

输尿管嵌顿性结石诊治的研究进展

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[摘要] 输尿管嵌顿性结石长期嵌入输尿管壁,易引起息肉形成及狭窄,术中结石难以暴露,并发症发生风险高,最佳治疗方式存在争议。因此明确结石嵌顿危险因素有助于早期确诊,选择最佳治疗方案。目前有大量研究探讨其危险因素及外科治疗方式。本文结合国内外研究报道,针对输尿管嵌顿性结石形成危险因素及外科治疗方式进行综述,探讨术前预测和手术方案,以期临床诊治提供参考。

[关键词] 嵌顿性结石;危险因素;治疗

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Research progress in diagnosis and treatment of incarcerated ureteral calculi

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Abstract The incarcerated ureteral calculi which embedded in the ureteral wall for a long time are prone to cause polyp formation and stenosis. The stones are difficult to be exposed and complications are at high risk in surgical operation. The best treatment is controversial. Therefore, identifying the risk factors for incarcerated calculi is helpful for early diagnosis and optimal treatment. At present, a large number of studies have discussed the risk factors and surgical treatment methods of the incarcerated ureteral calculi. In this paper, combined with domestic and foreign research reports, the risk factors and surgical treatment methods of incarcerated calculi were reviewed to discuss preoperative prediction and surgical plan, in order to provide reference for clinical diagnosis and treatment.

Key words incarcerated calculi; risk factors; treatment

输尿管结石是临床常见尿路结石类型之一,占所有泌尿系统结石的 20%,其上、中、下段结石自行排出概率分别为 22%、46%、71%^[1-2]。停留在输尿管中的结石极易形成嵌顿性结石,但相关文献对其诊断及定义尚未完全统一,主要为:①结石停留在输尿管同一位置时间超过 2 个月,有文献定义为 1 个月;②术中导丝或导管无法通过结石梗阻部位;③在静脉尿路造影或 CT 尿路造影时阻止显影剂流到结石下方^[3-5]。此 3 项同时满足或者满足 1~2 项,不同文献均有采用。这类结石特殊、复杂,易造成输尿管及周围组织炎症水肿和上尿路梗阻、结石包裹,长期上尿路梗阻易引发肾积水、积脓,诱发脓毒症甚至死亡^[6]。包裹结石常规手术方式难以清除,术中输尿管壁损伤、出血、穿孔及术后输尿管狭窄等发生风险高^[7]。因此输尿管嵌顿性结石

的及早诊断和针对性干预尤为重要。

1 嵌顿性结石形成危险因素及预测指标

目前嵌顿结石的临床诊断标准为结石引起输尿管梗阻并停留在同一部位的时间 ≥ 2 个月。诊断需时较长,大部分患者因梗阻症状严重就诊时并未达到 2 个月^[1]。且术前静脉尿路造影评估或术中验证均为侵入性检查,结石的嵌塞是一个时间依赖的过程,在此期间,输尿管的损伤同时在加剧。因此,寻找更加灵敏且非侵入性临床指标辅助早期诊断非常重要。

1.1 尿路感染

结石在输尿管内向下移动时会导致其狭窄或损伤,这极易引起感染,加速肾功能丧失。因此尿路感染严重程度与结石嵌塞可能存在相关性,尿培养阳性作为结石嵌塞引起的梗阻性尿路病变结果可能作为嵌顿的一个预测因子^[8]。另有研究表明,血清急性期反应物(C-反应蛋白和红细胞沉降率)的水平与结石嵌顿部位的输尿管壁厚度(ureteral

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wall thickness, UWT)密切相关,即评价血清急性期反应物可以预测 UWT 从而评估结石是否嵌塞及严重程度。但也有报道认为尿液甚至血清学指标并不能很好地协助诊断^[2,9]。尿路感染相关指标可能对于结石嵌顿有一定的预示作用,但并无研究明确显示其可以作为独立诊断标准。

