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经皮穴位电刺激治疗术后疼痛的研究进展 *

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摘要: 术后疼痛是术后常见的一种伤害性疼痛,随着舒适化医疗的倡导,经皮穴位电刺激因其无创、安全等优点受到关注。经皮穴位电刺激是将经皮神经电刺激与针灸穴位理论相结合的一种方法,虽有研究证实其频率、波形、强度、刺激时间的设定及不同穴位的配伍对镇痛效果均可产生较大的影响,但在规范化方面仍有不足。本文总结其使用方法及镇痛疗效,以期对经皮穴位电刺激应用于临床提供最优参数及穴位配伍,使之规范化,从而发挥出最佳镇痛效果。

关键词: 经皮穴位电刺激;术后疼痛;文献综述

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Research Progress of Transcutaneous Electrical Acupoint Stimulation in the Treatment of Postoperative Pain*

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ABSTRACT: Postoperative pain is a common pain after surgery. With the introduction of comfortable medical treatment, Transcutaneous electrical acupoint stimulation has been paid attention to because of its non-invasive, safety and other advantages. Transcutaneous electrical acupoint stimulation is a kind of method that combines transcutaneous electrical nerve stimulation with acupuncture, which can be used to treat postoperative pain. Although studies have confirmed the waveform, frequency, intensity and stimulation time setting and the compatibility of different acupoints have great influence on the analgesic effect can be, but in terms of standardization is still insufficient. Combined with recent literatures, the author summarizes the methods of application and curative effect in the treatment of postoperative pain in order that transcutaneous electrical acupoint stimulation could be used in the standardized way for selection of clinical parameters and synergy of acupoints and finally achieve the optimal analgesia effect for patients.

Key word: Transcutaneous electrical acupoint stimulation; Postoperative pain; Review

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前言

术后疼痛是手术后即刻发生的一种急性伤害性疼痛,主要表现为切口痛及内脏牵拉痛,是临床上最急需处理的疼痛,因为其若控制不佳容易发展成慢性疼痛甚至导致行为改变,给患者造成长远的不利影响^[1]。阿片类药物作为应用最广泛的镇痛药物,具有抑制呼吸、大剂量抑制循环系统以及诱发恶心呕吐等不良反应。经皮穴位电刺激作为经皮神经电刺激与传统针灸结合的一种方法,具有无创、安全等优势,可以减少阿片类药物的用量。随着对其研究的深入,临床应用模式也越来越多,但其规范程度仍有欠缺,参数与穴位的配伍仍需探讨。本文围绕术后镇痛,对经皮穴位电刺激的参数的使用及治疗不同手术术后疼痛的效果进行综述,为临床工作中使用经皮穴位电刺激治疗术后疼痛提供参考。

1 经皮穴位电刺激治疗术后疼痛方法学的研究

1.1 经皮穴位电刺激的频率选择

目前临床较常用的电刺激频率大致分为低频及高频,低频以 2 Hz~10 Hz 为主,高频多以 50 Hz~100 Hz 为主^[2]。韩济生团队早期研究中发现,两种频率的电刺激均能产生镇痛作用,但不同频率的电刺激作用的中枢神经通路不同,引起不同种类的内源性阿片肽释放,低频电刺激主要使中枢释放脑啡肽和内啡肽,而高频电刺激则释放强啡肽^[3],而低频 2 Hz 以及高频 100 Hz 变频疗法可使三种阿片肽释放,镇痛效应更强,并且能够延缓针刺耐受的发生^[4]。在术后镇痛方面,2 Hz/100 Hz 变频应用最为普遍。已有研究表明低频电刺激更适用于治疗术后切口痛,而高低频交替的变频疗法对于治疗疼痛较为强烈的内脏牵拉痛效果更好^[5]。

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1.2 经皮穴位电刺激波形的选择

在术后镇痛方面,可供选择的波形主要有连续波和疏密波。

连续波可分为疏波或密波,密波产生镇痛效果所需时间短,疏波则具有维持镇痛效果的作用,连续波对急性疼痛有效。在动物实验中连续波可减轻狗的术后切口疼痛,其原因是血浆中 β -内啡肽浓度升高,从而起到镇痛作用^[6]。因此治疗切口痛选择连续波更为合适。

