

左心耳封堵术后装置相关血栓

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【摘要】 脑卒中为心房颤动患者常见且最严重的并发症之一, 具有较高的致残率和致死率。左心耳封堵术已成为不耐受口服抗凝药物患者的一种非药物治疗策略。多项研究已证实左心耳封堵术预防心房颤动相关卒中的有效性, 该技术在近年来得到高速发展。然而装置相关血栓成为了术后随访中一个不可忽视的并发症。现就左心耳封堵术后装置相关血栓的发生率、发生时间、预后、危险因素和治疗做一综述。

【关键词】 左心耳封堵术; 装置相关血栓; 心房颤动

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Device-Related Thrombus After Left Atrial Appendage Occlusion

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【Abstract】 Stroke is a common and the most serious complication in patients with atrial fibrillation, with high rates of disability and mortality. Left atrial appendage occlusion has become a non-pharmacological strategy for patients who can't tolerate oral anticoagulants. Several studies have confirmed the high effectiveness of left atrial appendage occlusion in the prevention of atrial fibrillation related stroke, and it has developed rapidly in recent years. However, the postoperative device-related thrombus has become the complication that can't be ignored. This article reviews the incidence, time of occurrence, prognosis, risk factors and treatment of device-related thrombus after left atrial appendage occlusion.

【Key words】 Left atrial appendage occlusion; Device-related thrombus; Atrial fibrillation

心房颤动(房颤)为最常见的心律失常之一, 中国年龄 ≥ 45 岁的居民房颤患病率约为2%。且房颤患病率随着年龄的增长而增加, 在75岁以上人群中, 患病率为5%^[1], 随着社会人口老龄化的加剧, 房颤的患病率将进一步升高。缺血性脑卒中是房颤最严重的并发症之一, 积极预防脑卒中成为了房颤患者重要的治疗目标。临床多以口服抗凝药物(oral anticoagulation, OAC)用于房颤相关脑卒中的预防, 但由于相关的高出血风险, 抗凝药物的临床应用受到一定程度的限制。左心耳封堵术经过近20年的发展, 已成为预防房颤相关脑卒中的一种重要治疗方式。5年长期随访研究^[2]证实了左心耳封堵术预防脑卒中的疗效不劣于OAC, 且大出血的发生率更低。随着术者经验的增加和技术的改进, 左心耳封堵术得到持续发展。然而, 左心耳封堵术仍面临诸多挑战, 其中, 装置相关血栓(device-related thrombus, DRT)作为术后随访观察的重

要内容, 已成为术者和患者所担忧的并发症之一。现就现有文献分析讨论左心耳封堵术 DRT 的发生率、发生时间、预后、危险因素和治疗, 并做出总结展望。

1 DRT 的发生率

左心耳封堵器作为一种异物植入体内, 会存在血栓形成的固有风险。据此, 该领域的两项随机对照试验 PROTECT-AF^[3] 和 PREVAIL^[4] 均采用术后 45 d 口服华法林, 随后 6 个月氯吡格雷与阿司匹林双联抗血小板的治疗方案, 但 Dukkipati 等^[5] 通过荟萃分析发现此方案下 DRT 发生率为 3.74%。而在 ASAP 研究^[6] 中, 由于具有华法林禁忌而在术后仅采用抗血小板治疗(antiplatelet therapy, APT)的 150 例患者中, 有 6 例(4.00%)发生 DRT。在真实世界 EWOLUTION 研究^[7] 中的患者具有更高的卒中和出血风险, 随访 1 年发现 DRT 发生率为 3.70%, 2 年发生率为 4.10%^[8]。然而 Fauchier 等^[9] 在一项法国 8 个中心回顾性研究

