

· 临床研究 ·

老年髋部骨折患者术后新发心脏不良事件的危险因素

杨波¹, 杨晋才², 臧传义¹, 梁智林¹, 赵小林¹, 陈晓丽^{3*}

(北京老年医院:¹ 骨一科,³ 心血管内科,北京 100095;² 首都医科大学附属北京朝阳医院骨科,北京 100020)

【摘要】 目的 研究老年髋部骨折患者术后住院期间新发心脏不良事件的危险因素。方法 回顾性分析 2014 年 7 月至 2018 年 6 月在北京老年医院骨科所有住院的≥65 岁的髋部骨折患者,收集所有患者的基线资料、术前合并症、麻醉方式等,分析其术后新发心脏不良事件的临床特点及危险因素。采用 SPSS 22.0 软件进行数据处理。对单因素分析有统计学意义的指标进行多因素 logistic 回归分析。**结果** 共纳入 418 例患者,住院(13.2±6.8) d,年龄(76.7±9.2)岁,住院期间新发心脏不良事件 56 例(发生事件组),发生率为 13.4%,其中因心脏事件死亡 3 例,死亡率 0.72%。未发生心脏不良事件 362 例(未发生事件组)。2 组患者异常心电图、左室射血分数≥50%、血红蛋白≥90 g/L、血清白蛋白≥33 g/L、B 型脑钠肽前体≥450 pg/ml、全身麻醉、术后电解质紊乱比例比较,差异有统计学意义($P < 0.05$)。多因素 logistic 回归分析显示,心血管系统疾病史($OR = 13.58, 95\% CI 10.12 \sim 21.39; P < 0.01$)、合并≥4 种内科基础疾病(除心血管系统)($OR = 5.28, 95\% CI 1.21 \sim 15.25; P < 0.01$)、美国麻醉医师协会(ASA) III/IV 级($OR = 4.01, 95\% CI 3.24 \sim 10.34; P < 0.01$)、年龄≥70 岁($OR = 2.86, 95\% CI 1.05 \sim 7.55; P < 0.05$)、血清白蛋白<33 g/L($OR = 2.61, 95\% CI 1.23 \sim 5.51; P < 0.01$)、血红蛋白<90 g/L($OR = 1.81, 95\% CI 1.03 \sim 6.21; P < 0.01$)、术后电解质紊乱($OR = 1.11, 95\% CI 1.02 \sim 2.34; P < 0.01$)是老年髋部骨折患者术后新发心脏不良事件独立危险因素。**结论** 老年髋部骨折术后发生心脏不良事件是多种因素共同作用的结果,对于既往有心血管系统疾病史的患者应给与特别关注。

【关键词】 老年人;髋部骨折;心脏不良事件;危险因素

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Risk factors for new cardiac adverse events in the elderly after hip fracture operation

YANG Bo¹, YANG Jin-Cai², ZANG Chuan-Yi¹, LIANG Zhi-Lin¹, ZHAO Xiao-Lin¹, CHEN Xiao-Li^{3*}

(¹First Department of Orthopaedics, ³Department of Cardiology, Beijing Geriatric Hospital, Beijing 100095, China; ²Department of Orthopaedics, Beijing Chaoyang Hospital, Capital Medical University, Beijing 100020, China)

【Abstract】 Objective To study the risk factors for new cardiac adverse events during post-operative hospitalization in the elderly patients with hip fracture. **Methods** A retrospective analysis was conducted on the elderly patients over aged 65 years with hip fracture undergoing surgical treatment in Beijing Geriatric Hospital from July 2014 to June 2018. Their baseline data, preoperative complications and anesthetic modes were collected and analyzed for the clinical features and risk factors of new cardiac adverse events during hospitalization. The data were processed with SPSS statistics 22.0. Multivariate logistic regression analysis was used to analyze the statistically significant indices found by univariate logistic regress analysis. **Results** A total of 418 patients were enrolled in this study, and they are at a mean age of (76.7±9.2) years and had an average length of hospital stay of (13.2±6.8) d. There were 56 cases reporting new adverse cardiac events during hospitalization (13.4%, cardiac events group). Three patients died due to cardiac events, accounting for 0.72% (3/418). And the left 362 cases were assigned into the non-cardiac events group. Significant differences were seen in the ratios of patients with abnormal electrocardiogram, left ventricular ejection fraction ≥50%, hemoglobin ≥90 g/L, albumin ≥33 g/L, pro-B-type natriuretic peptide ≥450 pg/ml, general anesthesia and electrolyte disturbance after operation between the cardiac and non-cardiac events groups ($P < 0.05$). Multivariate logistic analysis showed that the history of cardiovascular diseases ($OR = 13.58, 95\% CI 10.12 \sim 21.39; P < 0.01$), combination of basic diseases of internal medicine (except cardiovascular system) >4 ($OR = 5.28, 95\% CI 1.21 \sim 15.25; P < 0.01$), ASA grade III/IV ($OR = 4.01, 95\% CI 3.24 \sim 10.34; P < 0.01$), age >70 years