1.2 结石因素

结石是否发生嵌顿,其负荷、成分、表面积等本身因素可能是关键,负荷越大的结石更易停留于输尿管内,对输尿管壁造成压力诱发输尿管壁缺血、刺激输尿管水肿和纤维化包裹结石导致嵌顿。有研究表明,因输尿管中部更容易受到结石和髂血管的压迫,输尿管中段结石可能更易嵌塞^[10]。多项研究表明,结石 CT 值是嵌顿性结石的独立预测因素,随着 CT 值的增加其硬度增加,导致碎石困难,结石残余更易嵌顿。因此结石 CT 值联合结石长径在预测治疗后输尿管结石嵌顿方面可能具有较高的诊断价值及效能^[4,11]。

1.3 输尿管因素

在结石嵌顿过程中,结石与输尿管之间的相互作用会导致输尿管的组织或病理学改变,对输尿管的评估可能会更有效地预测结石状态。近年来国内外出现了许多新的 CT 参数的研究,如结石处 UWT、输尿管壁面积(ureteral wall area, UWA)、输尿管直径和输尿管与结石直径之比等^[11-12]。同时有研究表明,结石上方、周围和下方 UWT、结石周围 UWA 这 4 个指标联合可在术前良好预测结石状态^[13]。尽管 UWT、UWA 是近年来公认的良好预测指标,但对于界值的研究差异较大,且多为单中心的回顾性研究,未来仍需更多大样本及前瞻性的研究为术前预测结石嵌顿提供更好的指标。

1.4 其他因素

有研究表明,同侧结石治疗史是结石嵌顿的危险因素,具体原因尚未明确,但可能与既往治疗的炎症及损伤相关。另外,体外冲击波碎石术(extracorporeal shock wave lithotripsy, ESWL)可增加输尿管壁的炎症和水肿,可能也参与了结石嵌顿过程^[1,14]。当结石嵌顿造成上尿路梗阻时会影响肾血流量,因此有研究表明使用多普勒超声测量 RI 值,当其高于 0.74 时结石嵌顿的诊断阳性预测值可达到 94.8%;若同时合并 UWT 增加、肾积水程度较高、输尿管口喷射缺失,诊断准确率可达到 96.9%^[15]。近年来多项研究建立了结石嵌顿模型或公式来帮助术前预测结石是否嵌顿,其主要以患者年龄、肾积水程度、结石大小、结石 CT 值或结石处 UWT 和 UWA 等为评价指标,并建议高风险患者术前使用受体阻滞剂治疗,降低手术风险^[1,13,16]。

目前关于输尿管嵌顿性结石的术前预测主要依靠影像学指标,结石处 UWT 和 UWA 可能为有

效的预测因素,多个指标联合建立有效模型更为可靠,但目前已有的研究指标并不统一,测量难易程度不一,尚未有统一模型可用于临床。

2 外科治疗

尿路结石的治疗目的在于最大限度地去除结石、控制尿路感染、保护肾功能及有效降低术中及术后远期并发症^[17]。输尿管嵌顿性结石往往会导致严重的上尿路梗阻,增加肾盂压力,导致毒素或细菌反流进入血液循环引起感染^[18]。当嵌顿性结石导致的上尿路梗阻发生感染时,AUA 和 EAU 指南都建议使用输尿管支架或经皮肾造瘘紧急减压^[19]。在 Kocatürk 等^[20]的研究中,放置输尿管支架管可使患者肾脏功能和形态学有效恢复,留置时间至少为 4 周。但是支架管长期留置可导致生物膜形成、支架相关尿路感染,使进一步手术复杂化、支架管难以取出或发生后脓毒症,且尿路感染发生风险会随着支架停留时间的延长而增加^[21]。一项纳入 172 例患者的研究表明,当支架停留时间超过 1 个月时,术前尿路感染比例将从 4.3% 增加为 26.2%^[22]。因此建议输尿管支架管最佳停留时间为 1 个月。目前临床上常用的嵌顿性结石治疗方式为 ESWL、经尿道输尿管镜碎石取石术(ureteroscopic lithotripsy, URS)、经皮肾镜取石术(percutaneous nephrolithotomy, PCNL)和后腹腔镜输尿管切开取石术(retroperitoneal laparoscopic ureterolithotomy, RLU)^[23]。但嵌顿性结石因结石包裹、息肉形成、输尿管狭窄等缺乏空间膨胀特性,ESWL 疗效下降,国内指南不建议对嵌顿性结石行 ESWL,最佳的治疗方式仍存在争议^[1,24]。

