

· 脑卒中专题研究 ·

急性脑梗死患者并发急性肾损伤的影响因素及其风险预测列线图模型构建

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【摘要】 目的 探讨急性脑梗死患者并发急性肾损伤（AKI）的影响因素，构建其风险预测列线图模型并进行验证。**方法** 回顾性选取2019年1月至2023年1月连云港市第二人民医院收治的急性脑梗死患者100例为研究对象，收集患者的临床资料，记录患者发病3个月内并发AKI情况，并将其分为无AKI组和并发AKI组。采用多因素Logistic回归分析探讨急性脑梗死患者并发AKI的影响因素；采用R 3.6.3软件构建急性脑梗死患者并发AKI的风险预测列线图模型；采用Bootstrap法（重复抽样1 000次）予以内部验证，计算一致性指数，采用Hosmer-Lemeshow拟合优度检验和校准曲线评价该列线图模型的拟合程度；采用ROC曲线分析该列线图模型对急性脑梗死患者并发AKI的预测价值。**结果**

100例急性脑梗死患者中，31例并发AKI，AKI发生率为31.0%。并发AKI组患者年龄 ≥ 60 岁、合并糖尿病、合并高血压、合并高脂血症、超敏C反应蛋白（hs-CRP） ≥ 15.8 mg/L者占比高于无AKI组（ $P < 0.05$ ）。多因素Logistic回归分析结果显示，年龄、合并高血压、hs-CRP是急性脑梗死患者并发AKI的独立影响因素（ $P < 0.05$ ）。基于多因素Logistic回归分析结果，构建急性脑梗死患者并发AKI的风险预测列线图模型，其中年龄 ≥ 60 岁为75分，合并高血压为82分，hs-CRP ≥ 15.8 mg/L为100分。该列线图模型的一致性指数为0.772 [95%CI (0.685, 0.846)]。Hosmer-Lemeshow拟合优度检验结果显示，该列线图模型拟合较好（ $\chi^2 = 0.254$, $P = 0.508$ ）。ROC曲线分析结果显示，该列线图模型预测急性脑梗死患者并发AKI的AUC为0.885 [95%CI (0.800, 0.969)]。**结论** 急性脑梗死患者AKI的发生率较高，且年龄 ≥ 60 岁、合并高血压、hs-CRP ≥ 15.8 mg/L是急性脑梗死患者并发AKI的独立危险因素，基于上述危险因素构建的列线图模型对急性脑梗死患者并发AKI具有一定预测价值。

【关键词】 脑梗死；急性肾损伤；影响因素分析；列线图

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Influencing Factors of Acute Kidney Injury in Patients with Acute Cerebral Infarction and Construction of Nomogram Model for Predicting Its Risk

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【Abstract】 Objective To explore the influencing factors of acute kidney injury (AKI) in patients with acute cerebral infarction, and to construct and validate the nomogram model for predicting its risk. **Methods** A total of 100 patients with acute cerebral infarction admitted to the Second People's Hospital of Lianyungang from January 2019 to January 2023 were selected as the research subjects. The clinical data of the patients were collected, the occurrence of AKI within 3 months after onset were recorded, and the patients were divided into without AKI group and AKI group. Multivariate Logistic regression analysis was used to analyze the influencing factors of AKI in patients with acute cerebral infarction. The nomogram model for predicting the risk of AKI in patients with acute cerebral infarction was constructed by using the R 3.6.3 software. The internal validation was performed by the Bootstrap method (1 000 repetitive samples), and the consistency index was calculated. Hosmer-Lemeshow goodness of fit test and calibration curve were used to evaluate the fitting degree of the nomogram model, and the ROC curve was used to analyze the predictive value of the nomogram model for AKI in patients with acute cerebral infarction. **Results** The incidence of AKI in 100 patients with acute cerebral infarction was 31.0% (31/100). The proportion of patients with age ≥ 60 years old, proportion of patients with diabetes, proportion of patients with hypertension, proportion of patients with hyperlipidemia, proportion of patients

