

醒脑开窍针法结合脑电仿生电刺激对PVS患者诱发电位的影响

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摘要 目的:观察醒脑开窍针法结合脑电仿生电刺激对持续植物状态(PVS)患者脑干听觉诱发电位(BAEP)及体感诱发电位(SEP)的影响。**方法:**选择广东三九脑科医院植物状态促醒中心收治的90例PVS患者,按照随机数字表法分为针刺组、仿生电组和联合组3组,每组30例。3组均给予常规治疗(包括用基础管理、高压氧治疗和药物治疗等)。此外,针刺组接受醒脑开窍针法治疗(主穴选水沟、双侧内关、双侧三阴交等穴位,辅穴选极泉、尺泽、委中等穴位),每日1次;仿生电组接受脑电仿生电刺激治疗,主电极放于完骨穴和天柱穴,每次治疗99 min后,休息30 min,再继续治疗99 min,每日1次;联合组接受醒脑开窍针法联合脑电仿生电刺激治疗,每日1次;3组均连续治疗30 d。治疗前1 d及结束治疗后1 d采用修订的昏迷恢复量表(CRS-R)评估3组患者意识状态,应用肌电诱发电位仪监测BAEP和SEP的分级及患侧各波潜伏期、间期的变化。**结果:**治疗前,3组CRS-R量表评分、BAEP和SEP分级、I、V波潜伏期及I~V波间期、P15、N20、P38波潜伏期比较无明显区别,差异无统计学意义($P>0.05$)。与治疗前比较,3组治疗30 d后CRS-R评分明显升高,BAEP和SEP分级均明显降低,3组I、V波潜伏期及I~V波间期、P15、N20、P38波潜伏期均明显缩短,差异有统计学意义($P<0.05$);治疗30 d后联合组CRS-R量表评分高于针刺组和仿生电组,BAEP和SEP分级均低于针刺组和仿生电组,差异均有统计学意义($P<0.05$);治疗后联合组I、V波潜伏期及I~V波间期、P15、N20、P38波潜伏期较针刺组和仿生电组均明显缩短,差异有统计学意义($P<0.05$)。**结论:**醒脑开窍针法结合脑电仿生电刺激有助于促进PVS患者意识恢复,能提高临床促醒疗效,一定程度上可改善PVS患者的SEP和BAEP。

关键词 持续植物状态;醒脑开窍;针法;脑电仿生电刺激;脑干听觉诱发电位;体感诱发电位

持续植物状态(persistent vegetative state,PVS)是指患者处于大脑皮层下生存的一种临床综合征,由各种原因引起大脑皮层功能丧失,而脑干功能相对完好^[1]。其临床治疗方法以中西医结合为主^[2],其治疗目标主要为促醒和改善认知功能^[3]。目前中医疗法中,以针灸为主的联合疗法具有明显优势,可提高脑干网状觉醒系统的兴奋性,解除大脑皮层的抑制状态,改善大脑的功能,提高脑组织间联系,促

进PVS患者的意识恢复,临床疗效显著^[4-5]。治疗PVS的诸多针灸疗法中,石学敏创立的“醒脑开窍针法”应用最为广泛^[6]。倪莹莹等^[7]前期研究结果表明,现代医学疗法中的脑电仿生电刺激可明显改善PVS患者脑循环及脑代谢,提高临床促醒疗效。脑干听觉诱发电位(brainstem auditory evoked potential, BAEP)和体感诱发电位(somatosensory evoked potential, SEP)可作为PVS患者预后及疗效评判的客观

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有效的指标之一^[8-9]。本研究采用醒脑开窍针法结合脑电仿生电刺激的方法治疗PVS,观察其临床疗效,探讨联合治疗对PVS患者BEAP、SEP的影响,为临床治疗PVS提供优化方案。

1 临床资料

1.1 病例选择标准

1.1.1 诊断标准 参照2011年中华医学会高压氧医学分会脑复苏专业委员会制订的植物状态诊断标准^[10]:①认知功能丧失,无意识活动,不能执行指令;②能自动睁眼或在刺激下睁眼;③有睡眠-觉醒周期;④有无目的性的眼球跟踪运动;⑤无理解和语言表达能力;⑥保持自主呼吸和血压;⑦丘脑下部及脑干功能基本保存;⑧植物状态持续时间超过1个月即为PVS。

