

· 其他肝病 ·

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双重血浆分子吸附系统序贯血浆置换联合连续性肾脏替代疗法治疗慢加急性肝衰竭合并急性肾损伤的效果分析

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摘要: 目的 观察双重血浆分子吸附系统(DPMAS)序贯血浆置换(PE)联合连续性肾脏替代疗法(CRRT)治疗慢加急性肝衰竭(ACLF)合并急性肾损伤(AKI)患者的临床效果。方法 回顾性纳入2019年1月—2022年12月于贵州医科大学附属医院住院治疗的ACLF合并AKI的90例患者临床资料,依据不同的血液净化方式,分为DPMAS序贯PE联合CRRT组(观察组, $n=31$),DPMAS序贯PE组(对照组, $n=59$)。收集所有患者入院一般资料、血液净化治疗前后实验室指标,包括肝肾功能、凝血功能、炎症指标等,计算eGFR、MELD-Na评分。正态分布的计量资料两组间比较采用成组 t 检验;非正态分布的计量资料组内前后比较采用Wilcoxon符号秩和检验,两组间比较采用Mann-Whitney U 检验。计数资料两组比较采用 χ^2 检验或Fisher精确检验。结果 观察组治疗有效率为48.4%(15/31),高于对照组治疗的有效率27.1%(16/59)($\chi^2=4.071, P=0.044$)。两组血液净化方式均可有效改善TBil、ALT、AST、PTA、Scr、PCT、CRP、eGFR及MELD-Na评分(P 值均 <0.05);两组治疗后PLT及Hb均显著降低(P 值均 <0.05);而BUN、Alb、INR治疗前后差异均无统计学意义(P 值均 >0.05)。对照组与观察组的AST、Scr、PCT、eGFR、MELD-Na评分、Hb、PLT治疗前后差值比较,差异均有统计学意义(P 值均 <0.05)。结论 DPMAS序贯PE联合CRRT模式可有效清除炎症介质,改善肾功能,稳定机体内环境,获得较好的临床疗效。

关键词: 慢加急性肝功能衰竭;急性肾损伤;血浆置换;双重血浆分子吸附系统;连续性肾脏替代疗法

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Clinical efficacy of double plasma molecular absorption system and sequential plasma exchange combined with continuous renal replacement therapy in treatment of acute-on-chronic liver failure with acute kidney injury

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Abstract: Objective To investigate the clinical efficacy of double plasma molecular adsorption system (DPMAS) and sequential plasma exchange (PE) combined with continuous renal replacement therapy (CRRT) in the treatment of patients with acute-on-chronic liver failure (ACLF) and acute kidney injury (AKI). **Methods** A retrospective analysis was performed for the clinical data of 90 patients with ACLF and AKI who were hospitalized in The Affiliated Hospital of Guizhou Medical University from January 2019 to December 2022, and according to the method for blood purification, they were divided into DPMAS sequential PE+CRRT group (observation group with 31 patients) and DPMAS sequential PE group (control group with 59 patients). General data on admission and laboratory markers before and after blood purification were collected from all patients, including hepatic and renal function, coagulation function, and inflammation markers, and estimated glomerular filtration rate (eGFR) and MELD combined with serum sodium concentration (MELD-Na) score were calculated. The independent-samples t test was used for comparison of normally distributed continuous data between two groups; the Wilcoxon rank sum test was used for comparison of

