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彩色多普勒超声引导下经皮肾镜取石术(PCNL)治疗复杂性肾结石的临床分析

郑浩 侯建全[△] 魏雪栋 张江磊 袁和兴

(苏州大学附属第一医院泌尿外科 江苏 苏州 215006)

摘要 目的:总结彩色多普勒超声引导下经皮肾镜取石术(percutaneous nephrolithotomy, PCNL) 治疗的复杂性肾结石的经验及其安全性、有效性以及常见并发症。**方法:**回顾性分析我院 2011 年 7 月~2012 年 8 月采用彩色多普勒引导下经皮肾镜治疗复杂性肾结石患者 56 例的临床资料。**结果:**所有患者均 I 期建立经皮肾通道,平均手术时间(107.5 ± 27.5)分钟,24 例行 EMS 气压弹道联合超声碎石(101.0 ± 27.9)分钟,20 例行钬激光联合超声碎石(119.4 ± 23.6)分钟,10 例行单纯超声碎石(108.2 ± 30.2)分钟,EMS 气压弹道联合超声碎石组的手术时间少于钬激光碎石组,差异有统计学意义($P < 0.05$,单纯超声碎石组与另外两组比较无统计学意义 $P > 0.05$)。术前肾功能损伤患者术后随访,肾功能明显改善。结石完全清除率 91%,结石部分残留率 9%。术中均无严重出血,无周边脏器损伤。术后出现迟发出血 5 例,反复发热 4 例,均经对症治疗后缓解。**结论:**彩色多普勒超声引导除了具有普通超声引导的优势外,还可有效避开肾实质大血管损伤,减少术中及术后出血风险。彩色多普勒超声引导下经皮肾镜碎石取石术是一种治疗复杂性肾结石安全、有效的方法。

关键词:复杂肾结石;彩色多普勒引导;经皮肾镜取石术;临床疗效

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The Effect of Percutaneous nephrolithotomy in the Treatment of Complicated Renal Calculi under Color Doppler Ultrasound Guidance

ZHENG Hao, HOU Jian-quan[△], WEI Xue-dong, ZHANG Jiang-lei, YUAN He-xing

(Department of Urology, the First Affiliated Hospital of Suzhou university, Suzhou, Jiangsu, 215006, China)

ABSTRACT Objective: To summarize the treatment experience of color Doppler ultrasound-guided percutaneous nephrolithotomy (PCNL), and investigate the safety and efficacy and common complication of the surgery. **Methods:** A retrospective analysis of 56 complex renal calculi cases's clinical data in our hospital from July 2011 -2012 August which were treated by color Doppler guided percutaneous nephrolithotomy were made. **Results:** The procedures of percutaneous nephrolithotomy in 56 cases were performed in 1 stage. The average operation time was (107.5 ± 27.5) minutes, 24 patients were performed ultrasonic lithotripsy combined with pneumatic lithotripsy; 20 patients were performed holmium laser and ultrasound, and 10 patients were performed ultrasonic lithotripsy. The operation time of ultrasonic lithotripsy combined with pneumatic lithotripsy groups was(101.0 ± 27.9) min, which is significant lower than holmium laser and ultrasound group(119.4 ± 23.6) min. Stones depletion rate is 91%, No other organ injury and severe blood loss in surgery. 4 cases have severe infection and 5 cases have delayed bleeding after surgery. **Conclusion:** Percutaneous nephrolithotomy under the guide of color dopplar ultrasound was a safe and effective method to treat complex kidney calculus, it could also effectively avoid renal Macrovascular injury, and reduce the risk of bleeding.

