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枸橼酸咖啡因联合正压通气对新生儿呼吸窘迫患儿铁蛋白及 Clara 细胞分泌蛋白的影响*

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摘要 目的:探讨枸橼酸咖啡因联合正压通气对新生儿呼吸窘迫患儿铁蛋白及 Clara 细胞分泌蛋白的影响。**方法:**选取我院 2016 年 1 月到 2021 年 1 月共收治的 82 例新生儿呼吸窘迫患儿作为研究对象,所有患儿均需要机械通气治疗,将所有患儿随机分为观察组与对照组,每组 41 例。对照组患儿应用无创正压通气治疗,对照组患儿应用枸橼酸咖啡因联合无创正压通气治疗,对比两组患儿的住院时间、给氧时间和机械通气时间,治疗前后的呼吸功能指标与血气指标,治疗前后的 SF、CC16 表达水平以及两组患儿治疗过程中出现的用药不良反应和并发症情况。**结果:**观察组患儿的住院时间、给氧时间、机械通气时间明显低于对照组,组间对比,差异具有统计学意义($P<0.05$);两组患儿治疗前 P/F 值、PaO₂、PaCO₂ 和 pH 值表达水平对比无明显差异($P>0.05$),治疗 24 h 后,两组患儿 pH 值对比无明显差异($P>0.05$),与对照组相比,观察组 P/F 值、PaO₂ 水平显著升高,PaCO₂ 水平显著降低($P<0.05$);两组患儿治疗前 SF、CC16 水平对比无明显差异($P>0.05$),治疗后两组患者 SF、CC16 表达水平均降低,且观察组显著低于对照组($P>0.05$);观察组患儿并发症及不良反应发生总计 11 例,发生率为 26.83,显著低于对照组的 22 例(53.66%)($P<0.05$)。**结论:**枸橼酸咖啡因联合正压通气比单一正压通气治疗新生儿呼吸窘迫效果更好,能够缩短患儿的住院时间和通气时间,减轻家属压力,同时能够提升患儿的氧合效率和血气指标,改善铁蛋白及 Clara 细胞分泌蛋白水平,降低并发症发生率,安全性好,值得临床应用推广。

关键词:枸橼酸咖啡因;无创正压通气;护理窘迫;新生儿;铁蛋白;Clara 细胞分泌蛋白**中图分类号:**R725.6;R563.8 **文献标识码:**A **文章编号:**1673-6273(2022)07-1357-05

Effect of Caffeine Citrate Combined with Positive Pressure Ventilation on Ferritin and Clara Cell Secretory Protein in Neonatal Respiratory Distress*

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ABSTRACT Objective: To investigate the effect of caffeine citrate combined with positive pressure ventilation on ferritin and Clara cell secretory protein in neonatal respiratory distress. **Methods:** 82 cases of neonatal respiratory distress in our hospital from January 2016 to January 2021 were selected as the research object, all children need mechanical ventilation treatment, all children were randomly divided into observation group and control group, 41 cases in each group. The control group was treated with noninvasive positive pressure ventilation, and the control group was treated with caffeine citrate combined with noninvasive positive pressure ventilation. The hospitalization time, oxygen supply time and mechanical ventilation time, respiratory function index and blood gas index before and after treatment, SF and SF before and after treatment were compared between the two groups. The expression level of CC16 and the adverse drug reactions and complications of the two groups during treatment. **Results:** The hospitalization time, oxygen time and mechanical ventilation time of the observation group were significantly lower than those of the control group ($P<0.05$); There was no significant difference in the expression levels of P / F value, PaO₂, PaCO₂ and pH value between the two groups before treatment ($P>0.05$). After 24 hours of treatment, there was no significant difference in the pH value between the two groups ($P>0.05$). Compared with the control group, the P/F value and PaO₂ level of the observation group increased significantly, and the PaCO₂ level decreased significantly ($P<0.05$); There was no significant difference in the expression levels of SF and CC16 between the two groups before treatment ($P>0.05$). After treatment, the levels of SF and CC16 in the two groups were decreased, and the observation group was significantly lower than the control group ($P>0.05$); A total of 11 cases of complications and adverse reactions occurred in the observation group, the incidence was 26.83, which was significantly lower than the 22 cases (53.66%) in the control group ($P<0.05$). **Conclusion:** Caffeine citrate combined

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with positive pressure ventilation is better than single positive pressure ventilation in the treatment of neonatal respiratory distress, which can shorten the hospitalization time and ventilation time, reduce the pressure of family members, improve the oxygenation efficiency and blood gas index, improve the level of ferritin and Clara cell secreted protein, reduce the incidence of complications, and has good safety, It is worthy of clinical application and promotion.

