dose(ED) in different group (mSv, $\bar{x}\pm s$)

Group	n	ED	
		Prospectively electrocardiogram-gated axial scan mode	Retrospectively electrocardiogram-gated spiral scan mode
A group*	41	2.35± 1.21	5.12± 2.39 [#]
B group*	38	2.57± 2.72	5.01± 2.16 [#]
C group*	19	4.65± 1.99	12.66± 3.17 [#]
Control group	30		13.24± 1.69

注: * $P<0.05$ 与对照组比较, [#] $P<0.05$ 与同组前瞻性心电门控扫描比较。

Note: * $P<0.05$ compared with control group, [#] $P<0.05$ compared with prospectively electrocardiogram-gated axial scan mode in the same group.

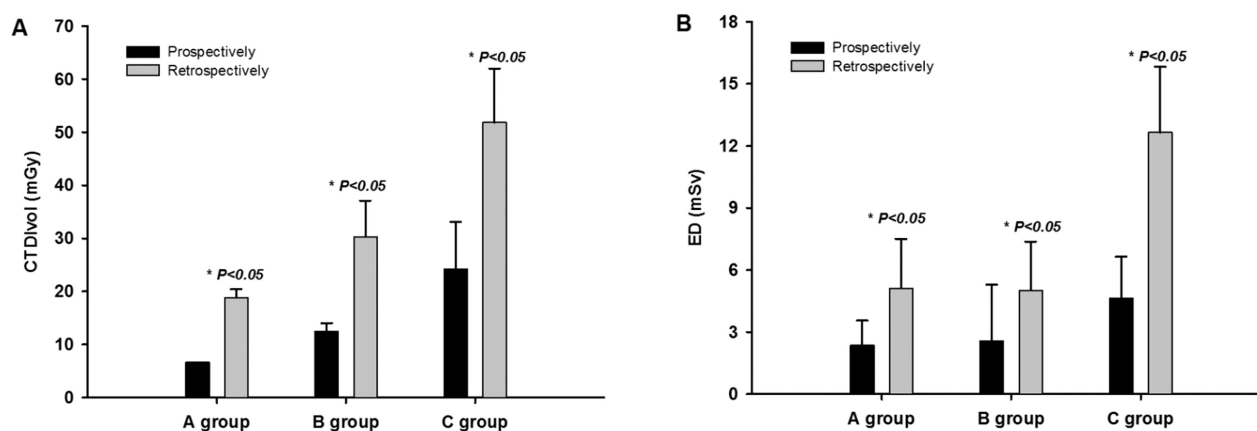


图 2 不同组前瞻性心电门控扫描模式和回顾性心电门控扫描模式 CT 容积剂量指数(A)和有效辐射剂量(B)的比较

注: * $P<0.05$ 与同组前瞻性心电门控扫描比较

Fig.2 Comparison of volume CT dose index (CTDIvol, A) and effective dose(ED, B) with prospectively electrocardiogram-gated axial scan mode and retrospectively electrocardiogram-gated spiral scan mode in different group

Note: * $P<0.05$ compared with prospectively electrocardiogram-gated axial scan mode in the same group.

范围的设置而被重新命名和创建。这些协议可用于定义不同心率及变化范围的扫描参数,同时 SnapShot Assist 根据扫描定位相自动评估病人的体型得到 eBMI,进而自动选择最佳 kV/mA 设置,避免不同体型的病人都采用相同的扫描条件,有效地降低了整个人群的 CT 辐射剂量。其中,eBMI 是在根据患者扫描定位相的射线衰减及扫描区面积进行模拟推算的 BMI 值。根据我们的经验,将 GE 协议中成人心脏扫描参数进行了优化:eBMI<23 时采用 80 kVp/700 mA, $23 \leq \text{eBMI} < 28$ 时采用 100 kVp/650 mA, $\text{eBMI} \geq 28$ 时采用 120 kVp/650 mA;心率>65 次/分钟采用回顾性心电门控螺旋扫描模式,并根据协议进行不同扇区重建,心率 ≤ 65 次/分钟采用前瞻性心电门控轴向扫描模式。较传统 CCTA 扫描方案选择更为智能化,优化了工作流程,节约了扫描时间。

本研究实验组所有患者均采用 SnapShot Assist 进行全自动扫描方案选择,结果发现,采用 SnapShot assist 进行全自动扫描方案选择后,使得扫描准备时间明显缩短,且患者的 ED 得到明显降低,尤其是 80 kVp(A 组)、100 kVp(B 组)前瞻性心电门控轴向扫描剂量降低更为显著,较不采用 SnapShot assist 的对照组 ED 降低了 63%,而图像质量主观评分无明显差异。诸多不同研究表明,采用低 kVp 及高 mA 技术,可降低辐射剂量且得到较高的 CNR 图像^[18,19]。本研究 A、B 组采用了低 kVp 及高 mA 技术,虽然噪声较对照组稍增大,但是 ED 降低显著且得到了较高的 CNR,与文献报道相一致^[18,19]。此外,实验组中采用 80 kVp、100 kVp 的低 kVp 技术后图像质量无明显损失的原因除了患者体重偏低外,因 SnapShot assist 采用了 ASiR 技术^[14,16,20,21],它不需要大量的采样信息,允许空间分辨率与图像噪声去耦合,在减少噪声的同时保持图像的空间分辨率。因此整合了 ASiR 技术后,SnapShot Assist 可允许采用较低剂量的扫描条件达到高剂量扫描条件下得到的图像质量,降低了患者受辐射量。然而,本研究中尚存在不足:①未对每位患者具体扫描方案选择、准备时间进行记录,因此不能准确量化 SnapShot assist 节省的扫描时间成本;② SnapShot Assist 需要根据经验积累不断进行微调整,从而使 CCTA 图像更为完美。

总之,在 CCTA 扫描流程中,运用 SnapShot Assist 通过智能化自动化最佳扫描方案大幅度地降低辐射剂量且保持图像品质,此外可降低操作人员的技术门槛,减少手工操作,节省检查时间,值得临床推广应用和进一步研究。

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