



· 疗效比较研究 ·

药物治疗与射频消融术对中频右心室流出道室性期前收缩患者影响的对比研究

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【摘要】 **目的** 比较药物治疗与射频消融术对中频右心室流出道室性期前收缩 (PVC) 患者的影响。**方法** 选取 2016 年 9 月—2018 年 12 月大连大学附属中山医院心脏中心收治的中频右心室流出道 PVC 患者 40 例, 根据治疗方法分为药物治疗组和射频消融组, 每组 20 例。药物治疗组患者给予酒石酸美托洛尔片治疗, 射频消融组患者行射频消融术。比较两组患者治疗前及治疗 6 个月后心功能指标 [包括左心室舒张末期内径 (LVEDD)、左心房内径 (LAD)、左心室射血分数 (LVEF)、舒张早期血流峰值流速 (E 峰)、舒张晚期血流峰值流速 (A 峰)、E/A 比值、E/左房室瓣环舒张早期运动峰值 (Ea) 比值]、PVC 次数、心率及一般健康评分差值、生理功能评分, 并观察两组患者治疗期间不良反应 / 并发症发生情况。**结果** (1) 两组患者治疗前 LVEDD、LAD、LVEF、E 峰、A 峰、E/A 比值、E/Ea 比值及治疗 6 个月后 LVEDD、LAD、LVEF、E 峰、E/A 比值比较, 差异无统计学意义 ($P>0.05$); 射频消融组患者治疗 6 个月后 A 峰慢于药物治疗组, E/Ea 比值低于药物治疗组 ($P<0.05$)。射频消融组患者治疗 6 个月后 LAD 短于治疗前, E/Ea 比值低于治疗前 ($P<0.05$)。(2) 两组患者治疗前 PVC 次数、心率、生理功能评分及治疗 6 个月后生理功能评分比较, 差异无统计学意义 ($P>0.05$); 射频消融组患者治疗 6 个月后 PVC 次数少于药物治疗组, 治疗 6 个月后心率、治疗前及治疗 6 个月后一般健康评分差值高于药物治疗组 ($P<0.05$)。药物治疗组、射频消融组患者治疗 6 个月后 PVC 次数少于治疗前, 药物治疗组患者治疗 6 个月后心率低于治疗前 ($P<0.05$)。(3) 治疗期间药物治疗组患者出现心动过缓 2 例。**结论** 与药物治疗相比, 射频消融术可更有效地改善中频右心室流出道 PVC 患者左心室舒张功能, 减少 PVC 次数, 提高患者一般健康水平, 且安全性较高。

【关键词】 室性期前收缩; 右心室流出道; 药物治疗; 导管消融术, 射频; 疗效比较研究

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Impact on Patients with Medium-frequency Premature Ventricular Contractions in Right Ventricular Outflow Tract between Drug Therapy and Radiofrequency Ablation: a Comparative Study

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【Abstract】 **Objective** To compare the impact on patients with medium-frequency premature ventricular contractions (PVC) of right ventricular outflow tract between drug therapy and radiofrequency ablation. **Methods** From September 2016 to December 2018, a total of 40 patients with medium-frequency PVC of right ventricular outflow tract were selected in the Heart Center, Zhongshan Hospital Affiliated to Dalian University, and they were divided into drug therapy group and radiofrequency ablation group according to the therapeutic methods, with 20 cases in each group. Patients in drug therapy group received metoprolol tartrate, while patients in radiofrequency ablation group received radiofrequency ablation. Comparison of index of cardiac function (including LVEDD, LAD, LVEF, E velocity, A velocity, E/A ratio and E/Ea ratio), occurrence number of PVC, heart rate, as well as difference of general health score and physiological function score were made between the two groups before treatment and 6-month later, moreover incidence of adverse reactions/complications were observed during treatment. **Results** (1) No statistically significant difference of LVEDD, LAD, LVEF, E velocity, A velocity, E/A ratio or E/Ea ratio was found between the two groups before treatment, nor was LVEDD, LAD, LVEF, E velocity or E/

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A ratio 6-month later ($P>0.05$); compared with that before treatment, A velocity and E/Ea ratio in radiofrequency ablation group were statistically significantly lower than those in drug therapy group 6-month later ($P<0.05$). Compared with that before treatment, LAD was statistically significantly shorter and E/Ea lower in radiofrequency ablation group 6-month later ($P<0.05$).