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中,报道 DRT 的发生率为 7.20%。PINNACLE FLX 研究^[10]显示,在应用新一代 Watchman FLX 封堵器的 400 例患者中,有 7 例(1.75%)发生 DRT,而在应用了 Amulet 装置的多中心研究^[11]中,DRT 发生率为 1.60%。分析可能原因为两种新一代装置将其表面螺钉内嵌,进而降低了此处 DRT 发生的可能性。应用国产 LAmbré 装置的一项荟萃分析^[12]显示,其 DRT 发生率低于 Watchman 和 Amulet 等装置,为 0.70%。期待进行中的研究能进一步补充 LAmbré 装置的循证证据。这些 DRT 发生率的差异可能与研究样本量、患者基线水平、装置类型、随访检测的时间和方式、DRT 诊断标准以及术后用药策略等不同有关。

2 DRT 的发生时间

DRT 在诊断时间上差异较大,大多数患者 DRT 出现在术后 1 年内,可能由于在此阶段装置表面尚未完全内皮化,进而易导致 DRT 的发生。然而,随着时间的延长和随访次数的增加,检测出 DRT 的患者数量也在增加。Simard 等^[13]统计分析在 237 例 DRT 患者中,分别有 24.90% 的患者在术后 45 d 内,38.80% 在术后 45 ~ 180 d,16.00% 在术后 180 ~ 365 d,以及 20.30% 在术后 365 d 后诊断为 DRT。有病例报告报道了 1 例患者行左心耳封堵术后 7 年,经 CT 检查提示一个巨大血栓附着于装置表面^[14],即使装置表面的内皮化可使 DRT 的发生率随时间的延长而减少,但仍需警惕可能存在的迟发性 DRT。提示术者需对卒中高危患者增加随访频次和延长随访时间。目前临床上仍以经食管超声心动图检查(trans-esophageal echocardiography, TEE)为诊断和随访 DRT 的标准检测方法。由于 TEE 的诊断受操作者经验的影响,且为有创操作,部分患者不能耐受。近年来心脏计算机断层扫描造影逐渐成为一种替代的随访检查方式。

3 DRT 的预后

左心耳封堵术后发生 DRT 的患者是否会导致血栓栓塞事件风险的增加暂无明确定论。有研究^[15-16]发现,在 DRT 与非 DRT 患者之间,发生血栓栓塞事件的差异并无统计学意义。但也有研究发现,与非 DRT 患者相比,DRT 患者缺血性事件发生率可高出 3 倍^[5]、4 倍^[9]甚至 5 倍^[17]。另一个研究^[18]随访两年发现 DRT 患者具有较高的卒中率(13.8%)和死亡率(20.0%),且经治疗后血栓未完全消退者具有更高的心血管事件风险。故评估危险因素、识别高危患者并予以积极的管理,对降低 DRT 和血栓栓塞事件的发生率就显得尤为重要。

4 DRT 的危险因素

目前已有多项研究探讨了 DRT 可能的危险因素,

大致分类为:(1)患者基线相关因素,如卒中病史、永久性房颤、CHA₂DS₂-VASc 评分和血管疾病等;(2)封堵器装置相关因素,如封堵器类型、材料和大小等;(3)术中及术后相关因素,如术中封堵器植入位置、装置周围残余漏和术后抗栓用药策略等。

4.1 患者基线相关因素

Saw 等^[16]认为吸烟和女性为 DRT 的独立预测因素,Fauchier 等^[9]则表示高龄和卒中病史为危险因素。Dukkipati 等^[5]对四项 Watchman 封堵器 FDA 前瞻性试验进行了分析,认为患者短暂性脑缺血发作或卒中病史、永久性房颤、血管疾病、左心耳直径增大和左室射血分数低为 DRT 的危险预测因素。

4.2 封堵器装置相关因素

有学者^[19]认为 Watchman 装置一体结构与 Amulet 装置分体结构相比较,其封堵位置位于左心耳颈部而近端未能完全覆盖,导致该区域形成凹槽,血液在此凹槽中流速减低,进而导致 Watchman 装置 DRT 的发生率更高。而 Amulet IDE 随机对照试验^[20]显示,Amulet 组和 Watchman 组 DRT 的发生率相似。故对于不同类型装置的 DRT 发生率是否有差异,还需更多的对比研究来进一步分析讨论。

