

• 论著 •

不同潮气量机械通气对急性呼吸窘迫综合征大鼠右心血流动力学的影响

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【摘要】目的 探讨不同潮气量(VT)机械通气对油酸(OA)诱导急性呼吸窘迫综合征(ARDS)大鼠右心血流动力学的影响。**方法** 将60只雄性SD大鼠按随机数字表法分为对照组($n=20$)、ARDS模型组($n=20$)、小VT组($n=10$)和大VT组($n=10$)。经大鼠颈总静脉注入OA 0.15 mL/kg制备ARDS模型;对照组给予等量生理盐水。ARDS模型组制模后2 h取10只大鼠测定氧合指数($\text{PaO}_2/\text{FiO}_2$);取肺组织测定湿/干重比值(W/D),光镜下观察肺组织病理学改变并进行肺损伤评分,以确定模型制备是否成功。小VT组和大VT组于制模后2 h分别给予大鼠VT为6 mL/kg或20 mL/kg的机械通气4 h;对照组和ARDS模型组保持自主呼吸。机械通气4 h后,测定大鼠心率(HR)、右心室收缩压(RVSP)、右室内压上升最大速率(dp/dt max)和血压(BP),同时取动脉血进行血气分析[pH值、动脉血氧分压(PaO_2)、动脉血二氧化碳分压(PaCO_2)、 $\text{PaO}_2/\text{FiO}_2$]。结果 制模后1 h,ARDS模型组大鼠即出现呼吸窘迫症状。制模后2 h,大体观察可见肺脏外观有明显点片状出血;对照组无上述改变。ARDS模型组大鼠 $\text{PaO}_2/\text{FiO}_2$ 较对照组显著降低[mmHg(1 mmHg=0.133 kPa): 294.3 ± 5.9 比 459.0 ± 4.4 , $P < 0.01$],肺W/D比值和肺损伤评分均较对照组明显升高[肺W/D比值: 8.24 ± 0.25 比 4.48 ± 0.13 ,肺损伤评分(分): 0.60 ± 0.03 比 0.12 ± 0.02 ,均 $P < 0.01$],提示ARDS模型制备成功。ARDS模型组大鼠动脉血气分析及血流动力学指标均较对照组明显恶化。机械通气4 h后,小VT组动脉血气分析指标均明显优于ARDS模型组和大VT组[pH值: 7.36 ± 0.02 比 7.24 ± 0.02 、 7.13 ± 0.01 , PaO_2 (mmHg): 92.4 ± 2.1 比 61.8 ± 2.3 、 76.6 ± 2.2 , PaCO_2 (mmHg): 49.6 ± 1.7 比 61.8 ± 1.8 、 33.6 ± 1.3 , $\text{PaO}_2/\text{FiO}_2$ (mmHg): 440.0 ± 10.2 比 274.3 ± 21.4 、 364.7 ± 10.5 ,均 $P < 0.05$];小VT组HR、BP和dp/dt max明显高于ARDS模型组和大VT组[HR(次/min): 346.9 ± 5.4 比 302.3 ± 10.1 、 265.5 ± 12.2 ,BP(mmHg): 125.4 ± 2.2 比 110.0 ± 2.5 、 89.2 ± 2.8 ,dp/dt max(mmHg/s): 1393.3 ± 30.3 比 1236.4 ± 20.5 、 896.1 ± 19.5 ,均 $P < 0.05$],而RVSP则明显低于ARDS模型组和大VT组(mmHg: 31.3 ± 0.4 比 34.0 ± 1.0 、 38.8 ± 0.9 , $P < 0.05$)。结论 小VT机械通气可改善ARDS大鼠右心室的血流动力学参数,保护右心功能。

【关键词】 机械通气; 急性呼吸窘迫综合征; 右心室收缩压; 血压; 血流动力学

基金项目: 国家自然科学基金(81200159);江苏省青年医学重点人才培养项目(QNRC2016557);江苏省高层次卫生人才“六个一工程”拔尖人才科研项目(LGY2019067)

DOI: 10.3760/cma.j.cn121430-20200710-00513

Effects of mechanical ventilation with different tidal volumes on right ventricular hemodynamics in acute respiratory distress syndrome rats