(2) No statistically significant difference of occurrence number of PVC, heart rate or physiological function score was found between the two groups before treatment, nor was physiological function score 6-month later ($P>0.05$); occurrence number of PVC in radiofrequency ablation group was statistically significantly less than that in drug therapy group 6-month later, while heart rate and difference of general health score in radiofrequency ablation group were statistically significantly higher than those in drug therapy group ($P<0.05$). Compared with that before treatment, occurrence number of PVC in drug therapy group and radiofrequency ablation group was statistically significantly less 6-month later, respectively, meanwhile heart rate in drug therapy group was statistically significantly lower ($P<0.05$). (3) Only 2 cases in drug therapy group occurred bradycardia during treatment. **Conclusion** Compared to drug therapy, radiofrequency ablation can more effectively improve the left ventricular diastolic function and general health level in patients with medium-frequency PVC of right ventricular outflow tract, as well as reduce the occurrence of PVC, with higher safety.

【Key words】 Premature ventricular contractions; Right ventricular outflow tract; Drug therapy; Catheter ablation, radiofrequency; Comparative effectiveness research

室性期前收缩(PVC)主要以安慰治疗、药物治疗、射频消融术治疗为主,研究表明,抗心律失常药物是消除PVC的有效非侵入性治疗方法^[1],但可增加PVC患者心律失常发生风险,且患者对药物个体反应不同,临床效果存在差异,因此药物治疗可在症状不典型或未达至心肌病诊断标准时应用^[2-4]。对高频次、高负荷的PVC患者,导管射频消融术的治疗优势日益显现,其具有高效性、安全性、简单易行^[5-7];但有研究表明,应根据个体情况并合理选用射频消融术^[8-9]。目前对于非结构性心脏病伴中频PVC患者的治疗措施及预后判断缺乏大量循证证据。本研究旨在比较药物治疗与射频消融术对中频右心室流出道PVC患者的影响,现报道如下。

1 资料与方法

1.1 一般资料 选取2016年9月—2018年12月大连大学附属中山医院心脏中心收治的中频右心室流出道PVC患者40例。纳入标准:(1)年龄 ≤ 75 岁;(2)经12导联心电图检查诊断为PVC,且起源于右心室流出道;(3)10 000次/24 h \leq PVC次数 <20 000次/24 h。排除标准:(1)合并器质性心脏病者;(2)长期或经常服用抗心律失常药物者;(3)有心脏相关手术史者,如冠状动脉旁路移植术、射频消融术、瓣膜置换术等;(4)合并高血压、糖尿病者;(5)伴有肝、肾功能异常者;(6)合并恶性肿瘤者。根据治疗方法将所有患者分为药物治疗组和射频消融组,每组20例。两组患者年龄、男性比例、病程、QRS波宽度、联律间期、短阵室性心动过速发生率、插入性PVC发生率、24 h内全部窦性R-R间

期的标准差(SDNN)、逆行P波发生率、不良习惯评分比较,差异无统计学意义($P>0.05$,见表1),具有可比性。本研究经大连大学附属中山医院医学伦理委员会审核批准,所有患者签署知情同意书。

1.2 方法

1.2.1 药物治疗组 药物治疗组患者给予酒石酸美托洛尔片(阿斯利康制药有限公司生产,国药准字H3205390)50 mg, 2次/d,连续治疗6个月。

1.2.2 射频消融组 射频消融组患者在美国强生公司生产的FG-4700-00 Carot3三维标测系统指导下进行射频消融术。术中对右心室流出道进行三维解剖重建及机动标测,并定位期前收缩时心室最早激动点,将在此处起搏且QRS波形态与临床期前收缩 ≥ 11 个导联作为消融靶点,以消融时期前收缩迅速消失或出现短阵加速性同源室性心动过速后期前收缩消失视为有效消融靶点,于靶点处巩固消融60 s,观察15 min,无期前收缩出现为消融成功。术后6个月患者无需口服其他抗心律失常药物。

