

# 创伤脓毒症的免疫和代谢改变

李博昊, 谈林华

(浙江大学医学院附属儿童医院外科重症监护室, 浙江 杭州 310051)

**摘要:**脓毒症是创伤患者死亡的主要原因之一,且目前降低创伤脓毒症死亡率的治疗选择有限。研究认为,代谢途径的紊乱、宿主的缺氧反应以及免疫系统的过度驱动是创伤和脓毒症分子水平上的主要特征,且创伤和脓毒症中免疫失调与代谢过程的变化之间有很强的相互关系,这种免疫代谢紊乱会严重影响患者的预后。本文主要对创伤脓毒症的免疫代谢以及潜在的治疗措施进行综述,以帮助临床更好的认识创伤脓毒症。

**关键词:**创伤脓毒症;免疫失调;代谢紊乱

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## Immune and Metabolic Changes in Traumatic Sepsis

LI Bo-hao, TAN Lin-hua

(Department of Surgical Intensive Care Unit, Children's Hospital Affiliated to Medical College of Zhejiang University, Hangzhou 310051, Zhejiang, China)

**Abstract:** Sepsis is one of the main causes of death in trauma patients, and the treatment options for reducing the mortality of trauma sepsis are limited. Studies have shown that metabolic disorders, the host's hypoxic response and excessive drive of the immune system are the main characteristics of trauma and sepsis at the molecular level, and there is a strong correlation between immune disorders and metabolic processes in trauma and sepsis, which seriously affects the prognosis of patients. This article mainly reviews the immune metabolism and potential treatment measures of traumatic sepsis, in order to help clinical better understand traumatic sepsis.

**Key words:** Traumasepsis; Immunedisorders; Metabolic disorder

脓毒症(sepsis)是由于宿主对感染的反应失调而导致的危及生命的器官功能障碍综合征<sup>[1]</sup>。它是一种异质性综合征,在不同队列中的结果不同。创伤脓毒症患者作为独特的队列,和非创伤脓毒症患者相比,其发病率及预后有着显著的区别<sup>[2-4]</sup>。根据美国疾病控制和预防中心(CDC)的数据,创伤是45岁以下人群的主要死亡原因,而脓毒症则是创伤和感染后死亡的主要原因<sup>[5,6]</sup>。尽管医疗技术不断进步,但创伤脓毒症的治疗选择仍有限,患者死亡率仍较高。研究发现,代谢途径的紊乱、宿主的缺氧反应以及免疫系统的过度驱动是分子水平上创伤脓毒症的特征。有研究在创伤脓毒症中观察到的免疫失调与代谢过程的变化之间有很强的相互关系,这种免疫代谢紊乱强烈地影响着患者的预后。为此,本文主要对创伤脓毒症的免疫代谢以及潜在的治疗方法进行综述,以帮助临床更好的认识创伤脓毒症。

### 1 线粒体功能障碍和内质网应激

线粒体及内质网功能障碍导致的代谢异常和创伤脓毒症密切相关。关键的促炎蛋白的表达和有效的免疫反应依赖于完整的线粒体呼吸,在脓毒症中,

Brealey D 等<sup>[7]</sup>率先证明骨骼肌线粒体电子传递链(ETC)活性(特别是复合物 I)显著受损,并且与脓毒症的严重程度相关。Matkovich SJ 等<sup>[8]</sup>的研究也表明,在脓毒症患者心脏中编码参与线粒体三羧酸循环(TCA)周期和 ETC 复合物蛋白质的 mRNA 水平下降了 43%。此外,有研究在动物模型中发现了脓毒症可导致包括心脏、肾脏、肝脏和骨骼肌在内的线粒体功能障碍<sup>[9-11]</sup>。

