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起搏器术后新发房性心律失常的影响因素分析*

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摘要 目的:探讨起搏器术后新发房性心律失常的发生情况及其相关影响因素。**方法:**选择2006年1月至2007年12月于沈阳军区总医院首次植入永久起搏器的107例患者,男性50例,平均年龄 65.0 ± 11.9 岁,术前通过追问病史及相关检查均排除房性心律失常(房颤、房扑、房速),术后平均随访3.9年,观察新发房性心律失常情况。按术后是否出现房性心律失常,将患者分为新发房性心律失常组和无房性心律失常组,比较两组患者术前和术后心脏超声结果的变化、心室起搏比例、起搏部位及起搏模式,并通过logistic回归分析起搏器术后发生房性心律失常的影响因素。**结果:**新发房性心律失常组26例(24.3%),其中房颤17例(15.9%),房扑2例(1.9%),房速7例(6.5%);无房性心律失常组81例。与无房性心律失常组比较,新发房性心律失常组左房内径明显增加($P=0.040$)、二尖瓣返流程度较重($P=0.032$)及左室射血分数明显下降($P=0.001$),心室起搏百分比(VP%)显著升高($P=0.017$)。心尖部起搏患者房性心律失常的发生率明显高于间隔部起搏(33.3% vs 16.9% , $P<0.05$),双腔起搏组患者房性心律失常发生率明显低于单腔起搏器组(18.7% vs 37.5% , $P<0.05$)。Logistic回归分析显示术后新发房性心律失常的发生与高比例的心室起搏($P=0.006$)、VVI(R)起搏模式($P=0.014$)及右心室起搏电极导线植于心尖部($P=0.024$)显著相关。**结论:**起搏模式、心室起搏百分比、起搏部位是起搏器术后发生房性心律失常的影响因素。

关键词:永久起搏器;房性心律失常;心房颤动

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Analysis of the Influencing Factors of Atrial Arrhythmia after Cardiac Permanent Pacemaker Implantation*

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ABSTRACT Objective: To evaluate the incidence and related influencing factors of atrial arrhythmia in patients after cardiac permanent pacemaker implantation. **Methods:** 107 cases underwent cardiac pacemaker therapy for the first time in General Hospital of Shenyang Military Command from January 2006 to December 2007 were enrolled in this study (male: 50, mean age: 65.0 ± 11.9 years). These patients who had atrial arrhythmia (atrial fibrillation, atrial flutter, atrial tachycardia) before implantation were excluded by learning the history and examination. According to whether the patients had postoperative atrial arrhythmias, the patients with postoperative atrial arrhythmia were defined as the new-onset atrial arrhythmia group, the others were considered as the non-atrial arrhythmia group. The changes of cardiac ultrasound results, ratio of ventricular pacing, pacing site and pacing mode were compared between the two groups before and after surgery, and logistic regression analysis was used to analyze the factors affecting postoperative atrial arrhythmia pacemaker through. **Results:** After 3.9 years' follow-up, there were 26 patients (24.3%) with at least one atrial arrhythmia, including 17 cases with atrial fibrillation (15.9%); 2 cases with atrial flutter (1.9%); 7 cases with atrial tachycardia (6.5%); 81 patients with none atrial arrhythmia. In the new-onset atrial arrhythmia group, there were significantly changes in the left atrial diameter increased significantly($P=0.040$), severe mitral regurgitation($P=0.032$) and left ventricular ejection fraction decreased significantly ($P=0.001$), ventricular pacing percentage (VP%) was significantly higher ($P=0.017$), Apical pacing incidence of atrial arrhythmias in patients was significantly higher than the interval pacing (33.3% vs 16.9% , $P<0.05$), the incidence of atrial arrhythmias in patients with dual-chamber pacing group was significantly lower than that of the single-chamber pacing control group (18.7% vs 37.5% , $P<0.05$). But in the non-atrial arrhythmia patients, there was no changes. Logistic regression analysis showed that the high percentage of ventricular pacing(VP%)($P=0.006$), right ventricular apical(RVA)pacing ($P=0.024$) and VVI(VVIR) mode ($P=0.014$) before the occurrence of atrial arrhythmia were the independent predictors of new-onset atrial arrhythmia after pacemaker implantation. **Conclusion:** Pacing mode, the percentage of ventricular pacing, pacing sites were the independent predictors of new-onset atrial arrhythmia after pacemaker implantation.

