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## 手辅助腹腔镜在肛门全直肠系膜切除术治疗中低位直肠癌中的应用价值 \*

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**摘要 目的:**探讨手辅助腹腔镜在肛门全直肠系膜切除术(TaTME)治疗中低位直肠癌中的应用价值。**方法:**选取 2014 年 5 月至 2016 年 9 月期间在广州市红十字会医院接受 TaTME 术治疗的中低位直肠癌患者 130 例为研究对象,根据数字表法将其随机分为研究组和对照组,其中研究组(60 例)患者行手辅助腹腔镜下 TaTME 术治疗,对照组(70 例)行腹腔镜下 TaTME 术治疗。比较两组手术时间、淋巴结清扫数目、术中出血量、保肛率、住院时间、切口愈合时间、首次下床活动时间,并比较两组术后并发症发生率、远期复发率及死亡率。**结果:**研究组术中出血量、手术时间较对照组减少( $P<0.05$ ),而保肛率、淋巴结清扫数目两组比较无差异( $P>0.05$ )。研究组首次下床活动时间、切口愈合时间较对照组缩短( $P<0.05$ ),而术后住院时间两组比较无差异( $P>0.05$ )。研究组术后出现切口感染、吻合口瘘、尿道感染、盆腔脓肿及肠梗阻等并发症发生率为 3.33%(2/60),少于对照组的 10.00%(7/70),但两组比较无差异( $P>0.05$ )。术后 4 年内,研究组总复发率和总死亡率与对照组比较,差异均无统计学意义( $P>0.05$ )。**结论:**中低位直肠癌患者行 TaTME 术治疗,运用手辅助腹腔镜可明显缩短手术时间,减少术中出血,尽快促进切口愈合,且术后并发症发生率、远期复发率及死亡率较低,实用性高,值得推广应用。

**关键词:**中低位直肠癌;手辅助腹腔镜;应用价值;肛门全直肠系膜切除术

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## Application Value of Hand Assisted Laparoscopic Surgery in the Treatment of Middle and Low Rectal Cancer with Transanal Total Mesorectal Excision\*

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**ABSTRACT Objective:** To investigate the application value of hand assisted laparoscopic in the treatment of middle and low rectal cancer with transanal total mesorectal excision (TaTME). **Methods:** From May 2014 to September 2016, 130 patients with middle and low rectal cancer who received TaTME operation in guangzhou red cross hospital were selected as the study objects, they were randomly divided into study Guangzhou Red Cross Hospital according to the number table method, among them, the study group (60 patients) were treated by hand assisted laparoscopic TaTME, and the control group (70 patients) were treated by laparoscopic TaTME. The operation time, number of lymph node dissection, intraoperative bleeding volume, anal preservation rate, hospitalization time, incision healing time, first time out of bed activity were compared between the two groups, and the incidence rate of postoperative complications, long-term recurrence rate and mortality rate of the two groups were compared. **Results:** The intraoperative bleeding volume, operation time in the study group were less than those in control group ( $P<0.05$ ). There were no significant differences between the two groups in the number of anal preservation rate and lymph node dissection ( $P>0.05$ ). The first time out of bed activity, incision healing time in study group were significantly shorter than those in control group ( $P<0.05$ ), while there was no significant difference between the two groups in the postoperative hospitalization time ( $P>0.05$ ). The incidence rate of postoperative complications such as incision infection, anastomotic leakage, urinary tract infection, pelvic abscess and intestinal obstruction was 3.33% (2/60), which was less than 10.00% (7/70) in the control group, but there was no significant difference between the two groups ( $P>0.05$ ). There were no significant differences in the total recurrence rate and total mortality rate between the study group and the control group within 4 years after operation ( $P>0.05$ ). **Conclusions:** In the treatment of middle and low rectal cancer patients with TaTME, the use of hand assisted laparoscopic surgery can significantly shorten the operation time, reduce intraoperative bleeding, promote incision healing as soon as possible, and the incidence rate of postoperative complications, long-term recurrence rate and mortality rate are low, it has high practicability, and it is worthy of popularization and application.

