

· 心房颤动专题研究 ·

体表心电图 f 波振幅在心房颤动中的应用进展

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【摘要】 心房颤动是临床常见的心律失常类型,是造成患者残疾、死亡及增加社会医疗负担的主要原因之一。近年来体表心电图作为一个简单、快捷、无创的心房颤动诊断工具,能及时、简便地检测心房颤动的发展变化。f波是体表心电图捕捉到的细小波动,是诊断心房颤动的心电图依据之一,其振幅能很好地反映心房颤动患者的心房功能,有助于降低导管消融术后复发率。本文主要综述了体表心电图f波振幅形成相关机制及其在心房颤动诊断、导管消融术、药物研究中的应用,以期提高临床医生对心房颤动的诊治水平。

【关键词】 心房颤动; f波振幅; 体表心电图; 诊断; 导管消融术; 综述

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Application Progress of f-Wave Amplitude of Surface Electrocardiogram in Atrial Fibrillation OUYANG Shunbin¹, HE Guixin², QIN Weibin², WU Chengqiang², LIN Lin², WANG Mingyuan², LIU Shanping¹, ZHAN Lingjun¹

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【Abstract】 Atrial fibrillation is a common type of arrhythmia in clinical practice, which is one of the main causes of disability, death and increased social medical burden. In recent years, as a simple, fast and non-invasive diagnostic tool for atrial fibrillation, surface electrocardiogram can detect the development and changes of atrial fibrillation in a timely and simple manner. The f-wave is a small fluctuation captured by the surface electrocardiogram, which is one of the electrocardiogram basis for the diagnosis of atrial fibrillation. The f-wave amplitude can better reflect the atrial function of patients with atrial fibrillation and help to reduce the recurrence rate after catheter ablation. This article mainly reviews the mechanism of f-wave amplitude formation in surface electrocardiogram and its application in the diagnosis, catheter ablation and drug research of atrial fibrillation, in order to improve the diagnosis and treatment of atrial fibrillation by clinicians.

【Key words】 Atrial fibrillation; f-wave amplitude; Surface electrocardiogram; Diagnosis; Catheter ablation; Review

心房颤动是中老年人群最常见的心律失常之一,近年随着我国逐渐步入老龄化社会,心房颤动的发病率和死亡率不断升高,这对患者健康及我国社会卫生事业和经济发展或将造成沉重负担^[1]。导管消融术已成为心房颤动患者恢复窦性心律的一种重要的治疗策略,是心脏电生理学中最常见的消融方法^[2],与单纯药物治疗相比,导管消融术提高了心房颤动的转复成功率。但与阵发性心房颤动相比,持续性心房颤动、长期持续性心房颤动患者导管消融术后复发率较高^[3-4],故长期有效地控制心房颤动仍是导管消融术的研究重点。在临床诊治过程中,快速有效地鉴别心房颤动类型对降低心房颤动复发率、精准细化患者治疗方案具有重要意义。目前,评估心房颤动病情发展及预后的客观指标相对缺

乏,与心房导管电压测试、心脏磁共振成像、心脏彩超等有创或昂贵的评估方法相比,发展无创、经济、可靠的检测技术尤为重要^[5-8]。体表心电图作为一种简单、常用的诊断工具,可以检测到心房颤动患者的心电变化及预测其病情发展^[5, 9];此外,体表心电图的f波振幅还有助于区分心房颤动类型^[9]。本文主要综述了体表心电图f波振幅形成相关机制及其在心房颤动诊断、导管消融术、药物研究中的应用,以期提高临床医生对心房颤动的诊治水平。

1 体表心电图f波振幅概述及测量方法

1.1 概述 f波是心房颤动发作时在体表心电图上捕捉到的细小波动,是心房颤动的诊断依据之一,其可反映心房肌频发的传递兴奋的生物电信号和不规则的无效收缩或舒张的机械运动^[10]。患者发生心房颤动时,其体表心电图上的P波会消失,取而代之的是f波,且RR间期绝对不规则^[11]。由于心房颤动病因、类型、持续时间、心房大小等不同,f波可以表现为粗大或细小,大致可分为粗颤波和细颤波^[9]。与粗颤波相比,细颤波的出现没有规律,其形态是低矮细小且不规则的,且单个细颤波的心房电活动周期较短。

