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综述

## 右美托咪定预防体外循环中急性肾损伤的研究进展

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**摘要:** 体外循环技术是把双刃剑,一方面帮助外科医生完成心脏手术,另一方面由于体外循环期间血流方式改变、低温、有形细胞碎片堵塞小血管、组织缺血再灌注等过程带来许多并发症。其中,急性肾损伤为最常见的并发症之一。右美托咪定作为 $\alpha_2$ 肾上腺素能受体激动剂,具有良好的镇静、镇痛、抗焦虑的作用,已被广泛应用于临床,其在围手术期的器官保护作用日益突显。右美托咪定在体外循环相关的急性肾损伤中有着很好的预防作用。该文旨在对右美托咪定预防体外循环中急性肾损伤的研究进展做一综述。

**关键词:** 右美托咪定; 体外循环; 急性肾损伤

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## Research progress of dexmedetomidine in preventing acute kidney injury undergoing cardiopulmonary bypass

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**Abstract:** The cardiopulmonary bypass technique is a double-edged sword. On the one hand, it helps surgeons to complete cardiac surgery. On the other hand, due to the changes in blood flow mode, low temperature, blockage of small blood vessels by tangible cell debris, and tissue ischemia-reperfusion during cardiopulmonary bypass, many complications are caused, among which acute kidney injury is one of the most common complications. Dexmedetomidine, as an alpha 2 adrenergic receptor agonist, has good sedative, analgesic, and anti-anxiety effects, and has been widely used in clinics. Its perioperative organ protection effect is increasingly prominent. Several studies have found that dexmedetomidine has a good preventive effect on acute kidney injury associated with cardiopulmonary bypass. This article aims to explore the protective effect, possible mechanism and clinical application of dexmedetomidine in cardiopulmonary bypass-induced acute kidney injury.

**Keywords:** dexmedetomidine; cardiopulmonary bypass; acute kidney injury

随着医学的发展,体外循环已成为心脏直视手术中不可或缺的一项技术,但同时也给患者围手术期带来许多并发症,其中就包括急性肾损伤(acute kidney injury, AKI)。有文献报道,心脏术后AKI的发生率高达5%~30%<sup>[1]</sup>,其病死率更是高达

20%~60%<sup>[2]</sup>。AKI不仅增加围手术期病死率、感染风险、延长住院时间、耗费医疗资源<sup>[3]</sup>,更成为远期慢性肾脏病的高危因素<sup>[4]</sup>。以前临床中短暂的血清肌酐(serum creatinine, Scr)急性升高被认为微不足道,但现有研究者认为即使轻微的Scr升高也可

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能会引起短期及长期的并发症,包括感染、出血、心血管疾病、慢性肾脏病甚至死亡<sup>[5]</sup>。有研究<sup>[6]</sup>发现,择期行体外循环下心脏手术的患者,术后确诊AKI的早期病死率(包括院内死亡例数和90 d死亡例数)是未出现AKI的2.2倍,远期病死率为1.8倍。目前如何预防心脏术后AKI成为研究热点。右美托咪定因抗炎、抑制交感神经活性等优势,未来可能成为预防AKI的重要药物之一,但临床上对于右美托咪定在肾脏保护方面的可能机制及临床应用尚无定论。

## 1 右美托咪定在体外循环中的肾脏保护效应

体外循环术后AKI的发病机制复杂,常常是多因素共同导致的,全身性炎症反应、交感神经过度活跃、肾脏组织缺血再灌注损伤(ischemia and reperfusion injury, IRI)、大量血管活性药的使用、血管内皮细胞损伤、肾脏组织氧供需平衡失调等<sup>[7-10]</sup>均可能加重肾功能损伤。国际组织相继推出2004年RIFLE评分(危险、损伤、衰竭、肾功能丧失、终末期肾病5个分级标准)、2007年AKIN评分(急性肾损伤国际标准)、2012年KDIGO评分(改善全球肾脏病预后组织标准)等诊断标准,目前AKI的确诊仍主要依赖于Scr、肾小球滤过率(glomerular filtration rate, GFR)和尿量。当围手术期患者Scr升高至术前基线水平的1.5倍或绝对值 $>26.5 \mu\text{mol/L}$ ,或者尿量6 h内持续 $<0.5 \text{ ml}/(\text{kg}\cdot\text{h})$ ,可视为发生AKI。