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【Abstract】Objective To explore the effect of different tidal volumes (VT) on the hemodynamics of right heart in acute respiratory distress syndrome (ARDS) rats induced by oleic acid (OA). **Methods** Sixty adult male Sprague-Dawley (SD) rats were divided into control group ($n = 20$), ARDS model group ($n = 20$), low VT (LVT) group ($n = 10$) and high VT (HVT) group ($n = 10$) by random number table. ARDS model was reproduced by injecting OA 0.15 mL/kg through a jugular vein. The control group was given the same amount of normal saline. The success of modeling was judged by the oxygenation index ($\text{PaO}_2/\text{FiO}_2$) 2 hours after modeling, at the same time, the lung tissues were collected, the wet/dry weight (W/D) ratio was determined, and the lung histopathological changes were measured by lung injury score. The rats in the LVT group and HVT group were given mechanical ventilation with VT of 6 mL/kg or 20 mL/kg for 4 hours, respectively at 2 hours after modeling. The rats in the control group and the ARDS model group maintained spontaneous breathing. After mechanical ventilation for 4 hours, the heart rate (HR), right ventricular systolic pressure (RVSP), the maximum rate of rising of right ventricular pressure (dp/dt max), and the blood pressure (BP) were measured. Meanwhile, arterial blood samples were collected for blood gas analysis, including pH value, arterial partial pressure of oxygen (PaO_2), arterial partial pressure of carbon dioxide (PaCO_2) and $\text{PaO}_2/\text{FiO}_2$. **Results** The rats in the ARDS model group showed symptoms of respiratory distress 1 hour after modeling, and the lung tissue samples showed obvious patchy bleeding 2 hours after modeling, while the control group showed no such changes. The $\text{PaO}_2/\text{FiO}_2$ in the ARDS model group was significantly lower than that in the control group [mmHg (1 mmHg = 0.133 kPa): 294.3 ± 5.9 vs. 459.0 ± 4.4 ,

$P < 0.01$], and the lung W/D ratio and lung injury score were significantly higher (lung W/D ratio: 8.24 ± 0.25 vs. 4.48 ± 0.13 , lung injury score: 0.60 ± 0.03 vs. 0.12 ± 0.02 , both $P < 0.01$). It indicated that ARDS model was successfully reproduced. The arterial blood gas analysis and hemodynamic parameters of the ARDS model group were significantly worse than those of the control group. After 4-hour mechanical ventilation, the blood gas parameters of the LVT group were better than those of the ARDS model group and the HVT group [pH value: 7.36 ± 0.02 vs. 7.24 ± 0.02 , 7.13 ± 0.01 ; PaO_2 (mmHg): 92.4 ± 2.1 vs. 61.8 ± 2.3 , 76.6 ± 2.2 ; PaCO_2 (mmHg): 49.6 ± 1.7 vs. 61.8 ± 1.8 , 33.6 ± 1.3 ; $\text{PaO}_2/\text{FiO}_2$ (mmHg): 440.0 ± 10.2 vs. 274.3 ± 21.4 , 364.7 ± 10.5 ; all $P < 0.05$]. HR, BP and dp/dt max in the LVT group were significantly higher than those in the ARDS model group and the HVT group [HR (bpm): 346.9 ± 5.4 vs. 302.3 ± 10.1 , 265.5 ± 12.2 ; BP (mmHg): 125.4 ± 2.2 vs. 110.0 ± 2.5 , 89.2 ± 2.8 ; dp/dt max (mmHg/s): 1393.3 ± 30.3 vs. 1236.4 ± 20.5 , 896.1 ± 19.5 ; all $P < 0.05$], and RVSP was significantly lower than that in the ARDS model group and the HVT group (mmHg: 31.3 ± 0.4 vs. 34.0 ± 1.0 , 38.8 ± 0.9 , both $P < 0.05$). **Conclusion** Mechanical ventilation with low VT can improve the hemodynamic parameters of the right ventricle and protect the function of the right heart in ARDS rats.

【Key words】 Mechanical ventilation; Acute respiratory distress syndrome; Right ventricular systolic pressure; Blood pressure; Hemodynamics

Fund program: National Natural Science Foundation of China (81200159); "Youth Medical Talent" Project in Jiangsu Province of China (QNRC2016557); "Six one Project" of high-level health talents in Jiangsu Province of China (LGY2019067)