疏密波是疏波和密波轮流输出的组合,它可产生较强而持久的镇痛效应。在动物实验中,内脏受到牵拉时,兴奋性递质乙酰胆碱及P物质大量释放,而电刺激可激活肌间神经丛中的脑啡肽神经元,释放脑啡肽,抑制乙酰胆碱和P物质的释放^[7]。因此,治疗内脏牵拉痛选择疏密波更为合适。

目前市面上电针仪关于疏密波的设定,疏波与密波的比值多为1:5,并且疏波密波的工作时间不同^[8]。以华佗电针仪为例,SDZ-II型电针仪疏波工作时间为5s,密波时间为10s,而华佗SDZ-V疏波工作时间为5s,密波为9s,对于脉冲波的工作时间的研究较少,对于脉冲波的工作时间是否影响镇痛效果,影响程度如何,目前尚无定论,仍需进一步研究。

1.3 经皮穴位电刺激强度的选择

低强度电刺激主要通过脊髓节段产生镇痛效果,而高强度电刺激主要通过中缝核负反馈调节机制,经下行抑制系统产生广泛长效的镇痛作用^[11]。因此低强度只有在电刺激痛源附近的穴位才会发挥镇痛作用,而远离痛源的穴位镇痛效果则不明显,高强度电刺激无论是作用于邻近还是远隔痛源的穴位均能产生镇痛效果^[12]。

已有研究证实,适宜的刺激强度能使正常人痛阈提高,但并非强度越大效果越好^[13],刺激强度过大产生的疼痛会使患者无法接受。研究发现处于急性疼痛的患者的感觉阈和痛阈降低,这表明在急性疼痛状态下的患者所需较小的电刺激强度就可以达到较好的镇痛效果。因此,在治疗皮肤切口痛时宜选用低强度电刺激,在治疗内脏牵拉痛时宜选择中强度的电刺激^[14]。

但就目前的相关文献中,关于强度的设定并不一致,有用电压表示,有用电流表示^[8],或以患者能耐受为标准,这就导致单位不一,给强度的进一步研究造成困难。

1.4 经皮穴位电刺激介入时机及持续时间选择

目前已有临床实验证实电刺激具有超前镇痛的作用,术前介入镇痛效果要好于术后应用。动物实验表明,若使低频电针产生镇痛作用至少需要15min,30min内主要是强啡肽发挥作用,起到主要镇痛作用的内啡肽及脑啡肽需要30min以上的刺激时间,45min可达到高峰,超过45min镇痛效果仍可维持但呈逐渐减弱趋势^[9]。在对行腰椎固定术的患者的研究中发现,切皮前30min行经皮穴位电刺激的患者术后芬太尼的用量明显少于对照组^[10]。因此,在临床应用中多将电刺激的作用时间定为30min-45min,若疼痛程度较为剧烈,例如内脏牵拉痛,介入时间多选在术前。

1.5 经皮穴位电刺激穴位的选择

经皮穴位电刺激的选穴主要是根据针灸经络理论,如循经取穴、辨证取穴及对症取穴。近年来随着对针刺镇痛研究的进展,同脊髓神经节段理论被临床所接受(即所选穴位在疼痛区相应神经节段支配的范围内),例如在阿是穴(多指痛点),切口

旁等位置进行刺激均能产生较好的镇痛效果^[15]。

目前根据手术不同常用的穴位配伍,如胸腹部手术常取内关、三阴交。在肝胆手术中多选阳陵泉,主要起到疏肝利胆的作用,从而达到止痛效果。肺切除手术可选后溪、支沟,开颅手术多选鱼腰、天柱、风池等^[16]。

值得注意的是,临床上选穴多为多穴位配伍,单一穴位较少。大量研究显示多穴位效果要好于单一穴位,其原因是穴位之间发生了协同作用,不同穴位配伍主要表现为协同和拮抗两个方面,协同作用增强疗效,而拮抗则导致疗效不佳^[17]。

因此,临床上穴位选择要以患者具体病情为根据,选择不同穴位配伍,但最优配伍仍需进一步实验证实。

2 经皮穴位电刺激治疗术后疼痛的疗效研究

2.1 胸外科手术后镇痛效果

胸外科手术因为切口创面较大,对胸膜及肋间神经的损伤都会产生剧烈的疼痛,可以导致患者术后肺不张等并发症^[18]。已有研究表明电刺激可以使患者呼吸、咳嗽、变换体位的过程中疼痛减轻,有利于术后呼吸功能的恢复^[19]。