non-normally distributed continuous data within each group before and after treatment, and the Mann-Whitney *U* test was used for comparison between two groups; the chi-square test or the Fisher's exact test was used for comparison of categorical data between two groups. **Results** The observation group had a significantly higher response rate than the control group [48.4% (15/31) vs 27.1% (16/59), $\chi^2=4.071$, $P=0.044$]. The methods for blood purification in both groups could effectively improve total bilirubin, alanine aminotransferase, aspartate aminotransferase (AST), prothrombin time activity, serum creatinine (Scr), procalcitonin (PCT), C-reactive protein, eGFR, and MELD-Na score (all $P<0.05$), and both groups had significant reductions in platelet count (PLT) and hemoglobin (Hb) after treatment (all $P<0.05$), while there were no significant changes in blood urea nitrogen, albumin, and international normalized ratio after treatment (all $P>0.05$). There were significant differences between the two groups in the changes in AST, Scr, PCT, eGFR, MELD-Na score, Hb, and PLT after treatment (all $P<0.05$). **Conclusion** DPMAS sequential PE combined with CRRT can effectively remove inflammatory mediators, improve renal function, stabilize the internal environment of human body, and achieve a relatively good clinical efficacy.

Key words: Acute-On-Chronic Liver Failure; Acute Kidney Injury; Plasma Exchange; Double Plasma Molecular Adsorption System; Continuous Renal Replacement Therapy

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急性肾损伤(AKI)是慢加急性肝衰竭(ACLF)常见且难治的并发症,发生率高达49%,预后差,短期病死率极高^[1]。ACLF合并AKI患者体内蓄积大量水溶性毒素、蛋白结合毒素及代谢产物,严重影响肝肾功能恢复^[2]。血液净化技术的应用可延长该类患者的生存时限。血浆置换(plasma exchange, PE)可清除溶于血浆的中小代谢毒素及蛋白免疫复合物等大分子物质,新鲜血浆的提供可改善凝血功能、补充白蛋白,但其对水溶性物质如肌酐的清除能力较弱。双重血浆分子吸附系统(double plasma molecular adsorption system, DPMAS)含吸附柱以吸附胆红素、胆汁酸及内毒素,整个过程中无需血浆或置换液体,但无法补充凝血因子,同时白蛋白及凝血因子被吸附消耗。持续性肾脏替代疗法(continuous renal replacement therapy, CRRT)可有效清除水溶性毒素,维持内环境稳定、改善水钠潴留^[3-4]。本研究观察DPMAS序贯PE联合CRRT对ACLF合并AKI患者临床疗效,旨在进一步探究ACLF合并AKI患者的有效血液净化方式,以期临床治疗及患者管理提供参考。

1 资料与方法

1.1 研究对象 回顾性纳入2019年1月—2022年12月于本院治疗的90例ACLF合并AKI患者。ACLF的诊断符合《肝衰竭诊治指南(2018年版)》^[5]诊断标准,AKI的诊断符合2015国际腹水协会制定的诊断标准^[6]。排除标准:(1)年龄 ≤ 18 周岁或 ≥ 80 岁;(2)原发性肝癌或肝脏其他恶性肿瘤;(3)合并其他肝外实体肿瘤及血液系统

肿瘤;(4)存在慢性肾病肾功能衰竭及近期肾毒性药物使用史;(5)病程中有特利加压素或生长抑素类似物联合白蛋白使用史;(6)其他严重的慢性疾病如急性心肌梗死、急性脑卒中;(7)住院时间 < 48 h。

1.2 研究方法 纳入研究的90例患者均接受针对病因、保肝、退黄、营养支持及并发症防治等内科治疗,由股静脉或颈静脉穿刺置管建立血管通路。DPMAS序贯PE模式:连接管路后由肝素钠生理盐水(1:12 500)肝素化预冲管道排除管道内气体,肝素化后由贝尔克血浆分离器(MICROPLAS MPS 05)分离血浆,开始血浆置换,置换血浆量1 000~2 000 mL,血流速度为100~120 mL/min,分浆比为20%~30%,血浆分离速度为20~36 mL/min。置换结束且分离后继续吸附,吸附器采用阴离子胆红素吸附柱BS330(健帆生物)及HA树脂血液灌流器HA330-II(健帆生物)治疗,血流速度为100~150 mL/min,分浆比为20%~30%,血浆分离速度为20~45 mL/min,吸附时间控制于2 h,术中追加2 250 IU低分子肝素,治疗中给予防过敏、扩容,持续心电监护,关注有无不良反应。