DOI: 10.3760/cma.j.cn121430-20200710-00513

急性呼吸窘迫综合征(acute respiratory distress syndrome, ARDS)是一种以进行性呼吸困难和难治性低氧血症为特征的急性炎症性肺损伤^[1]。ARDS是重症监护病房(intensive care unit, ICU)常见危重症之一, ARDS患者管理是重症医学科的一个重要挑战。虽然保护性机械通气^[2]、神经肌肉阻滞剂^[3]和俯卧位通气^[4]等针对ARDS的治疗手段不断出现,但ARDS的发病率和病死率仍然很高^[5]。肺保护性通气策略被认为是持续改善ARDS患者预后的重要治疗措施^[6]。目前主要关注肺保护性通气策略对呼吸机相关性肺损伤的疗效,但其对右心室血流动力学的影响却很少得到关注。研究表明,ARDS患者呼吸衰竭的严重程度通常与血流动力学不稳定有关,因此在ARDS患者中进行血流动力学管理至关重要^[7]。肺血管阻力升高、脓毒症、正压通气等多种机制共同作用可导致ARDS患者右心室功能障碍(right ventricular dysfunction, RVD)^[8-9]。RVD是ARDS患者常见并发症,发生率为22%^[10],与ARDS高病死率独立相关^[11]。右心功能评估是ARDS治疗的重要部分^[12]。本研究旨在评估不同潮气量(tidal volume, VT)有创通气对ARDS大鼠右心血流动力学参数的影响。

1 材料与方法

1.1 实验动物:清洁级成年雄性SD大鼠60只,体重(330 ± 20)g,购于南京医科大学实验动物中心,合格证号:SCXK(苏)2016-0002;所有动物饲养于南京医科大学动物中心,环境温度(23 ± 2)℃,相对湿度(40 ± 5)%,通风良好,12 h昼夜交替,常规饲料饲养,自由饮水。本研究中所有动物处置方法符合动物福利与伦理学标准,并经过南京医科大学实验动物福

利伦理委员会批准(审批号:IACUC-1905030)。

1.2 实验分组及处理:将60只大鼠按随机数字表法分为对照组($n=20$)、ARDS模型组($n=20$)、小VT组($n=10$)和大VT组($n=10$)。ARDS模型组经颈总静脉注射油酸(oleic acid, OA)制备ARDS模型;对照组给予等量生理盐水。小VT组和大VT组于制模后2 h分别给予VT为6 mL/kg或20 mL/kg机械通气4 h,吸入氧浓度0.21,通气频率80次/min,吸呼比为1:2;对照组和ARDS模型组大鼠仅给予气管插管,保持自主呼吸,不进行机械通气。

1.3 ARDS模型制备及判定:腹腔注射2%戊巴比妥钠60 mg/kg麻醉大鼠后固定,颈部皮肤消毒后切开,分离暴露右侧颈总静脉并注入OA 0.15 mL/kg制备ARDS模型^[13]。制模后2 h颈椎脱位法处死大鼠,取右肺称湿重,60 ℃烤箱中干燥72 h称干重,计算肺湿/干重比值(wet/dry, W/D);取左肺,生理盐水冲洗后4%多聚甲醛溶液固定,苏木素-伊红(hematoxylin-eosin, HE)染色后制作病理切片,光镜下观察肺组织病理学改变。由3位不参与本实验的病理科医师进行肺损伤评分^[14]。

1.4 血流动力学检测及动脉血气分析:麻醉大鼠并固定于小动物实验台上,颈部正中切口,钝性分离右侧颈总静脉和左侧颈总动脉,分别结扎两个血管的远心端,用动脉夹夹闭近心端,经右侧颈总静脉向心脏方向插入充满2 000 U/L肝素生理盐水的微型导管至右心室,经左侧颈总动脉向心脏方向插入充满2 000 U/L肝素生理盐水的导管,分别于导管的另一端连接PowerLab生物信号采集和分析系统,记录心率(heart rate, HR)、右心室收缩压(right ventricular systolic pressure, RVSP)、右室内压上升最大速率(the

maximum rate of rising of right ventricular pressure, dp/dt_{max})和血压(blood pressure, BP);采集左侧颈总动脉血进行血气分析,记录动脉血氧分压(arterial partial pressure of oxygen, PaO_2)、动脉血二氧化碳分压(arterial partial pressure of carbon dioxide, $PaCO_2$)和pH值,计算氧合指数(PaO_2/FiO_2)。

1.5 统计学方法:用SPSS 20.0软件进行数据分析。经Kolmogorov-Smirnov正态检验,计量资料符合正态分布,以均数±标准差($\bar{x} \pm s$)表示,两组间比较采用t检验;多组间比较采用单因素方差分析,进一步两两比较采用LSD法。 $P < 0.05$ 为差异有统计学意义。