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通信作者: 陈晓丽, E-mail: xiaoli_0427@yeah.net

($OR=2.86$, 95% CI 1.05-7.55; $P<0.05$), serum albumin <33 g/L ($OR=2.61$, 95% CI 1.23-5.51; $P<0.01$), hemoglobin <90 g/L ($OR=1.81$, 95% CI 1.03-6.21; $P<0.01$), electrolyte disturbance ($OR=1.11$, 95% CI : 1.02-2.34; $P<0.01$) were independent risk factors for new cardiac adverse events in elderly patients after operation for hip fracture. **Conclusion** Cardiac adverse events after hip fracture surgery in the elderly are the result of multiple factors. Special attention should be paid to those with history of cardiovascular diseases.

【Key words】 aged; hip fracture; adverse cardiac events; risk factors

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Corresponding author: CHEN Xiao-Li, E-mail: xiaoli_0427@yeah.net

随着社会人口的老龄化,老年髋部骨折的患者越来越多。老年性的骨质疏松,以及机体的平衡性减退和多种慢性病引起的头晕、乏力、黑矇等症状,均使老年人更容易跌倒,从而发生骨折^[1],其中髋部骨折(股骨颈骨折、粗隆间及粗隆下骨折)的发生率最高,约占老年骨折住院患者的30%,并且发病率逐年增加^[2]。在>60岁的人群中,年龄每增加5岁,髋部骨折的发生率增加1倍^[3]。很多研究已经证实^[4-6],髋部骨折后因保守治疗而长期卧床带来了严重并发症,极大地降低了患者的生存质量,同时增加了死亡率。因此早期合理的手术治疗才是挽救生命的治疗方法。但是老年患者常并存心血管、呼吸等多个系统慢性疾病,术后心脏不良事件是比较常见且严重的并发症。研究证实^[7-9],有4.1%~14.1%的患者在住院期间发生心血管系统并发症,严重增加了手术风险^[10,11]。本研究通过对髋部骨折术后的老年患者发生心脏不良事件的相关因素进行分析,进而明确高危人群,为改善围术期管理、提高医疗安全提供依据。

1 对象与方法

1.1 研究对象

纳入2014年7月至2018年6月在北京老年医院骨科住院治疗的老年髋部骨折患者418例为研究对象,其中男性185例,女性233例,年龄(76.7±9.2)岁。纳入的患者住院时间(13.2±6.8)d。患者中股骨颈骨折234例,股骨粗隆间骨折179例,粗隆下骨折5例。住院期间新发心脏不良事件56例(发生事件组),发生率13.4%,术后因心脏事件死亡3例,其中1例急性心肌梗死,2例心力衰竭进展为多器官功能衰竭死亡;其余53例中,发生急性心力衰竭25例,心律失常12例,高血压3级10例,不稳定性心绞痛4例,急性心肌梗死2例。未发生心脏不良事件362例(未发生事件组)。纳入标准:(1)年龄≥65岁;(2)暴力所致单侧新鲜闭合性髋部骨折;(3)接受内固定手术治疗。排除标

准:(1)临床资料不完整;(2)因自身或疾病原因,未能行手术治疗;(3)病理性骨折。心脏不良事件定义:急性心肌梗死、不稳定性心绞痛、高血压3级[术后血压测量记录到≥3次收缩压≥180 mmHg(1 mmHg=0.133 kPa)和(或)舒张压≥110 mmHg]、急性心力衰竭、心律失常(心动过缓、过速,动态心电图≥1 000次/24 h的频发室早、阵发性或持续性房颤)。

1.2 方法

收集所有患者的基线资料,包括既往病史、体质指数(mody mass index, BMI)、骨折类型。实验室检查指标包括血红蛋白(hemoglobin, Hb)、肝肾功能、电解质、血清白蛋白(albumin, ALB)、B型钠尿肽(brain natriuretic peptid, BNP)、心电图、胸片/胸部CT、超声心动图,美国麻醉医师学会(American Society of Anesthesiologists, ASA)手术危险性分级、疼痛视觉模拟(visual analogue scale, VAS)评分、麻醉方式、手术时间、术中输液量等资料。

1.3 统计学处理

采用SPSS 22.0软件进行数据处理。计数资料以例数(百分率)表示,组间比较采用 χ^2 检验。对单因素分析有统计学意义的指标进行多因素logistic回归分析,筛选出独立的危险因素。 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 2组患者基线资料和术前合并症比较