右美托咪定是一种高选择性的 $\alpha_2$ 肾上腺素能受体激动剂( $\alpha_2:\alpha_1$ 受体选择性比为1 620:1<sup>[11]</sup>),常规用于重症患者镇静和麻醉的辅助用药。近年来,右美托咪定因抗炎、抑制交感神经活性、减少细胞凋亡等独特优势,在围手术期的器官保护作用成为研究热点。右美托咪定在肾<sup>[1,12-13]</sup>、心<sup>[14]</sup>、脑<sup>[15]</sup>、肺<sup>[16]</sup>等重要器官中具有保护效应。右美托咪定已在麻醉中得到广泛应用,其可减少镇静药、阿片类药物等麻醉剂<sup>[17]</sup>的用量,在一定程度上可避免单一用药产生的蓄积作用。随着对其研究的深入,发现围手术期使用右美托咪定干预患者的肾功能也能得到改善。一项涉及1 219例患者的大型回顾性研究<sup>[13]</sup>发现,围手术期持续右美托咪定输注,可以减少术后AKI的发生率及30 d病死率,尤其对术前肾功能正常和轻度慢性肾脏疾病的患者。小儿先天性心

脏手术以 $0.5 \mu\text{g}/(\text{kg}\cdot\text{h})$ 剂量维持输注右美托咪定可抑制术后GFR下降,减少AKI的发生率<sup>[12]</sup>。术中持续低剂量输注右美托咪定可以增加患者尿量、肌酐清除率,抑制患者Scr、尿素氮(urea nitrogen, BUN)上升,起到肾脏保护作用,同时还能抑制高危肾病患者肾功能的恶化<sup>[1]</sup>。由于AKI的治疗手段有限,预防和对症处理仍然是改善预后的主要手段。多巴胺<sup>[18]</sup>、非诺多泮<sup>[19]</sup>、类固醇激素<sup>[20]</sup>、腹膜透析<sup>[21]</sup>、远程缺血预处理<sup>[22]</sup>等措施在临床上预防AKI有一定成效,但利弊争议颇多,均尚无定论。

## 2 右美托咪定预防AKI的可能机制

### 2.1 抗炎作用

炎症反应本是机体对手术、外伤的自我调节,但过度的炎症反应是有害的。手术创伤、体外回路与血液之间反复摩擦使机体产生全身性炎症反应,诱导炎症细胞因子级联反应、黏附分子的表达和炎症细胞浸润,导致肾脏细胞的坏死和凋亡<sup>[23-24]</sup>。

右美托咪定可降低手术患者的炎症因子及炎症细胞,包括白细胞介素-1 $\beta$ (IL-1 $\beta$ )、白细胞介素-6(IL-6)、肿瘤坏死因子- $\alpha$ (TNF- $\alpha$ )、C反应蛋白(CRP)及白细胞<sup>[11]</sup>。在由脂多糖诱导的内毒素血症小鼠模型中,用右美托咪定预处理,能减弱IL-1、IL-6、TNF- $\alpha$ 的应答,并通过胆碱能抗炎途径导致促炎症细胞因子的下调<sup>[25]</sup>。LEE等<sup>[26]</sup>发现右美托咪定能以剂量依赖的方式调节T细胞因子的分布,提高患者术后血清中辅助T细胞的前体TH1的浓度及TH1/TH2比例,降低CRP。TH1能产生干扰素,常被认为有利于细胞免疫,而TH1/TH2比例降低与细胞免疫抑制有关。

### 2.2 抑制交感神经活性

在AKI早期,肾脏功能尚处于代偿期,可通过自我调节机制激活交感神经系统,收缩肾小球出球和入球小动脉,以维持GFR和肾血流量。当这种代偿机制受损后,交感神经过度活跃,释放儿茶酚胺等血管收缩物质,致肾血管持续收缩引发肾脏灌注不足,肾功能下降,从而发生AKI。体外循环、手术应激状态使血浆中肾上腺素、去甲肾上腺素等血管收缩物质的浓度达到高峰<sup>[27]</sup>,而高浓度的儿茶酚胺对人体是有害的。

