

· 肝纤维化及肝硬化 ·

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急性失代偿肝硬化合并感染的凝血异常: 基于血栓弹力图的前瞻性观察性研究

张睿清^a, 蔡淑敏^b, 蒋秀华^a, 黄健明^b, 黎倍伶^a, 陈金军^a

南方医科大学南方医院 a. 肝病中心, b. 重症监护室, 广州 510515

通信作者: 陈金军, chjj@smu.edu.cn (ORCID: 0000-0003-4275-9149)

摘要: 目的 观察急性失代偿期肝硬化(ADC)患者伴或不伴脓毒血症时的凝血系统变化,并探讨这些变化与短期预后的关系。方法 前瞻性纳入2021年1月—2023年7月在南方医院就诊的ADC住院患者116例,其中合并脓毒血症者86例,未合并脓毒血症者30例,同时纳入无慢性肝病的单纯脓毒血症患者54例作为对照组。通过血栓弹力图(TEG)及其他常规凝血指标全面评估患者的凝血功能。收集TEG测试结果及患者的短期预后等数据,并进行相关性分析。正态分布的计量资料两组间比较采用成组 t 检验;非正态分布的计量资料两组间比较采用Mann-Whitney U 检验。计数资料两组间比较采用 χ^2 检验。采用Spearman相关系数评估不同变量间的相关性。采用Logistic回归模型进行单因素及多因素分析。结果 在ADC合并脓毒血症的患者中,感染部位以肺部和血流为主,细菌为主要病原微生物。TEG检测结果显示,与单纯脓毒血症患者比较,ADC合并脓毒血症患者的MA值中位数显著降低,K时间显著延长, α 角显著减小(P 值均 <0.05);与单纯ADC患者相比,ADC合并脓毒血症患者的R时间显著延长($P=0.02$),而单纯脓毒血症患者的R时间高于ADC合并脓毒血症患者($P=0.04$)。在ADC合并脓毒血症患者中,MA值与血小板计数无相关性($r=-0.133, P=0.057$),但在单纯脓毒血症患者中显著相关($r=0.595, P=0.001$);SOFA评分与MA值在伴或不伴ADC的脓毒血症患者中均呈负相关(r 值分别为 $-0.503, -0.561, P$ 值均 <0.001),而ADC合并脓毒血症患者的R时间、K时间和 α 角与SOFA评分相关性较弱,与APTT相关性较强(P 值均 <0.05)。单纯ADC患者90天内全部存活,而单纯脓毒血症存活患者的MA值和 α 角均显著高于死亡组(P 值均 <0.05);无论是否合并ADC, α 角在90天生存与死亡组间均差异显著(P 值均 <0.01),但ADC合并脓毒血症组的MA值在90天生存与死亡组间差异无统计学意义($P>0.05$)。结论 对于合并脓毒血症的ADC患者,临床上应重视凝血系统功能的评估和监测,必要时进行TEG相应指标和器官衰竭评分的监测,以制订个体化的治疗方案。

关键词: 肝硬化; 血液凝固; 脓毒症; 血栓弹力图**基金项目:** 国家重点研发专项(2022YFC2304800)

Coagulation abnormalities in acute decompensated cirrhosis comorbid with infection: A prospective observational study based on thromboelastography

ZHANG Ruiqing^a, CAI Shumin^b, JIANG Xiuhua^a, HUANG Jianming^b, LI Beiling^a, CHEN Jinjun^a

a. Hepatology Center, b. Department of Intensive Care Unit, Nanfang Hospital, Southern Medical University, Guangzhou 510515, China

Corresponding author: CHEN Jinjun, chjj@smu.edu.cn (ORCID: 0000-0003-4275-9149)

Abstract: Objective To investigate the changes in coagulation system in acute decompensated cirrhosis (ADC) patients with or without sepsis and the association of these changes with short-term prognosis. **Methods** A prospective study was conducted among 116 ADC patients who were hospitalized in Nanfang Hospital from January 2021 to July 2023, among whom there were 86 patients with sepsis and 30 patients without sepsis, and 54 patients with sepsis alone who had no chronic liver disease were enrolled as control group. Thromboelastography (TEG) and other conventional coagulation parameters were used to comprehensively evaluate the coagulation function of patients. The data including TEG results and short-term prognosis were collected, and a correlation