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粗颤波和细颤波除了形态和电活动规律不同外,更明显的是其振幅不同。目前,f波振幅一般指在心电图上从f波顶峰到等电线以下波谷之间的垂直距离所测得的电压^[6, 12]。关于粗颤波振幅和细颤波振幅的区分目前尚无统一标准,但近年大量研究证实,以0.1 mV作为粗颤波振幅和细颤波振幅的划分界线具有良好的临床实用性^[4-5, 9, 13-16],即当心房颤动发作时,体表心电图f波振幅<0.1 mV为细颤波,≥0.1 mV为粗颤波。

1.2 测量方法 目前,心房颤动患者常见的心电图检查方法有12导联体表心电图^[9]、食管心电图^[7]、24 h动态心电图^[17]、植入心电事件记录仪^[11]等。与其他心电图检查方法相比,12导联体表心电图能有效且连续地反映心电活动,且具有非侵入性、操作简单、患者依从性好等优势,在基层医院、急诊医疗领域能及时、简便地检测到心房颤动的发展。

目前研究表明,观察f波振幅以V₁导联最为明显,其可最大程度地反映心房电活动的综合方向,具有良好的敏感性,适用于疾病普查及临床研究^[4-5, 9, 13, 18-24]。分析原因可能为V₁导联更接近心房及窦房结,且心房异位搏动点需要诱发比窦房结频率更快的电信号冲动,在成功干扰窦房结电活动后,才能在体表心电图上使窦性P波消失,代之以小而不规则的f波。但矮小的f波容易被高振幅的QRS波和T波覆盖,故需要在QT间期测量f波^[25-26]。

测量体表心电图f波振幅时需要患者取平卧位,采用热毛巾和酒精清洁皮肤后,常规连接胸导联、肢体导联,静息5 min后进行心电图检查。目前,体表心电图f波振幅的主要测量方法如下:(1)人工测量:人工测量从f波峰顶到谷底的垂直距离所代表的心房颤动波电压,为了避免QRS波群、T波及U波的影响,自QRS波群后2~3个f波开始测量,以连续测量10~20个f波为一组,为了使结果更加可靠,可随机选择3组f波振幅并求均值,但每组测量间隔至少2 min,然后由经验丰富的心血管专家进行评估^[3, 10, 19]。(2)心电图软件测量:记录心电图数据并经心电图软件分析、处理,如在PruckaCardioLab系统上,可以采用电子卡钳测量f波振幅,再由专业医师分析、矫正。在心电图稳定且有较长R-R间歇或缓慢心室率时,随机选取不同时间段的3组10 s心电图来测量f波振幅,每组测量间隔至少2 min,在排除QRS波群、T波及U波重叠和影响后,求出f波的平均振幅^[5, 20, 27]。

(3)自动化程序计算:f波振幅的精确度常受到人工测量的影响,其结果容易产生误差,特别是存在不规则且复杂心电图波形时。普通心电图软件在执行f波参数计算中也可能出现类似缺点,为了能准确地计算出f波振幅,部分研究者开发了可以自动计算f波振幅的公式及程序^[28-31]。

2 体表心电图f波振幅形成相关机制

2.1 心房颤动与f波的关系 心房颤动是由心房的异位搏动点发出快速高频的心电冲动所触发,并由心房电生理重构、神经重构及心脏解剖结构改变引起的血流动力学障碍和不稳定心电冲动所维持^[9, 11]。心房颤动可引起心房重构和心肌纤维化,并进一步导致心电传导速度减慢,PR间期延长,心内膜电压降低,异位搏动点增加,进而持续产生更多异常的高频