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with hypersensitive C-reactive protein (hs-CRP) ≥ 15.8 mg/L in the AKI group were higher than those in the without AKI group ($P < 0.05$). Multivariate Logistic regression analysis showed that age, concomitant hypertension, and hs-CRP were the influencing factors of AKI in patients with acute cerebral infarction ($P < 0.05$). The nomogram model for predicting the risk of AKI in patients with acute cerebral infarction was constructed based on the multivariate Logistic regression analysis results, among which age ≥ 60 years old was 75 points, concomitant hypertension was 82 points, and hs-CRP ≥ 15.8 mg/L was 100 points. The consistency index of the nomogram model was 0.772 [95%CI (0.685, 0.846)]. The results of Hosmer-Lemeshow goodness of fit test showed that the nomogram model fit well ($\chi^2=0.254, P=0.508$). The results of ROC curve analysis showed that the AUC of the nomogram model for predicting AKI in patients with acute cerebral infarction was 0.885 [95%CI (0.800, 0.969)]. **Conclusion** The incidence of AKI in patients with acute cerebral infarction is relatively high, and age ≥ 60 years old, concomitant hypertension, and hs-CRP ≥ 15.8 mg/L are independent risk factors of AKI in patients with acute cerebral infarction. The nomogram model constructed based on the above factors has a certain predictive value for AKI in patients with acute cerebral infarction.

【Key words】 Brain infarction; Acute kidney injury; Root cause analysis; Nomograms

急性脑梗死是临床较常见的一种脑血管疾病,指由脑血管梗死、狭窄等导致的脑组织局部缺血、缺氧性坏死^[1]。该病起病突然,且病程持续时间较长,患者发病前可见头晕、头痛、恶心呕吐、步态不稳等症状,严重者可出现肢体瘫痪、言语不清、意识障碍等,进而严重威胁其生命安全^[2-3]。急性脑梗死患者可通过药物、手术及康复训练有效缓解运动障碍、感觉障碍等,提升其生存质量,若临床治疗不及时或不合理可导致病情进展,可能造成患者偏瘫、出现大面积梗死,危及生命^[4-5]。急性肾损伤(acute kidney injury, AKI)指由各种疾病引起的短时间内肾功能快速下降的一种临床综合征^[6]。AKI患者若肾功能无法恢复,则会出现严重并发症,甚至可能会因出现肾衰竭而死亡,临床早发现、早治疗是改善AKI患者预后的关键^[7]。临床研究显示,急性脑梗死患者AKI发生率呈逐渐升高趋势,且肾功能不全是患者预后不良的危险因素^[8-9]。基于此,本研究旨在探究急性脑梗死患者并发AKI的影响因素并构建其风险预测列线图模型,以期临床预防及治疗急性脑梗死并发AKI提供一定参考。

1 对象与方法

1.1 纳入与排除标准 纳入标准:(1)符合《中国急性缺血性脑卒中诊治指南2018》^[10]中急性脑梗死的诊断标准,且经颅脑CT或磁共振成像检查确诊;(2)首次发病;(3)生命体征平稳;(4)采用标准静脉溶栓治疗方案;(5)临床资料完整。排除标准:(1)合并恶性肿瘤者;(2)有肾脏病史者;(3)入院检查显示肾功能异常者;(4)妊娠期或哺乳期女性;(5)长期口服避孕药女性;(6)合并心、肝等脏器功能严重损伤者;(7)合并血液系统异常、感染等严重疾病者;(8)存在造影剂致肾损伤者。

1.2 研究对象 回顾性选取2019年1月至2023年1月连云港市第二人民医院收治的急性脑梗死患者100例为研究对象,其中男55例,女45例;年龄35~85岁,平均 (62.1 ± 6.9) 岁;BMI $19.5 \sim 25.4$ kg/m²,平均 (22.3 ± 1.1) kg/m²;梗死部位:基底核51例,丘脑37例,脑干12例;合并糖尿病39例,合并高血压61例,合并高脂血症38例。本研究已通过连云港市第二人民医院医学伦理委员会审批(编号:2023-031)。

1.3 资料收集 收集患者的临床资料,包括性别、年龄、BMI、梗死部位、梗死面积、合并糖尿病情况、合并高血压

情况、合并高脂血症情况、入院时血清白蛋白(albumin, ALB)、入院时超敏C反应蛋白(hypersensitive C-reactive protein, hs-CRP)、入院时美国国立卫生研究院卒中量表(National Institute of Health Stroke Score, NIHSS)评分。

1.4 分组 统计患者发病3个月内并发AKI情况,AKI诊断标准参考《急性肾损伤诊断与分类专家共识》^[11]:血肌酐 >25 μ mol/L或尿量 <0.5 ml \cdot kg⁻¹ \cdot h⁻¹,超过6 h以上。根据患者并发AKI情况将其分为无AKI组和并发AKI组。