$\alpha_2$ 受体广泛存在于近、远端肾小管及肾小管周围血管。右美托咪定作为一种 $\alpha_2$ 受体激动剂,在介

导肾功能中起着重要作用。当机体处于体外循环期间时, 蓝斑-交感-肾上腺髓质系统强烈兴奋, 以对应激状态。 $\alpha_2$ 受体激动剂能使去甲肾上腺素能神经元超极化并抑制蓝斑核中神经元的放电, 导致全身去甲肾上腺素释放减少, 从而抑制交感肾上腺反应和提高血液动力学稳定性<sup>[28]</sup>。临床研究<sup>[29-30]</sup>也发现, 右美托咪定可通过下调内皮素-1、肾素、去甲肾上腺素等收缩血管物质的浓度来调节血管反应性, 舒张肾动脉血管, 从而改善肾血流量。

### 2.3 减少 IRI

体外循环期间, 非生理性低灌注、细胞碎片栓塞及炎症反应均可导致肾组织局部产生不同程度的缺血, 主动脉开放后, 随着正常循环的恢复, 引起组织、器官 IRI。组织缺血再灌注易损伤肾实质, 尤其是肾小管上皮细胞, 引发细胞凋亡坏死而引发 AKI<sup>[31]</sup>。

由酪氨酸激酶家族(janus kinase, JAK)、信号转导和转录激活蛋白(signal transducer and activator of transcription, STAT)及酪氨酸激酶相关受体组成的 JAK/STAT 信号通路的激活参与 IRI 的发展。SI 等<sup>[32]</sup>对小鼠肾蒂进行钳夹和开放来模拟肾脏的缺血再灌注过程, 期间评估小鼠肾功能, 以及 JAK2、STAT1 和 STAT3 的磷酸化情况, 发现使用右美托咪定干预, 可有效抑制 JAK/STAT 通路的激活, 从而保护肾脏免受 IRI, 并且可减少右美托咪定干预小鼠模型的肾髓质充血、肾小管细胞肿胀及坏死<sup>[33]</sup>。右美托咪定在减少细胞凋亡的同时, 也能刺激肾小管再生。 $\alpha_2$ 受体分 3 个亚型, 其中  $\alpha_2B$  亚型可作用于小鼠肾脏, 激活细胞外信号调节激酶通路, 进而刺激近端肾小管上皮细胞的增殖<sup>[34]</sup>。

### 2.4 抗氧化

体外循环期间机体的应激状态诱发脂质过氧化反应, 产生大量氧自由基(reactive oxygen species, ROS), 破坏氧化系统和抗氧化系统之间的平衡<sup>[35]</sup>, 同时 ROS 可通过介导 c-Jun 氨基端蛋白激酶(c-Jun N-terminal kinase, JNK)途径诱导肾脏损伤<sup>[36]</sup>。ROS/JNK 信号通路在细胞分化、凋亡和应激反应中起着至关重要的作用。

KIYONAGA 等<sup>[37]</sup>将小鼠分为脂多糖组和脂多糖+右美托咪定组, 通过 LPS 诱导复制 AKI 模型, 组织病理学结果显示脂多糖组小鼠的肾脏从皮层到髓质均有肾小管的损害和坏死, 而脂多糖+右美托

咪定组小鼠经右美托咪定干预, 这些肾脏损害在一定程度上得以恢复; 同时与脂多糖组相比, 脂多糖+右美托咪定组小鼠的 ROS 下降, 这说明右美托咪定可能具有抗氧化作用。超氧化物歧化酶是一种重要的自由基清除剂, 在清除 ROS 和预测 AKI 进展程度上起着关键作用。CHEN 等<sup>[36]</sup>复制小鼠急性应激模型, 发现右美托咪定(30  $\mu\text{g}/\text{kg}$ )干预的小鼠 JNK 磷酸化受抑制, ROS/JNK 传导途径的关键蛋白表达下调; 与对照组小鼠相比, 右美托咪定组小鼠血超氧化物歧化酶、ROS 浓度降低, 并且肾小管细胞的凋亡数量明显减少。