Key words: Caffeine citrate; Noninvasive positive pressure ventilation; Nursing distress; Newborn; ferritin; Clara cell secretory protein

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前言

呼吸窘迫综合征(Respiratory distress syndrome, NRDS)是临床新生儿常见的一种危重症,也是引起新生儿死亡的重要原因^[1]。该病患儿主要是早产儿由于肺部表面活性物质缺乏所导致的,呼吸衰竭与进行性的低血氧都有可能发生在孩子出生时或出生后不久^[2,3]。多数呼吸窘迫患儿需要进行呼吸支持,临床多应用经鼻双水平无创正压通气进行治疗,但是长时间机械通气会造成新生儿肺部损伤等并发症的发生。国内外多项研究发现^[4-6],咖啡因能够减少早产儿的机械通气时间和用氧时间,从而改善临床症状。但是目前国内研究多应用单纯无创正压通气治疗或对无创正压通气联合咖啡因仅针对于血气指标的分析。近年来,有研究发现^[7,8],血清中的蛋白指标和炎症因子对于新生儿评估具有重要价值。因此,本研究选取我院2016年1月到2021年1月共收治的82例新生儿呼吸窘迫患儿作为研究对

象,采取枸橼酸咖啡因联合正压通气治疗,并分析其对患儿治疗安全性和血清铁蛋白及Clara细胞分泌蛋白水平的影响。

1 资料与方法

1.1 一般资料

选取我院2016年1月到2021年1月共收治的82例新生儿呼吸窘迫患儿作为研究对象,将所有患儿随机分为观察组与对照组,每组41例。纳入标准:所有新生儿出生后出现呼吸窘迫现象,需要机械通气治疗^[9];无正压通气禁忌症的患儿;可拔除气管插管的患儿;所有患儿家属对本研究知情并签署同意书。排除标准:拔管之后需要进行辅助通气的患儿;合并先天性代谢疾病者;合并严重器质性发育不全或病变者;合并先天性呼吸道畸形者。本研究经我院伦理委员会批准。两组患儿一般资料对比无明显差异($P>0.05$),可进行对比,如表1所示。

表1 一般资料

Table 1 General Information

Groups	n	Gender (male / female)	Birth gestational age (week)	Day age (d)	Birth Weight (kg)
Observation group	41	22/19	33.31± 2.75	3.54± 2.13	2.68± 0.21
Control group	41	23/18	33.46± 2.48	3.23± 1.68	2.03± 0.16

1.2 方法

两组新生儿均在重症监护病房给予血糖监测、电解质监测、心电监护、暖箱保暖等基础生命支持治疗。对照组患儿应用无创正压通气指标,具体方法为:依照患儿的鼻孔直径选择适合型号的双鼻塞,随后将鼻导管与ACUTRONIC医疗系统有限公司生产的无创双水平正压通气新生儿呼吸机连接,将压力频率设置为30-40次/min,呼吸膜正压设置为5cmH₂O,将吸入氧气分数控制在0.3-0.4,吸气峰压为8cmH₂O,高压水平控制在0.5秒范围内。观察组在上述无创正压通气治疗基础上联合枸橼酸咖啡因治疗,具体方法为:将枸橼酸咖啡因(生产企业:成都苑东生物制药股份有限公司;国药准字:H20163401)到微量泵中静脉注射,初始计量为枸橼酸咖啡因20mg/kg加入到5mL5%的葡萄糖中,在30分钟内注射完毕。在24h后,应用微量泵进行静脉注射,计量为枸橼酸咖啡因15mg/kg加入到5mL5%的葡萄糖中,30分钟注射完毕,之后维持15mg/kg,每天一次。待患儿停氧之后,如果依然存在呼吸暂停现象,需要应用该药物治疗到患儿34周,直到3h内不会出现呼吸暂停或呼吸困难可停止使用枸橼酸咖啡因。

1.3 观察指标

观察并记录记录两组患儿的住院时间、给氧时间、机械通气时间,将其作为预后指标,水平越低,代表患儿恢复越快,预后情况越好;观察并记录两组患儿治疗前和治疗24h的P/F值、PaO₂、PaCO₂和pH值表达水平^[10,11]。在两组患儿治疗前和治疗后出院前,分别取患儿的空腹静脉血1mL,应用3000r/min的离心速度离心1分钟后,取上层清液,应用双抗体夹心酶联免疫吸附试验法检测两组患者的铁蛋白(ferritin, SF)和Clara细胞分泌蛋白(Clara cell secretory protein, CC16)表达水平,检测流程依照试剂盒说明书进行;观察并记录两组患儿治疗过程中并发症发生率和用药不良反应现象^[12]。

1.4 统计学方法

采取SPSS23.0进行数据分析,计数资料以(n%)表示,进行 χ^2 检验;计量资料以($\bar{x}\pm s$)表示,采用t检验;以 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 预后指标对比

观察组患儿的住院时间、给氧时间、机械通气时间明显低于对照组,组间对比,差异具有统计学意义($P<0.05$),如表2所示。

表 2 两组患儿预后指标对比分析(d)
Table 2 Comparative Analysis of the Prognostic Index in the two groups (d)

Groups	n	In of stay	Oxygenation feeding time	Mechanical ventilation time
Observation group	41	23.24±10.16*	5.54±1.73*	4.82±2.41*
Control group	41	28.23±13.25	8.21±2.25	6.52±4.21

Note: Compared with the control group, *P<0.05.