急性期再灌注损伤、微循环障碍以及血氧含量降低可直接因氧供应不足抑制线粒体呼吸链;另一方面,严重创伤或脓毒症后活性氧(ROS)的产生增加可导致线粒体复合物氧化损伤,而气体信号分子如 NO 的产生则可通过与氧在细胞色素 C 氧化酶(Complex IV)水平上竞争来抑制线粒体的电子传递<sup>[12]</sup>,同时线粒体数量的减少也是导致机体氧利用障碍的原因。线粒体通过分裂、融合和自噬,以消除功能障碍的受损线粒体,并且通过线粒体生物发生(指产生新的线粒体的过程)恢复线粒体数量,这个过程需要消耗大量能量<sup>[13]</sup>。线粒体功能障碍的特征是氧化应激增加、自噬功能受损和线粒体动力学改变。在脓毒症动物模型中,自噬不足会导致线粒体功能障碍、器官衰竭和不良结局<sup>[14]</sup>。

内质网功能包括蛋白质折叠、钙离子储存、脂肪和碳水化合物代谢。不同的条件下,如  $\text{Ca}^{2+}$  稳态的紊乱、氧化还原失衡、蛋白质糖基化改变或蛋白质折叠缺陷,都会导致未折叠或错误折叠的蛋白质在内质

作者简介:李博昊(1995.8-),男,浙江温州人,硕士,住院医师,主要从事危重症医学方向的研究

通讯作者:谈林华(1968.8-),女,浙江杭州人,博士,主任医师,硕士生导师,主要从事危重症医学方向的研究

网腔内积聚,这种情况被称为内质网应激(ERS)。细胞有一个整合的信号系统来恢复动态平衡和正常的内质网功能,包括未折叠蛋白反应(UPR)、内质网相关降解(ERAD)、线粒体自噬、低氧信号和线粒体生物发生。UPR和线粒体自噬联系紧密,研究认为ERS后的perk-真核翻译起始因子2 $\alpha$ (Eif2 $\alpha$ )通路是诱导自噬所必需的<sup>[15]</sup>。内质网和线粒体之间的物理接触部位被称为线粒体相关膜(MAM),MAM的破坏可能抑制自噬小体的形成<sup>[16]</sup>,所有这些过程的协同活动决定了细胞是否能重新建立内稳态或激活细胞死亡程序。在脓毒症期及创伤、严重出血和缺血再灌注损伤后衰竭的动物模型中,可以观察到内质网应激增加的标志,内质网应激的标记物水平与器官功能障碍程度直接相关<sup>[17]</sup>。临床上,在严重烧伤的儿科患者的白细胞、脂肪和肌肉中也发现了内质网应激增加的标志,提示内质网应激可能参与创伤脓毒症的多脏器功能衰竭<sup>[18]</sup>。

脓症患者线粒体功能的早期恢复与临床结果的改善呈正相关<sup>[19]</sup>。针对线粒体的治疗包括抗氧化剂、调节自噬以及刺激线粒体生物发生<sup>[20,21]</sup>。然而有研究显示抗氧化治疗对患者的预后没有益处<sup>[22,23]</sup>。

激活AMPK通路是一种很有前途的刺激线粒体生物发生的方法。AICAR是一种可通透细胞膜AMPK的激活剂,可诱导骨骼肌细胞线粒体的生物发生和功能、保护心脏免受脓毒症引起的心脏结构和功能障碍的影响,以及减少促炎细胞因子的产生和脓毒症导致的肾和肝损伤标志物<sup>[24-26]</sup>。另外,二甲双胍可通过激活AMPK改善线粒体的功能,其已在脓毒症动物模型的研究中被证明具有保护作用。5-羟色胺受体(5-HT)激动剂、过氧化物酶体增殖激活受体(PPAR)活化剂、磷酸二酯酶(PDE)抑制剂,以及部分生物制剂都可能是刺激线粒体生物发生的潜在的治疗方法<sup>[27,28]</sup>。针对内质网应激和危重症患者UPR的研究较少。对4-苯基丁酸(4-PBA)是一种用于治疗尿素循环紊乱的药物,4-PBA可以稳定蛋白质的折叠,被确定为内质网应激的特异性抑制剂。在动物实验中4-PBA抗内质网应激可显著改善感染性休克大鼠的血流动力学指标,以及肝、肾、肠屏障功能等重要器官功能,提高大鼠的存活率<sup>[29]</sup>。

## 2 肠道屏障功能障碍和肠道菌群失调

肠道屏障功能障碍导致的脓毒症和多器官功能障碍综合征(MODS)是严重创伤、烧伤、大手术、失血性休克主要死亡原因,而肠道细菌或内毒素的病理性移位在其中起关键性作用。

