

面肌痉挛术后迟发性面瘫发生的 Logistic 回归分析

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【摘要】 目的 探讨影响面肌痉挛术后迟发性面瘫(DFP)发生的相关危险因素,并提出针对性的预防措施。方法 回顾性纳入 2018-06—2020-06 于四川大学华西医院行显微血管减压术(MVD)的面肌痉挛(HFS)患者 307 例。术后门诊或电话随访,评估 DFP 发生及恢复情况。将术后发生 DFP 患者作为观察组,将术后未发生 DFP 患者作为对照组。统计 2 组患者一般资料,对正态分布的连续变量采用 *t* 检验;非正态分布的连续变量采用非参数秩和检验;计数数据采用 χ^2 检验;以多因素 Logistic 回归分析影响患者术后发生 DFP 的危险因素;采用 Pearson 检验分析 DFP 发生时间与症状持续时间的相关性。结果 307 例患者随访 3~12(8.34±2.15)月;术后 1 周内并发症发生率为 13.36%(41/307);术后 DFP 发生率为 10.10%(31/307),均于术后 2 个月内发生,并于发生后 1 a 内完全恢复正常。31 例 DFP 患者发生时间为术后 18(5,46)d,恢复正常时间 117(17,222)d。2 组患者性别、年龄、合并基础疾病、患侧、吸烟、饮酒、术前保守治疗情况、Cohen 分级、责任血管类型比较差异无统计学意义($P > 0.05$);观察组术前病程 > 5 a,责任血管数 ≥ 2 条,面神经有压痕、围术期使用尼莫地平占比分别为 67.74%(21/31)、58.06%(18/31)、64.52%(20/31)、70.97%(22/31),明显高于对照组的 42.03%(116/276)、25.00%(69/276)、34.42%(95/276)、46.01%(127/276),差异有统计学意义($P < 0.05$)。多因素 Logistic 回归分析显示,术前病程 > 5 a、责任血管数 ≥ 2 、面神经有压痕是术后发生 DFP 的危险因素($P < 0.05$);围术期尼莫地平使用是术后发生 DFP 的保护因素($P < 0.05$)。Pearson 相关性分析结果显示,DFP 发生时间与症状持续时间呈正相关($r=0.896$, $P < 0.001$)。结论 术前病程越长、责任血管数越多以及面神经有压痕,则术后出现 DFP 可能性越高,而围术期使用尼莫地平则可减少 DFP 的发生。早治疗、术中轻柔操作、保护面神经、术后及时对症支持治疗可减少 MVD 患者 DFP 的发生风险。

【关键词】 面肌痉挛;显微血管减压术;迟发性面瘫;危险因素

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Logistics regression analysis of occurrence of delayed facial paralysis after hemifacial spasm surgery

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【Abstract】 **Objective** To explore the related risk factors affecting the occurrence of delayed facial paralysis (DFP) after hemifacial spasm surgery, and to propose the targeted preventive measures. **Methods** The clinical data of 307 patients with hemifacial spasm (HFS) who underwent microvascular decompression (MVD) in the hospital were retrospectively analyzed between June 2018 and June 2020. Postoperative outpatient service