DPMAS序贯PE联合CRRT:于DPMAS序贯PE治疗基础上,采用费森尤斯multi-Filtrate CRRT机,应用连续性静脉-静脉血液透析滤过模式,依据患者电解质、血气分析调整离子浓度,依据肾功能、循环血量决定超滤量,治疗时间不低于8 h。根据患者的病情决定血液净化的治疗频率,一般间隔1~2天,每人4~5次。

1.3 观察指标 收集患者一般资料,首次血液净化治疗前及末次血液净化后的静脉血实验室指标:包括尿素

氮(BUN)、血肌酐(Scr)、ALT、AST、TBil、Alb、国际标准化比值(INR)、凝血酶原活动度(PTA)、降钙素原(PCT)、C-反应蛋白(CRP)等指标;计算治疗前后肾小球滤过率(eGFR)及MELD-Na评分。

1.4 疗效评估 有效:乏力、纳差等临床症状以及腹水、黄疸等体征好转,肝功能指标好转(TBil $<5\times$ ULN, PTA $>40\%$ 或者INR <1.5),Scr水平较治疗前下降,或下降至基线水平。无效:临床症状及体征加重,肝功能指标未达到上述有效标准,Scr无下降,出现新的并发症或原有并发症加重为无效,患者住院期间死亡或因病情进展自愿放弃治疗者视为无效^[5]。

1.5 统计学方法 采用SPSS 22.0统计软件进行数据分析。满足正态分布的计量资料用 $\bar{x}\pm s$ 表示,两组间比较采用成组 t 检验;非正态分布的计量资料用 $M(P_{25}\sim P_{75})$ 表示,两组间比较采用Mann-Whitney U 检验,组内治疗前后比较采用Wilcoxon符号秩和检验。计数资料两组间比较采用 χ^2 检验或Fisher精确检验。 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 一般资料 90例患者分为观察组31例和对照组59例。观察组中男25例,女6例,平均年龄(52 ± 11)岁,病因构成为单纯HBV感染15例(48.4%)、混合性10例(酒精+乙型肝炎)(32.2%)、单纯酒精性3例(9.7%)、其

他3例(9.7%);对照组中男52例,女7例,平均年龄(50 ± 13)岁,病因构成为单纯HBV感染35例(59.3%)、单纯酒精性11例(18.6%)、混合性(酒精+乙型肝炎)7例(11.9%)、其他6例(10.2%),两组间性别、年龄、病因比较,差异均无统计学意义(P 值均 >0.05)。

2.2 有效率 观察组治疗后有效率为48.4%(15/31),优于对照组治疗后有效率27.1%(16/59),两组比较差异存在统计学意义($\chi^2=4.071, P=0.044$)。

2.3 临床指标 两组血液净化方式均可有效改善TBil、ALT、AST、PTA、Scr、PCT、CRP、eGFR及MELD-Na评分(P 值均 <0.05);治疗后两组的PLT及Hb均显著降低(P 值均 <0.05);治疗后WBC、NLR只在观察组较治疗前改善(P 值均 <0.05)(表1)。

为进一步了解疗效,对两组治疗前后均有显著差异的临床指标,将其治疗前后各指标差值(治疗前-治疗后)进行组间比较,相较于对照组,观察组AST、Scr、PCT、eGFR、MELD-Na评分均改善更明显,观察组Hb、PLT均降低更显著(P 值均 <0.05)(表2)。

3 讨论

ACLF患者体内大量水溶性毒素、蛋白质结合毒素及代谢物堆积,导致肾内血管收缩组织灌流不足、肾内皮细胞损伤后微血栓形成、线粒体代谢功能障碍致AKI发生^[7]。血液净化组合中,常见DPMAS序贯PE模式,可有

表1 两组治疗前后生化指标比较

Table 1 Comparison of biochemical indicators between the two groups before and after treatment