Key words: Complex renal calculus; Color dopplar ultrasonic; Percutaneous nephrolithotomy; Clinical efficacy

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前言

肾脏结石是尿路结石中最常见的疾病,治疗肾脏结石方式有多种,而超声引导下经皮肾镜碎石术作为一种高效、安全的治疗肾脏结石的方式,已经在临床工作中大量运用。2011 年 7 月~2012 年 8 月,我院实施彩色多普勒超声引导下经皮肾镜(percutaneous nephrolithotomy, PCNL) 治疗复杂性肾脏结石 56 例,取得了良好临床疗效,现报告如下:

作者简介:郑浩(1986-),男,硕士研究生,研究方向为肾移植的基础与临床

[△]通讯作者:侯建全, E-mail: hao5314@163.com

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1 临床资料

1.1 一般资料

选择 2011 年 7 月~2012 年 8 月苏州大学附属第一医院收治的复杂性肾结石患者 56 例,男 29 例,女 27 例,平均年龄 48 岁(13-76 岁),病程 1 个月到 20 年不等,其中多发结石 48 例,鹿角形结石 8 例,右肾结石 30 例,左肾结石 23 例,双肾结石 3 例,结石大小 15-50 mm 不等。56 例患者中,25 例术前伴有不同程度的尿路感染,20 例伴有不同程度肾盂以及肾盏积水,8 例伴肾功能损害,肌酐($105-212$) $\mu\text{mol/L}$,平均(133.62 ± 35.75) $\mu\text{mol/L}$ 。56 例患者术前均行 B 超、KUB、IVP 或者 CT 检查,明确结石大小、形态以及所处位置。

1.2 方法

1.2.1 术前准备 术前详细评估病人心肺肝肾等重要脏器功能状态,特别是老年患者,常规尿培养,控制尿路感染,改善其心肺功能,控制高血压及糖尿病达到符合手术要求。

1.2.2 手术方法 56例患者均行全身麻醉,先取截石位,会阴常规消毒后在膀胱镜下于患侧输尿管内留置F7 D-J输尿管内支架管,并持续灌注等渗生理盐水,造成“人工肾积水”,随后患者改俯卧位,肾区腹部垫高,使腰背部成一水平面,患侧抬高20°-30°,消毒铺巾。超声探头表面涂上消毒耦合剂,以生理盐水作介质,进行术中结石定位。改变超声探头扫描方向,了解患肾的位置、大小、结石的部位以及与周围脏器的毗邻关系。选择11或12肋下腋后线与肩胛旁线之间区域为穿刺点。以16G-18G穿刺套管针在多普勒彩超的监视下避开肾脏较大的血管缓慢穿刺,进入目标肾盏,可见尿液引出,置入导丝,以穿刺点为中心切开皮肤5-10 mm,利用筋膜扩张器自F6起递增扩张至F24,留置镜鞘建立经皮取石通道。将经皮肾镜置入集合系统,在脉冲灌注泵冲洗下,使视野清晰,寻找结石,用弹道联合超声或者钬激光联合超声击碎结石并吸出,常规留置F14肾造瘘管,气囊注水3 mL,夹闭,用以压迫止血,结束手术。

1.2.3 统计学方法 所得数据均采用SPSS 19.0软件包软件进行统计学分析,经过正态性检验及方差齐性检验,以均数 $\pm$ 标准差($\bar{x} \pm s$)表示。计量资料两组之间均数比较采用t检验;术后肾功能改善情况使用配对设计t检验,以 $P < 0.05$ 为差异有统计学意义。

2 结果

56例患者于彩色多普勒超声引导下均I期成功建立经皮肾通道,穿刺成功率100%,手术时间50~156分钟,平均(107.5 $\pm$ 27.5)分。本组有24例行EMS气压弹道联合超声碎石(101.0 $\pm$ 27.9)分钟,22例行钬激光联合超声碎石(119.4 $\pm$ 23.6)分钟,10例行单纯超声碎石(108.2 $\pm$ 30.2)分钟,气压弹道联合超声碎石组手术时间显著短于钬激光碎石组,差异有统计学意义($P < 0.05$),单纯超声碎石组与另外两组比较均无统计学意义($P > 0.05$)。

术后平均住院时间(11.7 $\pm$ 2.4)天,术后随访1个月到3个月,肾功能损害的8例患者术后一月复查肾脏功能,肌酐(88.1-126) $\mu\text{mol/L}$,平均值(102.38 $\pm$ 12.14) $\mu\text{mol/L}$,与术前(133.62 $\pm$ 35.75) $\mu\text{mol/L}$ 差异具有统计学意义($P = 0.013$),术后肾功能有不同程度的改善。