analysis was performed. The independent-samples *t* test was used for comparison of normally distributed continuous data between two groups, and the Mann-Whitney *U* test was used for comparison of non-normally distributed continuous data between two groups; the chi-square test was used for comparison of categorical data between two groups. The Spearman correlation coefficient was calculated to investigate the correlation between different variables. The Logistic regression model was used to perform the univariate and multivariate analyses. **Results** For the ADC patients with sepsis, the lungs and bloodstream were the main infection sites, and bacteria were the main pathogenic microorganism. TEG results showed that compared with the patients with sepsis alone, the patients with ADC and sepsis had a significant reduction in median maximum amplitude (MA), a significant increase in coagulation time (K time), and a significant reduction in α angle (all $P < 0.05$); the patients with ADC and sepsis had a significantly longer reaction time (R time) than those with ADC alone ($P = 0.02$), and the patients with sepsis alone had a significantly longer R time than those with ADC and sepsis ($P = 0.04$). There was no correlation between MA and platelet count in the patients with ADC and sepsis ($r = -0.133$, $P = 0.057$), while there was a significant correlation between MA and platelet count in the patients with sepsis alone ($r = 0.595$, $P = 0.001$). SOFA score was negatively correlated with MA in sepsis patients with or without ADC ($r = -0.503$ and -0.561 , both $P < 0.001$), and for the patients with ADC and sepsis, R time, K time, and α angle were weakly correlated with SOFA score and had a relatively strong correlation with APTT (all $P < 0.05$). The patients with ADC alone all survived within 90 days, and compared with the death group, the patients with sepsis alone who survived had significantly higher values of MA and α angle (all $P < 0.05$); there was a significant difference in α angle on day 90 between the survival group and the death group, no matter whether the patients were comorbid with ADC or not (both $P < 0.01$), while for the patients with ADC and sepsis, there was no significant difference in MA value on day 90 between the survival group and the death group ($P > 0.05$). **Conclusion** For ADC patients comorbid with sepsis, coagulation function assessment and monitoring should be taken seriously in clinical practice, and TEG parameters and SOFA score should be monitored when necessary to develop individualized treatment regimens.

Key words: Liver Cirrhosis; Blood Coagulation; Sepsis; Thromboelastogram

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肝硬化是慢性肝病的终末期阶段^[1],急性失代偿时,肝脏和免疫系统严重受损将增加细菌感染和败血症风险^[2]。肝硬化患者的凝血系统被认为处于一种“再平衡”状态^[3-5],而急性失代偿会打破这一平衡,使病情恶化。此外,细菌感染也可以导致急性凝血功能异常^[6-8]。目前,急性失代偿肝硬化(acute decompensation of cirrhosis, ADC)合并感染的凝血功能障碍机制研究有限^[9-11]。

血栓弹力图(thromboelastogram, TEG)能够定量评估血小板功能、血栓形成、血栓强度和纤维蛋白溶解状况。TEG参数主要包括反应(R)时间(纤维蛋白初始形成K2 mm的时间)、动力学(K)时间(血凝块形成20 mm的时间),二者反映了凝血因子的储备和纤维蛋白的功能;二者的比值数据为 α 角(α 角),是血凝块形成点到曲线最大弧度作水平线和切线的夹角;测试血凝块强度的最大振幅MA值,反映了血小板的数量和功能。与传统的血浆测试方法相比,TEG能更全面地描述凝血系统的状态,并提供有关出血或血栓形成风险的信息^[12-16]。在涉及复杂的、快速变化的凝血系统异常时,如ADC合并感染,TEG可能是解释凝血变化情况的有用工具^[17-18]。本研究旨在探究伴或不伴有ADC的脓毒血症患者凝血系统

变化,以及TEG对于患者出凝血状态的提示作用。

1 资料与方法

1.1 研究对象 前瞻性连续筛选2021年1月—2023年7月于本院住院的ADC患者和脓毒血症患者。纳入标准:(1)年龄18~80岁,预计住院时间 >24 h;(2)ADC,定义为7天内出现急性失代偿事件;(3)脓毒血症按照Sepsis 3.0诊断标准,序贯器官衰竭评分(SOFA评分) ≥ 2 分^[10]。排除标准:(1)7天内服用抗血小板药、抗凝药;(2)7天内急性失血导致的血小板快速减少;(3)7天内输注冷沉淀、血小板;(4)合并恶性肿瘤或免疫抑制疾病;(5)妊娠;(6)包括但不限于合并其他慢性疾病所致肾功能不全(CKD 5期)、心功能不全(NYAH IV级)、呼吸功能衰竭(呼吸机辅助呼吸)、昏迷(格拉斯哥昏迷评分 <8 分)等;(7)单纯ADC患者排除有明确感染指征者;(8)单纯脓毒血症患者排除有明确的慢性肝病基础者。

