

颅内压监测联合 3D 打印技术治疗高血压脑出血的疗效

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【摘要】 目的 探讨颅内压监测联合 3D 打印技术在高血压脑出血患者中的临床应用。方法 回顾性分析河南省人民医院神经外科 2019-01—2021-04 收治的应用 3D 打印技术治疗的 83 例高血压基底节区脑出血患者,其中辅助使用颅内压监测 43 例,单纯使用 3D 打印技术 40 例。分析 2 组患者术后临床治疗效果(GOS 评分)、不良事件发生率(脑疝、二次开颅手术、颅内感染、肾功能损伤)。结果 颅内压监测联合 3D 打印组 GOS 分级 I 级 2 例,II 级 4 例,III 级 4 例,IV 级 22 例,V 级 11 例,其中恢复良好(IV 级 + V 级)33 例,良好率 76.7%。3D 打印组 GOS 分级 I 级 4 例,II 级 6 例,III 级 14 例,IV 级 10 例,V 级 6 例,其中恢复良好 16 例,良好率 40.0%,2 组临床有效率比较差异有统计学意义($P < 0.05$)。颅内压监测联合 3D 打印术后不良事件发生率明显低于 3D 打印组,差异有统计学意义($P < 0.05$)。结论 颅内压监测是 3D 打印微创穿刺治疗高血压基底节区脑出血的有效辅助方式。

【关键词】 高血压脑出血;颅内压监测;3D 打印技术;颅内血肿清除术

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Efficacy of intracranial pressure monitoring combined with 3D printing technology in the treatment of hypertensive intracerebral hemorrhage

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【Abstract】 Objective To investigate the clinical application of intracranial pressure monitoring combined with 3D printing technology in patients with hypertensive intracerebral hemorrhage. **Methods** A total of 83 patients with hypertensive basal ganglia hemorrhage treated with 3D printing technique from January 2019 to April 2021 in Henan Provincial People's Hospital were analyzed retrospectively, including 43 patients who were assisted with intracranial pressure monitoring and 40 patients who were treated with 3D printing technique alone. Postoperative clinical treatment effect (GOS score) and incidence of adverse events (brain hernia, second craniotomy, intracranial infection, renal impairment) were analyzed in both groups. **Results** In the intracranial pressure monitoring combined with 3D printing group, there were 2 cases of GOS grade I, 4 cases of grade II, 4 cases of grade III, 22 cases of grade IV, and 11 cases of grade V. Among them, 33 cases recovered well (grade IV + V), with a good rate of 76.7%. In the 3D printing group, there were 4 cases of GOS grade I, 6 cases of grade II, 14 cases of grade III, 10 cases of grade IV, and 6 cases of grade V, of which 16 cases recovered well, with a good rate of 40%, and the difference in the clinical effective rate between the two groups was statistically significant ($P < 0.05$). The incidence of postoperative adverse events in the intracranial pressure

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monitoring combined with 3D printing group was significantly lower than that in the 3D printing group, and the difference was statistically significant ($P < 0.05$). **Conclusion** Intracranial pressure monitoring is an effective auxiliary method for 3D printed minimally invasive puncture in the treatment of hypertensive basal ganglia hemorrhage.

【Key words】 Hypertensive intracerebral hemorrhage; Intracranial pressure monitoring; 3D printing technology; Evacuation of intracranial hematoma

高血压脑出血 (hypertensive intracerebral hemorrhage, HICH) 临床较为常见, 具有较高的致死率和致残率^[1]。临床上 20% ~ 50% 自发性脑出血患者为 HICH, 具有发病急、进展快、预后不佳等特点。在 HICH 的出血部位中, 基底节区出血较为常见, 且致残、致死率高^[2]。目前高血压脑出血治疗方式分为外科常规开颅血肿清除术及微创穿刺引流术, 因外科开颅手术创伤大、手术时间长、术后恢复相对缓慢, 临床设备及技术要求高, 且外科手术可能加重神经功能损伤, 进而影响患者预后^[3-5]。因此, 临床上越来越多神经外科中心采用穿刺技术治疗高血压基底节区脑出血, 特别是近年来, 3D 打印技术的快速发展, 极大提高了穿刺的精确度, 得以在基层医院广泛推广。

