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论著

支气管镜介入治疗肺结核合并支气管结核老年患者的 病灶吸收率和安全性

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摘要: **目的** 探讨支气管镜介入治疗肺结核合并支气管结核老年患者的病灶吸收率及安全性。
方法 选取2018年1月—2020年1月该院肺结核合并支气管结核的老年患者60例, 按照不同治疗方式分为抗结核化疗药物联合支气管镜介入治疗组(ZQ组, $n=32$)和抗结核化疗药物治疗组(HL组, $n=28$), 观察两组患者抗酸杆菌转阴率、肺部病变吸收好转情况、临床症状改善、药物不良反应发生情况和临床疗效。**结果** ZQ组治疗后镜下抗酸杆菌转阴率(93.75%)高于HL组(71.43%), 组间比较, 差异有统计学意义($\chi^2=5.36, P=0.021$); ZQ组体内共有24个空洞, HL组有22个空洞, 治疗后ZQ组的空洞闭合率为45.83%、空洞缩小率为33.33%, 均高于HL组, HL组空洞增大率为13.64%, 高于ZQ组(4.17%), ZQ组总有效率(79.17%)高于HL组(45.45%), 组间比较, 差异有统计学意义($\chi^2=5.59, P=0.018$); ZQ组治疗后病灶显著吸收率和吸收率均高于HL组, 组间比较, 差异有统计学意义($\chi^2=6.37, P=0.040$); ZQ组肉芽增殖治疗有效率为100.00%, HL组为75.00%, 两组比较, 差异有统计学意义($\chi^2=3.54, P=0.039$); HL组和ZQ组的不良反应发生率分别为18.75%和17.86%, 两组比较, 差异无统计学意义($P>0.05$)。**结论** 采用支气管镜介入治疗肺结核合并支气管结核老年患者, 能够明显提高患者抗酸杆菌转阴率和病灶吸收率, 并有效改善病灶周围阻塞情况和支气管病变情况, 达到较理想的临床疗效。

关键词: 肺结核; 支气管结核; 支气管镜; 老年患者

中图分类号: R521; R523

Analysis of focus absorption rate and safety of bronchoscopy interventional treatment of elderly patients with pulmonary tuberculosis complicated with bronchial tuberculosis

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Abstract: Objective To explore the focus absorption rate and safety of bronchoscopy interventional treatment of elderly patients with pulmonary tuberculosis complicated with bronchial tuberculosis. **Methods** From January 2018 to January 2020, 60 elderly patients with pulmonary tuberculosis and bronchial tuberculosis were selected. According to different treatment methods, they are divided into anti-tuberculosis chemotherapy drugs

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combined with bronchoscopy intervention therapy group (ZQ group, $n = 32$) and anti-tuberculosis chemotherapy drug treatment group (HL group, $n = 28$). Observe the negative rate of acid-fast bacilli, the improvement of lung disease absorption, the improvement of clinical symptoms, the occurrence of adverse drug reactions, and the clinical efficacy of the two groups of patients. **Results** After treatment, the negative rate of acid-fast bacilli in the ZQ group (93.75%) was higher than that in the HL group (71.43%). The difference between the groups was statistically significant ($\chi^2 = 5.36, P = 0.021$); There were 24 cavities in the ZQ group and 22 cavities in the HL group. After treatment, the closure rate of the ZQ group was 45.83% and the shrinkage rate was 33.33%, which were higher than those of the HL group. The cavity enlargement rate in the HL group was 13.64%, which was higher than that in the ZQ group (4.17%). The total effective rate of patients in the ZQ group (79.17%) was higher than that of the HL group (45.45%). The difference between the groups was statistically significant ($\chi^2 = 5.59, P = 0.018$); The significant absorption rate and absorption rate of the lesions in the ZQ group after treatment were higher than those in the HL group, and the difference between the groups was statistically significant ($\chi^2 = 6.37, P = 0.040$); The effective rate of granulation treatment in ZQ group was 100.00%, and that in HL group was 75.00%. The difference between the two groups was statistically significant ($\chi^2 = 3.54, P = 0.039$); The incidence of adverse reactions in the HL group and ZQ group were 18.75% and 17.86%, the difference between the two groups was not statistically significant ($P > 0.05$). **Conclusion** Bronchoscopy interventional treatment of elderly patients with pulmonary tuberculosis and bronchial tuberculosis can significantly increase the rate of negative conversion of acid-fast bacilli and the rate of lesion absorption, and effectively improve the obstruction around the lesion and the condition of bronchial disease, and achieve the ideal clinical effect.