1.2 TEG检测 患者入组第1天进行TEG检测,采集4 mL枸橼酸钠抗凝全血。TEG分析采用计算机凝血分析仪(Model 5000,唯美血液技术公司,美国)^[19]。记录R时间、K时间、 α 角和MA值。

1.3 资料收集 收集患者人口学及临床特征资料,包括年龄、性别、既往病史、感染来源、肝病病因及急性失代偿事件(如大量腹水、肝性脑病等);实验室检查结果(如血常规、生化指标、凝血系统指标等)和临床结局(28天和90天病死率)。采用24 h最差实验室指标及病理生理学参数计算SOFA评分和急性生理学和慢性健康状况评估II(APACHE II)评分。

1.4 统计学方法 应用SPSS 25.0统计软件进行数据分析。正态分布的计量资料以 $\bar{x}\pm s$ 表示,两组间比较采用成组 t 检验。非正态分布的计量资料以 $M(P_{25}\sim P_{75})$ 表示,两组间比较采用Mann-Whitney U 检验。计数资料组间比较采用 χ^2 检验。采用Spearman相关系数评估不同变量间的相关性。采用Logistic回归模型进行单因素及多因素分析。 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 一般资料 共纳入278例ADC患者和脓毒血症患

者。其中,108例患者因患恶性肿瘤或艾滋病,或者存在慢性器官衰竭病史等被排除,最终入组170例患者,包括ADC+脓毒血症组86例,单纯ADC组30例,单纯脓毒血症组54例(图1)。

3组患者的基线资料详见表1,可见单纯ADC患者器官衰竭少见,ADC+脓毒血症患者以肝衰竭为主(32例),而单纯脓毒血症患者以感染性休克的循环衰竭为主(17例)。单纯脓毒血症和ADC+脓毒血症患者感染情

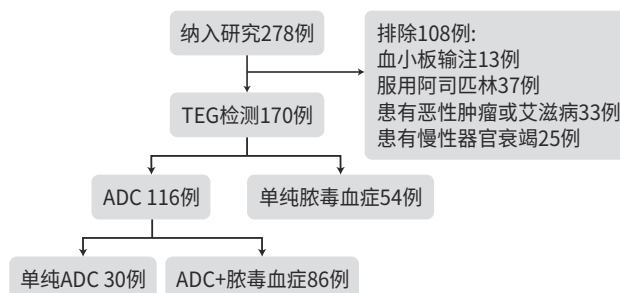


图1 患者入组流程图

Figure 1 Flow chart of patients inclusion

表1 3组患者基线特征

Table 1 Baseline characteristics of three groups of patients

项目	ADC+脓毒血症组(n=86)	单纯ADC组(n=30)	单纯脓毒血症组(n=54)
年龄(岁)	49(41~56)	51(45~62)	62(52~73)
男[例(%)]	67(77.9)	24(80.0)	27(50.0)
器官衰竭(例)			
肝衰竭	32	2	8
循环衰竭	6	0	17
呼吸衰竭	8	0	16
心衰竭	2	0	10
肾衰竭	3	0	12
大脑衰竭	14	0	4
SOFA评分(分)	4(3~6)	3(3~4)	7(3~10)
APACHE II评分(分)	6(3~9)	3(2~4)	18(11~27)
实验室指标			
白细胞($\times 10^9/L$)	7.2(4.4~10.0)	3.5(2.8~5.8)	11.8(8.6~21.5)
中性粒细胞($\times 10^9/L$)	4.2(2.6~6.3)	1.7(1.2~3.2)	9.7(5.9~17.4)
血小板($\times 10^9/L$)	73(56~110)	52(41~63)	113(70~288)
总胆红素($\mu\text{mol/L}$)	307(68~465)	72(35~258)	25(10~67)
血肌酐($\mu\text{mol/L}$)	76(59~104)	67(54~83)	106(69~231)
C反应蛋白(mg/L)	12.4(6.0~22.1)	5.7(2.3~10.8)	64.7(27.7~149.5)
凝血酶原时间(s)	23.8(15.4~28.2)	18.4(16.0~19.7)	13.5(12.3~15.4)
INR	2.15(1.38~2.57)	1.64(1.42~1.75)	1.17(1.06~1.34)
纤维蛋白原(g/L)	1.5(0.9~2.0)	1.3(1.2~1.7)	3.4(2.0~4.8)
D-Dimer($\mu\text{g/mL}$)	3.3(1.9~4.8)	1.7(0.6~4.1)	5.6(3.8~8.4)
TEG参数			
MA值(mm)	29.4(18.6~40.7)	31.6(25.1~39.9)	42.3(27.8~63.4)
R时间(s)	5.4(4.2~6.5)	4.9(4.2~5.5)	5.3(4.2~7.2)
K时间(s)	2.9(1.9~4.2)	3.9(2.6~5.1)	1.2(1.2~2.2)
α 角($^\circ$)	56.7(46.3~64.6)	53.1(47.8~59.5)	69.8(61.1~73.7)