1.1.2 纳入标准 ①年龄18~60岁;②生命体征

平稳,并发症可控制;③原发病为脑梗死、颅脑外伤、脑出血;④病程<6个月;⑤患者家属自愿参与本研究,并签署知情同意书。

1.1.3 排除标准 ①生命体征不稳定,一般情况差;②人工瓣膜置换术后或带有心脏起搏器者;③体内有铁磁性血管夹或眼球内有金属异物者。

1.2 一般资料

收集广东三九脑科医院植物状态促醒中心2017年1月—2018年12月收治的90例PVS患者,采用随机数字表法分成针刺组、仿生电组和联合组3组,每组30例。本研究经广东三九脑科医院医学伦理委员会审批通过,伦理审批号为:[2016]伦审字(06)号。3组的性别、年龄、病程、病因、昏迷恢复量表修订版(coma recovery scale-revised,CRS-R)量表评分等比较,差异均无统计学意义($P>0.05$),具有可比性,见表1。

表1 3组一般资料的比较($\bar{x}\pm s$)

Table 1 Comparison of general data in three groups ($\bar{x}\pm s$)

组别	n	性别		年龄/岁	病程/月	病因			CRS-R评分
		男	女			颅脑外伤	脑梗死	脑出血	
针刺组	30	18	12	41.30±4.30	4.93±0.98	14	10	6	5.15±2.35
仿生电组	30	14	16	40.80±3.53	4.80±1.00	16	9	5	4.32±1.71
联合组	30	17	13	41.23±3.07	4.90±0.88	15	10	5	4.66±2.16

2 方法

2.1 治疗方法

针刺组接受常规治疗和醒脑开窍针法治疗;仿生电组接受常规治疗和脑电仿生电刺激治疗;联合组接受常规治疗及醒脑开窍针法联合脑电仿生电刺激治疗。

2.1.1 常规治疗 3组均采用基础管理、高压氧治疗和药物治疗等方法^[11]。药物治疗:单唾液酸四己糖神经节苷脂钠注射液(齐鲁制药有限公司生产,生产批号:CM011C34)开始剂量为80 mg/d静滴,持续2周后改为40 mg/d,连续16 d;注射用胞磷胆碱钠(闽东力捷迅药业有限公司生产,生产批号:160801A)0.5 g/d静滴,注射用甲氯芬酯(山西普德药业有限公司生产,生产批号:16100201)0.2 g/次静滴,每隔8 h 1次,上述两药交替使用,各连续15 d;尼莫地平片(拜耳医药保健有限公司生产,生产批号:BJ33367)口服(鼻饲),30 mg/次,3次/d,连续30 d。高压氧治疗:采用单人舱氧气加压,维持压力0.1 MPa,每次加压时间为20 min,压力达到预

定值后稳压停留吸氧70 min,缓慢减压出舱。每日1次,12次为1个疗程,休息3 d,再进行下1个疗程。

2.1.2 醒脑开窍针法治疗 由同1名针灸师操作,参照石学敏的“醒脑开窍”针刺法,随症加减取穴。主穴选水沟、双侧内关、双侧三阴交等穴位,辅穴选极泉、尺泽、委中等穴位。操作方法:让患者仰卧位,选用1寸和1.5寸毫针(苏州医疗用品厂有限公司,华佗牌28号),先刺双侧内关穴,直刺0.5~1寸,行提插捻转泻法1 min;然后针刺水沟穴,向鼻中隔方向斜刺0.3~0.5寸,行雀啄强刺激,以眼睛湿润或流泪为度;继而刺三阴交穴,向胫骨后缘直刺0.5~1寸,行提插捻转补法。每10 min行针1次,留针30 min。每天治疗1次,连续治疗30 d。

2.1.3 脑电仿生电刺激治疗 采用脑电仿生电刺激仪(常州雅思医疗器械有限公司,型号:YS5002型)进行治疗。将主电极放置于患者双侧完骨穴和天柱穴,治疗模式选用“颅脑损伤性疾病”,根据PVS患者的承受度调节主强度和主频率,以刺激后的心率增加20次为其上限标准。连续刺激99 min,休息30 min,再刺激99 min,每天治疗1次,连续治疗30 d。

