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替格瑞洛联合瑞替普酶溶栓治疗对急性 ST 段抬高型心肌梗死疗效及预后的影响

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摘要:目的 探讨替格瑞洛联合瑞替普酶(rPA)溶栓治疗对急性 ST 段抬高型心肌梗死(STEMI)疗效及预后的影响。方法 选择 2019—2020 年该院收治的 62 例 STEMI 患者为研究对象,按照随机数字表法将患者分为对照组(rPA 溶栓治疗)和观察组(替格瑞洛联合 rPA 治疗),每组 31 例。比较 2 组治疗后的血管再通率,治疗前、治疗 2 周时左室收缩末期容积(LVESV)、左室舒张末期容积(LVEDV)、左室射血分数(LVEF)和 6 min 步行距离(6-MWD),治疗前、治疗 3 d 时、7 d 时的血清超敏 C 反应蛋白(hs-CRP)、内皮细胞特异性分子 1(ESM-1)水平,以及不良心脏事件发生情况。结果 观察组治疗 60、90、120 min 时的血管再通率明显高于对照组($P<0.05$)。2 组治疗 2 周时 LVEF、LVESV、LVEDV 较治疗前均升高,6-MWD 较治疗前增加,且观察组 LVEF、LVESV、LVEDV 较对照组更高,6-MWD 较对照组更长($P<0.05$)。治疗后观察组 hs-CRP、ESM-1 水平低于对照组($P<0.05$)。2 组再梗死、心绞痛、心力衰竭和死亡等不良心脏事件发生率差异无统计学意义($P>0.05$)。结论 替格瑞洛联合 rPA 溶栓治疗 STEMI,可降低体内炎症因子水平,提高血管再通率,改善心脏功能,值得临床推广。

关键词:替格瑞洛; 瑞替普酶; 溶栓治疗; 急性 ST 段抬高型心肌梗死

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Influence on efficacy and prognosis of ticagrelor combined with reteplase thrombolysis therapy in acute ST-segment elevation myocardial infarction

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Abstract: **Objective** To investigate the influence on efficacy and prognosis of ticagrelor combined with reteplase thrombolytic therapy in acute ST-segment elevation myocardial infarction (STEMI). **Methods** A total of 62 patients with STEMI who were treated in this hospital from 2019 to 2020 were selected as the research objects, and they were divided into the control group (rPA thrombolysis therapy) and the observation group (ticagrelor combined with rPA therapy) according to the random number table method, with 31 cases in each group. The clinical outcomes of the two groups were compared, such as vascular recanalization rate, left ventricular end-systolic volume (LVESV), left ventricular end-diastolic volume (LVEDV), left ventricular ejection fraction (LVEF) and 6-min walking distance (6-MWD) before and 2 weeks after treatment, the serum levels of high-sensitivity C-reactive protein (hs-CRP) and endothelial cell-specific molecule 1 (ESM-1) before treatment, 3 days and 7 days after treatment, and adverse cardiac events. **Results** The vascular recanalization rate of the observation group was significantly higher than that of the control group at 60, 90 and 120 min of treatment ($P<0.05$). After 2 weeks of treatment, LVEF, LVESV and LVEDV in the two groups were all higher than those before treatment, and 6-MWD increased compared with that before treatment. LVEF, LVESV and LVEDV in the observation group were higher than those in the control group, and the 6-MWD in the observation group was longer than that in the control group ($P<0.05$). After treatment, the levels of hs-CRP and ESM-1 in the observation group were lower than those in the control group ($P<0.05$). There was no statistical significance in the difference of the incidence of adverse cardiac events such as re-myocardial in-

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fraction, angina pectoris, heart failure and death between the two groups ($P > 0.05$). **Conclusion** Ticagrelor combined with rPA thrombolysis therapy in the treatment of STEMI can reduce the level of inflammatory factors in the body, increase the vascular recanalization rate, and improve cardiac function, which is worthy of clinical promotion.

