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## 糖尿病合并尿路感染患者尿液降钙素原水平及其临床意义\*

HEAN Povkanha 杨小颖 胡芳 韦晓虹 孙辽<sup>△</sup>

(中山大学附属第五医院内分泌与代谢病科 广东 珠海 519000)

**摘要 目的:**探讨糖尿病合并尿路感染患者尿液降钙素原(PCT)水平及其临床意义。**方法:**选取2017年8月至2018年12月中山大学附属第五医院内分泌与代谢病科收治的糖尿病患者78例,以其中合并真性细菌尿者39例作为观察组,未合并尿路感染39例作为对照组,比较两组患者的临床资料以及相关实验室检查结果,同时留取尿液标本,观察组分别留取使用抗生素治疗前、后的尿液标本。采用酶联免疫吸附测定(ELISA)法检测尿液PCT浓度。分别比较观察组与对照组以及观察组治疗前后的尿液PCT水平,分析尿液PCT水平对于诊断糖尿病合并尿路感染的临床价值。**结果:**观察组尿液PCT水平为0.030(0.025,0.039)ng/mL,明显高于对照组0.017(0.011,0.021)ng/mL( $P<0.05$ );观察组有症状尿路感染与无症状细菌尿(ABU)的尿液PCT水平比较差异无统计学意义( $P>0.05$ ),但其均显著高于对照组( $P<0.05$ );观察组使用抗生素治疗后的尿液PCT水平为0.031(0.025,0.040)ng/mL,与治疗前相比较差异无统计学意义( $P>0.05$ )。尿液PCT对糖尿病合并尿路感染诊断的敏感度为82.05%,特异度为79.49%,阳性预测值为80.00%,阴性预测值81.58%,ROC曲线下面积为0.81(95%CI为0.71-0.89, $P<0.0001$ )。**结论:**尿液PCT水平对糖尿病合并尿路感染有一定的诊断参考价值,但对于抗生素疗效的评估价值还需进一步深入研究。

**关键词:**降钙素原;糖尿病;尿路感染;无症状细菌尿

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## Urine Procalcitonin Level in the Diabetes Mellitus Patients with Urinary Tract Infection and Its Clinical Significance\*

HEAN Povkanha, YANG Xiao-ying, HU Fang, WEI Xiao-hong, SUN Liao<sup>△</sup>

(Department of Endocrinology and Metabolic Diseases, the Fifth Affiliated Hospital of Sun Yat-Sen University, Zhuhai, Guangdong, 519000, China)

**ABSTRACT Objective:** To investigate the urine procalcitonin (PCT) level in the diabetes mellitus patients with urinary tract infection and its clinical significance. **Methods:** A total of 78 diabetes mellitus patients who hospitalized in the Department of Endocrinology and Metabolic Diseases of the Fifth Affiliated Hospital of Sun Yat-Sen University from August 2017 to December 2018 were enrolled in this study. 39 patients with positive of midstream urine culture were divided into observation group, while another 39 patients that without urinary tract infection were divided into control group. Compared the clinical record and examination results between both groups. Urine samples of both groups were collected, and in observation group were collected twice, which were before and after antibiotics treatment. Enzyme-linked immunosorbent assay (ELISA) was used for measuring concentration of PCT in urine. The urine PCT level of the observation group and the control group, and the observation group before and after treatment were compared. Analyzed the clinical value of urine PCT level in the diabetes mellitus with urinary tract infection. **Results:** The level of urine PCT of observation group was significantly higher than that in control group ( $P<0.05$ ), whose median of PCT was 0.030 (0.025, 0.039) ng/mL and 0.017 (0.011, 0.021) ng/mL, respectively. There was no significant difference in level of urine PCT between symptomatic urinary tract infection and asymptomatic bacteriuria (ABU) in the observation group ( $P>0.05$ ), but they were significantly higher than that in control group ( $P<0.05$ ). The level of urine PCT in observation group was 0.031 (0.025, 0.040) ng/mL after treatment, however, there was no significant difference between before and after treatment ( $P>0.05$ ). The sensitivity, specificity, positive predictive value and negative predictive value of urine PCT for diagnosing diabetes mellitus patients with urinary tract infection were 82.05 %, 79.49 %, 80.00 %, 81.58 %, respectively, and the area under the ROC curve was 0.81 (95 % CI was 0.71-0.89,  $P<0.0001$ ). **Conclusions:** Urine PCT level has certain diagnostic reference value for diabetes mellitus with urinary tract infection, but the evaluation value of antibiotic efficacy needs further study.