1.3 观察指标

1.3.1 心功能指标 两组患者分别于治疗前及治疗6个月后采用飞利浦EPIQ 7C彩色多普勒超声诊断仪检测心功能指标,包括左心室舒张末期内径(left ventricular end diastolic dimension, LVEDD)、左心房内径(left atrial dimension, LAD)、左心室射血分数(LVEF)、舒张早期血流峰值流速(E峰)、舒张晚期血流峰值流速(A峰),均连续测量3个

表1 两组患者一般资料比较

Table 1 Comparison of general information between the two groups

组别	例数	年龄 ($\bar{x} \pm s$, 岁)	男性 [n(%)]	病程 ($\bar{x} \pm s$, 年)	QRS波宽度 ($\bar{x} \pm s$, ms)	联律间期 ($\bar{x} \pm s$, ms)	短阵室性心动 过速[n(%)]	插入性PVC [n(%)]	SDNN ($\bar{x} \pm s$, ms)	逆行P波 [n(%)]	不良习惯评分 ($\bar{x} \pm s$, 分)
药物治疗组	20	57.1 \pm 7.8	7(35)	3.7 \pm 1.3	150.9 \pm 8.4	467.6 \pm 35.6	4(20)	6(30)	122.9 \pm 35.7	7(10)	0.65 \pm 0.74
射频消融组	20	60.8 \pm 7.9	8(40)	3.4 \pm 1.1	148.0 \pm 6.0	451.0 \pm 24.4	5(25)	3(15)	118.3 \pm 46.1	10(5)	0.60 \pm 0.59
$t(\chi^2)$ 值		-1.489	0.107 ^a	0.703	1.257	0.683	0.143 ^a	1.290 ^a	0.357	0.921 ^a	0.234
P值		0.145	0.744	0.486	0.027	0.102	0.705	0.256	0.723	0.337	0.816

注:^a为 χ^2 值;PVC=室性期前收缩,SDNN=24 h全部窦性R-R间期标准差;不良习惯评分标准:吸烟:吸烟计1分,不吸烟计0分;饮酒:乙醇摄入量 >15 g或经常饮酒计2分,偶尔饮酒计1分,从不饮酒计0分;熬夜:以23:00为界,经常熬夜计2分,偶尔熬夜计1分,不熬夜计0分

窦性心动周期并取平均值, 计算 E/A 比值、E/ 左房室瓣环舒张早期运动峰值 (Ea) 比值^[10]。

1.3.2 PVC 次数及心率 两组患者分别于治疗前及治疗 6 个月采用 BI9900 动态心电图机检测 24 h PVC 次数及心率。

1.3.3 生活质量 采用健康状况调查简表 (SF-36)^[11] 评估两组患者治疗前及治疗 6 个月后生活质量, 该量表包括一般健康及生理功能两项, 其中一般健康评分 = (实际评分 - 5) / 20 × 100, 满分 70 分; 生理功能评分 = (实际评分 - 10) / 20 × 100, 满分 100 分; 一般健康、生理功能评分越高表明患者生活质量越高。比较两组患者治疗前及治疗半年一般健康评分差值、生理功能评分。

1.3.4 不良反应 / 并发症发生情况 观察两组患者治疗期间不良反应 / 并发症发生情况。

1.4 统计学方法 采用 SPSS 20.0 统计学软件进行数据分析, 符合正态分布的计量资料以 ($\bar{x} \pm s$) 表示, 组间比较采用两独立样本 *t* 检验, 组内比较采用配对 *t* 检验; 不符合正态分布的计量资料以 *M* (QR) 表示, 组间比较采用秩和检验; 计数资料分析采用 χ^2 检验。以 *P* < 0.05 为差异有统计学意义。

2 结果

2.1 心功能指标 两组患者治疗前 LVEDD、LAD、LVEF、E 峰、A 峰、E/A 比值、E/Ea 比值及治疗 6 个月后 LVEDD、LAD、

LVEF、E 峰、E/A 比值比较, 差异无统计学意义 (*P* > 0.05); 射频消融组患者治疗 6 个月后 A 峰慢于药物治疗组, E/Ea 比值低于药物治疗组, 差异有统计学意义 (*P* < 0.05)。射频消融组患者治疗 6 个月后 LAD 短于治疗前, E/Ea 比值低于治疗前, 差异有统计学意义 (*P* < 0.05, 见表 2)。