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前言

长期心室起搏治疗缓慢性心律失常时,无论是植入单腔起搏器(VVI/VVIR),还是双腔起搏器(DDD/DDDR),房性心律失常(尤其是房颤)时有发生^[1,2]。以往文献报道起搏器植入术后房性心律失常年发生率为0.4~14%^[3],随着近年来起搏器诊断技术的不断更新,有研究报道起搏器植入术后超过50%患者能检测到房性心律失常,其中43.5%患者术前无房性心律失常病史^[4],房颤年发生率高达20~50%^[5]。房性心律失常检测率的升高使起搏器术后房性失常发生原因的研究成为关注热点。相关研究发现起搏器术后房性心律失常的发生与不同起搏模式相关,以心房起搏为主的起搏模式房性心律失常发生率较右心室起搏显著降低^[6]。本研究通过对起搏器术后患者进行平均3.9年的程控随访结合临床随访,对有无新发房性心律失常患者进行对比分析,旨在探讨起搏器术后房性心律失常发生的相关影响因素,为防止房性心律失常的发生提供更多的参考依据。

1 资料和方法

1.1 研究对象

选择2006年1月至2007年12月于沈阳军区总医院首次植入永久起搏器的患者107例,男50例,女57例,年龄47~81岁(平均65.0±11.9岁)。其中,病态窦房结综合征53例,房室传导阻滞54例,均符合起搏器植入I-IIa类适应证。所有患者入选标准为:在起搏器植入术前通过追问病史及行心电图和24小时动态心电图检查证实既往均无房性心律失常,手术前行常规体格检查、相关的化验及辅助检查。随访36~59月,平均3.9±0.6年。排除标准包括:既往存在房性心律失常、风心病、甲状腺疾病病史、术后失随访患者。根据术后有无房性心律失常发生分为无房性心律失常组及新发房性心律失常组。

1.2 起搏器植入型号

所有入选患者均经过左锁骨下静脉途径植入永久起搏器,其中单腔起搏器(VVI/R)32例(圣犹达公司18例,美敦力公司14例),双腔起搏器(DDD/R)75例(圣犹达公司54例;美敦力公司21例)。右心室植入部位:右心室心尖部48例,右心室间隔部59例,右心房电极导线均放置在右心房心耳部。

1.3 超声心动图检查

所有患者分别于术前和术后每年采用PHILLIPS IE33进行超声心动图检查,评价心脏各腔室大小,包括左房(LA)、左室舒张末内径(LVEDD)、左室射血分数(LVEF)、二尖瓣返流程度分级(MR)等,LVEF测量采用双平面Simpson法,二尖瓣返流分级标准:0级为无返流,1级为轻度返流,2级为中度返流,3级为重度返流。

1.4 起搏器程控与随访

所有患者分别于术后1、3、6、12个月,之后每年至少1次采用St Jude Medical 3510或Medtronic 9790程控仪进行起搏器程控,如有不适主诉立即随访。通过腔内心电图及程控数据

鉴别房性心律失常,并记录房性心律失常发作的次数及持续时间。腔内心电图诊断房性心律失常的定义为:起搏器记录到的房性高频事件心房率>180次/分,持续超过10分钟,且无远场过感知或竞争性心房起搏,或临床随访中心电图或动态心电图记录到的持续10分钟以上的房颤、房扑、房速^[7]。

1.5 统计学分析

数据分析用SPSS 17.0软件,计量资料以均数±标准差表示,均数间比较采用t检验或方差分析,计数资料采用 χ^2 检验,采用Logistic回归(变量入选标准SLE=0.05,排除标准SLS=0.10)分析起搏器术后房性心律失常发生的相关危险因素,以P<0.05为差异有统计学意义。

2 结果

2.1 起搏器术后房性心律失常的发生率

107例患者经过平均3.9年的随访,发现新发房性心律失常患者共26例(24.3%),归为房性心律失常组。其中房颤17例(15.9%),包括阵发性房颤14例(13.1%),持续性房颤3例(2.8%);房扑2例(1.8%);房速7例(6.5%)。其余81例始终保持窦性心律,归为非房性心律失常组。26例患者出现房性心律失常的平均时间1.7±1.0年,根据不同患者房性心律失常发作情况,分别给予药物转复窦律或控制心室率治疗。其中,3例阵发房颤转为窦律,随访1年以上未发现房颤,3例持续性房颤,起搏模式改为VVI(单腔)起搏(表1)。