开胸手术患者可以使用经皮穴位电刺激进行超前镇痛,具体方法为麻醉诱导前30min选择双侧合谷、内关穴进行电刺激至手术结束,选择2Hz-100Hz疏密波,强度控制在15-25mA,术后连续3天间断经皮穴位电刺激,方式及强度同术中,结果表明超前镇痛组所需阿片类药物及VAS评分均明显低于对照组,且患者住院时间短于对照组^[20]。

2.2 普外科手术后镇痛效果

开腹手术切口较大,且术中操作牵拉内脏,术后肠道的蠕动都会造成较严重的疼痛,影响患者预后。于术后选内麻点进行电刺激,刺激时间为30min,与舒芬太尼患者静脉自控镇痛治疗对比,在术后比较2h、4h、16h、24h时间点镇痛效果,结果显示在腹部手术中,经皮电刺激内麻点的镇痛效果及安全性要优于舒芬太尼静脉自控镇痛^[21]。

肛门会阴部的手术由于会阴部神经密集,术后水肿感染、术后排便均会造成严重疼痛^[22]。于术后2h取双侧白环俞穴进行经皮穴位电刺激,每日两次,每次30min,于电刺激后记录VAS镇痛评分,其评分均低于口服曲马多对照组,表明经皮穴位电刺激可有效改善痔疮术后中重度疼痛^[23]。

2.3 腔镜类手术后镇痛效果

腔镜类手术虽然切口小,但仍有可能发生急性疼痛。切口痛,内脏牵拉以及二氧化碳气腹导致的颈肩部为常见疼痛。

在妇科腹腔镜手术中,于术前取双侧足三里和梁丘穴进行经皮穴位电刺激30min,选择频率2Hz连续波,刺激强度以病人能耐受为宜,发现电刺激组术后镇痛效果术后排气时间及术后恶心呕吐发生率均优于对照组,可有效促进患者恢复^[24]。

在腹腔镜下胆囊切除术中,选用2Hz/100Hz疏密波,刺激强度由低至高,在麻醉前30min开始给予刺激,持续到手术结束,选取双侧合谷、内关、足三里、三阴交等穴位。结果显示患者肩背痛发生率以及镇痛药物使用量均有减少,说明经皮穴位电刺激可以镇痛的同时,对肩背疼痛以及恶心呕吐均有较好的防治作用^[25]。

2.4 五官手术后镇痛效果

在小儿五官科手术中,苏醒期躁动常见,多与术后疼痛有关^[26]。虽然镇痛镇静药物的使用可降低躁动的发生率,但也带来了术后呼吸抑制等副作用。有试验刺激双侧合谷和内关穴,选择 2 Hz/100 Hz 疏密波、强度 8-12 mV 电刺激直至手术结束,结果显示小儿苏醒期躁动发生率明显降低,不影响苏醒时间,也不增加呼吸抑制的发生率。证明经皮穴位电刺激在小儿术后镇痛方面的应用是安全有效的^[27]。

3 小结与展望

经皮穴位电刺激相较于其他镇痛方法更有优势^[28],它可刺激内源性阿片肽的释放,抑制痛觉敏化,避免了使用药物镇痛所带来的副反应,也可以避免引起患者对针刺的恐惧,是一种更舒适安全的镇痛方法。

随着相关研究的不断深入,经皮穴位电刺激在围术期的应用越发广泛,其可减少围术期的不良应激,稳定血压,当与特定的穴位配伍可对心脏、肾脏以及脑组织等重要脏器起到器官保护的作用^[29],这些值得进一步研究。但目前存在的问题是其参数的相关研究仍不完善,参数的使用仍不规范,如刺激强度的描述,给文献归类及临床研究造成困难^[30]。同时,在选穴方面,并没有足够的研究阐明针对某种疼痛最优化的穴位配伍。因此,经皮穴位电刺激的相关参数及对不同疼痛的最佳穴位配伍在未来的研究中仍是主要的方向,从而使经皮穴位电刺激在术后疼痛的治疗中发挥出最佳疗效。

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