2.2 PVC 次数、心率及一般健康评分差值、生理功能评分 两组患者治疗前 PVC 次数、心率、生理功能评分及治疗 6 个月后生理功能评分比较, 差异无统计学意义 (*P* > 0.05); 射频消融组患者治疗 6 个月后 PVC 次数少于药物治疗组, 治疗 6 个月后心率、治疗前及治疗 6 个月后一般健康评分差值高于药物治疗组, 差异有统计学意义 (*P* < 0.05)。药物治疗组、射频消融组患者治疗 6 个月后 PVC 次数少于治疗前, 药物治疗组患者治疗 6 个月后心率低于治疗前, 差异有统计学意义 (*P* < 0.05, 见表 3)。

2.3 不良反应 / 并发症发生情况 治疗期间药物治疗组患者出现心动过缓 2 例, 但未出现恶性心律失常等严重并发症; 射频消融组患者未出现严重并发症。

3 讨论

对非结构性心脏病患者来说, PVC 通常被认为是良性的, 但近年来越来越多研究表明, PVC 能导致心肌病, 因此频发室性期前收缩致心肌病 (PVC-ICM) 概念被提出^[12-13], 且被

表 2 两组患者治疗前及治疗 6 个月后人功能指标比较 ($\bar{x} \pm s$)
Table 2 Comparison of index of cardiac function between the two groups before treatment and 6-month later

组别	例数	LVEDD (mm)		LAD (mm)		LVEF (%)	
		治疗前	治疗 6 个月后	治疗前	治疗 6 个月后	治疗前	治疗 6 个月后
药物治疗组	20	48.60 ± 4.60	48.08 ± 4.63	35.65 ± 5.73	34.05 ± 6.18	64.29 ± 3.89	64.47 ± 3.84
射频消融组	20	47.45 ± 4.11	46.75 ± 4.21	35.80 ± 4.94	34.07 ± 4.90 ^a	62.95 ± 4.53	63.80 ± 3.28
<i>t</i> 值		0.773	0.962	0.487	0.536	0.763	0.263
<i>P</i> 值		0.445	0.342	0.629	0.597	0.450	0.794

组别	E 峰 (cm/s)		A 峰 (cm/s)		E/A 比值		E/Ea 比值	
	治疗前	治疗 6 个月后	治疗前	治疗 6 个月后	治疗前	治疗 6 个月后	治疗前	治疗 6 个月后
药物治疗组	73.86 ± 19.88	69.86 ± 13.12	83.17 ± 15.70	84.47 ± 15.21	0.91 ± 0.30	0.85 ± 0.25	10.21 ± 2.57	9.95 ± 2.22
射频消融组	74.05 ± 16.62	72.65 ± 14.62	79.70 ± 13.94	74.40 ± 12.41	0.95 ± 0.25	0.99 ± 0.21	9.99 ± 2.04	8.01 ± 1.16 ^a
<i>t</i> 值	0.295	-0.348	0.856	2.315	0.460	0.959	0.487	3.817
<i>P</i> 值	0.770	0.730	0.397	0.027	0.851	0.123	0.629	0.001

注: LVEDD=左心室舒张末期径, LAD=左心房径, LVEF=左心室射血分数, E 峰=舒张早期血流峰值流速, A 峰=舒张晚期血流峰值流速, Ea=左房室瓣环舒张早期运动峰值; 与治疗前比较, ^a*P* < 0.05

表 3 两组患者治疗前及治疗 6 个月后 PVC 次数、心率及一般健康评分差值、生理功能评分比较

Table 3 Comparison of occurrence number of PVC, heart rate, difference of general health score and physiological function score between the two groups before treatment and 6-month later