2.2 术后两组超声结果的比较

所有入选患者经过平均3.9年随访,比较两组术后超声与术前超声的变化。与无房性心律失常组比较,房性心律失常组左房内径增加值更明显($\Delta LA: 2.2 \pm 1.8 \text{ mm}$ vs $3.8 \pm 2.5 \text{ mm}$, $P=0.040$)、二尖瓣返流程度更加重($\Delta MR: 0.8 \pm 0.7$ vs 1.5 ± 0.8 , $P=0.032$)、左室射血分数下降更明显($\Delta LVEF: 0.03 \pm 0.03$ vs 0.07 ± 0.04 , $P=0.001$)、左室舒张末内径的变化($\Delta LVEDD$)无明显差异($P>0.05$)(表2)。

2.3 两组的心室起搏比例比较

房性心律失常组患者心室起搏百分比(VP%)较非房性心律失常组明显增高($85.1\% \pm 15.5\%$ vs $49.1\% \pm 38.6\%$, $P=0.017$)。亚组分析表明,无论在植入双腔起搏器的患者还是植入单腔起搏器的患者,房性心律失常组患者的VP%均高于非房性心律失常组(表2)。

2.4 两组起搏部位及起搏模式的比较

两组的双腔起搏器心房电极导线均植入右心耳部。107例患者中,右心室电极导线植入心尖部48例,16例(33.3%)出现房性心律失常;植入室间隔部59例,10例(16.9%)出现房性心律失常,心尖部起搏患者房性心律失常的发生率明显高于间隔部起搏(33.3% vs 16.9% , $P<0.05$)。75例双腔起搏患者中,14例(18.7%)出现房性心律失常;32例单腔起搏患者,12例(37.5%)发生房性心律失常,双腔起搏组患者房性心律失常发生率明显低于单腔起搏器组(18.7% vs 37.5% , $P<0.05$)。

表 1 无房性心律失常组及新发房性心律失常组的基线资料比较

Table 1 Comparison of the baseline condition between non-atrial arrhythmia group and atrial arrhythmia group ($\bar{x} \pm s$)

Project	Non-atrial arrhythmia group (n=81)	Atrial arrhythmia group (n=26)	Atrial fibrillation group (n=17)	Atrial flutterGroup (n=2)	Atrial tachycardia (n=7)
Age	64.5± 12.0	66.0± 9.6	63.8± 11.3	64.5± 0.7	71.0± 5.1
Sex(male)	37	13	9	1	4
Causes of disease(A/B)	38/43	11/15	10/7	1/1	4/3
Diseaseperiod(years)	8.0± 10.0	5.5± 8.3	6.1± 10.0	2.5± 0.7	3.5± 3.6
Highblood pressure(%)	42(53.8)	15(51.7)	8(47.1)	2(100)	5(71.4)
Coronary heart disease (%)	28(34.6)	8(30.8)	5(29.4)	1(50)	2(28.5)
LA(mm)	34.8± 5.3	35.8± 4.7	36.4± 5.4	35.5± 7.8	37.6± 3.8
LVEDD(mm)	47.1± 6.0	49.0± 4.0	50.3± 3.7	47.0± 3.5	49.3± 4.8
LVEF(%)	0.64± 0.06	0.65± 0.09	0.67± 0.05	0.70± 0.10	0.50± 0.12
MR(0/1/2/3)	0.6± 0.9	0.7± 0.8	0.8± 0.8	0.5± 0.7	0.8± 0.9
RVA(%)	32(39.5)	16(61.5)*	10(58.8)	1(50.0)	5(71.4)
RVS(%)	49(60.5)	10(38.5)*	7(41.2)	1(50.0)	2(28.6)
VVI/R(%)	20(24.7)	12(46.2)*	8(47.1)	0(0.0)	4(57.1)
DDD/R(%)	61(75.3)	14(53.8)*	9(52.9)	2(100)	3(42.9)

Note: A: Sick sinus syndrome, B: Atrioventricular block. RVA: right ventricular apical pacing, RVS: right ventricular septal pacing; LA=left atrial diameter; LVEDD=Left ventricular end diastolic diameter; LVEF=left ventricular ejection fraction; MR=mitral regurgitation.