Keywords: tuberculosis; bronchial tuberculosis; bronchoscopy; elderly patients

肺结核是一种经呼吸道飞沫传播的慢性传染病, 潜伏期长、病程较长、药物不良反应较大, 已引起越来越多学者的关注^[1]。我国约 40% ~ 50% 的结核患者合并有支气管结核, 如未及时治疗, 容易导致支气管管壁破坏, 或因干酪物阻塞支气管管腔, 使管腔狭窄变形导致肺不张或呼吸困难^[2-3]。在临床上, 肺结核合并支气管结核患者如果单纯采用化学治疗方法, 会因多种因素干预, 导致治疗效果不佳^[4]。

随着经支气管镜技术的发展, 其可采用刷检及组织病检等手段对标本的结核菌进行检查, 也可通过分泌物行分子生物学等检查, 明显提高了肺结核合并支气管结核的检测水平^[5]。支气管镜不仅可以帮助诊断肺结核合并支气管结核, 还能对其进行治疗^[6]。支气管镜具有可视化操作的优点, 通过局部灌注给药, 不仅可以使药物准确到达病变部位^[7]、促进组织对药物的吸收, 还能经支气管镜冷冻治疗, 排除患者气管内的坏死组织和异常分泌物, 加快痰菌转阴, 恢复支气管的通畅性^[8]。因此, 本文分析经支气管镜介入治疗肺结核合并支气管结核老年患者的临床疗效和安全性。现报道如下:

1 资料与方法

1.1 一般资料

选择 2018 年 1 月—2020 年 1 月收治的 60 例患者按不同治疗方法分为抗结核化疗药物联合支气管镜介入治疗组 (ZQ 组, $n = 32$) 和抗结核化疗药物治疗组 (HL 组, $n = 28$)。ZQ 组中, 男 15 例, 女 17 例, 年龄 60 ~ 78 岁, 病程 4 ~ 15 个月; HL 组中, 男 9 例, 女 19 例, 年龄 61 ~ 79 岁, 病程 4 ~ 17 个月。根据患者疾病分型将其分为炎症浸润型、溃疡坏死型、肉芽增殖型和瘢痕狭窄型。两组患者一般资料比较, 差异无统计学意义 ($P > 0.05$), 具有可比性。见表 1。

纳入标准: 确诊为肺结核, 且合并支气管结核者; 年龄 > 60 岁; 无心、肝、肾等器官功能障碍; 无明显出血异常; 无糖尿病等其他合并症; 病历资料完整; 可耐受支气管镜介入治疗者。

1.2 治疗方法

1.2.1 HL 组 采用抗结核化疗药物治疗, 化疗方案: 异烟肼、利福平、吡嗪酰胺及乙胺丁醇联合用药强化治疗两个月, 然后采用异烟肼和利福平巩固治疗

表1 两组患者一般资料比较
Table 1 Comparison of general data between the two groups

组别	性别 例(%)		分型 例(%)			
	男	女	炎症浸润型	溃疡坏死型	肉芽增殖型	瘢痕狭窄型
ZQ组(n=32)	15(46.88)	17(53.12)	11(34.38)	8(25.00)	5(15.62)	8(25.00)
HL组(n=28)	9(32.14)	19(67.86)	6(21.43)	6(21.43)	7(25.00)	9(32.14)
χ^2/t 值	1.35		0.59			
χ 值	0.245		0.899			

组别	年龄/岁	病程/月	基础病 例(%)			
			高血压	冠心病	糖尿病	哮喘
ZQ组(n=32)	68.46±5.72	8.17±1.39	10(31.25)	8(25.00)	7(21.88)	14(43.75)
HL组(n=28)	67.85±5.28	8.55±1.43	9(32.14)	6(21.43)	8(28.57)	13(46.43)
χ^2/t 值	0.43 [†]	1.04 [†]	0.32			
P值	0.671	0.301	0.956			