2.1 URS

与非嵌顿性结石相比,输尿管镜治疗嵌顿性结石无石率较低,术中及术后并发症发生率较高^[2]。硬镜主要用于治疗输尿管中、下段结石且当输尿管存在狭窄、扭曲或炎性息肉包裹结石时难以到达结石位置或增加并发症发生风险,一般不单独用于治疗嵌顿性结石^[25]。软镜可以到达输尿管上段,用于治疗输尿管全段结石,在治疗嵌顿结石时气压碎石及钬激光碎石为常用方式。气压碎石采用机械能,避免了热损伤,而对于硬度较大的结石,钬激光碎石效率更高但热损伤风险大^[26]。Yang 等^[27]回顾性分析了 280 例嵌顿性结石患者,发现对于近端嵌顿性结石,钬激光碎石清石率高于气动碎石(88.33% vs 70.31%, $P=0.005$),局部黏膜损伤、血尿、发热性尿路感染、输尿管穿孔、尿脓毒症等并发症发生率无明显差异。但术中二者皆存在术野清晰度不够及结石迁移等困难^[26]。

不同体内碎石装置的使用可能是影响 URS 治疗嵌顿性结石有效性的因素。EAU 和 AUA 指南均建议在输尿管镜治疗结石时应使用安全导丝,可有

效减少术中输尿管损伤,便于术后置入输尿管支架管^[28]。既往相关文献也提示,复杂尿路结石尤其是嵌顿结石患者碎石前应使用安全导丝^[29]。负压吸引鞘的使用可以帮助改善灌注条件,防止肾内压力的增加^[30]。嵌顿结石患者输尿管常扭曲,故手术进镜至输尿管上段时可采用“双导丝”法(亲水导丝可作为最佳选择)或可术前使用受体阻滞剂便于进镜^[29,31]。同时对于嵌顿性结石直接采用软镜一次性碎石相较于硬镜联合软镜的方式更具有优势,但要避免在结石黏附部位直接碎石^[32]。对于一些结石负荷较小的老年输尿管嵌顿性结石患者,因其难以耐受复杂术式,可选择输尿管镜联合封堵取石导管治疗,阻拦结石漂移,提高清石率^[33]。

在URS术中采用一些策略避免医源性输尿管损伤及术后狭窄是必要的,如:使用4.5~6.5 Fr输尿管镜并将结石碎片冲洗至远离嵌顿和输尿管病变部位,有利于避免术后炎症反应;同时术中激光纤维尖端保持在结石中央,尽量使用短脉冲模式减少灌洗液温度升高,可避免对输尿管黏膜的热损伤;摩西(MOSES)激光通过减少术中的结石移位,可降低输尿管软镜碎石术(flexible ureteroscopic lithotripsy, FURL)术后结石残留风险,预防术后尿路梗阻的发生;术后放置输尿管支架管引流尿液;术后影像学检查、定期随访确定结石残留情况和输尿管梗阻情况^[34-37]。在输尿管嵌顿性结石治疗方式的选择上,URS因体表无创口,创伤更小,更容易被接受,但要根据患者具体情况选用不同的辅助装置提高有效性,严重肾积水时,也可在术前行经皮肾造瘘术提高无石率^[38]。

2.2 PCNL

PCNL作为微创技术是处理上尿路大负荷结石及嵌顿性结石的一线治疗方案,其优势在于大多数嵌顿性结石患者易出现输尿管及肾盂积水,使PCNL穿刺更容易安全,操作空间大,视野更清晰^[24]。因此对于近端嵌顿性结石,尤其结石 ≥ 1.5 cm或合并肾结石时,PCNL较逆行肾内手术疗效可能更佳^[39]。缺点在于穿刺鞘必须经过肾脏,一定程度上造成肾损伤,虽研究表明PCNL对肾脏功能无明显影响,但有可能增加出血以及感染等并发症发生风险^[40]。因此术中穿刺通路的选择应慎重,多数情况下因为从肾下盏到输尿管为锐角,选择上或中盏优于下盏^[41]。