1.5 统计学方法 采用SPSS 20.0统计学软件进行数据处理。计数资料以相对数表示,组间比较采用 χ^2 检验;计量资料符合正态分布以 $(\bar{x} \pm s)$ 表示,两组间比较采用成组 t 检验;采用多因素Logistic回归分析探讨急性脑梗死患者并发AKI的影响因素;采用R 3.6.3软件构建急性脑梗死患者并发AKI的风险预测列线图模型;以Bootstrap法(重复抽样1 000次)予以内部验证,计算一致性指数,采用Hosmer-Lemeshow拟合优度检验和校准曲线评价该列线图模型的拟合程度;采用ROC曲线分析该列线图模型对急性脑梗死患者并发AKI的预测价值。以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 无AKI组与并发AKI组临床资料比较 100例急性脑梗死患者中,31例并发AKI,AKI发生率为31.0%。两组性别、BMI、梗死部位、梗死面积、血清ALB及NIHSS评分比较,差异无统计学意义($P > 0.05$);并发AKI组年龄 ≥ 60 岁、合并糖尿病、合并高血压、合并高脂血症、hs-CRP ≥ 15.8 mg/L者占比高于无AKI组,差异有统计学意义($P < 0.05$),见表1。

2.2 急性脑梗死患者并发AKI影响因素的多因素Logistic回归分析 以急性脑梗死患者是否并发AKI为因变量(赋值:否=0,是=1),以表1中差异有统计学意义的项目[年龄(赋值: <60 岁=0, ≥ 60 岁=1)、合并糖尿病(赋值:否=0,是=1)、合并高血压(赋值:否=0,是=1)、合并高脂血症(赋值:否=0,是=1)、hs-CRP(赋值: <15.8 mg/L=0, ≥ 15.8 mg/L=1)]为自变量,进行多因素Logistic回归分析,结果显示,年龄、合并高血压、hs-CRP是急性脑梗死患者并发AKI的独立影响因素($P < 0.05$),见表2。

2.3 急性脑梗死患者并发AKI的风险预测列线图模型构建 基于多因素Logistic回归分析结果,构建急性脑梗死患者并

发AKI的风险预测列线图模型,其中年龄 ≥ 60 岁为75分,合并高血压为82分,hs-CRP ≥ 15.8 mg/L为100分,总分范围为74~254分,对应AKI风险概率范围为0.05~0.80,见图1。

2.4 内部验证 采用Bootstrap法重复抽样1 000次,结果显示,该列线图模型的一致性指数为0.772 [95%CI (0.685, 0.846)]。Hosmer-Lemeshow拟合优度检验结果显示,该列线图模型拟合较好 ($\chi^2=0.254$, $P=0.508$),见图2。ROC曲线分析结果显示,该列线图模型预测急性脑梗死患者并发AKI的AUC为0.885 [95%CI (0.800, 0.969)],见图3。

表1 无AKI组与并发AKI组临床资料比较

Table 1 Comparison of clinical data between without AKI group and AKI group

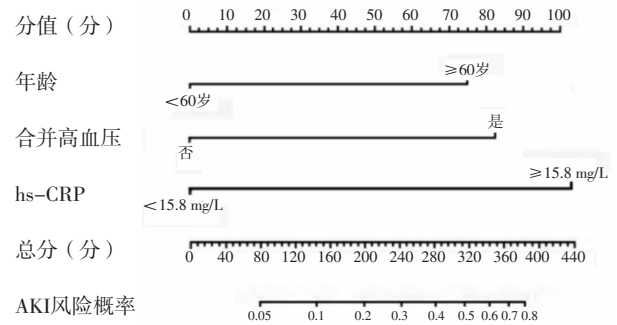
项目	无AKI组 (n=69)	并发AKI组 (n=31)	$\chi^2(t)$ 值	P值
性别 [n (%)]			0.794	0.373
男	40 (58.0)	15 (48.4)		
女	29 (42.0)	16 (51.6)		
年龄 [n (%)]			4.834	0.028
<60岁	29 (42.0)	6 (19.4)		
≥ 60 岁	40 (58.0)	25 (80.6)		
BMI ($\bar{x} \pm s$, kg/m ²)	22.2 \pm 1.1	22.5 \pm 1.1	1.039 ^a	0.301
梗死部位 [n (%)]			2.353	0.308
基底核	37 (53.6)	14 (45.2)		
丘脑	26 (37.7)	11 (35.5)		
脑干	6 (8.7)	6 (19.3)		
梗死面积 ($\bar{x} \pm s$, cm ²)	18.32 \pm 2.62	19.14 \pm 2.73	1.429 ^a	0.156
合并糖尿病 [n (%)]			6.864	0.009
是	21 (30.4)	18 (58.1)		
否	48 (69.6)	13 (41.9)		
合并高血压 [n (%)]			5.091	0.024
是	37 (53.6)	24 (77.4)		
否	32 (46.4)	7 (22.6)		
合并高脂血症 [n (%)]			13.408	<0.001
是	18 (26.1)	20 (64.5)		
否	51 (73.9)	11 (35.5)		
血清ALB ($\bar{x} \pm s$, g/L)	41.4 \pm 4.6	42.5 \pm 4.7	1.169 ^a	0.245
hs-CRP [n (%)]			11.275	0.001
≥ 15.8 mg/L	24 (34.8)	22 (71.0)		
<15.8 mg/L	45 (65.2)	9 (29.0)		
NIHSS评分 ($\bar{x} \pm s$, 分)	20.6 \pm 2.9	21.4 \pm 3.1	1.305 ^a	0.195