注:†为t值

4个月。

1.2.2 ZQ组 所有患者行抗结核化疗药物治疗后(方法同HL组),再给予支气管镜介入治疗。支气管镜介入治疗前禁食禁水3或4h,检查患者肺功能、血压和血气分析等指标,无异常后,雾化吸入利多卡因行局部麻醉,插入可弯曲电子支气管镜(生产厂家:Olympus,型号:BF260系列)探头。采用冷冻治疗仪(Erbokryo CA)对肉芽增殖、溃疡坏死及瘢痕狭窄处行多点位反复冻融(温度:-70~-50℃,冷冻时间:5~15s),待组织发白、脱水、冻凝后,配合负压吸引等清除冻切组织,然后采用奥林巴斯NM-3K针将异烟肼0.2g沿着病灶边缘进行局部注射,每周一次。支气管镜介入治疗后,对于无法用冷冻及钳夹清除的病变,采用氩气刀(德国爱尔博电子医疗仪器公司)进行治疗,每次1~3s,氩气流量为0.5~2.0mL/min,每周重复1次,当瘰口内坏死物消失时停止氩气刀治疗。对于气道狭窄的患者需选择适合的球囊导管进行球囊扩张治疗,压力在300~800kPa,无出血现象者可重复2~4次治疗(每周1次),气道开放稳定时结束治疗。术后1或2周复查支气管镜,如支气管仍有狭窄,择期再行扩张治疗。

1.3 观察指标

①抗酸杆菌转阴率:每个月查痰涂片找抗酸杆菌3次,连续2个月痰涂片未找到抗酸杆菌;②采用CT

观察患者肺部病变吸收情况;③支气管病变恢复情况:显效(干酪样坏死物或肉芽肿吸收2/3以上,黏膜光滑,管腔通畅);有效(病灶吸收但小于2/3,管腔通畅大于1/2);无效(未达到上述标准);④检测患者的肺功能指标、血常规、肝功能、肾功能和胃肠道不良反应等。

1.4 统计学方法

选用SPSS 23.0统计软件包进行数据分析,计数资料以例(%)表示,组间比较行 χ^2 检验,计量资料以均数±标准差($\bar{x} \pm s$)表示,行独立样本t检验, $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 两组患者治疗后各指标比较

经过治疗后,ZQ组镜下抗酸杆菌转阴率为93.75%,较HL组的71.43%高,组间比较,差异有统计学意义($\chi^2 = 5.36, P = 0.021$);ZQ组体内共有24个空洞,HL组有22个空洞,治疗后ZQ组的空洞闭合率为45.83%、空洞缩小率为33.33%,均高于HL组的27.27%和18.18%,HL组空洞增大率为13.64%,高于ZQ组的4.17%,ZQ组总有效率为79.17%,高于HL组的45.45%,组间比较,差异有统计学意义($\chi^2 = 5.59, P = 0.018$);ZQ组治疗后病灶显著吸收率和吸收率均高于HL组,组间比较,差异有统计学意义

义 ($\chi^2 = 6.37, P = 0.040$); ZQ 组肉芽增殖型患者治疗有效率为 100.00%, 高于 HL 组的 75.00%, 两组比较, 差异有统计学意义 ($\chi^2 = 3.54, P = 0.039$), ZQ 组炎症浸润型、溃疡坏死型和瘢痕狭窄型患者治疗有效率高于 HL 组, 但两组比较, 差异无统计学意义 (均 $P > 0.05$)。见表 2 和 3。

2.2 两组患者并发症发生率比较

HL 组和 ZQ 组并发症发生率分别为 18.75% 和 17.86%, 但两组比较, 差异无统计学意义 ($P > 0.05$)。见表 4。出院前两组患者并发症均消失。ZQ 组治疗后有 3 例患者出现鼻咽喉不适、2 例扩张后出血、3 例低热。

表 2 两组患者治疗后各指标比较 例(%)

Table 2 Comparison of the indexes after treatment between the two groups n (%)

组别	转阴率	空洞闭合总有效率	病灶吸收率		
			显著吸收	吸收	不变
ZQ 组 (n = 32)	30(93.75)	19(79.17)	10(31.25)	20(62.50)	2(6.25)
HL 组 (n = 28)	20(71.43)	10(45.45)	4(14.29)	16(57.14)	8(28.57)
χ^2 值	5.38	5.59	6.37		
P 值	0.021	0.018	0.040		