3D 打印微创穿刺技术有穿刺精准、手术时间短、创伤小的优点, 但部分患者在治疗过程中出现血肿扩大导致意识障碍加重甚至脑疝, 部分患者在治疗期间出现水肿加重而行去骨瓣减压手术。3D 打印穿刺治疗后如何及时发现颅内血肿扩大及有效降低颅内压是临床亟需解决的问题。有创颅内压监测可动态监测颅内压力情况, 可根据颅内压力变化情况及时复查 CT, 同时可通过释放脑脊液有效降低颅内压。本研究回顾性分析河南省人民医院颅内压监测联合 3D 打印辅助下微创穿刺治疗基底节区高血压脑出血患者的临床效果, 为高血压脑出血患者的微创治疗提供新思路。

1 资料与方法

1.1 一般资料 选取河南省人民医院 2019-01—2021-04 收治的 83 例基底节区高血压脑出血患者, 所有患者均有高血压史, 发病时间均在 24 h 内, 男 53 例, 女 30 例; 其中左侧基底节区脑出血 39 例, 右侧基底节区脑出血 44 例; 术前格拉斯哥昏迷量表 (Glasgow coma scale, GCS) 评分 3 ~ 8 分 10 例, 9 ~ 12 分 62 例, > 12 分 11 例。颅内压监测联合 3D 打印组 43 例, 3D 打印组 40 例, 2 组一般资料比较差异无统计学意义 ($P > 0.05$), 见表 1。本研究经院医学伦理委员会批准 [(2018) 伦审第 (08) 号]。

表 1 2 组一般资料比较

Table 1 Comparison of general data between the two groups

组别	n	年龄/岁	男/女	血肿位置		血肿体 积/mL	GCS 评 分/分
				左	右		
颅内压监测联合 3D 打印组	43	51.6±5.8	27/16	21	22	39.2±3.8	8.8±3.6
3D 打印组	40	50.4±7.6	26/14	18	22	40.8±4.2	9.0±4.1
F/ χ^2 值		1.210	0.044	0.122	1.222	1.297	
P 值		0.269	0.834	0.726	0.259	0.201	

1.2 纳入标准 (1) 年龄 > 18 岁; (2) 发病 24 h 内入院; (3) 有明确高血压史, 并经头颅 CT 或 MRI 检查确诊为脑出血; (4) 出血量 35 ~ 45 mL (取发病 24 h 内头颅 CT 图像估算血肿体积, 公式为 $V = A \times B \times C / 2$, 其中 A 是最大出血层面上的最大直径, B 是垂直于此的最大直径, C 是垂直血肿深度); (5) 颅内出血部位为基底节区; (6) 患者及家属知情同意。

1.3 排除标准 (1) 创伤性脑出血; (2) 术前脑疝; (3) 脑动脉瘤破裂、脑静脉畸形、颅内肿瘤、血管淀粉样变性、血管炎、外伤性因素、脑梗死药物溶栓及机械取栓术后等其他明确病因所致出血者; (4) 入院前已在外院行外科手术者; (5) 合并多脏器功能衰竭者; (6) 全身性感染性疾病者; (7) 合并恶性肿瘤、血液系统疾病、免疫系统疾病者; (8) 合并精神疾病伴认知功能障碍者。

1.4 方法 所有患者入院后急诊行颅脑 CT 血管造影 (CT angiography, CTA), 排除颅内动脉瘤及血管畸形。常规给予对症支持治疗, 积极进行术前准备: 心电图、血液常规及生化检查、留置胃管、尿管等。