经统计分析,2组患者在年龄≥70岁、心血管疾病、慢性阻塞性肺疾病、细菌性肺炎、ASA分级、I或II型呼吸衰竭及糖尿病比例等方面比较,差异均有统计学意义($P<0.05$;表1)。

2.2 2组患者临床指标比较

2组患者异常心电图、左室射血分数(left ventricular ejection fraction, LVEF)≥50%、Hb≥90 g/L、ALB≥33 g/L、BNP≥450 pg/ml、全身麻醉、术后电解质紊乱比例比较,差异有统计学意义($P<0.05$;表2)。

表 1 2组患者基线资料及术前合并症比较

Table 1 Comparison of baseline data and complications between two groups [n(%)]

Item	ACE group (n=56)	Non-ACE group (n=362)	χ^2	P value
Age \geq 70 years	33(58.9)	114(31.5)	16.01	<0.01
Male	20(35.7)	158(43.6)	1.25	0.26
BMI \geq 25 kg/cm ²	29(51.8)	162(44.8)	0.97	0.33
VAS \geq 5	39(69.6)	191(52.8)	5.58	0.18
ASA classification			14.98	<0.01
I / II	14(25.0)	191(52.8)		
III / IV	42(75.0)	171(47.2)		
Cardiovascular diseases				
Hypertension	45(80.3)	193(53.3)	14.47	<0.01
CHD	38(67.9)	75(20.7)	54.63	<0.01
CHF	46(82.1)	110(30.4)	55.54	<0.01
Arrhythmia	42(75.0)	35(9.7)	13.74	<0.01
Respiratory diseases				
COPD	18(32.1)	59(16.3)	8.10	<0.01
Chronic bronchitis	20(35.7)	101(27.9)	1.44	0.23
Bacterial pneumonia	35(62.5)	45(12.4)	78.56	<0.01
Bronchial asthma	4(7.1)	19(5.2)	0.34	0.56
RF(type I or II)	12(21.4)	24(6.6)	13.49	<0.01
ILD	8(14.3)	17(4.7)	7.93	0.12
Lung cancer	2(3.6)	2(0.6)	4.66	0.09
Diabetes mellitus	30(53.6)	49(13.5)	50.71	<0.01
Nervous system diseases				
CVD	25(44.6)	160(44.2)	0.01	0.95
Dementia	10(17.9)	45(12.4)	1.25	0.26
Parkinson	5(8.9)	33(9.1)	0.01	0.96
Chronic kidney disease	22(39.3)	99(27.3)	3.36	0.08

ACE: adverse cardiac events; BMI: body mass index; VAS: visual analogue scale; ASA: American Society of Anesthesiologists; CHD: coronary heart disease; CHF: chronic heart failure; COPD: chronic obstructive pulmonary disease; RF: respiratory failure; ILD: interstitial lung disease; CVD: cerebral vascular disease.

表 2 2组患者临床指标比较

Table 2 Comparison of clinical data between two groups [n(%)]

Item	ACE group (n=56)	Non-ACE group (n=362)	χ^2	P value
Abnormal electrocardiogram	48(85.7)	185(51.1)	23.55	<0.01
LVEF \geq 50%	26(46.4)	270(74.6)	18.60	<0.01
Hb \geq 90 g/L	18(32.1)	196(54.1)	9.40	<0.01
ALB \geq 33 g/L	12(21.4)	206(56.9)	24.46	<0.01
BNP \geq 450 pg/ml	35(62.5)	125(34.5)	16.06	<0.01
eGFR \geq 90 ml/(min · h)	34(60.7)	263(72.7)	3.36	0.08
Operation time \geq 1 h	27(48.2)	171(47.2)	0.02	0.89
General anesthesia	41(73.2)	139(38.4)	23.98	<0.01
Intraoperative infusion volume \geq 1500 ml	30(53.6)	148(40.9)	1.51	0.22
Electrolyte disorder after operation	47(83.9)	179(49.4)	23.22	<0.01

LVEF: left ventricular ejection fraction; Hb: hemoglobin; ALB: albumin; BNP: B-type brain natriuretic peptide; eGFR: estimated glomerular filtration rate.