**Key words:** Procalcitonin; Diabetes mellitus; Urinary tract infection; Asymptomatic bacteriuria

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作者简介:HEAN Povkanha(1989-),硕士研究生,主要研究方向:糖尿病,电话:0756-2528741, E-mail: 1355796214@qq.com

△通讯作者:孙辽(1963-),博士生导师,主任医师,主要研究方向:糖尿病,E-mail: sunliao@mail.sysu.edu.cn

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## 前言

尿路感染指由病原体侵犯尿路上皮引起的炎症反应,典型临床表现为尿频、尿急、尿痛等尿路刺激症状,部分患者为无症状细菌尿(Asymptomatic bacteriuria, ABU)<sup>[1,2]</sup>。糖尿病患者易受到各种感染的侵害,其中尿路感染占据首位,约 30 %<sup>[3,4]</sup>。ABU 在糖尿病患者中也较常见,其发病率比非糖尿病患者高 3 倍<sup>[5]</sup>。目前,尿路感染诊断的金标准是中段尿培养,其不足之处在于诊断的延迟性,一方面可能延误治疗,另一方面可能导致抗生素的滥用,可对患者造成不利的影响。因此,临幊上需要寻找一种快速有效的指标早期诊断感染,以指导医生合理使用抗生素。

降钙素原(Procalcitonin, PCT)是具有高敏感性及特异性的感染参考指标,目前在临幊上广泛应用于细菌感染尤其全身感染的诊断与病情监测<sup>[6]</sup>。通过检测胸水、腹水、脑脊液等多种体液 PCT 浓度可协助相关组织器官细菌感染的诊治<sup>[7-10]</sup>,但尿液 PCT 水平对诊断尿路感染的意义尚不完全清楚。近期研究表明血清和尿液 PCT 可作为诊断尿路感染的指标,且还可助于早期鉴别上下尿路感染<sup>[11]</sup>。但其对糖尿病合并尿路感染是否有诊断价值,目前尚无相关报道。本研究对糖尿病合并尿路感染患者进行尿液 PCT 浓度的检测,旨在评价其能否作为糖尿病合并尿路感染的诊断依据以及疗效监测指标。

## 1 资料与方法

### 1.1 标本来源

选取 2017 年 8 月至 2018 年 12 月中山大学附属第五医院内分泌与代谢病科住院的糖尿病患者 78 例(男女比例 4:74,年龄 36~83 岁);其中观察组(39 例)为中段尿培养明确有真性细菌尿者,男 2 例、女 37 例,年龄(63.54±10.65)岁;对照组(39 例)为未合并尿路感染者,男 2 例、女 37 例,年龄(59.03±11.77)岁。记录和比较两组患者的临床资料、血常规、尿常规、糖化血红蛋白、肝功能、肾功能等检查结果。留取两组患者尿液标本,观察组分别留取抗生素治疗前、后的尿液标本。所有的尿液标本留取 30 分钟内离心(3000 rpm,20 分钟),取上清置于-80 °C 冰箱保存。

纳入标准:(1)糖尿病符合 WHO 糖尿病专家委员会(1999 年)提出的诊断标准<sup>[12]</sup>;(2)除观察组确诊尿路感染外,所有患者未伴有其他部位感染;(3)近 2 周内未使用抗生素。排除标准:(1)恶性肿瘤、自身免疫疾病、器官移植;(2)严重肝、肾功能损害等。

### 1.2 试剂与仪器

人降钙素原(PCT)酶联免疫吸附测定试剂盒购自 Elabscience® 公司,产品货号:E-EL-H1492c;96T.THZ-98 台式恒温振荡器购自太仓市华美生化仪器厂;酶标仪(规格型号:BIO-RAD/IMARK)在 450 nm 波长下测量 OD 值。