心电冲动,导致电生理异常^[9],这种因异常心脏结构或病理改变引起的心电活动在体表心电图上表现为f波。与窦房结产生的窦性P波相比,f波的电活动在心电图上通常表现为杂乱无序、形态不一、大小不同,这可能因为f波受到多种因素的影响,如心房扩大、心房间隔变薄等心脏解剖因素,心房内负电荷增加、心房间隔细胞损伤和衰退等病理生理因素^[15],心电折返、传导阻滞、自主神经功能紊乱等电生理因素^[5, 9]及心房各异位搏动点除极方向和心电强度不同;此外,临床因素如年龄、性别、遗传、心房颤动持续时间等^[5, 14]也会影响体表心电图f波的表现。

2.2 f波振幅形成的影响因素 f波是心房颤动的体表心电图诊断特征之一,由心房颤动的具体病理生理改变所决定,受个体心功能、心脏微观组织及其他并发症的影响。目前,影响f波振幅的主要因素如下:(1)心房颤动持续时间。多项研究指出,心房颤动持续时间延长会使心肌炎症反应加重,心房间隔细胞损伤,心肌细胞数量减少,心电活动减弱,成纤维细胞活化并形成纤维瘢痕区,进而干扰心房间隔细胞的电传导功能,使f波振幅降低^[26, 32-33];相反,若心房颤动持续时间较短,则心肌细胞及其外基质功能良好,f波振幅相对较高^[34]。(2)心房电向量。在心房颤动发生过程中,当心房电活动反复而规律时,心肌细胞除极和复极方向相对集中,使心电综合向量增大,从而增大f波振幅;但当心房电活动紊乱且不规律时,由于不同位置、不同数量的心房间隔细胞的除极和复极能量、方向各不相同,在体表心电图上常会出现小而碎的f波^[4, 12]。(3)左心房内径。研究表明,心房颤动患者心电图中心房f波振幅与左心房大小有关^[35]。在心房颤动早期,左心房扩大不明显,此时f波较为粗大,随着心房颤动持续时间延长,左心房内径逐渐扩大,心房间隔变薄,出现心房功能不全,体表心电图的f波则表现为低振幅^[10, 26]。

3 体表心电图f波振幅在心房颤动中的应用

3.1 f波振幅在心房颤动诊断中的应用 心房颤动可分为阵发性心房颤动、持续性心房颤动、长期持续性心房颤动和永久性心房颤动^[11]。根据心房颤动持续时间,临床医生在抗凝治疗、转复并维持窦性心律、控制心室率等方面可采取不同的治疗方案。在临床诊断过程中,体表心电图能快速、准确地诊断心房颤动,然后结合患者病程判断心房颤动类型,但常需要其他检查手段才能明确患者的凝血情况和潜在风险。f波振幅不仅与心房颤动类型有关,还与心房颤动期间血栓栓塞和并发症发生有关,故其心房颤动诊断和治疗中尤为重要。有研究发现,长期持续性心房颤动患者f波振幅较阵发性心房颤动和持续性心房颤动患者低,但f波振幅对心房颤动初期或发病7 d内自动复律的阵发性心房颤动患者无鉴别诊断价值^[31]。有调查研究显示,心房颤动患者心电图粗颤波与血栓栓塞高风险密切相关,需积极监测心房颤动患者的血流情况,并及时进行抗凝治疗^[15, 36]。MUTLU等^[35]通过多因素Logistic回归分析证实,二尖瓣面积、左心耳峰值速度和粗颤波是风湿性二尖瓣狭窄患者发生血栓栓塞的独立危险因素;相反,也有调查研究显示,与粗颤波患者相比,细颤波患者并发慢性肾功能不全、心肌梗死及脑梗死的风险更高,且细