另外有研究表明,相比RLU和腔内手术,PCNL尤其是微创经皮肾镜碎石取石术(minimally invasive PCNL, mini-PCNL)在单侧输尿管上段嵌顿性结石治疗中,手术成功率和结石清除率相似,但mini-PCNL创口小,恢复时间短,且安全性相对较高^[42]。需要注意的是,mini-PCNL可能带来更高的肾内压力,导致感染风险增加,但可以通过术

前有效控制感染、控制手术时间、降低肾盂内压等方式来降低感染的风险^[5,43]。此外,王官平^[44]研究表明,对于嵌顿性输尿管上段结石,无管化mini-PCNL治疗的效果优于TURL,建议在满足术中无明显活动性出血、结石清除干净、无集合系统穿孔时,无需留置肾造瘘管,便于加快患者术后恢复。

2.3 RLU

RLU手术操作复杂,住院周期长,手术及麻醉风险高,当患者存在解剖学原因(肾内集合系统解剖异常、肾盂输尿管交界处梗阻或狭窄、肾脏下垂伴旋转不良等)或多种腔内手术治疗失败及存在禁忌时,RLU可作为备选方案采用^[45]。在嵌顿结石治疗中,URS和PCNL由于集合管系统压力增加、结石难以暴露等因素,RLU可能更多被选用。

有学者在CT下测定结石嵌顿处UWT,发现当UWT > 3.49 mm时,会出现明显的输尿管水肿及结石固定,造成腔内手术清石率下降,可考虑行RLU^[46]。同时RLU避免了术中肾脏灌注,有效降低了术后感染发生率,因此对于合并感染的嵌顿结石,RLU可作为更佳选择^[47]。尽管RLU手术过程复杂,尿瘘及输尿管狭窄发生率相对较高,但对于大嵌顿性结石(> 1.5 cm)其成功率较高且并发症发生率更低^[48]。同时RLU手术方式的改进或许可以降低并发症的发生,如使用腹腔镜血管剪刀或手术刀打开输尿管可有效降低术后输尿管狭窄的发生;术中采用经皮缝合-包裹法及缝合前置入双J管有效避免结石进入肾脏及尿液漏出等^[49]。对于移位结石,可利用RLU联合腹腔镜端口腔内碎石避免再次穿刺,有效保证手术安全性^[50]。

3 展望

随着基础研究的深入发展以及医学设备与技术的不断进步,输尿管嵌顿性结石的术前诊断及治疗方法也在改变,但目前关于结石是否嵌顿,尚缺乏明确的非侵入性诊断体系,需要不断探索,明确嵌顿性结石形成因素,寻找更为简便、诊断效能更好的指标。同时由于结石本身复杂性及嵌顿部位的差异,并没有一种能适合所有输尿管嵌顿性结石的治疗方法。mini-PCNL和RUL更适用于 ≥ 1.5 cm的输尿管上段嵌顿性结石,URL可能更适合不宜全身麻醉、输尿管中下段结石及需经尿道输尿管镜手术治疗的患者。另外PCNL和URS联合治疗输尿管近端大结石输血率低、无重大并发症、结石清除率高、术后住院时间短,是一种安全有效的治疗方法^[51]。因此URS、mini-PCNL、RLU等微创治疗模式或几种治疗方式联合应用可成为输尿管嵌顿性结石的主流治疗方案,与此同时,有丰富腹腔镜手术经验的泌尿外科医生在决定治疗大输尿管结石的最佳方法时,拥有更佳选择。

嵌顿性结石的临床治疗需要综合考虑结石(如

大小、硬度、位置等)、患者(如肾积水的程度、肾功能、身体及经济状况等)、医院的设备以及医师的技术水平与习惯等因素,制定个性化的治疗方案,做出有利于患者的选择。

利益冲突 所有作者均声明不存在利益冲突

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