2.2 两组患儿呼吸功能指标与血气指标对比分析

两组患儿治疗前 P/F 值、PaO₂、PaCO₂ 和 pH 值表达水平对比无明显差异($P>0.05$), 治疗 24h 后, 两组患儿 pH 值对比无

明显差异($P>0.05$); 与对照组相比, 观察组 P/F 值、PaO₂ 水平显著升高, PaCO₂ 水平显著降低($P<0.05$), 如表 3 所示。

表 3 两组患儿呼吸功能指标与血气指标对比分析

Table 3 Comparison and Analysis of Respiratory Function and Blood Gas indexes in Two Groups

Groups	n	P/F value(mmHg)		PaO ₂ (mmHg)	
		Before the treatment	After treating 24 h	Before the treatment	After treating 24 h
Observation group	41	115.52±11.95	145.75±13.23*#	47.95±5.02	59.60±6.86*#
Control group	41	116.67±10.02	127.65±12.54*	47.25±5.95	53.50±5.14*

续表 3

Continuew Table 3

Groups	n	PaCO ₂ (mmHg)		pH value	
		Before the treatment	After treating 24 h	Before the treatment	After treating 24 h
Observation group	41	55.27±7.75	41.20±4.05*#	7.20±0.25	7.32±0.09
Control group	41	55.68±7.62	46.30±5.28*	7.24±0.41	7.37±0.06

Note: Compared with before the treatment, *P<0.05; Compared with the control group, #P<0.05.

2.3 SF、CC16 表达水平

两组患儿治疗前 SF、CC16 表达水平对比无明显差异($P>0.05$), 治疗后两组患者 SF、CC16 表达水平均降低, 且观察组低

于对照组, 组间对比, 差异具有统计学意义($P>0.05$), 如表 4 所示。

表 4 两组患儿治疗前后 SF、CC16 表达水平对比分析

Table 4 Comparison of SF, CC16 expression levels before and after treatment in the two groups

Groups	n	SF(μg/L)		CC16(mg/L)	
		Before the treatment	After the treatment	Before the treatment	After the treatment
Observation group	41	178.57±76.33	101.74±23.47*#	55.85±2.64	18.28±1.61*#
Control group	41	181.62±72.05	162.27±21.38*	54.78±2.52	26.16±3.34*

Note: Compared with before the treatment, *P<0.05; Compared with the control group, #P<0.05.

2.4 并发症与不良反应发生率

观察组患儿并发症及不良反应发生总计 11 例, 发生率为 26.83%, 对照组患儿并发症及不良反应发生总计 22 例, 发生率为 53.66%, 观察组低于对照组, 组间对比, 差异具有统计学意义($P<0.05$), 如表 5 所示。

患儿多应用甲基黄嘌呤类药物来进行辅助治疗, 甲基黄嘌呤类药物属于腺苷受体非选择性竞争抑制剂的一种, 将此类药物应用到呼吸中枢, 可对呼吸中枢产生刺激, 代表药物包括氨茶碱和咖啡因等有研究发现, 咖啡因比氨茶碱呼吸中枢的刺激更加强烈^[15]。有研究者对 240 例呼吸窘迫早产儿应用咖啡因和氨茶碱治疗发现, 咖啡因的安全性高于氨茶碱。咖啡因存在于多种食物之中, 可通过 GABA 氨基丁酸、拮抗腺苷来增加一磷酸腺苷和环鸟苷一磷酸表达, 进而对支气管产生扩张作用^[16,17]。有国外研究发现^[18-20], 咖啡因能够对呼吸中枢产生刺激, 并维持原有呼吸时间, 提升机体感受器对二氧化碳产生的敏感性, 驱动呼吸中枢活动, 进而减轻患儿缺氧现象。另外, 一项回归分析发现, 咖啡因能够增加神经元组织、心肌和骨骼肌释放钙离子, 激活钙离子通道, 增加膈肌收缩力, 避免膈肌疲劳, 改善呼吸状态。

3 讨论

新生儿呼吸窘迫也称非透明膜病, 是新生儿死亡的常见疾病, 而且胎龄越小, 体重越低, 呼吸窘迫的发生率越高。临幊上呼吸窘迫新生儿多表现为呼吸频率增快、呼气性呻吟、呼吸短促以及吸气性三凹征等。临幊上多应用胸片来进行协助诊断, 胸片两肺透光度明显降低, 并出现毛玻璃样支气管充气征或毛玻璃样细颗粒可证实为存在呼吸窘迫^[13,14]。临幊上多呼吸窘迫