术中均未发生严重出血、气胸及周围脏器损伤等严重并发症,术后1-2周复查尿路平片和超声,51例患者术后结石无残留,结石取尽率91%(51/56),5例有少量结石残留,残留率9%(5/56),KUB显示均 < 4 mm,术后行体外冲击波碎石(ESWL)以及排石药物等辅助治疗后治愈。5例患者术后出现迟发出血,给予输血、输液或DSA选择性肾动脉栓塞术后治愈。4例患者术后出现反复发热,依据尿培养结果,应用敏感抗生素治疗后治愈。

表1 56例患者术前资料以及术后出现并发症状况

Table 1 Preoperative data and postoperative complications of 56 patients

结石类型 Stones type	例 Case (n)	平均手术时间 Mean operation time(min)	平均手术时间 Mean operation time(min)	结石残余 Residual stones(n)	结石残余率 Rate of residual stones(%)	术后感染 Postoperative infection(n)	术后迟发出血 Infection delayed bleeding(n)	术前肾功能损害 Impaired renal function(n)
多发结石 Multiple calculi	48	-	-	2	4.2 %	1	2	3
鹿角型结石 Staghorn stones	8	-	-	3	37 %	3	3	5
总计 Total	56	107.5 $\pm$ 27.5	11.7 $\pm$ 2.4	5	9 %	4	5	8

注:术后感染患者4人,经敏感抗生素治疗后治愈;5例迟发型出血病人中3例保守治疗后治愈,2例行DSA栓塞后治愈;术前肾功能损害患者术后肾功能明显改善($P = 0.013$)。

Note: Annotation: Postoperative infection occurred in 4 patients who were cured by Sensitive antibiotic; delayed bleeding after surgery occurred in 5 cases, 3 cases were cured after conservative treatment, and 2 cases were cured by DSA embolism. patients with impaired renal function were Significantly improved after the surgery($P = 0.013$).

3 讨论

自Ferstrom等^[1]于1976年首先报道经皮肾镜碎石取石术(PCNL)以来,临床上对于复杂性肾结石(直径 > 2.5 cm的结石、鹿角形结石、多发结石、感染性结石和孤立肾结石)的治疗多采用此类手术,与传统手术相比较,PCNL降低了手术风险,提高结石的清除率,可显著改善患肾功能,缩短患者的住院时间。

超声引导经皮肾穿刺建立经皮肾通道是PCNL成功的关

键步骤。超声可了解皮肤到各肾盏路径的结构,测量皮肤到目标肾盏的距离。选择目标肾盏的原则是使皮肤与肾脏的距离最短可以最大限度地处理结石和尽可能的到达各组肾盏^[2],在不影响碎石效果的前提下,选择较薄的肾盏穿刺,尽量减少对肾实质的损伤。另外将安全导丝成功置入目标肾盏甚至肾盂也是手术成功的关键,可以很大减少对肾脏的损害以及提高手术安全性与成功率。PCNL的治疗效果不仅与结石类型、大小、结石所在肾盏颈口大小或肾盏憩室内结石、穿刺技术等因素有关,

亦与有效的碎石手段和高效的清石设备有关。本组有 24 例行 EMS 气压弹道联合超声碎石, 22 例行钬激光联合超声碎石, 10 例行单纯超声碎石。气压弹道联合超声碎石的手术时间少于钬激光联合超声碎石组, 与国内学者许景东等^[3]研究一致, 其原因可能是气压弹道能迅速的将大结石击碎。我们认为对于较大质地较坚硬的结石可先用钬激光或者 EMS 气压弹道击碎成碎块, 再用超声碎石清石系统将结石粉碎清除, 而对硬度较低的结石, 可直接使用超声碎石将结石粉碎并清除。