Key words: ticagrelor; reteplase; thrombolysis therapy; acute ST-segment elevation myocardial infarction

急性心肌梗死作为心内科一类常见病,是在冠状动脉粥样硬化的基础上,由急性、持续缺血缺氧引发的心肌坏死疾病,具有病情凶猛、进展速度快和预后差等特点。目前,心肌梗死患者人数正不断增多,且发病呈现年轻化趋势,已经严重威胁到患者生命健康^[1]。急性 ST 段抬高型心肌梗死(STEMI)属于心梗常见类型之一,主要症状包含胸痛、恶心、呕吐、呼吸困难以及大汗等^[2-3]。当前,STEMI 常采用静脉溶栓治疗,而溶栓药物的选择至今尚未统一,不同溶栓药物所带来的效果各不相同,其中瑞替普酶(rPA)为第三代溶栓药物,血管开通率高,能有效预防血栓形成;替格瑞洛作为有效的抗血小板药物,在临床应用广泛^[4-5]。基于此,本研究分析了替格瑞洛联合 rPA 溶栓治疗的具体价值,现报道如下。

1 资料与方法

1.1 一般资料 选择 2019—2020 年本院收治的 STEMI 患者共 62 例作为研究对象。纳入标准:(1)符合《急性 ST 段抬高型心肌梗死诊断和治疗指南(2019)》^[6]中相关诊断标准,同时结合心电图、实验室检查确诊;(2)心功能分级在Ⅳ级以下;(3)临床资料完整。排除标准:(1)存在其他的心脑血管病者;(2)哺乳期或者妊娠期者;(3)肝、肾功能存在异常者;(4)伴过敏性休克者;(5)低血容量休克者;(6)右心室梗死者。按随机数字表法将患者分为对照组、观察组,每组 31 例。2 组性别构成、年龄、基础疾病及心肌梗死部位比较,差异均无统计学意义($P > 0.05$),具有可比性,见表 1。本研究经医学伦理委员会许可,患者或其家属知情同意并签署知情同意书。

表 1 2 组一般资料比较

组别	n	性别(n)		基础疾病(n)				年龄($\bar{x} \pm s$, 岁)	心肌梗死部位(n)			
		男	女	高血压	冠心病	糖尿病	无基础疾病		前壁	广泛前壁	下壁	下壁+正后壁
对照组	31	17	14	9	6	4	12	62.45±3.60	9	7	6	9
观察组	31	18	13	10	5	5	11	62.50±3.54	10	8	6	7
χ^2/t		0.066			0.298			0.055		0.369		
P		0.798			0.960			0.956		0.947		

1.2 方法

1.2.1 治疗方案 所有患者均服用阿司匹林(规格:每片 100 mg,拜耳医药保健有限公司,国药准字 J20171021)100 mg,每日 1 次。对照组给予 rPA[规格:每瓶 5.0 MU,爱德药业(北京)有限公司,国药准字 S20030095]治疗,rPA 应 10 MU+10 MU 分 2 次静脉注射(每次取 rPA 10 MU 溶于 10 mL 注射用水中,缓慢静脉推注 2 min 以上,2 次间隔 30 min),注射时应该使用单独的静脉通路,注意不能与其他药物混合给药。观察组在对照组用药基础上予以替格瑞洛(规格:每片 90 mg,阿斯利康制药有限公司,国药准字 H20130058)180 mg 口服,结束溶栓后予以 90 mg 口服,每日 2 次。治疗时间为 1 个月,治疗期间注意观察患者的不良反应。

1.2.2 炎症因子检测 抽取所有患者治疗前、治疗

3 d 时、治疗 7 d 时的清晨空腹静脉血 5 mL,以 2 500 r/min 离心 10 min,分离血清,采用酶联免疫吸附试验检测超敏 C 反应蛋白(hs-CRP)、内皮细胞特异性分子 1(ESM-1)水平,配套的试剂盒均由赛默飞世尔科技(中国)有限公司提供。

1.2.3 观察指标 (1)血管再通率。观察溶栓后 30、60、90、120 min 时的血管再通情况。血管再通的间接判定指标^[7]:①30~90 min 抬高的 ST 段至少回落 50%;②2 h 内胸痛症状明显缓解;③溶栓治疗后 2~3 h 出现再灌注心律失常。符合①+②、①+③或①+②+③组合时判定为再通。(2)心功能。分别在治疗前和治疗 2 周时检测 2 组的左室收缩末期容积(LVESV)、左室舒张末期容积(LVEDV)、左室射血分数(LVEF)和 6 min 步行距离(6-MWD)。通过心功能状态监测仪检测 LVESV、LVEDV,并计算