况,包括感染部位和病原体见表2。在ADC+脓毒血症患者和单纯脓毒血症患者中,肺部感染最为常见(分别占48.8%和59.3%)。

表2 ADC+脓毒血症患者和单纯脓毒血症患者感染情况
Table 2 Different infection situations between acute decompensation cirrhosis and simple sepsis patients

项目	ADC+脓毒血症组 (n=86)	单纯脓毒血症组 (n=54)
感染部位[例(%)]		
肺部感染	42(48.8)	32(59.3)
泌尿系感染	8(9.3)	10(18.5)
血培养	16(18.6)	28(51.9)
腹膜感染	16(18.6)	7(13.0)
其他	14(16.3)	12(22.2)
微生物学[例(%)]		
革兰阴性菌	22(25.6)	21(38.9)
革兰阳性菌	24(27.9)	24(44.4)
病毒	8(9.3)	8(14.8)
真菌	9(10.5)	15(27.8)
其他	19(22.1)	10(18.5)
两种以上	30(34.9)	34(63.0)

2.2 入组患者的基线TEG检测结果 TEG检测结果显示,与单纯脓毒血症患者比较,ADC合并脓毒血症患者的MA值中位数显著降低,K时间显著延长, α 角显著减小(P 值均 <0.05);与单纯ADC患者相比,ADC合并脓毒血症患者的R时间显著延长($P=0.02$),而单纯脓毒血症患者的R时间高于ADC合并脓毒血症患者($P=0.04$)(图2)。

2.3 TEG测试数据与器官损伤评分的相关性 相关性分析结果显示,在伴或不伴ADC的脓毒血症患者中,SOFA评分与MA值均呈负相关(P 值均 <0.001)。ADC+脓毒血症患者的R时间、K时间和 α 角与SOFA评分的相关性较弱,与APTT之间存在较强的相关性(P 值均 <0.05)。在ADC合并脓毒血症患者中,MA值与血小板计数无相关性($r=-0.133, P=0.057$),但在单纯脓毒血症患者中二者显著相关($r=0.595, P=0.001$)(图3)。

2.4 死亡事件分组分析 单因素及多因素Logistic回归分析显示,ADC+脓毒血症患者的28天和90天死亡独立影响因素为年龄、AST和APTT(P 值均 <0.05)(表3)。而APTT、MA值是单纯脓毒血症患者28天及90天死亡的独立影响因素(P 值均 <0.05)(表4)。

单纯ADC患者在90天内全部存活,因此仅对感染者的TEG参数在28天和90天预后中的表现进行差异性分析。以28天结局分组,在单纯脓毒血症组中,存活患者的MA和 α 角数值均高于死亡组(P 值均 <0.05)。以90天结局分组,无论是否合并ADC,生存与死亡患者的 α 角数值比较,差异均有统计学意义(P 值均 <0.05)(图4)。