### 1.3 酶联免疫吸附试验(enzyme linked immunosorbent assay, ELISA)检测方法

实验操作步骤按照说明书执行,具体如下:在 ELISA 酶标板(96 孔)标准品工作液及尿液样本各做 3 个复孔,各孔加入 100 μL,37 °C 孵育 90 分钟;倒去孔内液体,加入 100 μL 生物素化抗体,37 °C 孵育 60 分钟;洗涤 3 次;加入 100 μL 酶结合

物,37 °C 孵育 30 分钟;洗涤 5 次;加入 90 μL 底物溶液,37 °C 孵育 15 分钟左右;加入 50 μL 终止液;在 450 nm 波长下测量 OD 值。

### 1.4 统计学处理

采用 SPSS 20.0 软件进行统计分析。计数资料采用  $\chi^2$  检验;正态分布的计量资料用( $\bar{x} \pm s$ )表示,采用 Kolmogorov-Smirnov 进行样本正态分布检验,两组间比较采用独立样本 t 检验;非正态分布的计量资料以 M (P25, P75) 表示,两组间比较用 Mann-Whitney U 检验,组内比较使用 Wilcoxon 检验;多组比较采用 Kruskal-Wallis 检验以及两两比较;应用 Spearman 进行变量相关分析。采用 MedCalc 软件绘制 ROC 曲线、计算曲线下面积(AUC)、95 %CI、Youden 指数、Cut-off 值、敏感度、特异度、阳性预测值、阴性预测值。以  $P<0.05$  为差别有统计学意义。

## 2 结果

### 2.1 两组临床资料的比较

对照组与观察组患者的年龄、性别、糖化血红蛋白、肝功能、肾功能等基线资料比较差异无统计学意义( $P>0.05$ ),具有可比性。观察组的外周血白细胞、外周血中性粒细胞均明显高于对照组,差异有统计学意义( $P<0.05$ )。此外,观察组尿细菌计数、尿白细胞、尿红细胞等尿路感染相关的指标均明显高于对照组,差异有统计学意义( $P<0.05$ ),见表 1。

中段尿培养结果提示大肠埃希菌占比例最多(69.23 %),其次为无乳链球菌(B 群)及肺炎克雷伯菌(均 10.26 %),粘质沙雷菌、中间葡萄球菌、奇异变形菌、粪肠球菌各占 2.56 %,见表 2。

### 2.2 两组尿液 PCT 水平比较

观察组尿液 PCT 水平 0.030 (0.025,0.039) ng/mL 明显高于对照组 0.017 (0.011,0.021) ng/mL,差异有统计学意义( $P<0.05$ );观察组使用抗生素治疗后的尿液 PCT 水平为 0.031 (0.025,0.040) ng/mL,与治疗前相比较差异无统计学意义( $P>0.05$ ),见图 1。观察组有症状尿路感染及 ABU 的尿 PCT 水平均高于对照组( $P<0.05$ ),但观察组有症状尿路感染与 ABU 的尿液 PCT 水平比较差异无统计学意义( $P>0.05$ ),见表 3。

### 2.3 尿液 PCT 在糖尿病合并尿路感染中的诊断参考值和诊断价值

ROC 曲线下面积为 0.81 (95 %CI 为 0.71-0.89,  $P<0.0001$ ), Youden 指数 0.62,Cut-off 值 0.022 ng/mL;尿液 PCT 对糖尿病合并尿路感染诊断的敏感度为 82.05 %,特异度为 79.49 %,阳性预测值为 80.00 %,阴性预测值为 81.58 %,见图 2。

### 2.4 观察组尿细菌、尿白细胞、尿红细胞与尿 PCT 水平的相关性

结果显示以上三个指标与尿液 PCT 水平均为非线性相关(均  $P>0.05$ ),见表 4。

## 3 讨论

糖尿病是常见病、多发病,也是严重威胁人类健康的世界性公共卫生问题。随着经济发展、生活水平提高以及人口老龄化等原因,各国糖尿病患病率不断增高。据报道,糖尿病全球患病率 1980 年大约 1.08 亿人,2017 年增至 4.51 亿人,预计 2045 年将有 6.93 亿人被诊断糖尿病<sup>[13,14]</sup>。糖尿病患病率的增加导致