2.2 观察指标

3 组分别于治疗前 1 d 及治疗结束后 1 d 采用修订的昏迷恢复量表(CRS-R 量表)评估患者意识状态;应用肌电诱发电位仪对患者进行 BAEP 和 SEP 监测,比较患侧各波潜伏期、间期的变化。

2.2.1 CRS-R 量表评分 CRS-R 量表主要用于意识状态的诊断及鉴别诊断,是目前国内外公认的评估意识状态的量表^[12]。CRS-R 量表包括 6 个子表,得分为 0~24 分,分值越高则表明患者的意识状态越好。由固定的 2 名康复医师分别于治疗前 1 d 及治疗结束后 1 d 进行评定,取平均值。

2.2.2 BAEP 和 SEP 的监测 采用肌电诱发电位仪(日本光公司,MEB-9402C)对患者进行 BAEP 和 SEP 监测。BAEP 检查利用短声分别刺激双耳,刺激强度为 85 dB,叠加 2 000 次,分析时间为 10 ms,每侧至少重复 2 次,重点观察患侧各波波幅、潜伏期和间期的变化。SEP 检查将刺激电极分别置于腕部正中神经和内踝胫神经,给予 1~5 Hz、50 μV、持续 0.1~0.5 ms 的矩形脉冲直流电刺激,叠加次数为 50~200 次,重点观察患侧各波潜伏期和波幅的变化。根据 GREENBERG 标准^[13]进行评定。

2.2.2.1 BAEP 分级 ① I 级:3 分,BAEP 基本正常;② II 级:2 分,I~V 波清晰可辨,波幅下降、潜伏期延长;③ III 级:1 分,I 波波幅和潜伏期正常,余各波部分存在或呈分化不清的正相波;④ IV 级:0 分,仅见 I 波存在或波形难以分辨。

2.2.2.2 SEP 分级 ① I 级:3 分,SEP 基本正常;② II 级:2 分,N20 分化尚可,潜伏期延长,波幅降低;③ III 级:1 分,N20 分化不佳,但可辨认;④ IV 级:0 分,各波均消失或 N20 消失。

2.3 统计学方法

使用 SPSS 20.0 统计软件进行数据分析。计数资料组间比较采用 χ^2 检验,等级资料采用秩和检验;

计量资料符合正态分布以 $(\bar{x} \pm s)$ 表示,组内治疗前后比较采用配对样本 t 检验,组间比较采用方差分析,两两比较采用 SNK 检验。 $P < 0.05$ 为差异有统计学意义。

3 结 果

3.1 3 组治疗前后 CRS-R 量表评分比较

见表 2。

表 2 3 组治疗前后 CRS-R 量表评分比较 $(\bar{x} \pm s)$

Table 2 Comparison of CRS-R scores before and after treatment in three groups $(\bar{x} \pm s)$

组别	n	治疗前	治疗后	差值
针刺组	30	5.15±2.35	7.26±2.16 ¹⁾	2.11±2.13
仿生电组	30	4.32±1.71	6.56±2.36 ¹⁾	2.24±2.11
联合组	30	4.66±2.16	10.37±2.31 ¹⁾	5.71±2.23 ²⁽³⁾

注:与治疗前比较,1) $P < 0.05$;与针刺组比较,2) $P < 0.05$;与仿生电组比较,3) $P < 0.05$ 。

Note: Compared with before treatment, 1) $P < 0.05$; Compared with acupuncture group, 2) $P < 0.05$; Compared with bionic electricity group, 3) $P < 0.05$.