3D 打印组患者入科后行床旁头颅 CT 薄层扫描, 获取影像数据, 将数据导入 Mimics 软件, 设计导板及穿刺路径, 测量引流管的穿刺深度, 打印手术导板, 使用环氧乙烷进行消毒。取平卧位, 剃除头发, 麻醉成功后, 常规消毒、铺巾。然后将 3D 导板戴在患者面部, 紧贴面部骨性标志点 (鼻梁、眉弓), 固定好导板后, 沿穿刺通道钻骨孔, 穿透硬脑膜, 用带导针引流管沿穿刺通道进入血肿腔内, 导管进针深度为已测量长度, 见陈旧性血液流出, 拔出导丝。抽出少许暗红色液体, 引流通畅后固定引流管, 连接引流装

置,缝合头皮。术后给予常规对症支持治疗:3万U尿激酶溶于5 mL生理盐水术后注入血肿腔,2次/d,夹闭引流管2 h后开放引流,持续3~5 d。术后定期复查床旁颅脑CT,如有病情变化,动态复查颅脑CT,根据血肿的引流情况拔除引流管。

颅内压监测联合3D打印组患者(图1)3D打印及血肿穿刺过程同上,血肿穿刺成功后将颅内压监测探头(法国索菲萨脑室型)置入侧脑室,实时监测颅内压监测数值。具体步骤如下:颅内压监测探头调零,穿刺点为同侧发际后中线旁各2.5 cm,切开头皮,颅钻打孔,穿刺方向为两外耳道假想连线中点,缓慢进针,见脑脊液流出,拔出穿刺导引针后继续将引流管前进2 cm左右,皮下潜行引流管,另戳孔引出,丝线固定引流管,连接引流装置,颅内压探头连接机器,缝合头皮。术后处理措施同3D打印组。在颅内压监测下动态调整治疗方案,当颅内压监测值持续>20 mmHg(1 mmHg=0.0133 kPa),抬高床头30°~45°,团注甘露醇、高渗盐,镇静镇痛,通过脑室引流管释放脑脊液,体温控制在36~37℃,使颅内压维持在20 mmHg以下,保持脑灌注压(平均动脉压-颅内压)在65~85 mmHg。经积极处理

后,颅内压监测仍持续升高,急诊复查颅脑CT,必要时开颅手术。

1.5 观察指标及评定标准 术后随访6个月,采用GOS预后分级法评定临床治疗效果,以IV~V级为恢复良好,I~III级为效果不良。I级:死亡;II级:植物生存,仅有最小反应(如随着睡眠/清醒周期,眼睛能睁开);III级:重度残疾,清醒、残疾,日常生活需要照料;IV级:轻度残疾,但可独立生活;V级:恢复正常生活,尽管有轻度缺陷。对比穿刺术后发生脑疝、需要二次手术去骨瓣减压、颅内感染及肾功能损伤发生率等情况。

1.6 统计学方法 所得数据采用SPSS 19.0统计学软件进行分析,符合正态分布的计量资料采用均数±标准差($\bar{x}\pm s$)表示,2组间比较采用独立样本 t 检验,计数资料采用率(%)表示,组间比较行 χ^2 检验, $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 临床治疗效果 颅内压监测联合3D打印组恢复良好率明显高于单纯3D打印组,差异有统计学意义($\chi^2=4.389, P=0.036$)。见表2。

表2 2组患者GOS分级情况比较 [n(%)]

Table 2 Comparison of GOS classification in the two groups [n(%)]

组别	n	GOS分级					恢复良好
		I级	II级	III级	IV级	V级	
颅内压监测联合3D打印组	43	2(4.7)	4(9.3)	4(9.3)	22(51.2)	11(25.5)	33(76.7)
3D打印组	40	4(10.0)	6(15.0)	14(35.0)	10(25.0)	6(15.0)	16(40.0)
χ^2 值							4.389
P值							0.036

2.2 不良事件发生情况 颅内压监测联合3D打印组脑疝发生率、二次手术风险及降低肾功能损害发生率较3D打印组降低($P < 0.05$),2组颅内感染发生率比较差异无统计学意义($P > 0.05$)。见表3。

表3 2组穿刺术后不良事件发生情况比较 [n(%)]