肠道上皮屏障的破坏可能导致局部胃肠功能障

碍和全身炎症反应,也可能导致大量有毒物质,包括炎症分子、病原菌和抗原,从肠腔进入血液,从而促进慢性低水平炎症状态。由此导致的肠道通透性增加(高通透性或渗漏的肠道)可造成细菌、抗原和有毒物质通过肠道粘膜层进一步移位,导致粘膜免疫反应激活,随后出现腹痛和腹泻。这些炎症介质向上皮细胞、神经细胞和肌肉细胞发出信号,导致肠道功能障碍<sup>[30]</sup>。在脓毒症的临床前模型中,肠道上皮屏障的改变最早在脓毒症发生后1h出现,肠道高通透性在脓毒症发生后持续至少48h<sup>[31]</sup>。肠道屏障功能丧失后,肠道微生物群会发生改变,其特征是毒力和侵袭性细菌的数量增加,从而导致肠道生态失调和免疫反应失调,加剧全身炎症反应,最终导致细胞凋亡增强。在脓毒症和MODS期间,这一群体转变为包括毒性和致病性更强的细菌,改变了免疫系统、微生物和肠上皮之间复杂的相互作用。胃肠道屏障功能障碍有效地加速了MODS,导致危重患者体内瓜氨酸和肠道脂肪酸结合蛋白水平的改变明显升高,而这种病理改变可通过肠道细菌移位和系统吸收内毒素而进一步扩大<sup>[32]</sup>。

由于危重症患者抗生素使用的增加和不合理的使用,抗生素耐药病原体的出现在重症监护病房中变得更加普遍,如艰难梭菌的发病率急剧增加,万古霉素和甲硝唑对复发的艰难梭菌效果不佳。而利用粪便移植和选择性消化道去污等方法可以靶向调节微生物菌群,改善创伤脓毒症患者的预后。研究表明<sup>[33]</sup>,粪便微生物区系移植将艰难梭菌感染的治愈率从30%提高到93%。选择性消化去污降低了重症监护病房患者死亡率,优势比为0.73(95%CI: 0.64~0.84),然而是否优于选择性口服去污仍需进一步的研究<sup>[34]</sup>。

## 3 PAMPs和DAMPs介导的先天免疫反应

先天免疫刺激因子之间存在的复杂病理生理相互作用机制在创伤脓症患者中同样起到关键作用<sup>[35,36]</sup>。损伤相关分子模式(DAMPs)和病原体相关分子模式(PAMPs)通过先天免疫受体(如TLRs)传递组织损伤或病原微生物感染的信号。DAMPs在组织损伤后由中性粒细胞等免疫细胞分泌或坏死细胞释放,其通过细胞表面的模式识别受体直接激活中性粒细胞和单核细胞,同时也激活补体,导致补体C3a和C5a的快速生成,而补体和炎症细胞的激活可触发白细胞介素等炎症介质的产生和释放。与此同时,机体出现全身炎症反应综合征(SIRS),其本质是代偿性抗炎反应,表现为释放抗炎性细胞因子如(白细胞介素-10和TGF- $\beta$ )。SIRS

在提高机体非特异性免疫的同时,也抑制了机体对病原微生物的抵抗力,入侵的病原微生物通过 PAMPs 激活 TLR 下游信号通路(如 NF- $\kappa$ B 途径)导致强烈的炎症反应<sup>[37]</sup>。PAMPs 和 DAMPs 共同刺激先天免疫系统,使得内皮和组织器官损伤以及免疫麻痹。而损伤的组织器官和免疫麻痹分别进一步的造成 DAMPs 的释放,使机体暴露于 PAMPs 中,形成恶性循环,最终导致持续的过度免疫系统激活,引发多脏器功能衰竭<sup>[38]</sup>。