4.3 术中及术后相关因素

Pracon 等^[21]发现,与未发生 DRT 的患者相比,DRT 组患者中存在更多封堵器植入较深和植入尺寸更大的情况。另有研究者^[22]指出,封堵器植入覆盖肺嵴与术后低 DRT 的发生率相关。血流动力学的改变是否也会导致内皮化不全,从而增加 DRT 的风险?有研究^[23]认为周围漏血流逸出后,使装置表面发生异常的内皮化愈合反应,甚至发生装置移位错位,进而导致 DRT 的发生。Bai 等^[24]经多变量分析显示,装置周围漏导致 DRT 的发生率增加,可能是由于残余漏的存在使得封堵器周边血流易形成涡流淤滞。提示释放封堵器后,应全面仔细地评估其封堵效果。由于左心耳形态个体化差异较明显,常用封堵器的类型以及型号并不能满足所有形态左心耳的最佳封堵问题。目前有一款适形性的左心耳封堵器能创造出高度贴合的植入物,个性化匹配各种左心耳结构。其临床前研究显示,7 个封堵器均成功植入犬模型并完全密封,组织学显示术后 60 d 新生内皮已覆盖在装置表面^[25]。随后该款封堵器首次临床应用显示在术后 45 d,18 例患者中有 1 例出现了 DRT^[26]。

在封堵器表面完全内皮化之前,如何选择抗栓方案(表 1)来有效预防 DRT 引起了广泛讨论。

数据表明,在减少术后血栓形成的风险上,短期

OAC 比 APT 更有效。有研究^[27]采用倾向性匹配方法分析术后采用 APT 和短期 OAC 治疗的差异,发现 DRT 在 APT 组中更多见 (3.10% vs 1.40%, $P = 0.0148$)。而一项纳入了 83 项研究^[28]的荟萃分析显示,术后采用短期 OAC 或 APT 的患者,DRT 的发生率并无统计学差异。随着新型口服抗凝药物 (novel oral anticoagulation, NOAC) 的发展,其也被越来越多地应用于临床。研究者^[29]在随访 13 个月后,与标准 APT 相比,长期半剂量的 NOAC 显著降低了 DRT 的风险 (3.40% vs 0.00%, $P = 0.009$)。由于临床中较多患者不耐受 OAC,术者会选择在短期内给予患者双联抗血小板治疗 (dual antiplatelet therapy, DAPT)。在 EWOLUTION 真实世界研究^[30]中,60.2% 的患者术后接受了 DAPT,1 年随访分析采用 DAPT 的患者中,有 22 例 (4.00%) 出现 DRT,且有 1 例患者发生卒中。另一项术后采用短期 DAPT 的研究^[31]中,随访 6 周发现 298 例患者中有 5 例 (1.70%) 出现 DRT。但对于有极高出血风险的患者,单药抗血小板治疗 (single antiplatelet therapy, SAPT) 也有应用。对于术后采用 SAPT,随访发现 DRT 的发生率与 PROTECT-AF 研究中相当 (3.30% vs 4.20%)^[32]。一项纳入 110 例患者的研究^[33]中,术后有 87.8% 的患者接受 SAPT,有 12.2% 患者接受 DAPT,DRT 发生率为 1.90%。而法国 8 个中心的回顾性研究^[9]显示,术后有 35.8% 的患者接受了 SAPT,7.7% 的患者未接受抗栓治疗,DRT 的年发生率为 7.20%,明显高于大多数研究。基于此结果,有学者提出了对 APT 的担忧,故针对于具有抗凝治疗禁忌和出血高风险患者,临床上还需更多和更大型的研究来评估这一治疗方案的可行性。正在进行的 ANDES 随机对照试验 (左心耳封堵术后短期 OAC 与 APT 预防装置血栓的比较, NCT03568890) 可能有助于确定术后最佳的抗栓治疗,以降低 DRT 的发生。

表 1 左心耳封堵术后的抗栓策略

治疗策略	详细方案
OAC + APT 联合	华法林或 NOAC 治疗 45 d,经 TEE 随访后 DAPT 6 个月,后长期 SAPT
APT	DAPT 方案:术后阿司匹林 + 氯吡格雷治疗 1~6 个月,定期 TEE 随访后长期 SAPT 治疗 SAPT 方案:术后阿司匹林治疗,定期 TEE 随访