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or telephone follow-up was performed to evaluate the occurrence of DFP and recovery status. The patients with postoperative DFP were enrolled as observation group, while the patients without postoperative DFP were included in control group. The general data of the two groups of patients were statistically analyzed, and *t* test was used for continuous variables with normal distribution and non-parametric rank-sum test was adopted for continuous variables with non-normal distribution. χ^2 test was used for enumeration data. Multivariate Logistic regression analysis was used to analyze the risk factors of occurrence of postoperative DFP, and Pearson test was adopted to analyze the correlation between occurrence time of DFP and symptom duration. **Results** Totally 307 patients were followed up for 3 to 12 months, with an average of (8.34±2.15) months. The incidence rate of complications within 1 week after surgery was 13.36% (41/307). The incidence rate of postoperative DFP was 10.10% (31/307), all of which occurred within 2 months after surgery and returned to normal within 1 year after the occurrence. The occurrence time of 31 patients with DFP was 18 (5, 46) d after surgery, and the time of returning to normal was 117 (17, 222) d. There were no statistical differences in gender, age, underlying diseases, affected side, smoking, drinking, preoperative conservative treatment status, Cohen classification and type of offending vessels between the two groups ($P>0.05$). The proportions of preoperative course of disease >5 years, the number of offending vessels ≥ 2 , facial nerve indentation and perioperative nimodipine use were 67.74% (21/31), 58.06% (18/31), 64.52% (20/31) and 70.97% (22/31) in observation group, which were significantly higher than 42.03% (116/276), 25.00% (69/276), 34.42% (95/276) and 46.01% (127/276) in control group ($P<0.05$). Multivariate Logistic regression analysis showed that preoperative course of disease >5 years, the number of offending vessels ≥ 2 and facial nerve indentation were the risk factors of occurrence of postoperative DFP ($P<0.05$). Perioperative nimodipine use was a protective factor of postoperative DFP ($P<0.05$). Results of Pearson correlation analysis revealed that the occurrence time of DFP was positively correlated with the duration of symptom ($r=0.896$, $P<0.001$). **Conclusion** The longer the preoperative course of disease, the more the offending vessels and the indentation of the facial nerve, the higher the possibility of postoperative DFP. And perioperative use of nimodipine can reduce the occurrence of DFP. Early treatment of patients with MVD, gentle operation during surgery, facial nerve protection and timely symptomatic and supportive treatment after surgery can reduce the risk of DFP.

【Key words】 Hemifacial spasm; Microvascular decompression; Delayed facial paralysis; Risk factors

面肌痉挛(hemifacial spasm, HFS)是临床常见的颅神经运动障碍性疾病,以中老年女性多见,发病后患者可出现一侧面部肌肉不自主阵发性痉挛性抽搐,抽搐范围多从眼轮匝肌向下方逐渐扩大至面部表情肌、口轮匝肌,严重时患者可出现睁眼困难、口角偏斜等症状,且在紧张或情绪激动时加重,虽然该病对患者生命安全无直接影响,但长期面部肌肉抽搐对患者心理状态及生活质量造成严重影响^[1]。该病无法自愈,呈逐渐加重趋势,持续加重的症状还能引起不可逆性面神经功能障碍^[2]。因此,早期的诊断和及时的治疗是十分必要的。

一般认为,HFS最常见的病因是脑干区责任血管迂曲扩张直接压迫面神经根出入区(root exit/entry zone, REZ),导致局部颅神经的脱髓鞘损害,影响神经纤维正常传导所致^[3]。神经功能多数是可逆的,因此,临床通过消除这种压迫情况疾病可以治愈^[4]。显微血管减压术(microvascular decompression, MVD)是现代神经系统疾病治疗的突破性创新技术,可有效解除血管对神经的直接压迫,已先后在眩晕、耳鸣、舌咽神经痛、难治性高血压等其他颅内神经疾病中取得了较好的临床效果^[5-8]。近年来随着人们对HFS

的深入研究以及外科手术技术的进步,MVD也逐渐在国内外普及、实施,并因其创伤小、恢复快逐渐成为国内神经外科治疗HFS的首选方式^[9]。然而,有研究指出,MVD并非绝对安全,术后仍有出现面瘫、颅内出血、患侧听力障碍等并发症可能^[10]。其中迟发性面瘫(delayed facial paralysis, DFP)是最常见并发症之一,多发生在MVD后3~14 d,一般表现为术侧额纹消失、闭眼困难、鼻唇沟消失及口角下垂等,目前对其发生机制尚不十分明确,大多认为是手术过程中刺激责任血管引起血管痉挛所致,虽然多数DFP患者可自愈,但仍会在一定程度上影响患者的生活质量^[11]。因此,深入分析影响HFS患者MVD术后发生DFP的病因意义重大。本研究选取四川大学华西医院收治的307例HFS患者进行研究,分析影响MVD术后发生DFP的危险因素,为后期分析DFP的发生机制,深入了解颅神经疾病的病理生理过程提供可靠的参考,另外针对预防要点进行探讨分析,以减少DFP的发生。

