

经食道超声心动图在成人先天性心脏病中的应用价值

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摘要:越来越多的先天性心脏病患儿可以存活到成年,且病情变得更加复杂,致使心力衰竭成为大部分40岁以后的成人先天性心脏病(ACHD)患者最主要的死亡原因。超声心动图因其便捷、安全等特点成为临床诊断先天性心脏病的首选方法,其中经食道超声心动图(TEE)可从心脏后面观察心脏内部病变,能更加清晰地获取心脏瓣膜、左心耳等结构的图像。随着超声技术的快速发展,实时三维经超声心动图(RT-3D-TEE)提升了TEE在心脏外科手术和介入手术中的地位,现已在国内外成人心脏手术中得到广泛应用。本文主要就TEE在ACHD不同封堵术和球囊扩张术患者术前、术中和术后中的应用进行综述。

关键词:成人先天性心脏病;经食道超声心动图;心脏介入治疗;封堵术;球囊扩张术

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Application Value of Transesophageal Echocardiography in Adult Congenital Heart Disease

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Abstract:More and more children with congenital heart disease can survive to adulthood, and the patient's condition becomes more complex, leading to heart failure as the main cause of death for most adult patients with congenital heart disease (ACHD) after the age of 40. Echocardiography has become the preferred method for clinical diagnosis of congenital heart disease for its convenience, safety and other characteristics. Transesophageal echocardiography (TEE) can more clearly obtain the images of heart valves, left atrial appendage and other structures by observing the internal heart lesions from the back of the heart. With the rapid development of ultrasound technology, real-time three-dimensional echocardiography (RT-3D-TEE) has improved the position of TEE in cardiac surgery and interventional surgery, and has been widely used in adult cardiac surgery at home and abroad. This paper mainly reviews the application of TEE in the patients with ACHD before, during and after different occlusions and balloon dilations.

Key words:Adult congenital heart disease;Transesophageal echocardiography;Interventional therapy;Occlusion;Balloon dilatation

近90%的成人先天性心脏病(adult congenital heart disease, ACHD)患者在40岁后死亡,心力衰竭是最主要的死亡原因^[1]。目前,超声心动图已经成为ACHD的主要筛查方法^[2],其中经食道超声心动图(transesophageal echocardiography, TEE)从心脏后面观察心脏内部病变,能实时微创并能直视心脏结构、功能和容量状态^[3],且可避免经胸检查受肥胖、胸廓

畸形及肺气肿等因素的影响,对心瓣膜等细微结构的显示以及在介入手术中的引导作用优于经胸超声心动图^[4-6]。先天性心脏病患者的介入治疗指征包括存在左向右分流或外科修补术后的残余分流、瓣膜病变以及复杂性心脏病理畸形等。TEE在多数心外科手术中发挥着外科术者额外“眼睛”的作用,尤其是在简单先天性心脏病封堵、心瓣膜球囊扩张及经皮或经导管心内手术中发挥着重要作用^[7]。此外,实时三维经超声心动图(RT-3D-TEE)因具有探头大,可发射高频声波,可应用全容积、彩色血流容积和实时双平面等多种成像模式,能多方位直观显示心脏和大血管的完整立体结构、功能状态和病理生理改变,以及可实时、快速、精确采集高清图像等特点,现已在国内外成人心脏手术中得到广泛应用^[8]。本文主要就TEE在ACHD不同封堵术和球囊扩张术中的应用进行综述。

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1 TEE 在 ACHD 封堵术中的应用

1.1 房间隔缺损经皮导管封堵术(TC-ASD) 该手术成功的关键在于充分了解缺口的数量、位置、大小、形态及其周围是否有软边等情况。通过 TEE 检查,术前对缺损口的实时三维图像重建,能全面评估 ASD 的形态和功能状态,而且可测量缺损口的最大直径,帮助选择封堵器的大小。通常在心脏收缩末期,分别取 0°、30°、60°、90°、120° 的食道超声探头角度测量缺损口最大直径,并观察缺损形态是否规整^[9]。术中可实时计算缺损大小,缺损与周围结构之间的距离,确保封堵器在释放前的良好部署,当观察到封堵器位置正常且周围没有异常回声及异常分流束时,即为封堵成功;术后能观察封堵器的位置和稳定情况,周围是否存在残余分流^[9-11]。当患者伴有房间隔动脉瘤时,有必要特别选择比术前 RT-3D-TEE 测量更大的封堵器^[9],但过大的封堵器可能在术后几年导致主动脉糜烂这种罕见但严重的并发症^[11]。