3.2 3 组治疗前后 BAEP 比较

见表 3、表 4。与针刺组、仿生电组治疗后 BAEP 分级比较,秩和检验 Z 值分别为 -2.089、-2.007,联合组均优于针刺组、仿生电组($P < 0.05$)。

表 3 3 组治疗前后 BAEP 分级比较

Table 3 Comparison of BAEP grade before and after treatment in three groups

组别	n	治疗前				治疗后			
		I	II	III	IV	I	II	III	IV
针刺组	30	5	8	11	6	5	11	10	4
仿生电组	30	4	9	12	5	4	12	9	5
联合组	30	5	11	8	6	7	18	4	1

表 4 3 组治疗前后 BAEP 各波潜伏期和间期比较 $(\bar{x} \pm s)$

Table 4 Comparison of latency and interval of various BAEP waves

before and after treatment in three groups $(\bar{x} \pm s)$

毫秒

ms

组别	n	I 波潜伏期		V 波潜伏期		I~V 波间期	
		治疗前	治疗后	治疗前	治疗后	治疗前	治疗后
针刺组	30	1.97±0.34	1.62±0.24 ¹⁾	6.52±0.49	5.94±0.41 ¹⁾	5.03±0.34	4.32±0.33 ¹⁾
仿生电组	30	1.96±0.31	1.64±0.21 ¹⁾	6.52±0.49	6.01±0.43 ¹⁾	5.04±0.36	4.31±0.31 ¹⁾
联合组	30	2.03±0.32	1.41±0.29 ¹⁽²⁾³⁾	6.54±0.51	5.71±0.48 ¹⁽²⁾³⁾	5.11±0.43	4.16±0.38 ¹⁽²⁾³⁾

注:与治疗前比较,1) $P < 0.05$;与针刺组比较,2) $P < 0.05$;与仿生电组比较,3) $P < 0.05$ 。

Note: Compared with before treatment, 1) $P < 0.05$; Compared with acupuncture group, 2) $P < 0.05$; Compared with bionic electricity group, 3) $P < 0.05$.

3.3 3组治疗前后SEP比较

见表5、表6。与针刺组、仿生电组治疗后SEP分级比较,秩和检验Z值分别为-2.155、-2.682,联合组均优于针刺组、仿生电组($P<0.05$)。

表5 3组治疗前后SEP分级的比较

Table 5 Comparison of SEP grade before and after treatment in three groups

组别	n	治疗前				治疗后			
		I	II	III	IV	I	II	III	IV
针刺组	30	5	11	11	3	5	14	7	4
仿生电组	30	4	13	9	4	4	13	8	5
联合组	30	4	11	12	3	9	18	1	2

表6 3组治疗前后SEP各波潜伏期比较($\bar{x}\pm s$)Table 6 Comparison of latency of various SEP waves before and after treatment in three groups ($\bar{x}\pm s$)

组别	n	P15 波潜伏期		N20 波潜伏期		P38 波潜伏期	
		治疗前	治疗后	治疗前	治疗后	治疗前	治疗后
针刺组	30	17.16±1.76	15.67±1.66 ^①	21.58±2.10	21.14±4.51 ^①	44.24±1.96	42.42±3.08 ^①
仿生电组	30	17.21±1.74	15.56±1.89 ^①	21.56±2.21	20.23±2.32 ^①	44.16±2.96	42.64±3.22 ^①
联合组	30	17.26±1.69	14.11±1.61 ^{①②③}	22.15±1.96	19.34±3.62 ^{①②③}	44.38±3.02	40.13±2.56 ^{①②③}

注:与治疗前比较,1) $P<0.05$;与针刺组比较,2) $P<0.05$;与仿生电组比较,3) $P<0.05$ 。

Note: Compared with before treatment, 1) $P<0.05$; Compared with acupuncture group, 2) $P<0.05$; Compared with bionic electricity group, 3) $P<0.05$.

脑开窍、滋肾补肝、疏通经络作用。内关穴为手厥阴心包经的络穴,具有养心安神、疏通气血之功,针刺内关穴可增强大脑皮层间的联系,增加脑灌注量,改善脑循环^[15-16];水沟穴为督脉经穴,系督脉经与手阳明大肠经、足阳明胃经之交会处,针刺水沟穴可刺激周围面神经和三叉神经分支,使三叉神经—脑血管系统激活,从而兴奋脑神经元,改善脑血流^[17];三阴交穴为肝、脾、肾三经交会穴,有滋阴补肾、生髓益脑的功效;尺泽穴、极泉穴、委中穴均为阳经穴,经气旺盛,调节气血作用强,三穴合用可调和阴阳气血、疏经通络、扶正祛邪,改善元神之府大脑的功能,诸穴合用,有醒脑开窍、通络滋阴之功。本研究结果显示,与治疗前比较,治疗后3组CRS-R评分均明显升高;与针刺组、仿生电组比较,联合组CRS-R评分明显更高。这提示,联合组在改善PVS患者意识方面疗效更好。