1 对象和方法

1.1 研究对象 回顾性分析2018-06-2020-06于

四川大学华西医院行显微血管减压术(MVD)的307例面肌痉挛(HFS)患者的临床资料,将术后发生DFP的31例患者纳入观察组,其中男11例,女20例;年龄25~65(51.13±8.89)岁;病程1~15(6.14±2.33)a;左侧14例,右侧17例。纳入标准:(1)符合HFS诊断标准^[12],首次行MVD治疗,并在术后24h~2个月内发生HFS者;(2)单侧发病者;(3)临床资料完整且术后随访成功者;(4)对本次研究知情且签字同意者。排除标准:(1)颅内占位性病变等引起的继发性HFS者;(2)术前即有面神经麻痹或周围性面神经麻痹者。将术后未发生DFP的376例患者纳入对照组,其中男113例,女163例;年龄25~65(51.21±8.42)岁;病程1~15(6.64±2.15)a。本研究经院医学伦理委员会审批通过[(2019)科研伦审第(030)号]。

1.2 研究方法 本研究通过医院病案管理系统筛选并收集所有符合入排标准的病例资料,对2组患者性别、年龄、术前病程、合并基础疾病、患侧、吸烟饮酒史、术前保守治疗、痉挛强度(Cohen分级)^[13]、责任血管类型、责任血管数量、责任血管对面神经造成压痕数、围术期尼莫地平使用等因素进行单因素及多因素 Logistic 回归分析。统计患者DFP发生时间与症状持续时间,分析二者之间的相关性。

1.3 统计学方法 数据录入及分析采用SPSS 23.0软件,正态分布的计量数据用均数±标准差($\bar{x} \pm s$)表示,行 t 检验;非正态分布连续变量以 $M(P_{25}, P_{75})$ 表示,采用非参数秩和检验;计数数据以率(%)表示,行 χ^2 检验;将单因素分析有统计学意义的变量作为自变量,以患者发生DFP为因变量,进行Logistics回归分析,采用Pearman检验分析DFP发生时间与症状持续时间的相关性, $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 术后近远期并发症发生情况 307例HFS患者术后1周内41例(13.27%)发生术后近期并发症,其中耳鸣11例,听力下降9例,眩晕8例,吞咽困难7例,切口感染2例,声音嘶哑3例,复视1例。共31例发生DFP,发生率为10.10%。面瘫程度采用House-Brackman分级^[6],其中Ⅱ级8例,Ⅲ级16例,Ⅳ级7例,所有DFP患者均在发生后1a内完全恢复正常。

2.2 影响HFS患者MVD后DFP发生的单因素分析 2组患者性别、年龄、合并基础疾病、患侧、吸烟、饮酒、术前保守治疗、Cohen分级、责任血管类型比较差异无统计学意义($P > 0.05$);2组患者术前病程、责任血管数、面神经压痕、围术期尼莫地平使用情况比

较差异有统计学意义($P < 0.05$)。见表1。

2.3 影响HFS患者MVD术后DFP发生的多因素分析 以分组变量为因变量,纳入2组间差异有统计学意义的指标进行多因素 Logistic 回归分析。结果显示,术前病程 > 5 a、责任血管数 ≥ 2 、面神经有压痕是术后发生DFP的危险因素($P < 0.05$);围术期尼莫地平使用是术后发生DFP的保护因素($P < 0.05$)。见表2。