结石残余是 PCNL 术后常见的问题之一, 本组结石残余率 9%(5/56), 其中 48 例多发结石中 2 例(4.2%), 8 例鹿角形结石患者中 3 例(37%)出现不同程度的结石残留。与 Kim 等^[4]报道的 PCNL 结石残留率为 9%~15%较一致。有效的碎石手段和高效的清石设备的运用, 提高了结石取净率, 缩短了手术时间, 减少了后续治疗, 减轻了病人痛苦。感染是 PCNL 术后较常见的并发症, 严重的会导致感染性休克, 继发 DIC 及多器官功能衰竭, 危及生命, 感染性休克的发病率为 0.97%~4.7%^[5]。本组病例术后 4 例发生 >39℃ 高热, 尿培养阳性, 3 例患者术前有不同程度的尿路感染, 1 例无尿路感染, 其余术前有尿路感染的 21 例患者经抗感染治疗术后未发生严重感染。因此, 术前根据药敏结果应用抗生素对预防术后发热甚至脓毒血症至关重要。此外, Rao^[6]等报道即使是没有菌尿的患者, 在 PCNL 术后仍然可能会发生菌血症、内毒素血症。由于细菌可能仅存于结石内部, 术中段尿培养阴性患者术后仍有发生尿路感染可能, 这就解释了 1 例术前无尿路感染的患者术后发热的原因。利用输尿管内支架管持续稳定压力灌注入生理盐水造成“人工肾积水”, 减少了传统注射器灌注因流量大, 造成肾盂内压瞬间升高, 容易导致结石中的细菌、致热原等成分随灌注液逆流入血或经肾盂肾间质反流而引起发热和感染的可能^[7,8]。另外, 术中尽量减少碎石时间, 维持镜鞘工作通道的出水通畅并通过超声负压系统降低肾盂内灌注压力, 减少灌注液的肾盂返流吸收、术后保持引流管通畅是预防和治疗泌尿系感染的关键^[9], 建议术中留取肾盂尿细菌培养以指导术后抗感染用药^[10]。

术中术后出血是 PCNL 术后最严重的并发症, 钱庆鹤等^[11]报道术后迟发性大出血的发生率为 1.6%, 其主要出血原因为肾穿刺通道的动脉损伤并且形成假性动脉瘤或动静脉瘘^[12]。梅骅等^[13]主张行单通道取石, 尽量避免多通道穿刺造成的损伤, 减少术中出血的概率, 尽量保存肾单位。本组病例均采用彩色多普勒超声引导穿刺, 相对于 X 线以及黑白 B 超, 彩超多普勒超声可以显示肾内血管的分布, 可以动态监测穿刺过程, 避免穿刺过程中损伤大血管。相关文献显示, 彩色多普勒超定位创伤小, 可以最大限度减少术后假性动脉瘤、动静脉瘘的发生率^[14]。本组病例术中均未出现较为严重的出血, 术后出血多见于术后 1 周内, 多由于肾脏假性动脉瘤、动静脉瘘的形成^[15,16]。本组病例中 5 例患者于术后 1-2 周内出现迟发出血, 主要临床表现是造瘘管以及导尿管可见鲜红色引流液, 血红蛋白进行性下降, 3 例患者经夹闭肾脏造瘘管、静脉输液、止血、输血、绝对卧床休息等对症治疗后治愈, 2 例患者行 DSA 选择性动脉栓塞术, 术后 1-2 天肉眼血尿消失。因此, 在彩色多普勒超声引导下避开较大血管, 术中轻柔操作, 术后绝对卧床休息, 密切观察

肾造瘘管内以及导尿管内引流液的颜色是预防以及发现术后出血的关键, 如出血行保守处理后无好转, 应及时行 DSA 选择性肾动脉栓塞术。

总之, 经皮肾镜取石术因其安全性及有效性成为处理肾脏复杂性结石的首选方式, 彩色多普勒超声在经皮肾镜穿刺通道的建立, 以及在避免术中穿刺中损伤大血管方面发挥重要作用。PCNL 术后常见的并发症是术中术后出血、术后感染以及结石残留; 术前充分准备、术中规范操作、术后严密观察可有效防止并发症的发生, 提高 PCNL 术的安全性和有效性。

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育的各个方面,探索研究 Shh 及其相关蛋白不仅可以进一步了解该信息网络中各蛋白质之间的关系,对于我们深入了解发育具有启发性的意义,同时,指引我们找到针对该通路的特异性靶向治疗,从而探索治疗临床上难治性疾病新措施,应用前景广阔。

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