表 3 两组患者各型支气管病变恢复情况

Table 3 Recovery of various types of bronchial lesions between the two groups

组别	显效/例	有效/例	无效/例	有效率/%	χ^2 值	P 值
炎症浸润型						
ZQ 组 (n = 11)	7	3	1	90.91	1.60	0.449
HL 组 (n = 6)	3	1	2	66.67		
溃疡坏死型						
ZQ 组 (n = 8)	7	1	0	100.00	1.11	0.268
HL 组 (n = 6)	2	3	1	83.33		
肉芽增殖型						
ZQ 组 (n = 5)	5	0	0	100.00	3.54	0.039
HL 组 (n = 8)	2	4	2	75.00		
瘢痕狭窄型						
ZQ 组 (n = 8)	8	0	0	100.00	1.15	0.282
HL 组 (n = 8)	4	3	1	87.50		

表 4 两组患者并发症发生率比较 例(%)

Table 4 Comparison of the incidence of complication rate between the two group n (%)

组别	不良反应发生率			总发生率
	肝功能损害	胃肠道反应	白细胞减少	
ZQ 组 (n = 32)	1(3.12)	3(9.38)	2(6.25)	6(18.75)
HL 组 (n = 28)	2(7.14)	2(7.14)	1(3.57)	5(17.85)
χ^2 值				1.63
P 值				0.652

3 结论

肺结核是由结核分枝杆菌引起的慢性肺部感染性疾病,威胁患者健康,老年人为该病的易感人群。分析原因可能与社会进入人口老龄化、老年人免疫力下降、器官功能衰退、内源性复燃等因素有关。近年来,肺结核的临床发生率也在不断增长,老年患者大多为慢性纤维空洞型,治疗以消炎和抗感染为主,同时要注意提高患者免疫力,预防病情加重^[9]。由于此病具有病程较长的特点,会给患者带来较大压力,严重时甚至影响生活质量^[10]。到目前为止,我国支气管结核流行病学资料较少,但近年来支气管结核患者在临床上有明显增多趋势。有研究^[11]表明,部分肺结核患者都伴有支气管结核。早期结核病症状不典型,体征无特异性,胸部病灶影像学改变不典型,易与肺部感染、慢性阻塞性肺疾病和支气管哮喘等病变混淆,导致误诊及漏诊。对于老年肺结核合并支气管结核的治疗,除了全身化疗及吸入抗结核药物治疗外,还可以采用支气管镜介入治疗^[12]。

本研究显示,经过治疗后ZQ组镜下抗酸杆菌转阴率为93.75%,高于HL组的71.43%。由此可见,促进肺部病变吸收对肺结核合并支气管结核老年患者是较好的治疗方法。支气管镜介入治疗可清除机体内的代谢物和坏死组织,还可以直接使药物到达病灶处,增加病变局部药物的浓度,提高杀菌能力^[13]。肺部干酪样坏死及肉芽肿等均与患者疾病发生发展有密切关系,支气管镜下使用冷冻、氩气刀等方法可直接用过低温或高温对结核分枝杆菌进行清除及灭活^[14]。有研究^[15]表明,有效控制支气管管结核的进展,利于促进患者康复。还有研究^[16]指出,采用支气管镜注入药物的方式比单纯服用的效果好,可提高患者抗酸杆菌转阴率和病灶对药物的吸收率,减少患者体内的空洞数量,与本研究相符。

本研究中,治疗后ZQ组病灶显著吸收率和吸收率均高于HL组;ZQ组肉芽增殖型患者的治疗有效率为100.00%,HL组为75.00%,两组比较,差异有统计学意义,ZQ组炎症浸润型、溃疡坏死型和瘢痕狭窄型患者治疗有效率高于HL组,但两组比较,差异均无统计学意义。有研究^[17-18]表明,伴有支气管狭窄或阻塞的肺结核合并支气管结核患者,在全身化疗的基础上再根据病情采用支气管镜介入治疗,能够明显改善病灶周围阻塞情况和支气管病变情况,扩大了患

者支气管管腔,减少了后遗症。有研究^[19-20]报道,采用支气管镜介入治疗支气管结核不会加重患者肺的负担,且疗效显著,同时使用冷冻、氩气刀治疗能够去除坏死组织,使气管畅通、肺组织复张,副作用小,这与本研究结果相似。本研究中,两组患者并发症发生率比较,差异无统计学意义,表明采用支气管镜介入治疗肺结核合并支气管结核老年患者不会增加并发症发生率,和采用全身化疗一样具有良好的安全性。

综上所述,采用支气管镜介入治疗肺结核合并支气管结核老年患者,能够明显提高患者抗酸杆菌转阴率和病灶闭合率,同时能够有效改善病灶周围阻塞情况和支气管病变情况,达到理想的临床疗效。

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