2.4 DFP发生时间与症状持续时间的相关性 31例DFP患者发生时间为术后18(5,46)d,恢复正常时间117(17,222)d。DFP发生时间与症状持续时间呈正相关($r = 0.896, P < 0.001$)。见图1。

3 讨论

HFS是临床常见的功能性神经疾病,发病后患者可出现眼部、面部肌肉发作性、反复性及不随意性收缩^[14]。虽然该病无致死性、致残性损害,但因病变部位在面部,可对患者容貌造成一定的影响,给日常生活及工作带来诸多不便,而且反复不正确的治疗还会造成不可恢复的面瘫^[15]。目前MVD是HFS的主要治疗手段,且临床疗效显著,随着人文医疗模式的建立,临床医师在治愈HFS的前提下也更加注重减少术后并发症的发生。DFP是HFS患者行MVD后常见并发症之一,DFP主要表现为患侧术后额纹消失、闭眼无力、鼻唇沟变浅、口角歪斜等,可导致患者产生巨大的心理压力^[16]。临床对于DFP的发生机制尚不明确,相关报道^[17]显示,手术操作中对责任血管长时间持续牵拉可影响面神经供血,造成血管痉挛或扭曲;手术器械直接接触面神经致其机械性损伤等,均可导致患者出现面神经水肿。也有学者认为,术中Teflon棉用量过多或过少及放置位置不佳均可对面神经造成压迫,引起DFP^[18]。另有研究指出,手术可再度激活水痘-带状疱疹病毒、疱疹病毒,引起膝状神经节炎,进而出现DFP^[19]。

本研究结果显示,307例患者31例出现DFP,发生率为10.10%,与国内外相关文献报道结果基本一致^[20-21]。研究认为病程和面神经压痕是影响术后发生DFP的危险因素,且面神经压痕可能与责任血管粗细及行走存在一定的关系,即责任血管越粗,越容易压迫面神经,面神经也越易出现压痕,故推测面神经被责任血管压迫时间越长,则越会加重神经脱髓鞘病变程度,从而增加DFP发生风险;然而在解除面神经压迫后可能会出现迟发性面神经水肿,引起DFP的发生^[22]。另外,多数研究表明,HFS患者的责

表 1 影响 HFS 患者 MVD 后 DFP 发生的单因素分析 [n(%)]

Table 1 Univariate analysis of DFP occurrence after MVD in patients with HFS [n(%)]

因素	观察组(n=31)	对照组(n=276)	χ^2 值	P值
性别				
男	11(35.48)	113(40.94)	0.345	0.557
女	20(64.52)	163(59.06)		
年龄				
> 50 岁	18(58.06)	124(44.93)	1.935	0.164
≤50 岁	13(41.94)	152(55.07)		
术前病程				
> 5 a	21(67.74)	116(42.03)	7.457	0.006
≤5 a	10(32.26)	160(57.97)		
合并基础疾病情况				
高血压	9(29.03)	103(37.32)	0.826	0.363
糖尿病	8(16.13)	96(34.78)	1.029	0.310
脑梗死	12(38.71)	121(43.84)	0.299	0.585
患侧				
左	14(45.16)	142(51.45)	0.441	0.507
右	17(54.84)	134(48.55)		
吸烟				
有	16(51.61)	151(54.71)	0.108	0.743
无	15(48.39)	125(45.29)		
饮酒				
有	13(41.94)	129(46.74)	0.259	0.611
无	18(58.06)	147(53.26)		
术前保守治疗				
中医	4(12.90)	61(22.10)	2.751	0.432
卡马西平	1(3.23)	9(3.26)	2.751	0.432
肉毒素	1(3.23)	22(7.97)		
Cohen 分级				
2 级	22(70.96)	162(58.70)	1.613	0.107
3 级	8(25.81)	71(25.72)	1.613	0.107
4 级	1(3.23)	43(15.58)		
责任血管类型				
小脑前下动脉	7(22.58)	42(15.22)	0.094	0.926
小脑后下动脉	12(38.71)	136(49.28)		
椎动脉	1(3.23)	14(5.07)		
椎动脉伴小脑前下动脉	8(25.81)	63(22.83)		
椎动脉伴小脑后下动脉	3(9.68)	21(7.61)		
责任血管数				
1	13(41.94)	207(75.00)	15.004	0.000
≥2	18(58.06)	69(25.00)		
面神经压痕				
有	20(64.52)	95(34.42)	11.376	0.001
无	11(35.48)	181(65.58)		
围术期尼莫地平使用情况				
是	22(70.97)	127(46.01)	6.947	0.008
否	9(29.03)	149(53.99)		

表 2 影响 HFS 患者 MVD 术后 DFP 发生的多因素 logistic 回归分析

Table 2 Multivariate Logistic regression analysis of DFP occurrence after MVD in patients with HFS