指标	观察组($n=31$)			对照组($n=59$)		
	治疗前	治疗后	P 值	治疗前	治疗后	P 值
TBil($\mu\text{mol/L}$)	329.5(165.1~457.6)	151.1(75.4~233.0)	<0.001	312.7(218.4~457.8)	217.6(76.8~337.5)	<0.001
ALT(U/L)	160.0(83.0~355.2)	42.2(28.7~73.8)	0.001	92.1(42.8~345.5)	43.1(24.7~89.8)	<0.001
AST(U/L)	321.2(217.7~512.0)	78.0(48.1~335.4)	<0.001	166.7(113.8~430.4)	83.7(49.8~141.2)	<0.001
Alb(g/L)	27.6(25.5~31.1)	27.9(25.6~33.1)	0.829	29.8(26.1~32.5)	27.8(24.3~32.4)	0.098
PTA(%)	34.3(28.2~41.0)	41.7(29.3~53.2)	0.009	36.0(29.7~45.6)	38.7(27.3~56.6)	0.008
INR	2.3(1.7~2.7)	1.8(1.6~2.6)	0.189	2.2(1.8~2.6)	2.0(1.5~2.8)	0.069
BUN(mmol/L)	16.4(9.8~25.5)	9.2(6.6~19.6)	0.060	14.0(11.0~16.0)	12.2(7.1~17.3)	0.357
Scr($\mu\text{mol/L}$)	190.0(167.7~214.5)	104.0(67.0~92.0)	<0.001	178.0(145.8~191.8)	101.0(59.0~157.0)	<0.001
WBC($\times 10^9/\text{L}$)	14.1(10.9~15.9)	9.0(7.0~13.1)	0.040	10.1(6.2~13.7)	7.7(5.0~10.6)	0.126
PCT(ng/mL)	4.6(2.3~10.4)	1.6(0.9~3.1)	0.001	1.6(1.2~2.5)	1.1(0.5~1.9)	<0.001
CRP(mg/L)	35.4(12.9~61.3)	20.6(9.7~35.0)	0.011	17.5(9.7~37.1)	6.5(3.2~14.5)	<0.001
NLR	13.8(5.6~21.4)	6.8(3.7~13.6)	0.006	10.1(4.2~16.2)	6.5(2.9~12.2)	0.329
Hb(g/L)	110(92~122)	78(72~92)	<0.001	114(88~129)	89(77~110)	<0.001
PLT($\times 10^9/\text{L}$)	82(52~133)	40(28~80)	0.002	83(49~122)	56(37~83)	0.001
eGFR($\text{mL}^{-1}\cdot\text{min}^{-1}\cdot 1.73\text{m}^{-2}$)	31.5(29.1~49.7)	79.0(59.7~106.6)	<0.001	38.0(31.0~46.8)	43.5(27.9~84.3)	0.001
MELD-Na评分	38.6(29.1~49.7)	22.5(15.5~31.7)	<0.001	33.2(28.3~40.8)	28.6(18.1~35.2)	<0.001

表2 两组生化指标差值组间比较

Table 2 Inter-group comparison of the difference in biochemical parameters between the two groups

指标	观察组(<i>n</i> =31)	对照组(<i>n</i> =59)	Z 值	P 值
TBil(μmol/L)	162.7(53.7~225.1)	121.8(63.6~193.4)	-0.548	0.584
ALT(U/L)	63.8(11.0~139.8)	34.8(4.7~253.5)	-0.195	0.845
AST(U/L)	189.7(54.9~317.4)	73.3(21.1~256.1)	-2.085	0.037
PTA(%)	-7.8(-15.8~0.9)	-3.0(-11.9~3.7)	-1.057	0.290
Scr(μmol/L)	82.1(66.5~128.8)	27.0(-21.0~70.0)	-4.479	<0.001
PCT(ng/mL)	1.34(0.5~9.5)	0.3(-0.2~1.7)	-2.866	0.004
CRP(mg/L)	11.9(-2.1~36.4)	8.7(3.1~20.8)	-0.785	0.432
Hb(g/L)	26(13~38)	15(2~28)	-2.072	0.038
PLT($\times 10^9$ /L)	58(3~90)	14(-2~47)	-2.085	0.037
eGFR($\text{mL}^{-1} \cdot \text{min}^{-1} \cdot 1.73\text{m}^{-2}$)	-42.5(-69.8~-26.2)	-7.7(-49.5~5.9)	-3.571	<0.001
MELD-Na 评分	16.5(4.1~20.5)	6.3(1.1~16.2)	-2.662	0.008