本研究结果表明, 观察组患儿的住院时间、给氧时间、机械

表 5 两组患儿并发症与不良反应发生率对比分析

Table 5 Comparative analysis of the incidence of complications and adverse reactions in the two groups

Complication	Observation group(n=41)	Control group(n=41)
Electrolyte disturbances	1	3
Pulmonary hemorrhage	0	2
Lung Infection	1	2
Necrotizing Colon	2	1
Air leak syndrome	0	3
Retopathy	4	6
Felintolerance	3	5
Total	11(26.83%)*	22(53.66%)

Note: Compared with the control group, *P<0.05.

通气时间明显低于对照组,组间对比,差异具有统计学意义($P<0.05$),与 Isha S 研究结果相似,其最终结果发现,应用咖啡因联合机械通气能够缩短机械通气时间和住院时间^[21]。与 Katsel P 研究不同,Katsel P 研究发现^[22],对呼吸窘迫综合征患儿应用咖啡因联合通气治疗,对患儿的住院时间无明显影响,仅能够缩短患儿的机械通气时间。这可能是因为,本研究数据量资料过少,因此还需后续持续增加样本量及研究人数,并添加更多的指标进行研究;两组患儿治疗前 P/F 值、PaO₂、PaCO₂ 和 pH 值表达水平对比无明显差异($P>0.05$),治疗 24 h 后,两组患儿 pH 值对比无明显差异($P>0.05$),观察组患儿 P/F 值、PaO₂ 表达水平高于对照组,PaCO₂ 表达水平低于对照组,组间对比,差异具有统计学意义($P<0.05$),由此证明,应用枸橼酸咖啡因联合正压通气治疗,能够明显提升呼吸窘迫患儿的血气指标和病情严重程度。这是因为,联合治疗后,咖啡因能够促使呼吸中枢兴奋,提升对 CO₂ 的敏感性,兴奋呼吸中枢,增加肺泡通气量,进而减少患儿 CO₂ 潴留,从而改善低氧血症^[23,24]。本研究结果与 Pereira CD 等^[25]研究相似,即应用咖啡因联合机械通气,能够改善治疗后的 PaO₂ 和 PaCO₂ 水平;两组患儿治疗前 SF、CC16 表达水平对比无明显差异($P>0.05$),治疗后两组患者 SF、CC16 表达水平均降低,且观察组低于对照组,组间对比,差异具有统计学意义($P>0.05$)。与 Barbosa R F 研究结果相似^[26],其结果发现,血清 BMP-7、CC16、SF 与新生儿呼吸窘迫综合征具有明显相关性。以往研究中多对呼吸窘迫综合征患儿以血气指标作为研究效果评价指标。但是本研究与以往研究不同,应用 SF、CC16 表达水平的变化情况来判断新生儿呼吸窘迫患儿应用枸橼酸咖啡因联合正压通气治疗的临床疗效。这是因为 SF 属于急性期蛋白的一种,由网状内皮细胞和干细胞合成,普遍存在于储铁蛋白复合物中,具有组织修复和免疫抑制功能,对于铁代谢具有重要作用。有研究发现^[27],应用 SF 水平的大小能够判断患者病情严重程度,其水平表达越高,也代表肺损伤越严重。CC16 是一种终末端支气管和细支气管的特异性分泌蛋白,对细胞膜磷脂酶 A2 的活性产生抑制作用,减少细胞膜磷脂释放花生四烯酸,从而抑制脂类介质,抑制中性粒细胞趋化性,产生抗炎作用。有研究发现^[28],呼吸窘迫患儿血清 CC16 水平升高,代表血管内皮和肺泡上皮完整性受损,因此可以作为预测血管内皮和肺泡上皮完整性变化的重要敏感指标;

观察组患儿并发症及不良反应发生总计 11 例,发生率为 26.83%,对照组患儿并发症及不良反应发生总计 22 例,发生率为 53.66%,观察组低于对照组,组间对比,差异具有统计学意义($P<0.05$),目前以往研究中,并没有研究将多种不良反应与并发症纳入到研究中,有研究仅分析了肺部感染的发生率,并发症和不良反应的指标较少。本研究也是对以往研究的一项创新,希望为呼吸窘迫患儿的治疗提供参考价值^[29,30]。

综上所述,枸橼酸咖啡因联合正压通气比单一正压通气治疗新生儿呼吸窘迫效果更好,能够缩短患儿的住院时间和通气时间,减轻家属压力,同时能够提升患儿的氧合效率和血气指标,改善铁蛋白及 Clara 细胞分泌蛋白水平,降低并发症发生率,安全性好,值得临床应用推广。

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