Table 3 Comparison of adverse events after puncture between the two groups [n(%)]

组别	n	穿刺术后脑疝	去骨瓣减压	颅内感染	肾功能损伤
颅内压监测联合3D打印组	43	0	1(2.3)	2(4.7)	1(4.7)
3D打印组	40	4(10.0)	6(15)	2(5.0)	7(17.5)
χ^2 值		4.518	3.914	0.005	5.000
P值		0.034	0.048	0.941	0.025

3 讨论

高血压脑出血突发且病情进展较快,从而导致较高的致死率及致残率。基底节区是较为常见的出血部位,主要与基底节区特殊的解剖位置及血管分支走行有关^[6]。目前,降低基底节区脑出血导致的高致残率和高致死率是临床关注的重点。传统手术治疗高血压脑出血,如在早期采取开颅血肿清除术、去骨瓣减压术,会对脑组织造成较大的损伤,同时术后易发生切口愈合慢或不愈合、脑脊液漏、颅内感染以及骨窗脑组织嵌顿等并发症,导致患者可能需要采取颅骨修补术等二次手术治疗,增加患者痛苦^[7-8]。血肿腔穿刺引流术属于微创手术,创伤相对较小,患者术后恢复较快,因此逐渐代替传统手术^[9-11]。

3D打印是通过逐层累积原料并打印出精确设计后的实体模型技术,可以用于指导临床操作和治疗,

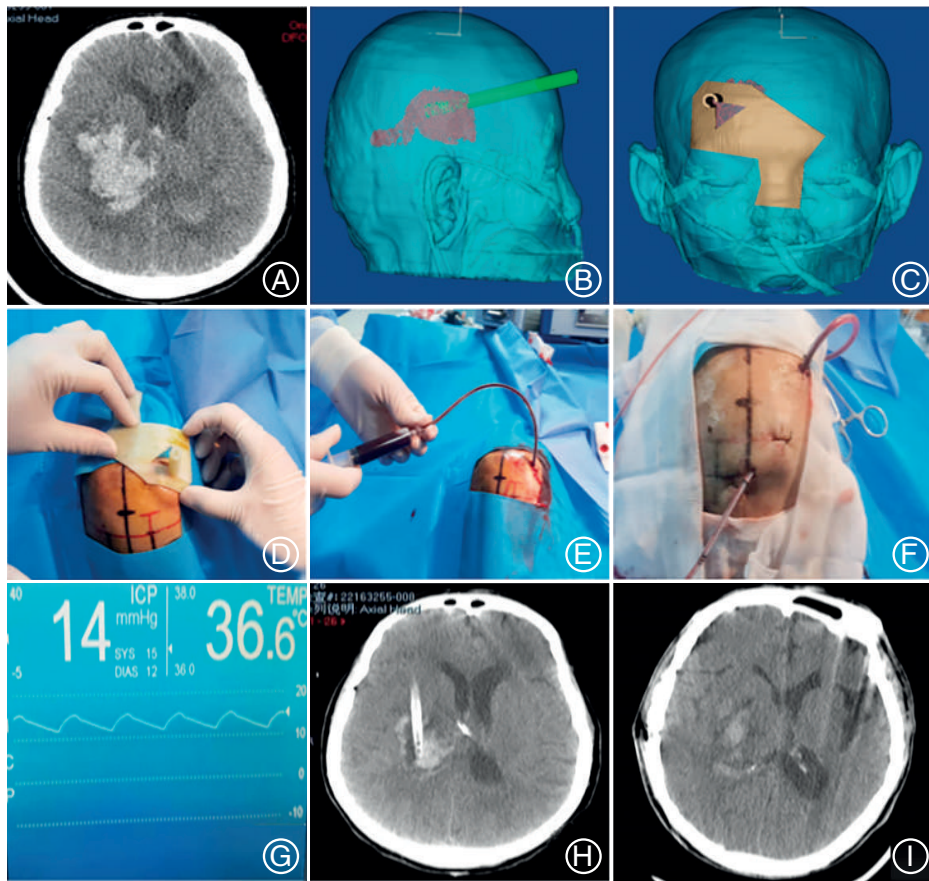


图1 A:女,73岁,右侧基底节区脑出血破入脑室;B~D:制作3D导板模型,设计深度及穿刺方向;E:确认血肿腔引流管位置;F:植入脑室型颅内压监测探头;G:动态监测颅内压;H:1 d后穿刺效果良好;I:3 d后血肿基本消失