因素	β 值	SE	Wald χ^2 值	P值	OR值	95%CI
术前病程	0.925	0.424	4.759	0.030	2.522	1.099~5.789
责任血管数	1.213	0.542	5.009	0.026	3.364	1.163~9.731
面神经压痕	1.335	0.551	5.870	0.016	3.800	1.291~11.189
围术期尼莫地平使用情况	-1.014	0.417	5.913	0.015	0.363	0.160~0.821

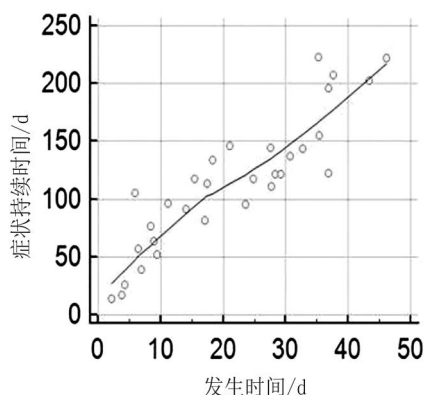


图 1 DFP 发生时间与症状持续时间的相关性分析

Figure 1 Correlation between DFP occurrence time and symptom duration

任血管大多只有 1 条,而且手术治疗成功的关键在于是否准确找到并处理相关责任血管^[23-27]。本次研究结果显示,术前病程 > 5 a、责任血管数 ≥ 2 、面神经有压痕是术后发生 DFP 的危险因素。分析原因可能有:(1)术前病程越长,责任血管越多以及面神经有压痕等,均反映面神经供血不足时间长、情况越严重,越能增加面神经脱髓鞘病变程度,对术中机械性损伤的刺激也更敏感,易出现熟手神经根迟发性水肿,增加术后 DFP 的发生;(2)术中 Teflon 棉放置位置不当时可对面神经造成压迫,加重术后面神经水肿,增加 DFP 发生风险。

研究指出,术后早期使用营养神经、抗血管痉挛等药物对症支持治疗能有效改善术后 DFP 预后^[28-32]。尼莫地平目前被广泛应用于各种原因的蛛网膜下腔出血后的脑血管痉挛,其主要是通过抑制平滑肌收缩来接触痉挛,从而起到保护脑神经元,改善急性脑血管病恢复期的血液循环的作用。本研究结果显示,围术期尼莫地平使用是术后发生 DFP 的保护因素,进一步说明围术期使用尼莫地平能减少 DFP 发生风险,在预防脑血管痉挛方面具有重要的价值。这可能是尼莫地平可促进面神经突触再生,促进运动神经元的生长,保护缺血、缺氧的神经元。另外本次研究还分析 DFP 发生时间与症状持续时间的相关

性,结果显示二者呈正相关,即 DFP 发生越早,则症状持续时间越短。考虑原因可能为早出现的 DFP 可能与术中机械性损伤有关,故神经水肿出现时间较早,因此也容易消退;而晚发生的 DFP 则可能与 Teflon 棉等异质性刺激有关,引起迟发性变态反应,且压迫是持续存在的,故变态反应持续时间较长,神经水肿消退时间也延长^[33-36]。

术前病程 > 5 a、责任血管数 ≥ 2 、面神经有压痕是术后发生 DFP 的危险因素,围术期尼莫地平使用是术后发生 DFP 的保护因素。针对 DFP 的危险因素,可通过以下方法降低其发生率:(1)坚持早发现、早诊断、早治疗的原则,缩短术前病程,减少 DFP 发生;(2)术中放置 Teflon 棉时应注意避免与面神经供血动脉接触,减少刺激与压迫;(3)应用术中电生理监测,尽早确认责任血管数量及位置,术中分离压迫血管及神经时应小心轻柔操作,减少对供血动脉及面神经的机械性刺激;(4)术后应积极应用改善循环或解痉等药物进行对症支持治疗,促进 DFP 的快速恢复;(5)术后 1 个月内应积极保暖,避免着凉引起的病毒感染。

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