此外,本研究还利用脑电仿生电刺激仪,将安全有效的仿生电治疗电流通过颈部脊髓硬膜外(天柱)及小脑顶核体表投影区(完骨)颅外刺激小脑顶

4 讨论

4.1 醒脑开窍针法联合脑电仿生电刺激有助于促进PVS患者意识恢复

PVS在中医学中属于“神昏”“失神”“昏不知人”“昏愦”等范畴,其病理机制为痰瘀蒙蔽脑窍、窍闭神匿、神失所用,病位在心、脑,当以醒脑开窍为治疗原则。“醒脑开窍针法”是石学敏院士最初为治疗中风病所创立的针刺方法,但经过辨证论治和随证加减取穴后,目前已作为意识障碍中后期促醒的治疗手段之一,疗效较为显著^[14]。本研究应用醒脑开窍针法干预PVS患者,选择内关、水沟、三阴交等穴位为主穴,尺泽、极泉、委中等穴位为配穴,具有醒

核,从而产生一定脑保护作用。目前,小脑顶核电刺激的脑保护作用已得到公认^[18],其可增加脑血流量、改善微循环,激发神经自我保护机制,促进脑功能的恢复。其作用机制可能与脑血管的自我调节有关,通过多种机制共同调节实现,与以下2条通路关系最为密切。一是小脑顶核与大脑皮质间的固有神经通路的存在。PVS患者虽然出现严重脑损伤,但仍保存脑干的功能,利用脑电仿生电刺激仪刺激小脑顶核,通过脑干网状结构和纹状体到达大脑的血管舒张中枢,从而引起脑血管的扩张,局部脑血流的增加;二是胆碱能通路的激活。小脑顶核受刺激后,激活的胆碱能通路可引起大脑皮质动脉的扩张,改善脑循环。二者相辅相成,实现改善PVS患者脑组织血流,缓解脑缺氧,从而达到促进意识恢复的目的^[9]。

4.2 醒脑开窍针法联合脑电仿生电刺激可调节PVS患者BAEP、SEP

BAEP及SEP是PVS诊断及预后的重要判断指标^[19]。BAEP和SEP可反映大脑皮层及脑干的功

能状况,且不受临幊上大部分镇静剂、麻醉药物等其他因素的影响,能较客观、准确地反映 PVS 患者脑功能的恢复情况,有利于本研究观察 PVS 患者干预后的促醒效果。SEP 可准确反映外周神经-脑干-皮质的传导功能,以 N14~N20 中枢传导时间延长和 N20 波幅下降为其主要表现^[20~21]。在 BAEP 波峰中,每个波均具有一定的解剖学基础,而其形成是神经元综合活动的结果,可通过研究解剖结构的生理功能从而推断其通路的受损部位及范围^[22~23],此外有研究指出双侧 V 波的存在是治疗 PVS 的基本条件之一^[24]。本研究结果显示,与治疗前比较,治疗后 3 组 BAEP、SEP 分级均明显降低,各波潜伏期和间期均明显缩短;与针刺组、仿生电组比较,联合组 BAEP、SEP 分级均明显更低,各波潜伏期和间期也均明显更短。这提示,联合组在对 PVS 患者 SEP、BAEP 调节效果更好。

5 小 结

醒脑开窍针法结合脑电仿生电刺激对 PVS 患者的 BAEP 及 SEP 有一定调节作用,可有效改善 PVS 患者临床症状,提升促醒效果,为临幊治疗 PVS 提供可借鉴的依据。

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Effect of Xingnao Kaiqiao Acupuncture combined with EEG Biomimetic Electrical Stimulation on Evoked Potential of Patients with Persistent Vegetative State