表 1 两组临床资料比较 [M (P25, P75)]  
Table 1 Comparison of the clinical record between two groups [M (P25, P75)]

Clinical record		Control group (n=39)	Observation group (n=39)	$\chi^2/t/Z$	P
Gender [n (%)]	Male	2 (5.13%)	2 (5.13%)	0.000	1.000
	Female	37 (94.87%)	37 (94.87%)		
Age [( $\bar{x} \pm s$ ), years]		59.03 ± 11.77	63.54 ± 10.65	-1.776	0.080
Blood leukocyte ( $10^9/L$ )		5.32 (4.72, 6.93)	6.42 (5.70, 7.45)	-2.304	0.021
Blood neutrophils ( $10^9/L$ )		3.03 (2.53, 4.33)	3.79 (3.01, 4.85)	-2.389	0.017
Glycosylated hemoglobin (%)		7.70 (7.00, 9.30)	9.10 (7.3, 11.25)	-1.887	0.059
Serum urea (mmol/L)		5.10 (4.40, 6.30)	5.60 (4.70, 6.70)	-1.733	0.083
Serum creatinine ( $\mu\text{mol}/L$ )		52.00 (46.00, 61.00)	60.00 (48.00, 75.00)	-1.835	0.067
Serum glutamic-pyruvic transaminase (U/L)		17.00 (14.00, 27.00)	17.00 (12.00, 26.00)	-0.635	0.525
Serum glutamic-oxaloacetic transaminase (U/L)		20.00 (17.00, 27.00)	20.00 (15.00, 26.00)	-1.097	0.273
Urine bacterial count (per $\mu\text{L}$ )		45.40 (11.20, 173.10)	8463.80 (1384.40, 17698.20)	-6.751	0.000
Urine leukocyte count (per $\mu\text{L}$ )		7.80 (2.40, 18.30)	188.20 (83.60, 604.60)	-7.330	0.000
Urine erythrocyte count (per $\mu\text{L}$ )		4.30 (2.00, 11.10)	9.50 (4.55, 21.50)	-2.943	0.003
Positive of serum procalcitonin [n (%)]		-	1 (2.56)	-	-
ABU [n (%)]		-	31 (79.49)	-	-

表 2 观察组中段尿培养菌种占比例 [n(%)]

Table 2 Percentage of bacterial species in the observation group [n (%)]

Bacterial species	n	Percentage
<i>Escherichia coli</i>	27	69.23
<i>Streptococcus agalactiae</i> (group B)	4	10.26
<i>Klebsiella pneumoniae</i>	4	10.26
<i>Serratia marcescens</i>	1	2.56
<i>Staphylococcus intermedia</i>	1	2.56
<i>Proteus mirabilis</i>	1	2.56
<i>Enterococcus faecalis</i>	1	2.56

相关并发症以及合并症发病率同步增加,合并感染性疾病的糖尿病患者预后差,死亡率高<sup>[15]</sup>,应引起重视。

尿路感染是由微生物引起的常见感染性疾病,其病情及临床表现轻重不一。病原体侵犯全身时可伴发热等全身中毒症状,严重时可引起脓毒血症甚至危及生命<sup>[16]</sup>。ABU,是指实验室检查明确有真性细菌尿,但患者无尿路感染的症状<sup>[17]</sup>。有研究表明糖尿病患者尿路感染的易感性增加,尤其中老年女性患者,尿路感染及 ABU 发病率较非糖尿病患者高<sup>[18-20]</sup>,可能与糖尿病病程及女性尿道解剖特点有关<sup>[21]</sup>。本研究结果显示糖尿病合并尿路感染患者平均年龄约 63 岁,女性患者明显多于男性。此外,在尿路感染患者中,有 79.49 % 为 ABU。既往一项研究也显示在糖尿病患者中,无尿路感染症状者尿培养阳性率明显高于有尿路感染症状者,且 ABU 与有症状尿路感染均可引起败