Figure 1 A: Female, 73 years old, presented with cerebral hemorrhage in the right basal ganglia rupturing into the ventricle; B~D: Fabrication of 3D guide plate model; design depth and puncture direction; E: Confirm the position of hematoma cavity drainage tube; F: Implantation of ventricular intracranial pressure monitoring probe; G: Dynamic monitoring of intracranial pressure; H: One day later, good puncture effect; I: Three days later, hematoma basically disappeared

以血肿腔穿刺引流术为例,通过收集患者的CT、MRI等信息,建立3D打印数字模型,运用Mimics软件打印出精确的手术穿刺导板,相较于传统穿刺定位方法,可以显著提高穿刺精准度,患者预后和满意度也较高^[12-15]。随着3D打印技术在医学领域的不断应用,神经外科手术的内容和方式也发生了革命性的变化,主要表现为手术方案更加完善,手术设计细节化、精细化,术前数字化模拟提高手术效率,减少手术入路风险等^[16-17],这些优势都是传统手术方法无法实现的。脑出血多为急危重症,患者需要在短时间内送医并接受急诊手术治疗,以免错过最佳的抢救时间窗,而3D打印技术辅助下微创穿刺脑出血的术前准备时间较短,操作简单,临床效果确切,为争取最佳抢救时机创造了更多的可能和条件,也有利于患者术后恢复^[18]。

3D打印微创穿刺技术也有一定的局限性,不能及时发现颅内再出血,往往等到患者脑疝或意识障碍明显下降才发现,再进行开颅手术,此类患者往往预后较差。本研究采用持续颅内压监测下联合3D打印技术进行脑出血穿刺,对患者实施动态颅内压监测,一旦发现颅内压监测异常,立即完善头颅CT检查并调整脱水药物,也有助于更早地发现再出血、脑水肿等并发症征兆,为患者争取了宝贵的治疗时间,从而改善患者预后^[19]。虽然甘露醇等脱水药物干预能够显著减轻水肿,但大剂量长程使用甘露醇则容易发生肾脏损伤等风险^[20]。本研究发现,通过颅内压监测可释放脑脊液,明显降低甘露醇的使用量,降低肾功能损伤风险,同时可以降低患者去骨瓣的风险。本研究中颅内压监测联合3D打印组患者微创穿刺术后再出血导致脑疝形成、二次开颅手术、肾功能不全发生情况均少于

3D打印组($P < 0.05$)。此外,对于部分再出血患者,以往根据CT结果及医师经验进行二次开颅手术,若患者颅内压监测超过阈值时及时团注甘露醇,应用高渗盐,镇静镇痛,通过脑室引流管释放脑脊液等手段,能将颅内压控制在正常范围内,医师对患者可采取保守治疗,一定程度上减少了二次手术给患者造成的损伤^[21-30]。对于经释放脑脊液及脱水药物治疗后颅内压监测结果仍异常的患者,可根据患者实际情况选择二次手术治疗时机。

在治疗高血压脑出血治疗过程中,动态颅内压监测是对3D打印微创穿刺的有效补充手段,能及时发现颅内再出血等病情变化,为患者争取宝贵的时间,减少脑疝的发生。基于动态监测颅内压,能科学指导开颅去骨瓣手术的时机,使一部分患者能成功保守治疗,免于开颅手术。本研究也仍存在一定不

足,如样本量较小,未能将不同血肿量患者进行多层分析,可能会对研究结果有一定影响,在后续研究中将采取分层分析研究,为指导临床治疗提供更加客观、准确、可靠的数据和结果。

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