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ABSTRACT Objective: To observe the effect of Xingnao Kaiqiao acupuncture combined with EEG biomimetic electrical stimulation on brainstem auditory evoked potential (BEAP) and somatosensory evoked potential (SEP) in patients with persistent vegetative state (PVS). **Methods:** A total of ninety patients with PVS treated in the PVS awareness center of Guangdong 999 Brain hospital were randomly divided into Acupuncture group, Bionic electricity group and Combined group, with thirty cases in each group. All groups were given routine treatment, including basic management, hyperbaric oxygen therapy and drug treatment etc. In addition, the Acupuncture group received Xingnao Kaiqiao acupuncture, the refreshment treatment, at which the main acupoints were Shuigou, bilateral Neiguan, bilateral Sanyinjiao, and the auxiliary acupoints were Jiquan, Chize and Weizhong acupoints, once a day, the Bionic electricity group received the treatment of EEG bionic electrical stimulation, the main electrode were placed at GB 12 and BL 10, each treatment was for a continuous 99 min followed by a rest of 30 min, followed by another 99 min, once a day, the Combined group received Xingnao Kaiqiao acupuncture combined with EEG bionic electrical stimulation, once a day. Three groups were treated continuously for thirty days. On the day before treatment and the day after treatment, the consciousness state of the three groups was assessed by the revised coma recovery scale (CRS-R), and the grades of BAEP, SEP and the changes of latency and interval of each wave on the affected side were monitored by electromyographic evoked potential. **Results:** Before treatment, there was no significant difference of the CRS-R scores, the grades of SEP and BAEP, the latency of I, V, P15, N20, P38 wave and I-V wave interval in three groups ($P > 0.05$). Compared with before treatment, the CRS-R scores after treatment were significantly higher, the grades of SEP and BAEP after treatment were significantly lower, the latency of I, V, P15, N20, P38 wave and I-V wave interval were significantly shorter, with statistically significant differences ($P < 0.05$). Compared with the Acupuncture group and the Bionic electric group after treatment, the CRS-R scores of the Combined group were higher, the grades of SEP and BAEP in the Combined group were lower, with statistically significant differences ($P < 0.05$). The latency of I, V, P15, N20, P38 wave and I-V wave interval in the Combined group after treatment were significantly shorter than those of the Acupuncture group and the Bionic electricity group, with statistically significant differences ($P < 0.05$). **Conclusion:** Xingnao Kaiqiao acupuncture combined with EEG biomimetic electrical stimulation is helpful to promote the consciousness recovery of PVS patients, improving the clinical effect of awakening, and improve SEP and BAEP in patients with persistent vegetative state.

KEY WORDS persistent vegetative state; Xingnao Kaiqiao; acupuncture; EEG biomimetic electrical stimulation; brainstem auditory evoked potential; somatosensory evoked potential

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Considerations for Use of Ultrashort Wave Therapy in Management of COVID-19 Patients

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ABSTRACT In early 2020, Corona virus disease 2019 (COVID-19) occupies the most important prevention and control position in the global governments for public health. In China, where the virus was first identified and where to date the greatest numbers of infected people are located, significant efforts are being made to address the public health threat posed by the disease, and to identify methods to treat the disease. One method being used is ultrashort wave diathermy (USWD). This paper reviews relevant aspects of this form of electromagnetic energy to elucidate its risks and any potential benefits in acute infective conditions of the lung. When managing patients with COVID-19, the hazards to staff and patients of cross contamination by equipment and the risks of unintentional viral spread must first be considered. Further, in any application of electrotherapy modality to a patient, procedures involving assessment of reliability of machine output and normal skin sensation of the patient must be ascertained. In patients with COVID-19, the risks of passing a current close to the heart must be considered. A review of evidence on the use of electrophysical agents reveals a declining trend in the availability and use of electrotherapy over the last 20 years, and a reported reduction of such content in physiotherapy entry-level curricula. There is no evidence of a clinical benefit of USWD in pulmonary disease and there are no clinical trials on USWD reported in English literature. Despite some reports on the use of USWD in China, there are a lack of reports that describe proper randomisation methods, consideration of electrode placements, and essential safety measure procedures. The long-term effect on lung function should be contemplated. In conclusion, the authors highlight the need for structured gathering of data to investigate the role of USWD on acute and chronic effect on lung lesion prior to endorsing an unconstrained application of USWD to patients with COVID-19.

KEY WORDS COVID-19; ultrashort wave diathermy; potential risk; safety measures; evidence

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