### 2.5 利尿

减轻液体负荷, 优化肾脏灌注可能对预防术后 AKI 有益<sup>[38]</sup>。右美托咪定具有良好的利尿功能, KHAJURIA 等<sup>[39]</sup>证实  $\alpha_2$ 受体被激活后, 可抑制肾素分泌, 增加肾小球滤过率及水钠分泌; VILLELA 等<sup>[40]</sup>对成年犬行常规麻醉, 试验组经右美托咪定输注, 观察整个过程血清抗利尿激素的变化, 结果发现右美托咪定可能通过中枢抑制抗利尿激素的分泌, 来达到增加尿量的目的。

## 3 右美托咪定的临床应用

多项临床研究<sup>[1, 12, 29]</sup>在心脏手术围手术期给予右美托咪定维持剂量 0.4 ~ 0.8  $\mu\text{g}/(\text{kg}\cdot\text{h})$ , 均提示右美托咪定有一定的肾脏保护作用, 并且低血压、心动过缓等不良反应的发生率较低。右美托咪定在短时间内大剂量给药, 如在给予负荷剂量之后继续以大剂量维持[> 0.7  $\mu\text{g}/(\text{kg}\cdot\text{h})$ ], 或持续输注时间 > 48 h, 低血压、心动过缓等心血管副反应可能增加<sup>[41-42]</sup>。

右美托咪定对肾脏的保护作用可能存在剂量依赖, BALKANAY 等<sup>[43]</sup>对冠状动脉搭桥术患者输注右美托咪定, 围手术期根据心率、血压、Ramsay 镇静评分调整右美托咪定剂量为 0.04 ~ 0.50  $\mu\text{g}/(\text{kg}\cdot\text{h})$ , 持续至术后 24 h, 将右美托咪定总体剂量 < 8  $\mu\text{g}/\text{kg}$  的患者归于低剂量右美托咪定组,  $\geq 8 \mu\text{g}/\text{kg}$  的患者归于高剂量右美托咪定组, 结果显示高剂量右美托咪定组中性粒细胞明胶酶脂质运载蛋白增幅最低, 提示对预防心脏术后 AKI 更有利。LEE 等<sup>[26]</sup>将 75 例行腹腔镜胆囊切除术的患者随机分为右美托咪定 0.50  $\mu\text{g}/(\text{kg}\cdot\text{min})$  组、右美托咪定 0.25  $\mu\text{g}/(\text{kg}\cdot\text{min})$  组

及生理盐水组,经右美托咪定干预的两组患者干扰素- $\gamma$ /IL-4 表达升高,CRP 水平降低,且右美托咪定 0.50  $\mu\text{g}/(\text{kg}\cdot\text{min})$  组与 0.25  $\mu\text{g}/(\text{kg}\cdot\text{min})$  组上述指标比较差异有统计学意义,提示右美托咪定可能通过剂量依赖的方式来调节免疫细胞。未来仍需要大量的临床试验对右美托咪定与肾脏保护的剂量依赖关系进行深入研究,以期让手术患者获益。

#### 4 小结

目前临床上 AKI 的治疗方法有限,仍以肾脏替代治疗为主,因其加重患者经济负担,降低患者生活质量,故改善心脏术后 AKI 的预后尤为重要。早期发现和预防是改善 AKI 预后的重要途径。右美托咪定因其抗炎、抑制交感神经活性、减少 IRI、利尿、抗氧化等优势,未来可能成为改善肾脏预后的重要措施之一。Scr 和尿量是确诊 AKI 的传统生物学指标,被广泛应用于临床,但有研究<sup>[4]</sup>显示只有在肾脏损伤超过 50% 时,Scr 才发生明显变化,从而导致 GFR 下降延迟。SHAPIRO 等<sup>[44]</sup>认为这些传统指标的升高往往滞后于 AKI 48 h 以上,常常使患者错过早期干预的最佳时机。中性粒细胞明胶酶脂质运载蛋白、超氧化物歧化酶、肾损伤分子等新型指标可能在 AKI 的早期监测上更有价值,这需要外科医生和麻醉医生的共同协作,深入研究,以期让心脏手术患者在围手术期获得最大益处。

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