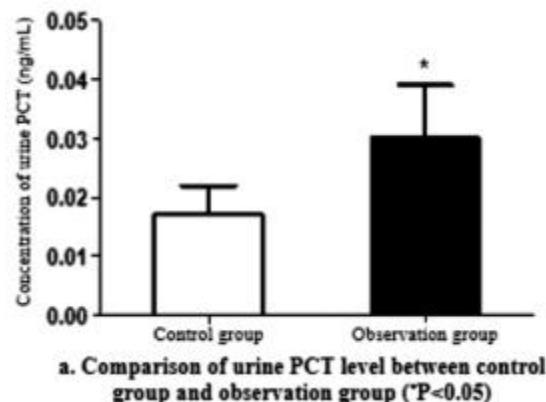
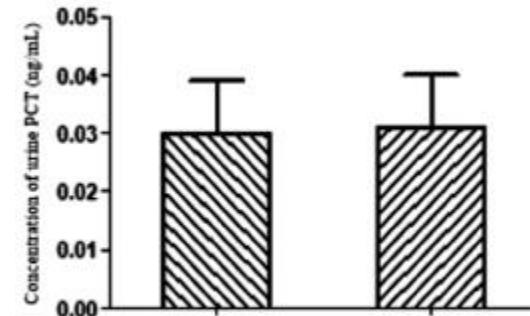
a. Comparison of urine PCT level between control group and observation group ( $P<0.05$ )b. Comparison of urine PCT level between before and after treatment in observation group ( $P>0.05$ )

图 1 各组尿液 PCT 水平的比较

Fig.1 Comparison of the urine PCT levels between different groups

血症<sup>[22]</sup>,意味着这两种类型尿路感染都可能诱发严重感染。因此,对于糖尿病合并尿路感染患者,应尽早明确诊断,及时适当接受治疗,在一定程度上可减少感染带来的不良后果。

表 3 对照组、观察组有症状尿路感染与 ABU 的尿液 PCT 比较[M (P25, P75), ng/mL]

Table 3 Comparison of the urine PCT level between control group, symptomatic urinary tract infection and ABU  
in observation group [M (P25, P75), ng/mL]

Groups	n	Urine PCT
Control group	39	0.017 (0.011,0.021)
Observation group		
symptomatic urinary tract infection	8	0.028 (0.020,0.049)*#
ABU	31	0.031 (0.026,0.037)*
F		22.895
P		0.000

Note: Compared with control group, \*  $P < 0.05$ ; compared with ABU, #  $P > 0.05$ .

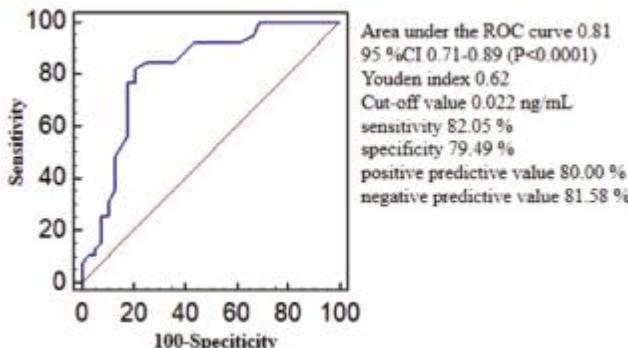


图 2 尿液 PCT 水平对糖尿病合并尿路感染的诊断价值的 ROC 曲线下

Fig.2 Diagnostic value of urine PCT level for the diabetes mellitus with urinary tract infection under the ROC curve

表 4 观察组尿细菌、尿白细胞、尿红细胞与尿 PCT 水平的相关性分析

Table 4 Correlative analysis of urine bacteria, urine leukocyte, urine erythrocyte and urinary PCT level in the observation group

Index	Urine bacteria	Urine leukocyte	Urine erythrocyte
r	-0.073	0.295	0.009
P	0.660	0.068	0.958