组别	例数	PVC 次数 [<i>M</i> (QR), 次 / 24 h]		心率 ($\bar{x} \pm s$, 次 / min)		一般健康评分差值 [<i>M</i> (QR), 分]	生理功能评分 [<i>M</i> (QR), 分]	
		治疗前	治疗 6 个月后	治疗前	治疗 6 个月后		治疗前	治疗 6 个月后
药物治疗组	20	15 139.5 (6 982.7)	7 981.5 (4 806.8) ^a	72.17 ± 8.32	68.56 ± 6.84 ^a	1 (10)	45.0 (15.0)	47.5 (13.8)
射频消融组	20	12 553.5 (3 752.0)	0 (6.3) ^a	72.75 ± 7.53	73.20 ± 7.38	6 (7)	47.5 (13.8)	47.5 (17.0)
<i>t</i> (Z) 值		0.949 ^b	3.004 ^b	-0.127	-2.023	-2.082 ^b	-0.041 ^b	-0.055 ^b
<i>P</i> 值		0.329	<0.01	0.829	0.046	0.037	0.967	0.956

注: 与治疗前比较, ^a*P* < 0.05; ^b 为 Z 值

越来越多的学者所认同,但此类心肌病的发病机制尚未完全明确,其主要诊断方式为排除性诊断。与左心室流出道相比,右心室流出道 PVC 更常见,故其诱发 PVC-ICM 的风险更高^[14-15]。目前,PVC-ICM 的相关研究较少,主要集中在高频 PVC (即 PVC 次数 >20 000 次/24 h 或 PVC 数量超过心搏总数的 20%~25%) 领域。

LVEDD、LVEF 可有效反映左心室收缩功能,LAD、E 峰、A 峰、E/A 比值、E/Ea 比值主要反映左心室舒张功能。KRITAYAPHONG 等^[3]将 52 例有症状的 PVC 患者随机分为安慰剂组、阿替洛尔治疗组,结果发现阿替洛尔和安慰剂均未明显改善有症状 PVC 患者生活质量,但与安慰剂组相比,阿替洛尔治疗组患者 PVC 次数减少;但也有研究表明,药物治疗可有效改善 PVC 患者左心室收缩、舒张功能及生活质量^[16-17]。本研究结果显示,药物治疗组患者治疗 6 个月后 PVC 次数少于治疗前,心率低于治疗前,提示药物治疗可有效减少中频右心室流出道 PVC 患者 PVC 次数,降低患者心率,但药物治疗组患者治疗前及治疗 6 个月后 LVEDD、LVEF、LAD、E 峰、A 峰、E/A 比值、E/Ea 比值均未见统计学差异,提示药物治疗对中频右心室流出道 PVC 患者左心室收缩、舒张功能的改善效果有限,但尚不排除患者药物治疗依从性差、药物剂量不足及合并焦虑、抑郁等对药物治疗效果的影响^[18]。

AKKAYA 等^[19]研究结果表明,射频消融术后左房室瓣 A 波速度加快、E/A 比值降低、Ea 增加、E/Ea 比值降低,提示患者左心室舒张功能有效改善。本研究结果显示,治疗 6 个月后射频消融组患者 A 峰慢于药物治疗组,E/Ea 比值低于药物治疗组,PVC 次数少于药物治疗组,治疗 6 个月后心率、治疗前及治疗 6 个月后一般健康评分差值高于药物治疗组,提示与药物治疗比较,射频消融术可更有效改善地中频右心室流出道 PVC 患者左心室舒张功能,减少 PVC 的发生,提高患者一般健康水平,分析其原因认为射频消融术可从根本上消除 PVC 异位节律点及提前发出的电冲动引起的心室除极,继而促进心室完全收缩及舒张、减少 PVC 的发生。此外,治疗期间药物治疗组患者出现心动过缓 2 例,而射频消融组患者未出现不良反应及严重并发症,提示射频消融术治疗中频右心室流出道 PVC 的安全性较高。

综上所述,与药物治疗相比,射频消融术可更有效地改善中频右心室流出道 PVC 患者左心室舒张功能,减少 PVC 次数,提高患者一般健康水平,且安全性较高;但本研究为单中心研究且样本量较小、随访时间较短、仅纳入右心室流出道 PVC 患者,结论适用性等仍需进一步研究证实。

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