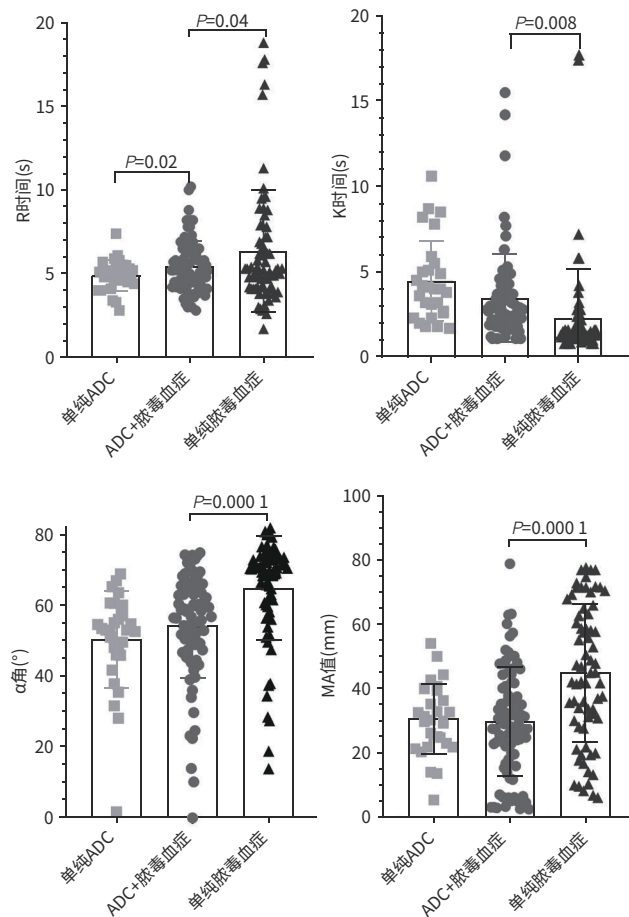


图2 3组患者TEG数据比较

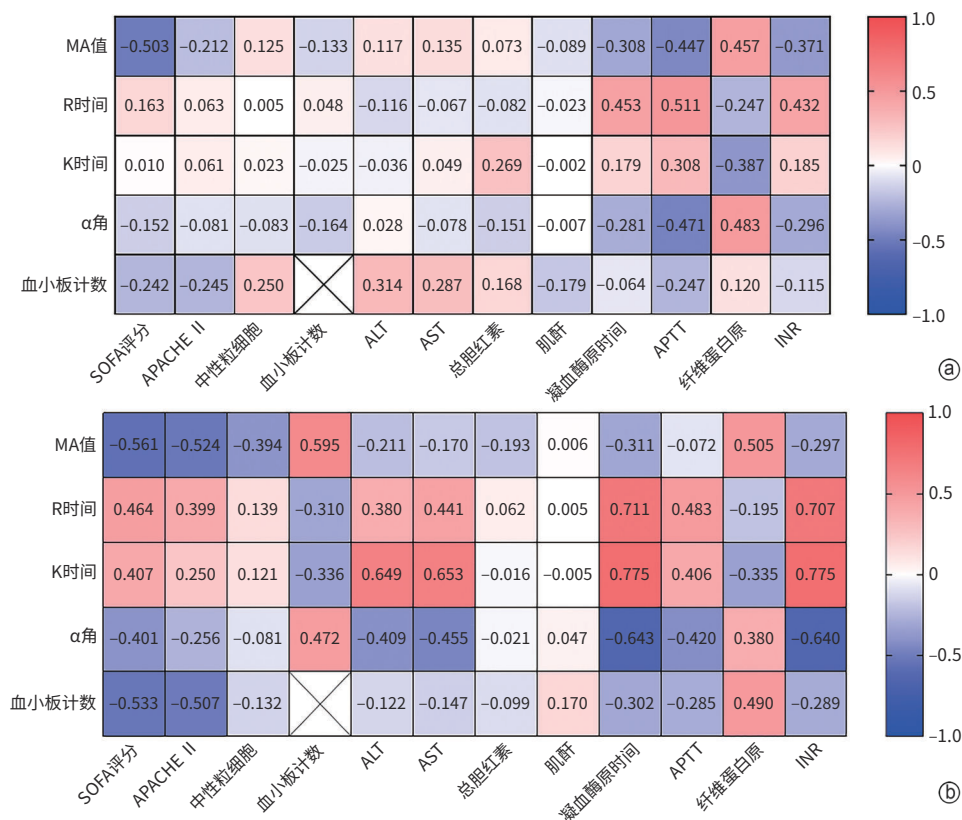
Figure 2 Comparison of TEG data among three groups of patients