1.2 室间隔缺损经皮导管封堵术(TC-VSD) TC-VSD 是治疗 VSD 的有效措施,具有心肌损伤发生率低、输血少、恢复快、住院时间短、医疗费用低等优点^[12]。术前 TEE 主要观察 VSD 的位置、大小、形态,可以评估封堵器大小。术中确认导管穿过缺损的位置,封堵器部署前的准确位置,及其圆盘与心室侧边的良好适应关系,部署时封堵器的运动以及部署后没有残余分流;还可检查术后残余渗漏、心包积液或器械栓塞等并发症^[13],封堵器过大对邻近结构造成更大的损伤,但封堵器过小又可能会增加封堵器栓塞和残余分流的发生率^[14]。术后残余室间隔缺损是外科常见并发症之一,超声引导下经胸壁穿刺封堵技术作为一种微创手术,TEE 做出了不小的贡献,特别是评估残余 VSD 与三尖瓣、主动脉瓣及邻近结构的解剖关系^[15]。

1.3 动脉导管未闭经皮导管封堵术(TC-PDA) 成人 PDA 通常只是 1 个小至中度分流的孤立性病变,经皮穿刺入路对 98%以上的患者安全有效^[16]。有研究显示^[17],尽管透视术已被用作引导方式的黄金标准,但在透视组和超声心动图两组 PDA 封堵术比较下两组手术时间并无差异。尽管单独使用 TTE 监测 TC-PDA 安全可行,但在技术上具有挑战性,须谨慎使用^[18]。TC-PDA 术前可采用 2D-TEE 结合彩色多普勒血流显像多次测量 PDA 的位置、大小、形态以及分流量等重要参数^[19],但已不是一种经济适用的方法。术中采用 RT-3D-TEE 能提供高质量图像,包

括缺损大小、周边边缘形态、器械与间隔边缘的关系,能够实时观察到封堵物的位置,把握封堵器释放的时间和确认封堵器周围没有残余分流,减少并发症的出现^[20]。TEE 在确认 PDA 尺寸方面对经胸超声心动图(TTE)具有更高的灵敏度,若患者出现肺动脉高压,则封堵器尺寸应选择 PDA 尺寸的两倍^[17]。因 PDA 常表现为形态异常、体积大以及伴随出现的钙化、迂曲或动脉瘤^[21],患者通常需要术后随访观察临床症状和体征,同时监测肺动脉压和心功能^[22]。

1.4 左心耳血栓经皮导管封堵术(TC-LAA) TEE 被认为是目前诊断 LAAT 的金标准,超过 90%的栓塞性卒中因其而起,因此有学者^[23]认为左心耳的解剖学和功能学参数可以预测心源性栓塞性卒中,且有 3 个已知的形态特征与缺血性卒中有关,即形状、大小和纤维化。Wang B 等^[24]对 159 例房颤患者进行 TC-LAA 治疗,封堵成功率为 95.6%,随访期间发生缺血性卒中仅 4 例,大大降低了发生卒中的风险。Sandhu O 等^[25]研究发现,在口服抗凝药与 TC-LAA 在预防非瓣膜性房颤患者发生卒中风险中比较时发现,TC-LAA 在疗效方面略有优势,且有更少的出血事件。这都表明 TEE 引导 TC-LAA 安全可靠,且能避免医生和患者受到辐射,已逐渐成为一种主流术式。然而,RT-3D-TEE 比 2D-TEE 能更直观、立体、准确地显示左心房和导管的行进,有利于术前筛查、术中监测和术后随访,而 3D-CT 或 CT 血管造影与 3D 打印技术相结合具有极高的准确性,有望成为 TEE 的一种替代方法^[26]。

2 TEE 在 ACHD 球囊扩张术中的应用

瓣膜球囊成形术(BVP)已成为治疗心脏瓣膜病的主要方法。在 BVP 过程中,超声心动图尤其是 TEE 的应用大大提高了手术的成功率和安全性,而且在清晰显示心脏结构、全面评估心脏功能,指导穿刺、球囊导管走行和准确定位,实时评价球囊充盈和瓣膜成形效果,以及早期检出并发症等方面优于其他影像技术。

2.1 经皮二尖瓣球囊成形术(PMBV) 超声心动图是诊断二尖瓣狭窄(MS)和评估疾病严重程度的首选方法。TTE 通常足以分级 MS 的严重程度和确定瓣膜的形态,而 TEE 则主要用于无法用 TTE 对瓣膜进行充分评估患者^[27,28]。TEE 对瓣膜的形态特征进行评估,包括瓣膜活动度、瓣叶厚度、瓣叶钙化、瓣膜下钙化、融合和钙化,并形成不同评分系统^[27]。研究显示^[29],在 TEE 引导下,PMBV 术后二尖瓣口面积显著