效吸附毒素,降低炎症反应,改善凝血功能,提高 ACLF 患者治疗有效率,但无法改善肾功能,而 PE 联合 CRRT 模式近年来成为治疗 ACLF 合并 AKI 患者的经典模式,有效改善肾损伤,保护肾功能^[8-10]。而 DPMAS 序贯 PE 联合 CRRT 的治疗模式当前国内外报道较少,这一模式可否提高治疗效果尚需更多观察。

ACLF 患者肝细胞坏死后合成及代谢能力下降,同时炎症因子介导肝内胆汁淤积、胆汁酸转运受到影响, TBil 升高, Wu 等^[11]及鲁杰等^[12]证实 DPMAS 序贯 PE 治疗有效降低 ACLF 患者 TBil、转氨酶及 INR,提高 Alb。与上述观察相同,本研究两组患者经治疗后, TBil、ALT、AST 均较治疗前下降,其中观察组对 AST 的改善更加显著。而与上述观察结果不一致的是:本研究两组患者血液净化治疗后 Alb 及 INR 并无改善,考虑是在血液净化管路中被吸附而丢失,且与毒素结合的白蛋白在强大的吸附作用下随毒素而丢失。INR 治疗前后无差异原因考虑如下:(1)肝衰竭患者短期内新生肝细胞的增殖速度有限,凝血因子合成不足;(2)外源性的血浆补充量受限致凝血因子补充不足;(3)DPMAS 治疗过程中需要追加肝素量以保证体外循环通畅无凝血,而肝素一般需要 12 h 代谢完全,肝素的使用抑制凝血因子 V、Ⅶ、X 的激活而影响 INR^[13];(4)长期广谱抗生素的使用也可影响 INR^[14]。故对入院凝血功能异常的患者,应该综合评估抗凝药物及血液净化方式。eGFR、BUN 及 Scr 反映了肾脏代谢状态,经 PE 联合 CRRT 治疗后的 ACLF 合并 AKI 患者肾功能可得到改善^[15],在本研究中也得到证实:两组治疗前后 eGFR、Scr 改善明显(*P* 值均 <0.05),与对照组相比,观察组能更有效地改善肾功能。ACLF 合并 AKI 患者因肝脏内源性 TPO 合成减少、脾亢、病毒感染影响巨核细胞生成、肾内皮细胞损伤后 PLT 聚集等因素,导

致 PLT 计数减少,且经血液净化治疗时血液分离及体外循环时被吸附、肝素的使用也影响 PLT 计数^[16-17]。本研究 90 例患者治疗后 PLT 均较前下降,其中观察组 PLT 及 Hb 下降更为明显,考虑除 ACLF 合并 AKI 自身疾病所致外可能存在机械性损失,且观察组 CRRT 肝素使用时间较对照组长,故在治疗前后需密切监测患者 PLT 及 Hb 计数,警惕消化道出血等并发症,同时选择合适的 CRRT 抗凝方式以延长血液透析管道寿命。