R时间和K时间在区分28天生存和死亡方面差异均无统计学意义(P 值均 >0.05)(图5)。

3 讨论

本研究显示,在脓毒血症患者中,TEG数据与SOFA评分之间存在显著且较强的相关性;而在ADC+脓毒血症患者中,关联性相对较弱。TEG不仅为评估器官衰竭的有效手段,还为深入了解患者的凝血状况提供了关键信息,有助于全面阐释这些复杂疾病背景下的凝血机制^[19]。进一步分析显示,MA值和 α 角与患者28天或90天生存情况呈显著相关性。

此外,炎症因子的变化对于凝血系统的影响不容忽视。炎症因子通过直接激活凝血途径、破坏血管结构、调节血小板功能及抑制抗凝系统,对凝血功能产生抗凝与出血倾向的矛盾效应,这种复杂的相互影响机制可能涉及多种生理和病理过程^[20-22]。本研究发现TEG参数与血小板数量及凝血因子存在一定相关性。尤其是在单纯脓毒血症和ADC+脓毒血症患者中,MA值与纤维蛋



注:a, ADC+脓毒血症患者;b, 单纯脓毒血症患者。红色代表正相关, 蓝色代表负相关, 颜色深浅反映了相关性的强弱, 每一格的数字代表相关系数。

图3 是否合并ADC的脓毒血症患者TEG数据和实验室指标的相关值热图

Figure 3 R-value heat maps of TEG data and laboratory indexes of sepsis patients with or without ADC

表3 ADC+脓毒血症患者28天及90天病死率的Logistic回归分析

Table 3 Logistic regression analysis of 28-day and 90-day mortality in patients with ADC complicated with sepsis

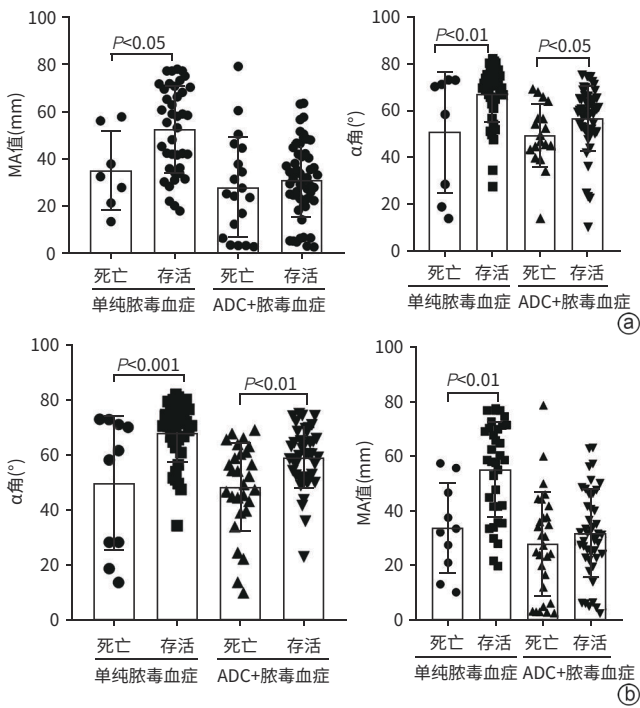
项目	单因素分析			多因素分析		
	HR	95%CI	P值	HR	95%CI	P值
28天						
年龄	0.897	0.844 ~ 0.913	0.572	0.913	0.844 ~ 0.988	0.023
AST	0.988	0.970 ~ 0.995	0.001	0.983	0.970 ~ 0.995	0.007
APTT	0.964	0.813 ~ 0.979	0.040	0.892	0.813 ~ 0.979	0.017
α角	1.025	0.993 ~ 1.135	0.189	1.062	0.993 ~ 1.135	0.079
90天						
年龄	0.907	0.812 ~ 0.962	0.141	0.884	0.812 ~ 0.962	0.004
AST	0.991	0.974 ~ 0.996	0.010	0.985	0.974 ~ 0.996	0.006
APTT	0.949	0.830 ~ 0.981	0.006	0.902	0.830 ~ 0.981	0.015
α角	1.027	0.995 ~ 1.108	0.144	1.050	0.995 ~ 1.108	0.074