2 结 果

2.1 ARDS模型判定:制模后1 h,ARDS模型组大鼠即出现呼吸急促、加深等呼吸窘迫症状。制模后2 h,肺组织大体观察可见肝脏外观有明显点片状出血,全肺显著充血;而对照组大鼠肺组织无上述改变。ARDS模型组 PaO_2/FiO_2 较对照组显著降低,肺W/D比值和肺损伤评分较对照组显著升高(均 $P < 0.01$;表1);光镜下观察(图1),对照组大鼠肺组织无明显病理学改变;而ARDS模型组大鼠肺泡腔内有淡红色均质状水肿液渗出,肺泡间隔增厚,红细胞及中性粒细胞浸润明显。

表1 两组大鼠术后2 h PaO_2/FiO_2 、肺W/D比值及肺损伤评分比较($\bar{x} \pm s$)

组别	动物数 (只)	PaO_2/FiO_2 (mmHg)	肺W/D比值	肺损伤评分 (分)
对照组	10	459.0 ± 4.4	4.48 ± 0.13	0.12 ± 0.02
ARDS模型组	10	294.3 ± 5.9^a	8.24 ± 0.25^a	0.60 ± 0.03^a

注:ARDS为急性呼吸窘迫综合征, PaO_2/FiO_2 为氧合指数,W/D为湿/干重比值;1 mmHg=0.133 kPa;与对照组比较, $^aP < 0.01$

2.2 各组动脉血气分析指标比较(表2):机械通气4 h后,小VT组血pH值、 PaO_2 和 PaO_2/FiO_2 明显高于ARDS模型组和大VT组(均 $P < 0.05$),且接近对照组水平(均 $P > 0.05$);小VT组 $PaCO_2$ 明显低于ARDS模型组,但明显高于对照组和大VT组(均 $P < 0.05$)。

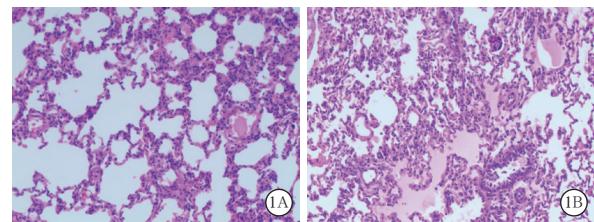


图1 光镜下观察两组大鼠术后2 h 肺组织病理学改变
对照组(A)肺组织形态正常,肺泡腔内未见蛋白渗出;急性呼吸窘迫综合征(ARDS)模型组(B)肺泡正常结构消失,肺泡腔内有淡红色均质状水肿液渗出,肺泡间隔增厚,炎性细胞浸润,纤维蛋白渗出 HE染色 低倍放大

2.3 各组血流动力学指标比较(表2):机械通气4 h后,与对照组比较,其余3组大鼠HR和BP均明显下降,但小VT组HR和BP均在正常范围内,且明显高于ARDS模型组和大VT组(均 $P < 0.05$);小VT组RVSP明显低于ARDS模型组和大VT组, dp/dt_{max} 明显高于ARDS模型组和大VT组(均 $P < 0.05$),且均接近对照组水平(均 $P > 0.05$)。

3 讨 论

本研究中通过右侧颈总静脉注射OA制备大鼠ARDS模型,该模型是一种不依赖于炎性细胞及其活性产物的ARDS模型,能够较好地模拟ARDS急性期的病理生理改变,可重复性强^[15]。与对照组相比,ARDS组大鼠 PaO_2/FiO_2 显著降低,肺W/D比值和肺损伤评分显著升高;光镜下显示肺出血、水肿,多种炎性细胞浸润,符合ARDS的基本病理生理特征。既往研究表明,机械通气对右心血流动力学有影响,并且小VT(6 mL/kg)被认为是一种保护性通气策略,而大VT(20 mL/kg)被认为是一种损伤性通气策略^[16]。在此基础上,本研究分析了不同VT对ARDS大鼠右心血流动力学的影响。

ARDS可以引起微循环收缩、间质水肿、血管重构、微血栓形成,这些因素都可引起肺循环阻力升高和肺动脉高压,最终导致右心室血流动力学紊乱。机械通气是ARDS的核心处理措施,但机械通气不当可能加重右心血流动力学障碍^[17]。机械通气可