LVEF, 计算公式: $LVEF = (LVEDV - LVESV) / LV-EDV \times 100\%$ 。6-MWD 由护士指导患者结合自身能力步行, 然后测量患者 6 min 的平地行走距离。(3) 不良心脏事件。随访 3 个月, 统计 2 组再梗死、心绞痛、心力衰竭和死亡等不良心脏事件发生情况。

1.3 统计学处理 采用 SPSS23.0 统计软件处理数据。符合正态分布的计量资料以 $\bar{x} \pm s$ 表示, 2 组间比较采用独立样本 t 检验, 治疗前后比较采用配对样本 t 检验; 计数资料以频数、率表示, 比较采用 χ^2 检验。以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 2 组治疗后各时间节点血管再通情况比较 2 组治疗 30 min 时的血管再通率差异无统计学意义 ($P > 0.05$); 观察组治疗 60、90、120 min 时的血管再通率明显高于对照组 ($P < 0.05$), 见表 2。

2.2 2 组治疗前、治疗 2 周时心功能各项指标比

较 治疗前, 2 组心功能各项指标差异无统计学意义 ($P > 0.05$); 治疗 2 周时 2 组 LVEF、LVESV、LV-EDV 较治疗前均升高, 6-MWD 较治疗前增加, 且观察组 LVEF、LVESV、LV-EDV 较对照组更高, 6-MWD 较对照组更长 ($P < 0.05$), 见表 3。

2.3 2 组治疗前、治疗 3 d 时、治疗 7 d 时 hs-CRP、ESM-1 水平比较 治疗前, 2 组 hs-CRP、ESM-1 水平差异无统计学意义 ($P > 0.05$); 治疗 3 d 时、7 d 时与对照组相比, 观察组 hs-CRP、ESM-1 水平更低, 差异有统计学意义 ($P < 0.05$), 见表 4。

表 2 2 组治疗后各时间节点血管再通情况比较 [$n(\%)$]

组别	<i>n</i>	30 min	60 min	90 min	120 min
观察组	31	16(51.61)	22(70.97)	25(80.65)	28(90.32)
对照组	31	13(41.94)	14(45.16)	17(54.84)	21(67.74)
χ^2		0.583	4.239	4.723	4.769
<i>P</i>		0.445	0.040	0.030	0.029

表 3 2 组治疗前、治疗 2 周时心功能各项指标比较 ($\bar{x} \pm s$)

组别	<i>n</i>	LVEF(%)		LVESV(mL)		LVEDV(mL)		6-MWD(m)	
		治疗前	治疗 2 周时	治疗前	治疗 2 周时	治疗前	治疗 2 周时	治疗前	治疗 2 周时
观察组	31	38.05 ± 4.62	54.75 ± 4.56 ^a	50.68 ± 12.60	60.12 ± 12.24 ^a	63.52 ± 18.65	75.56 ± 22.62 ^a	185.14 ± 36.25	368.96 ± 54.15 ^a
对照组	31	38.10 ± 4.40	45.86 ± 4.32 ^a	50.10 ± 11.35	53.25 ± 13.14 ^a	62.95 ± 10.02	65.25 ± 20.35 ^a	186.88 ± 40.78	282.56 ± 59.82 ^a
<i>t</i>		0.044	7.880	0.190	2.130	0.150	2.057	0.178	5.962
<i>P</i>		0.965	<0.001	0.850	0.037	0.881	0.044	0.860	<0.001

注: 与同组治疗前相比较, ^a $P < 0.05$ 。

表 4 2 组治疗前、治疗 3 d 时、治疗 7 d 时 hs-CRP、ESM-1 水平比较 ($\bar{x} \pm s$)

组别	<i>n</i>	hs-CRP(mg/L)			ESM-1(μg/L)		
		治疗前	治疗 3 d 时	治疗 7 d 时	治疗前	治疗 3 d 时	治疗 7 d 时
观察组	31	27.82 ± 1.45	12.81 ± 0.84	7.63 ± 0.84	1.89 ± 0.76	1.30 ± 0.41	1.32 ± 0.28
对照组	31	27.63 ± 2.14	14.62 ± 1.33	8.82 ± 1.33	1.85 ± 0.68	1.72 ± 0.62	1.58 ± 0.26
<i>t</i>		0.409	6.406	4.212	0.218	3.146	3.789
<i>P</i>		0.684	<0.001	<0.001	0.828	0.003	<0.001