注:NOAC 为新型口服抗凝药物;DAPT 为双联抗血小板治疗;SAPT 为单药抗血小板治疗。

DRT 的预测因素大多局限在小样本量或单中心研究中,一项国际多中心临床研究^[13]发表了左心耳封堵术后 DRT 的预测因素,该研究纳入了 37 个中心 237

例 DRT 患者,每例患者匹配了 2 例术后无 DRT 的患者。随访过程中发现 DRT 组发生装置移位、封堵器残余分流以及缺血性脑卒中的比例更高,但两组患者术后抗栓药物的应用无统计学差异。多因素分析显示 DRT 的预测因素包括:高凝状态性疾病、心包积液、肾功能不全、装置植入距离肺静脉边缘 > 10 mm 和非阵发性房颤,并据此建立了 DRT 风险评分系统:高凝状态性疾病和心包积液均计为 4 分,肾功能不全、装置植入距离肺静脉边缘 > 10 mm 和非阵发性房颤均计为 1 分,总分 1 分者为 DRT 低危,≥ 2 分者为高危。可据此评分系统对左心耳封堵术后患者行 DRT 危险分层,便于对高危患者进行更积极的预防和管理。

5 DRT 的治疗

诊断 DRT 后,多数患者通过恢复短期抗凝治疗或更换抗血小板药可消除 DRT,但也存在由于 DRT 巨大而需外科处理的病例。常用的治疗方法包括:平均 2 周的低分子肝素治疗及 8~12 周的华法林治疗且维持国际标准化比值于 2~3。对于已接受华法林治疗的患者应加大剂量,使国际标准化比值维持在 2.5~3.5。若患者的出血风险较低,还可考虑添加小剂量阿司匹林。据荟萃分析^[34]显示低分子肝素治疗的 DRT 溶解率为 100%,华法林治疗的 DRT 溶解率为 89.5%。DRT 溶解后复发的报道较少,在真实世界研究^[24]中,有 3 例 DRT 患者停止抗凝治疗后 DRT 复发,因此 3 例患者将终身接受华法林抗凝治疗。另有病例报告^[35-36]报道了 NOAC (阿哌沙班和达比加群) 治疗 DRT 的可行性。但也有病例报告^[37]报道了患者术后应用达比加群发生 DRT,后改用利伐沙班或华法林后血栓得以溶解。故需更多研究来分析不同 NOAC 的具体获益情况。若抗凝治疗仍无效或 DRT 巨大,则应考虑外科处理。当患者诊断为 DRT 后,需密切随访来观察血栓溶解情况。消除 DRT 后,仍需继续随访,以监测血栓是否再形成。

6 小结

DRT 的预防和管理应从两个方面着手,一方面是从临床医生可操作的层面加以控制管理:(1)根据危险因素识别高危患者并警惕 DRT 的发生。(2)手术操作应更加规范,确定植入装置的大小以及植入的位置,避免发生装置周围残余漏。(3)术后最佳抗栓治疗目前并无统一标准,还需后续研究进一步确定方案。现可根据患者的具体情况进行规律的个体化用药。(4)术后对患者进行规律的随访,及时检出 DRT 并予以积极治疗。(5)统一判断 DRT 的经食管心脏彩超或影像学诊断标准。另一方面,左心耳封堵器的设

计和材料的优化可降低 DRT 的发生风险:(1)减少装置中暴露的金属面积,如新一代 Watchman FLX 和 Amulet 封堵器,两种封堵器目前的数据均表明减少了 DRT 的发生,但仍需更多的研究来进一步证实。(2)左心耳封堵器被覆膜大多分为聚酯膜、聚四氟乙烯薄膜和聚氨酯膜等。现在新型材料在左心耳封堵器中开始了初期探索研究,有望使得封堵器被覆膜具有更快速促进内皮化和生物降解等优点,进而减少 DRT 的发生。

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