增加,二尖瓣平均跨瓣压差、肺动脉收缩压以及左房直径和压力均显著下降,PBMV患者术后生存率达到了70%~90%,具有低并发症率和高生存率。RT-3D-TEE可以提供更高清、精确和全面的图像,更有利于术前评价二尖瓣叶和瓣下结构的钙化和交界处分裂情况,更有利于心房较大或房间隔形态异常的患者,是MS患者血栓检测的首选影像学方法^[28,30]。Abu Rmilah AA等^[29]研究认为,RT-3D-TEE能清晰显示瓣膜缺陷的完整几何结构,包括缺陷和导管通道的形状、大小和位置,在引导导管穿经难度大的解剖部位时优于2D-TEE。

2.2 经皮主动脉瓣球囊成形术(PBAV) 外科或经导管主动脉扩张术、主动脉瓣置换术(SAVR或TAVR)是治疗主动脉瓣狭窄(AS)的主要方法,但PBAV常用于心功能差、手术风险高的患者^[31]。术前应用2D/3D-TEE可初步了解AS的类型和严重程度,评估主动脉瓣膜(AV)、主动脉根部、左心室流出道的解剖结构以及其他瓣膜狭窄和反流的存在和严重程度,精确测量主动脉环的大小。术中可通过胸骨旁TTE或食管中段TEE从主动脉弓、主动脉和左心室长轴切面观察球囊扩张的过程,准确调整球囊的位置,评估瓣膜位置、形状、瓣叶活动、最大流速、平均压力梯度和是否存在瓣膜旁漏及其严重程度等。当导丝通过狭窄的主动脉瓣口时,其中1个技术要点是要在收缩期将导丝推进。此时,超声心动图尤其是3D-TEE对捕捉瓣膜开放和闭合的瞬间显示了血管造影无法比拟的优势,且血管造影较超声心动图测量主动脉瓣环直径存在显著高估(平均高估值>2 mm)^[32]。术后TEE可评估AV返流、主动脉瓣压差、MV损伤、心包积液、心室功能不全、主动脉破裂或夹层等并发症^[33-35]。

2.3 经皮三尖瓣球囊成形术(PTBV) 三尖瓣置换术(TVR)仍是治疗三尖瓣狭窄(TS)的首选方法,虽然PTBV是一种治疗严重先天性TS的公认方法,但目前很少有治疗成功的报道^[36]。目前,RT-3D-TEE是TVR和PTBV两种手术的有效监测工具,在PTBV术前能清晰显示TV的形态和畸形,精确测量瓣环的面积和大小,并对手术过程和结果进行综合评估^[37]。

2.4 经皮肺动脉瓣球囊成形术(PBPV) 肺动脉瓣狭窄(PS)较少见。PBPV比较适合于年龄较大儿童或成人的孤立性PS患者,是治疗有症状或重度PS的首选方法^[38,39]。TEE在PBPV术前可严格筛选PS,并

测量肺动脉瓣(PV)的狭窄程度、肺动脉跨瓣压差(PTG)和右室流出道等;术中引导导管沿着已经建立好的轨道行进,监测球囊的位置及其与瓣环的比值,通过测量PTG、TV反流等即时评估手术效果;术后评估即刻疗效,出院前及随访时重点观察PTG、右室流出道及TV反流变化^[39-41]。

3 TEE 在复杂 ACHD 中的应用

随着先天性心脏病手术和术后护理的发展,越来越多复杂的患儿进入成年期,以致ACHD患者存在肺动脉高压、紫绀、多次姑息性或矫正性手术以及其他器官功能衰竭等复杂情况^[42]。ACHD患者的机体与心脏畸形早已达到了某种妥协性平衡,使心血管的解剖结构和功能更为复杂,给临床检查、治疗、护理和预后带来了极大的困难、风险和挑战。对此类患者需要根据术前全面的检查和评估,组建全面的专业化团队,严格制定个体化治疗和护理方案。目前,RT-3D-TEE结合彩色多普勒血流显像监护,可为复杂ACHD患者的手术提供准确信息^[10]。

4 总结与展望

TEE在微创介入手术中被广泛应用,尤其是RT-3D-TEE的发展扩大了TEE在指导复杂心脏外科手术中的应用。目前,欧洲心脏病学会(ESC)最新发布的《2020年ESC成人先天性心脏病管理指南》将ACHD类型分为轻、中、重度三级,并分成3个护理级别。患者一旦出现心力衰竭、心律失常、心源性猝死、肺动脉高压等高风险因素,则需以超声心动图为首选的成像方式进行系统的随访、诊断筛查和手术治疗。M型、2D-TEE和3D-TEE被广泛应用于临床,而组织多普勒(TDI)和形变成像(如STI),正成为心功能评价的重要组成部分。心脏介入治疗通常结合多种影像学检查进行综合评估,相信通过大量的研究,超声在介入术中的作用将得以进一步提高。

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