系统性炎症被认为是 ACLF 发生 AKI 的关键,影响病情进展及预后,全身炎症加重血流动力学障碍、微血栓形成、影响细胞凋亡及线粒体损伤诱发肾损伤^[18-19]。当前临床使用包括 WBC、PCT、NLR、CRP、IL-6 等炎症指标反映 ACLF 合并 AKI 患者全身炎症状态。PCT 是一种无激素活性的降钙素前体物质,正常情况下极少量进入外周血,于健康人血液中的浓度极低,ACLF 合并 AKI 患者机体处于高炎症状态时,即使免疫被抑制,PCT 也可升高,与炎症程度成正比,此外,还有研究^[20-21]发现 PCT 可较好地预测 AKI 的发生及预后;中性粒细胞计数反映持续炎症状态,淋巴细胞反映免疫调节通路,NLR 将两者结合,代表机体的炎症-免疫平衡状态,郑昕教授团队^[22]基于大型、多中心研究,量化了 NLR 与肝硬化患者 90 天不良预后间的关系,认为 NLR <6.5 时,每增加 1 个单位,90 天无移植病死率增加 23%,NLR 可作为 HBV-ACLF 短期死亡的独立预测因素,NLR 也是影响脓毒症性 AKI 患者短期生存率的可靠指标^[23-24];血清 CRP 是炎症性刺激时由肝细胞合成的急性相蛋白,可识别病原体并激活补体系统;IL-6 为多效性细胞因子,调节肝脏代谢及肝细胞再生,当肝细胞受损,IL-6 参与免疫介导细胞因子风暴,是 ACLF 患者病情进展的良好预测指标^[25]。本研究观察组治疗后 WBC、PCT、CRP 及 NLR 均较治疗前得到改善

(P 值均 <0.05),与对照组相比,PCT的改善更加显著,说明联合CRRT后可有效去除炎症介质,而阻断全身炎症风暴,但因本研究为回顾性研究,早期检测炎症指标中多数未纳入IL-6等细胞因子,故未能比较其变化,无法反应完整的细胞因子谱,后续仍需大量前瞻性研究评估血液净化对细胞因子的作用。我国ACLF多以TBil及凝血功能动态评估病情变化,MELD-Na评分纳入TBil、Scr、INR及Na等指标,可有效评价ACLF-AKI的病情及预后,且当前仍依据MELD及MELD-Na评分分配肝移植顺序^[26]。本研究中两组治疗均可有效改善患者TBil、Scr、MELD-Na评分,且观察组对MELD-Na的改善更为显著($P<0.05$)。

ACLF合并AKI患者是否需要CRRT,当前仍存在争议。有研究^[27]指出高胆红素血症和血流动力学不稳定的肝肾综合征患者液体超负荷,同时IL-6等炎症细胞因子是构成胰岛素抵抗的重要原因,于CRRT治疗时对IL-6炎症介质的清除可协助增加胰岛素敏感性从而改善能量代谢,改善AKI^[28];但也有研究^[29]认为ACLF合并AKI患者病情危重,即使予以体外支持治疗,院内生存率仍无明显改善。本研究通过比较DPMAS序贯PE是否联合CRRT治疗发现,观察组治疗有效率为48.4%(15/31),优于对照组的有效率(27.1%,16/59),原因可能是观察组更有效地去除炎症因子、TBil、Scr等有害物质,更好地阻断了炎症因子风暴引起的肝肾损伤。

综上,DPMAS序贯PE联合CRRT治疗可互补各自不足,有效降低TBil、转氨酶的同时,改善eGFR、Scr,降低体内的炎症介质,替代部分肝肾功能,获得短期有效率。肝移植的实施受限、生物型人工肝来源不足且难以大批量体外培养,使非生物型人工肝联合CRRT治疗成为通往肝移植的“桥梁”。当前ACLF合并AKI的治疗备受关注,但采用DPMAS序贯PE联合CRRT治疗的研究较少,本研究为今后的类似研究提供参考,以克服传统研究的局限性。但本研究因为单中心、回顾性研究,存在一定局限性,表现在样本量较小,可能存在抽样误差,开展CRRT的治疗时机并无制订相对统一的标准,未能进行长时间的随访,今后需要更大规模的多中心前瞻性、随机对照研究来提供更有力的证据。

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