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## 前言

直肠癌属于临床常见的消化系统恶性肿瘤之一,其发病早期无明显特异症状,随着病情的进展,逐渐出现腹痛、腹部肿块、肠梗阻、低热、乏力等症状,极大降低患者的生活质量<sup>[1-3]</sup>。直肠癌具有高发病率和高死亡率的特点,有研究显示,中国每年新增结直肠癌病例数约37.6万,而其中死于该病患者高达19.1万,给社会带来负面影响的同时,也加重了国家的经济负担<sup>[4]</sup>。手术根除是临床治疗直肠癌的首选,肛门全直肠系膜切除术(transanal total mesorectal excision,TaTME)作为较常用根除术的一种,可最大限度保留患者肛门功能,同时降低术后局部复发率,减少并发症的发生,已成为治疗中低位直肠癌研究的热点<sup>[5-7]</sup>。常规腹腔镜辅助手术操作难度较大,由此手辅助腹腔镜下手术应运而生,其既弥补了传统腹腔镜手术的不足,又保留了它的优势,在临床具有更广泛的应用<sup>[8,9]</sup>,但至今关于这两种手术方式对中低位直肠癌的治疗效果仍存在争议。基于此,本研究主要通过对两种不同治疗方式进行比较,探究手辅助腹腔镜在TaTME术治疗中低位直肠癌中的应用价值,以为临床研究数据提供更多的支持。报道如下:

## 1 资料与方法

### 1.1 临床资料

选取2014年5月~2016年9月广州市红十字会医院收治的中低位直肠癌患者130例,并均接受TaTME术治疗,根据数字表法将其随机分为研究组60例和对照组70例。其中研究组男32例,女28例;年龄41~74岁,平均(57.98±8.13)岁;病程1~5年,平均(2.10±0.66)年;肿瘤直径2~6.5cm,平均(3.78±1.12)cm;TNM分期:I期15例,II期38例,III期7例;分化程度:低分化12例,中分化43例,高分化5例。对照组男38例,女32例;年龄42~75岁,平均(58.45±8.24)岁;病程1~5年,平均(2.21±0.58)年;肿瘤直径2~7cm,平均(3.83±1.21)cm;TNM分期:I期17例,II期45例,III期8例;分化程度:低分化15例,中分化49例,高分化6例。两组性别、年龄、病程、肿瘤直径、TNM分期及分化程度等一般临床病理资料比较无差异( $P>0.05$ ),具有可比性。

### 1.2 纳入、排除标准

纳入标准:<sup>①</sup>经临床影像学检查及术后病理学检验确诊为中低位原发性直肠癌患者;<sup>②</sup>进行该手术前未接受过其他手术治疗或放、化疗患者;<sup>③</sup>无手术禁忌,并能耐受本次手术患者;<sup>④</sup>不存在远处转移患者;<sup>⑤</sup>自愿配合本研究患者,签署知情同意书。排除标准:<sup>⑥</sup>合并有心、肺、脑、肝、肾等重要脏器严重疾病患者;<sup>⑦</sup>合并有其他严重结直肠疾病,干扰手术结果患者;<sup>⑧</sup>已发生肺、肝及其他部位远处转移患者;<sup>⑨</sup>既往有恶性肿瘤病史患者;<sup>⑩</sup>合并有严重感染性疾病或凝血功能异常患者。本研究经广州市红十字会医院伦理委员会审批通过。

### 1.3 治疗方法

对照组行腹腔镜下TaTME术治疗。具体如下:对患者行全

身麻醉,取其截石位,常规消毒;建立CO<sub>2</sub>气腹,使气腹压维持在12~14 mmHg,采用5孔法施术,并根据肿瘤位置置入5个Trocar;采用超声刀由内向外分离直肠系膜,并结扎系膜动、静脉根部,离断血管,游离脾曲,裁剪肠系膜;清扫肠系膜下可疑淋巴结、血管周围脂肪组织,将肠系膜下血管裸化;沿骶前间隙分离至直肠骶骨筋膜(其中低位直肠癌需分离过尾骨尖),后向直肠前端分离腹会阴筋膜至直肠前壁;待所有病变肠管彻底游离后,留置边带包饶游离直肠系膜远侧,便于经肛操作将腹腔游离平面标志识别。行经肛手术:将会阴部手术区消毒,扩肛,直肠腔以碘伏溶液(稀释)冲洗。分别放置肛门拉钩、经肛操作平台,距肿瘤下缘1~2 cm荷包缝合将肠腔闭合,碘伏冲洗。腹腔镜导引下荷包缝合下方环形切开直肠壁。直肠周围间隙进入后以电钩自下而上逆行游离,注意对周围脏器、盆腔壁自主神经进行保护。经肛操作汇合腹部操作平面于腹腔纱条标记处。根据系膜肥厚情况、肿瘤直径决定经预防造口、肛于直肠残端提出并切除。研究组行手辅助腹腔镜下TaTME术治疗。具体如下:行全身麻醉,取患者低截石位;于脐旁做一大小为4~6 cm的绕脐纵小切口,放置切口保护套,保证紧贴壁层腹膜,无卡压腹腔内脏器(图1),取6.5无菌手套一只,套在切口保护套上,形成密闭装置(图2),手套手指、手掌链接部位剪开手套,涂抹石蜡油,左手通过手辅助装置(白碟)置入腹腔;手术操作者经由白蝶口根据肿瘤位置于腹壁建立2-3个Trocar,其后操作同对照组。