*P<0.05 Compared with non-atrial arrhythmia group.

表 2 两组术前和术后心脏超声结果变化及心室起搏比例的比较

Table 2 Comparison of the preoperative and postoperative cardiac ultrasound change value and proportion of pacemaker between two groups($\bar{x} \pm s$)

Project	Non-atrial arrhythmia group (n=81)	Atrial arrhythmia group (n=26)	P values
Cardiac ultrasound change value			
△ LAEDD(mm)	2.2± 1.8	3.8± 2.5	0.040
△ LVEDD(mm)	2.7± 2.0	2.7± 1.9	0.617
△ LVEF	0.03± 0.03	0.07± 0.04	0.001
△ MR grade	0.8± 0.7	1.5± 0.8	0.032
Percentage of ventricular pacing			
VVI/R group(%)	42.2± 36.1	79.9± 24.6	0.027
DDD/Rgroup(%)	56.0± 41.1	90.2± 6.4	0.007

Note: △ On behalf of the absolute value of preoperative and postoperative parameters change.

2.5 起搏器术后发生房性心律失常危险因素的 logistic 回归分析

经 logistic 回归分析起搏器术后发生房性心律失常的危险因素,结果显示:患者的性别、年龄、合并高血压、术前左房内径、左室内径、二尖瓣返流程度等均与起搏器术后发生房性心律失常无关,而心室起搏比例增高($P=0.006$, $OR=4.812$, $95\%CI$ 1.566~14.792)、心尖部位置起搏 ($P=0.024$, $OR=2.973$, $95\%CI$ 1.235~7.846)、VVI起搏模式 ($P=0.014$, $OR=2.061$, $95\%CI$ 0.836~5.384)是起搏器术后房性心律失常发生的危险因素(表 3)。

3 讨论

既往的研究显示植入永久起搏器后房性心律失常发生率的较高。A-HIRATE 研究显示植入起搏器术后腔内心电图记录房性高频事件(AHRE)的发生率为 49 %^[8]。Quirino 等^[9]报道 AHRE 的发生率为 74 %。在 PASE^[10](The Pacemaker Selection in the Elderly) 研究中,407 例植入永久起搏器患者,平均随访 18 个月,房颤的发生率为 18 %。CTOPP^[11]研究发现 2568 例窦房结功能不全和房室传导阻滞患者的房颤发生率为 17 %。而本研究中,107 例患者经过平均 3.9 年随访,AHRE 的发生率为 24.3 %,房颤的发生率为 15.9 %,均低于国外报道,可能与筛选房性心律失常标准不同有关。

表 3 起搏器术后发生房性心律失常危险因素 logistic 回归分析

Table 3 Logistic regression analysis of the risk factors of atrial arrhythmia after pacemaker implanted surgery

Variable	B	OR	95%CI	P values
Sex	0.247	1.281	0.277-5.911	0.751
Age	0.006	1.006	0.925-1.093	0.896
Causes of Disease	3.092	22.027	2.616-185.446	0.004
Disease period	0.025	1.025	0.940-1.118	0.572
High blood pressure	0.028	0.707	0.286-1.747	0.452
Coronary heart disease	-0.633	0.531	0.114-2.467	0.419
Left atrial(LA) diameter	0.034	0.967	0.812-1.151	0.706
Left ventricular(LV) ejection fraction	-0.188	2.142	0.825-5.548	0.118
Mitral regurgitation (MR)	-0.282	0.744	0.066-8.288	0.807
Percentage of ventricular pacing	-0.032	4.812	1.566-14.792	0.006
Rght ventricular apical(RVA)pacing	0.09	2.973	1.235-7.846	0.024
Right ventricular septal (RVS)pacing	-0.928	0.482	0.193-1.193	0.114
VVI/R	0.772	2.061	0.836-5.384	0.014
DDD/R	-0.057	1.064	0.146-7.749	0.951