2.4 2 组不良心脏事件发生情况比较 2 组不良心脏事件发生率差异无统计学意义 ($P > 0.05$), 见表 5。

表 5 2 组不良心脏事件发生情况比较

组别	<i>n</i>	再梗死 (<i>n</i>)	心绞痛 (<i>n</i>)	心力衰竭 (<i>n</i>)	死亡 (<i>n</i>)	发生率 (%)
观察组	31	1	1	0	0	6.45
对照组	31	1	1	2	0	12.90
χ^2						0.185
<i>P</i>						0.668

3 讨论

急性心肌梗死是临床上较为常见心血管系统疾

病, 其发病率约占心内科疾病的 60%, 并具有较高的病死率, 而 STEMI 是急性冠脉综合征中最危重的类型, 可引发心肌坏死, 对患者的生命安全构成极大的威胁^[8-9]。STEMI 是因多种因素所致的心脏供血动脉狭窄或闭塞, 引发心脏供血不足, 造成心肌坏死所致, 同时血栓形成, 诱发大量炎症因子分泌^[10]。目前, 静脉溶栓是治疗 STEMI 的主要方案, 良好的抗血小板治疗是静脉溶栓治疗的前提, 但仍有部分患者在接受规范的双联抗血小板治疗后仍然出现血栓和出血事件, 影响疗效及预后, 因此急需选择一种更加强效的抗血小板药物。替格瑞洛作为一种新型、直接的腺

苷二磷酸 (ADP) 受体 P2Y₁₂ 抑制剂也就应运而生^[11-12]。

替格瑞洛是新型的抗血小板药物,与氯吡格雷作用机制较相似,其能直接作用于 P2Y₁₂ 受体,可强效、快速地抑制 ADP 介导的血小板聚集,且有效性不受肝脏影响,而 rPA 属于组织型纤溶酶原激活剂,其具有以下优点:(1)溶栓活性好、体内半衰期长、不良反应少;(2)能与栓塞部位血栓的纤维蛋白及纤溶酶原结合形成复合体,使纤维酶原变为纤溶酶,溶解纤维蛋白速度加快,进而更好、更快地提高血管再通率。本研究结果显示,观察组治疗 60、90、120 min 时的血管再通率均较对照组高 ($P < 0.05$)。这与 MODIN 等^[2]报道的 rPA 血管再通率 (86.00%) 明显高于阿替普酶 (76.00%) 的结果相似。由此可见, rPA 联合替格瑞洛能有效提高血管再通率。本研究结果还显示,治疗后观察组的 LVEF、LVESV、LVEDV 比对照组更高, 6-MWD 比对照组更长 ($P < 0.05$)。rPA 为第三代溶栓药物,是重组人组织型纤溶酶原激活酶 (rt-PA) 衍生物,它是 rt-PA 的单链非糖基化缺失变异体,因其缺失了 rt-PA 的指状结构区,而只保留了 K2 区,使 rPA 对纤维蛋白的亲合力减弱,同时具有很强的纤维蛋白选择性,优先激活与纤维蛋白相结合的纤维蛋白溶酶原,提高溶栓效果和速度,其与抗血小板药物联合发挥协同作用,提高血管再通率,促使心功能恢复^[16-18]。另外,与对照组比较,治疗后观察组 hs-CRP、ESM-1 水平更低 ($P < 0.05$)。CRP 作为一种典型的炎症标志物,具有较高的灵敏度和特异度;而 ESM-1 是由内皮细胞分泌的一种新型生物标志物,主要反映内皮功能是否紊乱。采用替格瑞洛与 rPA 联合应用可改善体内缺血缺氧环境,抑制体内免疫炎症反应,同时改善血管内皮功能^[19-20]。本研究还发现,2 组再梗死、心绞痛、心力衰竭和死亡等不良心脏事件发生率差异无统计学意义 ($P > 0.05$)。这一结论可能与本研究样本较少,研究时间较短有关,故本研究存在相对不足。

综上所述,替格瑞洛联合 rPA 溶栓治疗 STEMI,可降低体内炎症因子水平,提高血管再通率,改善心脏功能,值得临床推广。

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