### 1.4 观察指标

<sup>①</sup>比较两组淋巴结清扫数目、手术时间、术中出血量,计算患者保肛率。<sup>②</sup>分别记录两组患者术后切口愈合时间、住院时间、首次下床活动时间等指标,比较两组间各指标的差异。<sup>③</sup>统计两组患者术后出现切口感染、吻合口瘘、尿道感染、盆腔脓肿及肠梗阻等并发症的例数,并计算术后总并发症发生率。<sup>④</sup>对患者进行术后随访,随访周期为1次/月,形式以定期复查、家访、电话或邮件等,分别记录术后第1年、第2年、第3年和第4年两组患者的复发例数及死亡例数,计算并比较术后4年内,两组患者总复发率和总死亡率。

### 1.5 统计学处理

应用SPSS24.0软件分析数据,以( $\bar{x} \pm s$ )表示计量资料,行t检验;计数资料以%表示,行卡方检验;检验水准为 $\alpha=0.05$ 。

## 2 结果

### 2.1 两组患者手术时间、术中出血量、淋巴结清扫数目以及保肛率比较

研究组手术时间、术中出血量较对照组减少( $P<0.05$ );保肛率、淋巴结清扫数目两组比较无差异( $P>0.05$ )。详见表1。

### 2.2 两组患者术后切口愈合时间、住院时间、首次下床活动时间比较

研究组首次下床活动时间、术后切口愈合时间较对照组缩短( $P<0.05$ );而术后住院时间两组比较无差异( $P>0.05$ )。详见表2。



图 1 放置切口保护套  
Fig.1 Place the incisional protective sleeve



图 2 无菌手套套在切口保护套上,形成密闭装置  
Fig.2 Sterile gloves are placed over the incision protector to form an airtight device

表 1 两组患者手术时间、术中出血量、淋巴结清扫数目以及保肛率比较

Table 1 Comparison of operation time, intraoperative bleeding volume, number of lymph node dissection and anus preservation rate between the two groups

Groups	n	Operation time(min)	Intraoperative bleeding volume(mL)	Number of lymph node dissection(n)	Anus preservation rate (%)
Control group	70	217.62± 23.45	81.21± 15.03	14.01± 3.48	58(82.86)
Study group	60	185.14± 18.67	66.23± 12.34	13.87± 3.56	51(85.00)
$t/x^2$		8.635	6.145	0.226	0.110
P		0.000	0.000	0.821	0.741

表 2 两组患者术后切口愈合时间、住院时间、首次下床活动时间比较( $\bar{x}\pm s$ )

Table 2 Comparison of incision healing time, hospitalization time and first time out of bed activity between the two groups( $\bar{x}\pm s$ )

Groups	n	Incision healing time(h)	Hospitalization time(h)	First time out of bed activity (h)
Control group	70	201.12± 25.04	240.84± 27.98	58.56± 6.31
Study group	60	174.35± 22.67	237.23± 26.60	47.64± 5.73
$t$		6.346	0.750	10.260
P		0.000	0.455	0.000

### 2.3 术后并发症发生率比较

研究组术后出现切口感染、吻合口瘘、尿道感染、盆腔脓肿及肠梗阻等并发症的例数分别为 1 例、2 例、2 例、1 例、1 例，总并发症发生率为 10.00% (7/70)；而对照组术后出现切口感染、

吻合口瘘、尿道感染、盆腔脓肿及肠梗阻等并发症的例数分别为 1 例、2 例、2 例、1 例、1 例，总并发症发生率为 10.00% (7/70)；术后总并发症发生率研究组较对照组更少，但两组比较无差异 ( $P>0.05$ )。详见表 3。

表 3 两组患者术后并发症发生率比较[n(%)]

Table 3 Comparison of the incidence rate of postoperative complications between the two groups[n(%)]

Groups	n	Incision infection	Anastomotic leakage	Urinary tract infection	Pelvic abscess	Intestinal obstruction	Total complication rate
Control group	70	1(1.43)	2(2.86)	2(2.86)	1(1.43)	1(1.43)	7(10.00)
Study group	60	1(1.67)	1(1.67)	0(0.00)	0(0.00)	0(0.00)	2(3.33)
$x^2$							2.228
P							0.135

### 2.4 术后远期复发率及死亡率比较

对患者进行术后随访，以术后第 1 天至定期复查发现有局部复发或转移时定为术后复发时间，以术后第 1 天至随访死亡定为术后死亡时间。研究组术后第 1 年、第 2 年、第 3 年和第 4