颤波患者年龄较大,左心房直径、心胸比及CHA₂DS₂-VASc评分较高^[10]。

综上,体表心电图f波振幅可用于区分心房颤动类型,但粗颤波和细颤波对血栓栓塞的预测价值及机制尚有待进一步研究证实。

3.2 f波振幅在心房颤动导管消融术中的应用 导管消融术是目前治疗心房颤动的一种微创介入手术,但其价格昂贵,且为有创操作^[25]。既往研究发现,导管消融术在控制长期持续性心房颤动患者心电节律方面的效果较差,术后复发率、细颤波发生率较阵发性心房颤动和持续性心房颤动患者更高,故长期持续性心房颤动患者导管消融术后需密切观察细颤波发生情况,定时复查,及时调整用药方案^[9, 37]。且为了更好地预防心房颤动患者导管消融术后疾病复发,临床医生还需要制定心房颤动术前评估方案。周晓娟等^[38]研究表明,f波振幅与阵发性心房颤动患者导管消融术后疾病复发密切相关;而除了f波振幅外,超敏C反应蛋白、心率减慢力等也与心房颤动患者导管消融术后疾病复发密切相关^[12, 19]。f波振幅和左心房低电压区面积联合检测能有效反映心房电生理变化、预测心房颤动患者导管消融术成功率^[5],且f波振幅与左心房低电压区面积呈负相关,即左心房低电压区面积越大,则f波振幅越低,与粗颤波者相比,心房颤动导管消融术前细颤波者术后复发率更高^[39-40]。值得关注的是,导管消融术治疗期间,即使异常心电活动被阻断,但仍有部分心房颤动患者可能出现窦房结功能障碍,分析原因为心房颤动患者发病后期除了容易诱发血栓栓塞外,还可能引起心功能不全,而f波振幅能间接反映心肌细胞损伤程度。相关调查发现,与粗颤波患者相比,细颤波患者导管消融术后更容易发生窦房结功能障碍,诱发心率降低,甚至在难以维持窦性心律的情况下需进一步安装起搏器^[17, 26]。因此,导管消融术后有效评估f波振幅,及时发现因异常心脏组织结构或病理发展引起的心房功能改变,将有助于指导临床医生选择合适的心房颤动消融策略或实施其他替代方案,如外科手术、口服药物治疗等^[41-42]。

3.3 f波振幅在药物研究中的应用 体表心电图能快速反映心房颤动患者心率及心电活动,与心房颤动转复率密切相关,可以间接评估心房颤动患者心房肌功能改变情况^[40],有助于评估抗心律失常药物治疗心房颤动的临床疗效^[36]。近年随着心房颤动治疗和发病机制的研究进展,f波振幅已逐渐成为药物治疗效果的观察指标之一。有研究者尝试验证雷诺嗪是否有治疗心房颤动的潜力,将其f波振幅纳入测量指标,证实雷诺嗪确实有促进心房颤动患者窦性心律恢复的作用^[43]。在药物研究方面,f波振幅不但在抗心律失常药物研究中发挥着监测药物治疗效果的作用,在评估中医药方剂治疗心房颤动效果方面也发挥着重要作用。有研究表明,对心房颤动患者进行中医辨证施治,能有效增大f波振幅,延缓心房壁重构,提高心房颤动转复率,有利于改善心房整体功能^[27]。基于f波形成机制^[4, 12],分析中医药影响f波形成的机制可能与其增大f波综合电向量、增高振幅有关,但具体机制仍有待进一步研究证实。

4 小结与展望

综上,f波振幅作为一个简单、快捷、无创的临床指标,能更好地反映心房颤动患者的心房功能,有助于降低心房颤动患者导管消融术后复发率^[8]。但体表心电图f波受多种因素的影响,如呼吸、肌肉电活动、胸壁厚度等解剖因素及心脏转位、自主神经节律等^[24, 26]。为了有效测量f波振幅,可以记录患者24 h心电图,适当放大心电图并进行电噪声滤波及利用数字化技术代替人工测量^[16, 43]。目前,粗颤波和细颤波的划分标准尚未确定。针对复杂的心房颤动,依据单一指标常难以确定诊治方案^[10],而f波振幅有望成为一个快速、简单的预测心房颤动患者不良心血管事件的因素。

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