白原的 r 值均 >0.45 ,表明在这些患者群体中凝血功能受到显著影响。两组患者的SOFA评分与MA均呈负相关(r 值均 <-0.5),提示器官功能障碍与凝血系统紊乱之间紧密相关。对患者90天生存情况观察发现,无论是否伴有ADC,α角数值越高,患者生存可能性越大(P 值均 <0.01)。单纯脓毒血症存活患者在90天预后中的MA值和α角均高于死亡组(P 值均 <0.05),表明这些参数可能与短期生存率有关。

肝硬化和炎症细胞因子级联的交互作用导致凝血系统呈现高度动态和复杂性^[23-25]。在肝硬化背景下,凝血系统处于可变的再平衡状态,部分受细胞因子影响。TEG测试数据的变化与感染严重程度相关,而凝血系统障碍与其他器官功能障碍常同步出现^[26]。既往研究显示,在重症监护室中弥散性血管内凝血与多器官功能障碍综合征并发败血症的患者,其炎症细胞水平、炎症因子与MA等凝血指标呈相关性^[27]。在慢加急性肝衰竭

表4 单纯脓毒血症患者28天及90天病死率的Logistic回归分析
Table 4 Logistic regression analysis of 28-day and 90-day mortality in patients with sepsis

项目	单因素分析			多因素分析		
	HR	95%CI	P值	HR	95%CI	P值
28天						
中性粒细胞计数	0.874	0.781 ~ 0.963	<0.001	0.855	0.766 ~ 0.954	0.005
APTT	0.900	0.752 ~ 0.993	0.010	0.864	0.752 ~ 0.993	0.014
MA值	1.066	1.017 ~ 1.135	<0.001	1.053	1.026 ~ 1.165	0.006
90天						
中性粒细胞计数	0.925	0.785 ~ 1.024	0.109	0.897	0.785 ~ 1.024	0.109
APTT	0.781	0.403 ~ 0.867	<0.001	0.751	0.403 ~ 0.867	0.004
MA值	1.037	1.047 ~ 1.276	<0.001	1.155	1.047 ~ 1.276	0.007



注:a,28天预后;b,90天预后。

图4 是否合并ADC的脓毒血症患者28天和90天预后与MA及α角数值的关系

Figure 4 The relationship between 28-day and 90-day prognosis and MA and α angle values in infected patients with ADC or without ADC

患者的研究中,已有研究将TEG测试数据与INR、vWF等凝血指标结合使用,判断患者液体输注、抗凝血等治疗操作^[28]。本研究显示,TEG测试数据与多项实验室检测指标存在相关性,这表明其在临床诊断和监测凝血系统的稳定和改变中的潜在价值。

对于合并脓毒血症的ADC患者,临床上应高度重视凝血系统功能的评估和检测。这类患者APACHE评分较高,可能伴有慢性基础疾病急性感染加重状态,凝血系统紊乱,进一步加剧器官功能损害,甚至危及生命。TEG是评估凝血功能的关键工具,能全面反映凝血和纤溶系统

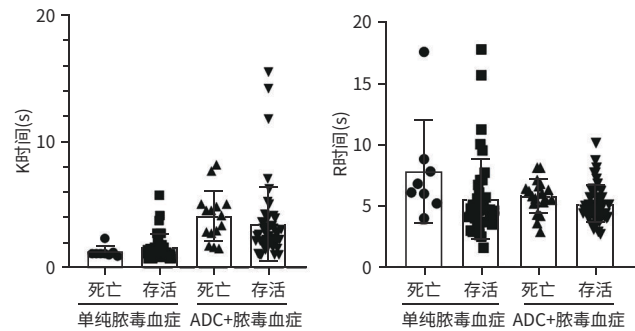


图5 是否合并ADC的脓毒血症患者28天预后与K时间和R时间的关系

Figure 5 The relationship between 28-day prognosis and K time and R time in infected patients with ADC or without ADC

的动态变化,为病情判断和预后评估提供重要信息。

本研究未纳入代偿期肝硬化的脓毒血症患者,可能限制了对不同肝病状态下凝血系统变化的全面理解。另外,由于选择在特定时间点采集血样以保持凝血因子对弥散性血管内凝血诊断的准确性,因此可能未能及时收集到患者出现急性生理损伤、器官衰竭时的宝贵的临床数据。为了克服这些局限性,未来的研究需要扩大患者群体,并深入分析TEG测试与其他临床参数之间的关联,以进一步验证其在临床诊断和治疗中的实用性和准确性。

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