2.3 影响老年髌部骨折患者术后发生心脏不良事件的多因素 logistic 回归分析

将单因素分析有统计学差异($P < 0.05$)的数据带入多因素 logistic 回归方程,结果显示,年龄 ≥ 70 岁、

合并心血管系统基础病、合并 ≥ 4 种内科基础病(除外心血管系统)、ASA III/IV级、ALB < 33 g/L、Hb < 90 g/L、术后电解质紊乱是老年髌部骨折患者术后发生心脏不良事件的独立危险因素($P < 0.05$;表 3)。

表3 老年髋部骨折患者术后新发心脏不良事件的 logistic 回归分析

Table 3 Logistic regression analysis of new postoperative adverse cardiac events in elderly patients with hip fracture

Influencing factor	B	SE	Wald	OR	95%CI	P value
Age(≥ 70 years)	2.35	0.22	3.18	2.86	1.05-7.55	0.04
Cardiovascular diseases	1.83	0.27	9.17	13.58	10.12-21.39	<0.01
Combined basic diseases (except cardiovascular system) ≥ 4	1.46	0.79	4.24	5.28	1.21-15.25	<0.01
ASA classification(Ⅲ/Ⅳ)	2.21	0.09	10.95	4.01	3.24-10.34	<0.01
Electrolyte disorder after operation	1.24	0.79	5.35	1.11	1.02-2.34	<0.01
ALB(<33 g/L)	0.75	0.04	4.16	2.61	1.23-5.51	<0.01
Hb(<90 g/L)	1.09	0.25	4.73	1.81	1.03-6.21	<0.01

ASA: American Society of Anesthesiologists; ALB: albumin; Hb: hemoglobin.

3 讨论

老年髋部骨折患者早期手术治疗已经得到了广泛认可,但因老年患者常合并多系统的慢性疾病,术后常并发多种不良事件,尤其是心脏不良事件,预后极差。本研究发现合并心血管系统疾病($OR=13.58$, $P<0.01$)是老年髋部骨折术后新发心脏不良事件最主要的危险因素。骨折后,一方面凝血系统激活,血液中的凝血因子及血小板增多,血黏度增高;另一方面机体产生应激反应,血中肾上腺素、内啡肽、抗利尿激素等多种因子浓度升高,这些因子使机体在适应外界环境能力增加的同时,也带来了多方面的不良反应,如容易导致急性心肌梗死等。同时,多数高龄患者临床表现缺乏特异性,疼痛刺激、容量变化等诱因可导致心脏情况的进一步恶化,甚至死亡^[12]。另外,有研究^[5]发现,≥50岁的髋部骨折患者合并各种内科基础疾病的患者达73.08%,合并≥3种基础疾病的患者1年内病死率达26.32%。本研究也发现伴有多系统内科疾病的患者住院期间更易发生心脏不良事件,如对于肺部疾病者,其呼吸道黏膜纤毛转运系统功能减弱,易发生坠积性肺炎或吸入性肺炎,肺动脉压升高,心脏氧供不足,从而诱发心肌缺血、心力衰竭等心脏不良事件;而伴有糖尿病、肾功能不全、脑血管病等疾病的患者,其存在的疾病在心脏不良事件发生中也起到明显的促进作用,如发生心肾综合征、不易控制的感染等并发症,这与Michel等^[13]的多个研究结论一致。除此之外,麻醉ASA高分级、年龄、低蛋白血症^[14]、贫血和术后电解质紊乱亦是髋部骨折患者围手术期发生心脏不良事件的危险因素。老年患者生理机能退变,常伴有蛋白血症、贫血等营养不良,加之输液等血容量的变化所致的电解质紊乱,均与术后心脏不良事件的发生有关。值得一提的是,骨折后因出血所致的贫血会导致心脏供氧功能不良,致使心脏收缩加强,耗氧量

增加,从而促进心脏不良事件的发生^[15]。因此,对于上述可以改善的危险因素,外科应联合内科医师,积极治疗合并症,早期纠正贫血、电解质紊乱等异常指标,综合评估患者,以减少术后不良事件的发生。

本研究存在一些不足,主要表现在随访时间短,样本量较小。但简而言之,老年患者在行髋部骨折手术后发生心脏不良事件是由多因素共同作用的结果,老年髋部骨折和心脏并发症相互影响,髋部骨折不是单一的学科,而是需要围手术期多学科协作,准确快速评估,防治心脏不良事件发生风险,降低老年髋部骨折患者的术后并发症。

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致“一带一路”沿线国家和地区医学机构

《中华老年多器官疾病杂志》是由中国工程院院士、老年心脏学专家王士雯教授于2002年创办的全世界唯一一本以老年心脏病和老年心脏病合并其他器官疾病为主要内容的杂志,月刊,由中国人民解放军总医院老年心血管病研究所主办。杂志已被“中国科技论文统计源期刊”(中国科技核心期刊)收录。本杂志的摘要、图表和参考文献,均为中、英文双语对照,方便国外读者顺利阅读。为促进中国与“一带一路”沿线国家和地区的医学及文化交流,本刊将免费刊登其来稿,并赠送当期杂志。欢迎“一带一路”沿线国家和地区的老年心脏病和老年病学医生、学者踊跃投稿。

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