降钙素原(PCT)是降钙素的前体蛋白,是由 116 个氨基酸残基组成的一种无激素活性的多肽,正常情况下由甲状腺 C 细胞分泌极少量,出现感染或受到内毒素刺激作用后,除甲状腺外,肝脏的巨噬细胞和单核细胞,肺、肠道组织的淋巴细胞及内分泌细胞等都参与合成<sup>[23]</sup>。Assicot 等<sup>[24]</sup>首次报道机体出现细菌感染时血清 PCT 浓度升高,且升高程度与感染程度成正比。随后大量研究也证实及支持该观点,目前 PCT 是诊断细菌感染性疾病的重要指标之一<sup>[25-28]</sup>。对于局部或特殊部位可疑感染,除检测血清 PCT 外,同时进行感染处相邻组织液或分泌物 PCT 的检测有助于进一步感染诊断、判断感染程度及指导抗生素治疗。相关研究报道细菌性腹膜炎以及细菌性脑膜炎,其相应的腹水与脑脊液 PCT 浓度有一定诊断价值<sup>[7,8]</sup>。此外,有报道表明通过监测胸腔积液及脑脊液 PCT 浓度有助于细菌性感染性胸腔积液及颅内细菌感染观察病情及评估疗效,可指导使用抗生素时间<sup>[9,10]</sup>。

本研究结果显示观察组血清 PCT 阳性率仅为 2.56 %,表明绝大多数合并尿路感染的糖尿病患者未出现血清 PCT 升高。多项研究报道<sup>[29-31]</sup>泌尿系感染患者的血清 PCT 明显升高,

提示该指标可作为泌尿系感染诊断的敏感指标,尤其对于重度感染、脓毒血症等更有诊断价值。值得提出的是,当机体出现严重细菌感染时,体内的外周白细胞系统(主要有单核细胞、粒细胞、淋巴细胞)受到细菌内毒素和(或)炎症因子的刺激而分泌大量 PCT,从而引起的血清 PCT 升高<sup>[32]</sup>。本研究中,观察组血清 PCT 阳性率低,可能由于尿路感染多为 ABU,感染程度较轻,而局部或轻度感染未能引起血清 PCT 明显升高。此外,与对照组比较,观察组尿液 PCT、尿白细胞计数、尿细菌计数均明显升高,结合上述机制,尿液 PCT 的升高可能是由尿道内的致病菌释放内毒素刺激白细胞分泌 PCT 等一系列局部炎症反应所致,与血清 PCT 水平是否升高无关,但具体研究机制国内外未见报道。此外,本研究相关性分析结果显示尿细菌、尿白细胞、尿红细胞均与尿 PCT 水平呈非线性相关,表明前三个指标的水平与尿 PCT 水平为非平行关系。

尿 PCT 水平诊断糖尿病合并尿路感染的 ROC 曲线下面积为 0.81,预测糖尿病合并尿路感染诊断的敏感度、特异度、阳性预测值、阴性预测值依次为 82.05 %、79.49 %、80.00 %、81.58 %,表明在血清 PCT 对诊断缺乏敏感性情况下,尿液 PCT 具有较高的敏感性及特异性,对糖尿病合并尿路感染有一定诊断价值。此外,尿液 PCT 对糖尿病合并尿路感染的诊断最佳切点为 0.022 ng/mL, 目前尚无普通人群与糖尿病人群的尿液 PCT 正常值作为参考,该切点是否有参考价值则需进一步大量研究支持。观察组有症状尿路感染、ABU 的尿液 PCT 分别与对照组相比均有明显差异,而观察组有症状尿路感染与 ABU 的尿液 PCT 之间相比较差异无统计学意义,表明该指标对有症状尿路感染与 ABU 的诊断价值无差异。此外,观察组抗生素治疗前与治疗后的尿液 PCT 水平无明显差异,表明利用该指标监测抗生素疗效证据不足。这可能是因为由于抗生素疗程未足,局部炎症未完全缓解,从而导致尿液 PCT 浓度仍处于较高水平,尚需进一步深入研究。

综上所述,尿液 PCT 有助于诊断糖尿病合并尿路感染,优点是简单可行及快速,且有较高的敏感性及特异性。在临床工作中,对于可疑有尿路感染的患者,在进行尿常规、尿培养检查同时应当考虑尿液 PCT 检测,能更早发现及判断,从而在一定程度上减少误诊或漏诊,有助于患者及时接受诊治。对于糖尿病患者,尤其是病程长的老年女性患者,由于 ABU 患病率高,推广尿液 PCT 检查可作为常规检查或筛查尿路感染的指标。

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