房颤的发生与植入起搏器的种类明显相关。PASE 亚组分析起搏器植入术后患者,平均随访 18 个月,双腔起搏组房颤的发生率为 19%,单腔心室起搏组为 28%。MOST(the Mode Selection Trial)研究^[9]也显示了相似的结果,平均随访 33 个月后,双腔和单腔心室起搏组房颤的发生率分别为 21%和 27%($P=0.008$)。本研究经过平均 3.9 年随访,发现双腔起搏组房性心律失常的发生率为 18.7%,单腔心室起搏组为 37.5%,显著高于双腔起搏组,生理起搏模式可显著降低房性心律失常的发生率^[12]。但我们还发现双腔起搏组术后发生房性心律失常的时间比单腔心室起搏组早,具体原因尚不清楚,考虑是否与心房电极导线的刺激及双腔起搏器诊断功能缜密有关。

既往关于起搏器的研究显示频繁的右心室起搏可增加房颤和心衰住院风险。DAVID 研究^[13]证实右心室起搏比例超过 40%时,每增加 10%,相对增加 54%的房颤和心衰住院风险。减少心室起搏比例意味着降低房性心律失常的发生率及心衰的住院率^[14,15]。Michael^[16]研究也发现,经过平均 (1.7 ± 1.0) 年随访后,在 110 例发展成持续性房颤患者中,传统双腔起搏组 68 (12.7%)例,最小化心室起搏组 42 (7.9%)例;与传统双腔起搏组相比,最小化心室起搏组房颤的相对风险可降低 40% ($RR=0.6, 95\%CI 0.41 \sim 0.88, P=0.009$),绝对风险降低 4.8%。本研究显示无论单腔或双腔起搏组,房性心律失常的发生率与平均心室起搏比例均明显相关,起搏比例越高,房性心律失常的发生率也越高($P=0.017$)。此外,右室流出道(RVOT)和右室心尖部(RVA)起搏与房性心律失常的发生也显示明显的相关性。研究^[17-20]显示右室心尖部起搏心衰及房颤发生率有所增加(心尖部 25%,室间隔部 12.6%),流出道起搏较心尖部起搏更能保护心功能。本研究也显示右室心尖部起搏较间隔部起搏房性心律失常的发生率明显增高($P<0.05$)。

本研究发现房性心律失常组患者二尖瓣返流程度较非房

性心律失常组变化大,术后二尖瓣反流加重更明显,且左房内径的改变值及射血分数的变化值均较非房性心律失常组变化明显。从理论上而言,可能是二尖瓣返流导致左房血液回流增多,左房内血液总量增多,左房负荷加重、左房压力增加,进一步导致房性心律失常的加重,并形成恶性循环。既往研究还提示房性心律失常发生后,心房辅助泵的作用丧失,心功能至少降低 10%~11%;而心室率的绝对不规整使左室功能下降约 9%。因此,房性心律失常可使心输出量受损,心功能下降。本研究也发现了此现象,房性心律失常组术后左室射血分数明显下降。

植入永久起搏器后发生房性心律失常的原因尚不十分清楚,电传导顺序及局部解剖形态的改变可能是导致房性心律失常的主要原因。本研究针对起搏器术后发生房性心律失常的相关因素进行 logistic 回归分析,结果显示高的心室起搏比例($P=0.006, OR=4.812, 95\% CI: 1.566 \sim 14.792$),VVI 起搏模式($P=0.014, OR=2.06, 95\% CI: 0.836 \sim 5.384$)及右室心尖部起搏($P=0.024, OR=2.97, 95\% CI: 1.235 \sim 7.846$)均是起搏器术后发生房性心律失常的危险因素,提示应根据患者的情况选择起搏器的型号,尽量避免植入 VVI 型起搏器,减少心室起搏的比例,并且尽量将右室电极导线的植入部位选择在右室间隔部。此外,本研究发现基线水平的左房内径、二尖瓣反流程度及射血分数并不是起搏器术后房性心律失常发生的相关危险因素,这与既往部分研究认为左房内径增加会增加房性心律失常的发生率的观点不完全一致^[21]。左房内径、二尖瓣反流程度及射血分数的变化程度与房性心律失常发生有关^[22],房性心律失常组较非房性心律失常组变化更明显,故左房内径、二尖瓣返流及射血分数的变化程度在房性心律失常的发生中具有更重要的意义,应该引起临床工作的关注。由于本研究的病例数有限,其结果还有待于大样本临床试验进一步验证。

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