表2 各组大鼠自主呼吸或机械通气4 h后动脉血气分析及血流动力学指标比较($\bar{x} \pm s$)

组别	动物数 (只)	pH值	PaO_2 (mmHg)	$PaCO_2$ (mmHg)	PaO_2/FiO_2 (mmHg)	HR (次/min)	BP (mmHg)	RVSP (mmHg)	dp/dt_{max} (mmHg/s)
对照组	10	7.35 ± 0.01	97.2 ± 0.9	43.2 ± 0.7	462.9 ± 4.1	478.7 ± 6.5	141.0 ± 2.1	30.3 ± 0.9	1426.4 ± 36.7
ARDS模型组	10	7.24 ± 0.02^a	61.8 ± 2.3^a	61.8 ± 1.8^a	274.3 ± 21.4^a	302.3 ± 10.1^a	110.0 ± 2.5^a	34.0 ± 1.0^a	1236.4 ± 20.5^a
小VT组	10	7.36 ± 0.02^{bc}	92.4 ± 2.1^{bc}	49.6 ± 1.7^{abc}	440.0 ± 10.2^{bc}	346.9 ± 5.4^{abc}	125.4 ± 2.2^{abc}	31.3 ± 0.4^{bc}	1393.3 ± 30.3^{bc}
大VT组	10	7.13 ± 0.01^{ab}	76.6 ± 2.2^{ab}	33.6 ± 1.3^{ab}	364.7 ± 10.5^{ab}	265.5 ± 12.2^{ab}	89.2 ± 2.8^{ab}	38.8 ± 0.9^{ab}	896.1 ± 19.5^{ab}

注:ARDS为急性呼吸窘迫综合征,VT为潮气量, PaO_2 为动脉血氧分压, $PaCO_2$ 为动脉血二氧化碳分压, PaO_2/FiO_2 为氧合指数,HR为心率,BP为血压,RVSP为右心室收缩压, dp/dt_{max} 为右室内压上升最大速率;1 mmHg=0.133 kPa;与对照组比较, $^aP < 0.05$;与ARDS模型组比较, $^bP < 0.05$;与大VT组比较, $^cP < 0.05$

以直接对右心室血流动力学产生影响,主要是改变右心室后负荷。Vieillard-Baron 等^[18]证实,VT 是影响右心室后负荷的重要因素,大 VT 机械通气可使胸内压升高,增加右心室后负荷。另外,大 VT 机械通气可使肺泡过度扩张,肺容积逐渐增大,肺泡毛细血管因肺单位扩张而逐渐受压,肺血管阻力显著升高。RVSP 一般反映肺血管阻力、右心室后负荷及右室心肌收缩状态,dp/dt max 常用来评估心脏的收缩功能^[19]。本研究显示,与 ARDS 模型组相比,大 VT 组大鼠 RVSP 显著升高,dp/dt max 显著下降,说明 RVD 加重。本实验中我们还观察到,大 VT 组大鼠出现组织灌注不足,表现为血压下降、酸中毒,可能是大 VT 通气导致右心室排血量下降,引起左心充盈不足。在 ARDS 中,缺氧导致肺血管收缩是决定肺血管阻力的重要因素^[20]。本研究显示,与 ARDS 模型组相比,小 VT 组 PaO₂/FiO₂、dp/dt max 升高,RVSP 下降,提示小 VT 通气可纠正缺氧状态,继而可能减轻肺血管阻力,改善右心室功能。

本研究还显示,小 VT 组大鼠出现轻度允许性高碳酸血症(permissive hypercapnia, PHC)。高碳酸血症对心肌功能和外周循环可能存在不利影响^[21-22]。但有研究表明,轻度 PHC 不会导致血流动力学紊乱,还可改善 ARDS 患者血流动力学^[23]。兔 ARDS 模型研究显示,PaCO₂ 从正常水平升高至 80 mmHg (1 mmHg=0.133 kPa) 过程中,可使微循环扩张,血流增加,心排血量增加^[24]。因此,小 VT 诱导的轻度 PHC 可能有益于改善右心室功能。

综上所述,小 VT 机械通气改善了 ARDS 大鼠右心室的血流动力学参数,保护了右心功能,这可能与缺氧纠正及轻度 PHC 有关;而大 VT 机械通气反而加重了氧合功能障碍,并且显著增加了右心室后负荷,从而加重了 RVD。

利益冲突 所有作者均声明不存在利益冲突

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(收稿日期:2020-07-10)