年复发人数分别为 2 例、3 例、4 例和 5 例，总复发率为 23.33% (14/60)；死亡人数分别为 1 例、3 例、5 例和 4 例，总死亡率为 21.67% (13/60)；对照组术后第 1 年、第 2 年、第 3 年和第 4 年复发人数分别为 3 例、5 例、5 例和 7 例，总复发率为 28.57%

(20/70);死亡人数分别为1例、5例、6例和7例,总死亡率为27.14%(19/70);即术后4年内,总复发率、总死亡率两组比较

无差异( $P>0.05$ )。详见表4和表5。

表4 两组患者术后远期复发率比较[n(%)]

Table 4 Comparison of long-term recurrence rate between two groups[n(%)]

Groups	n	Year 1	Year 2	Year 3	Year 4	Total recurrence rate
Control group	70	3(4.29)	5(7.14)	5(7.14)	7(10.00)	20(28.57)
Study group	60	2(3.33)	3(5.00)	4(6.67)	5(8.33)	14(23.33)
$\chi^2$						0.459
P						0.498

表5 两组患者术后远期死亡率比较[n(%)]

Table 5 Comparison of long-term mortality between the two groups[n(%)]

Groups	n	Year 1	Year 2	Year 3	Year 4	Total recurrence rate
Control group	70	1(1.43)	5(7.14)	6(8.57)	7(10.00)	19(27.14)
Study group	60	1(1.67)	3(5.00)	5(8.33)	4(6.67)	13(21.67)
$\chi^2$						0.522
P						0.470

### 3 讨论

直肠癌是一种原发于直肠粘膜的恶性肿瘤,具有起病隐匿、病程长、预后差等特点<sup>[10-12]</sup>。受多种因素如饮食习惯、环境、遗传等的影响,近年来直肠癌的发病率和死亡率呈逐渐上升趋势<sup>[13]</sup>。2012年全球结直肠癌新发病例约为136万,在癌症发病谱中排第3位;死亡病例高达69万,居癌症死亡谱第2位,对人类的身体健康及生命安全构成严重危害<sup>[14,15]</sup>。

目前临床治疗该疾病常以腹腔镜下根治术为主,与传统开腹手术相比,腹腔镜下手术具有创伤小、术后恢复快且并发症少等优点,已逐渐被应用于临床直肠癌切除术<sup>[16-18]</sup>。腹腔镜技术包含许多种,其中手辅助腹腔镜下手术是在全腹腔镜手术基础上发展而来,并以其自身独特的优势受到医学界的广泛关注。它是一种新型的手术方式,可通过特殊手术辅助装置将手术者的非优势手送入患者腹腔,与器械协同完成手术,具有操作简单、损伤小、安全性好、实用性高等特点<sup>[19-21]</sup>。术中手辅助器的应用可通过触摸感觉对患者腹腔内脏器进行准确的空间定位,从而克服二维屏幕因视觉造成的误差,使医者手术操作更简便,同时能更好控制术中出血,减少血液对术野的干扰,缩短手术时间<sup>[22-23]</sup>;另外,手术过程中手辅助器可更加清晰地显示患者机体组织的分层及结构,故可实现更迅速精准定位并切除病灶根部,并可以尽可能的保留手指的触觉,降低手术对脏器的副损伤,防止淋巴结遗漏。尤其对于肿瘤较大的中低位结直肠癌患者,手辅助腹腔镜可实现对直肠下系膜进行完整剥离,使术野充分暴露,以保证系膜切除后的完整性<sup>[24,25]</sup>。

本研究显示,研究组患者手术时间和术中出血量均明显少于对照组,提示中低位直肠癌患者行TaTME术治疗中,运用手辅助腹腔镜可明显缩短手术时间,减少术中出血,减轻患者痛苦。另研究组术后切口愈合时间、首次下床活动时间均明显短于对照组,说明手辅助腹腔镜下TaTME术可加速患者切口愈合,使患者尽快恢复正常。研究组术后出现切口感染、吻合口

瘘、尿道感染、盆腔脓肿及肠梗阻等并发症发生率略低于对照组,且术后4年内,研究组总复发率和总死亡率与对照组比较差异无统计学意义,该结果表明手辅助腹腔镜下TaTME术治疗中低位直肠癌患者术后并发症发生率较低,远期复发率和死亡率较为可观。

综上所述,中低位直肠癌患者行TaTME术治疗中,运用手辅助腹腔镜可明显缩短手术时间,减少术中出血,且术后恢复快,并发症发生率、远期复发率及死亡率低,具有较高的临床推广应用价值。但因本研究纳入病例较少,结果可能存在一定偏移,为进一步提升研究结果的可靠性,后期有待扩充样本量进行深入探究。

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