既往创伤模型的研究已经证实了 HMGB1-TLR4 作为 DAMPs 导致全身炎症和远程器官衰竭的中心作用<sup>[39-41]</sup>。在实验性创伤模型中,基于 HMGB1 拮抗剂的治疗可提高患者存活率并改善其肠道屏障功能<sup>[42]</sup>。研究表明<sup>[43]</sup>,二硫化物 HMGB1 是创伤后全身炎症的重要介质。对创伤早期患者血浆 HMGB1 浓度进行高时间分辨率的动力学分析发现,所有患者都在最初表现为全身性 HMGB1 峰值,其半衰期约为 30 min。然而,严重的创伤患者在创伤后 3~6 h 可出现第 2 个全身性 HMGB1 高峰,其峰值与预后密切相关。

低水平的组蛋白激活内皮细胞释放血管性血友病因子,招募白细胞/血小板,降低血栓调节蛋白 C 的抗凝作用,而高组蛋白水平直接导致内皮损伤,并与弥散性血管内凝血的发展密切相关<sup>[44-47]</sup>,同时它也介导了脓毒症后的肠道屏障功能损伤<sup>[48,49]</sup>、创伤性肺损伤和化学性肝损伤后的无菌性炎症<sup>[50,51]</sup>。另外,细胞外组蛋白通过破坏海马紧密连接,导致血脑屏障对小分子通透性的可逆、区域特异性增加,从而导致脑血管损伤或脑功能障碍<sup>[52]</sup>。

在动物模型中,阻断组蛋白释放、中和循环中的组蛋白或阻断组蛋白信号转导的药物对急性器官损伤具有显著的保护作用;抗组蛋白试剂,如中和抗体、肝素和 C1 酯酶抑制剂能降低组蛋白毒性<sup>[53,54]</sup>。研究发现<sup>[55]</sup>,组蛋白去乙酰化酶抑制剂(HDACis)可以暂时改变转录以创造有利的基因表达谱,具有快速、可逆的作用。它们选择性或者非选择性(如丙戊酸[VPA])作用于组蛋白去乙酰化酶,可显著延长创伤脓毒症模型动物的存活时间。

临床研究表明<sup>[56]</sup>,线粒体 DNA 及其产物线粒体 N-甲酰化蛋白水平在创伤脓症患者血浆中升高,且与创伤的严重程度相关。有研究表明,模式识别受体 FPR1 抑制剂和 AMPK 抑制剂可以减少线粒体 NFP 引起的炎症反应,并且保护创伤后中性粒细胞的功能<sup>[37,57]</sup>,这可能和研究对象所处的免疫反应阶

段相关。

除此之外,研究发现<sup>[58,59]</sup>,天然免疫细胞在暴露于病原体或病原体衍生的配体等 PAMPs 后进行适应,可触发细胞生理和抗菌功能的增强。这种由于初始暴露的启动效应而提高先天抗菌效率的现象被称为“先天免疫记忆”或“训练免疫”。有赖于白细胞线粒体代谢的重编程,表现为糖酵解和线粒体三羧酸循环通量和氧化磷酸化的明显增强,使用 TLR4 激动剂进行预防性治疗可以预防长达 14 d 的严重感染。

#### 4 细胞外囊泡的免疫调节作用

在细胞程序性死亡过程中,细胞会将囊泡释放到细胞外环境;同样的,健康细胞也会向细胞外环境释放囊泡。这些细胞衍生的颗粒被称为细胞外囊泡(extracellular vesicles, EVS),EVS 可分为 3 类:凋亡小体、外泌体和微囊泡(MVS)。凋亡小体由凋亡细胞分泌,而外泌体和 MVS 都是在生理和病理条件下由健康细胞释放的。细胞通过在 EVS 中传递脂质、肽、RNA 和糖来与其微环境中的其他细胞进行交流,进而影响受体细胞的功能。目前的研究表明<sup>[60-62]</sup>,补体系统与 EVS 之间存在复杂的相互作用,对局部和全身炎症有显著影响。在补体高度活化的炎症条件下,EVS 已被证明同时具有促炎和抗炎作用,并可以影响疾病的进程。MVS 不仅可以调节炎症,还可以调节凝血。严重创伤后,包括创伤性脑损伤(TBI)、严重烧伤和脓毒症期间,MVS 的产生显著增加。

越来越多的证据表明,这些脱落的小泡含有关键的补体因子和表面的补体调节因子,可影响炎症和病程。EVS 的调节补体活性,有助于促进促炎和抗炎免疫平衡。

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