注: AKI=急性肾损伤, ALB=白蛋白, hs-CRP=超敏C反应蛋白, NIHSS=美国国立卫生研究院卒中量表; ^a表示t值

表2 急性脑梗死患者并发AKI影响因素的多因素Logistic回归分析

Table 2 Multivariate Logistic regression analysis of influencing factors of AKI in patients with acute cerebral infarction

变量	β	SE	Wald χ^2 值	P值	OR值	95%CI
年龄	1.361	0.352	14.960	<0.001	3.902	(1.957, 7.778)
合并高血压	1.486	0.423	12.347	<0.001	4.421	(1.929, 10.129)
hs-CRP	1.812	0.375	23.349	<0.001	6.123	(2.936, 12.769)



注: hs-CRP=超敏C反应蛋白, AKI=急性肾损伤

图1 急性脑梗死患者并发AKI的风险预测列线图模型

Figure 1 Nomogram model for predicting the risk of AKI in patients with acute cerebral infarction

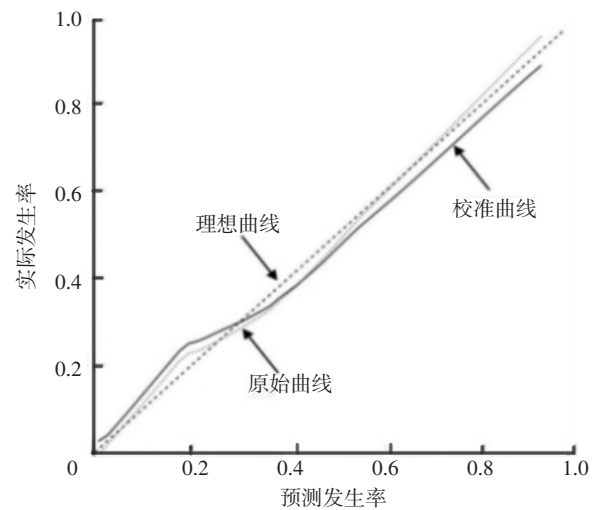


图2 列线图模型预测急性脑梗死患者并发AKI的校准曲线

Figure 2 Calibration curve of nomogram model for predicting AKI in patients with acute cerebral infarction

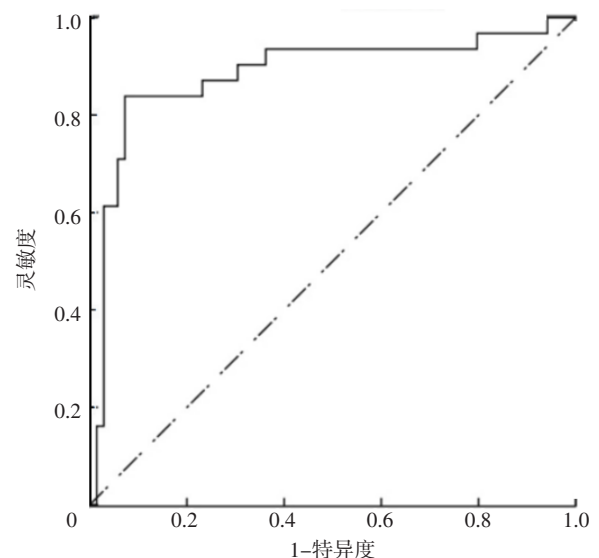


图3 列线图模型预测急性脑梗死患者并发AKI的ROC曲线

Figure 3 ROC curve of nomogram model for predicting AKI in patients with acute cerebral infarction

3 讨论

急性脑梗死指脑部血液循环障碍造成脑供血突然中断而导致脑组织缺血缺氧,从而引发脑组织坏死,临床具有发生率高、致死/致残率高等特点^[12]。急性脑梗死多发生于中老年人群,吸烟、饮酒、饮食不当及患有糖尿病、高血压等基础疾病均会增加急性脑梗死发生风险^[13]。AKI是一种可逆性疾病,经过及时治疗可改善肾功能,若治疗不当或任由病情进展则会逐渐发展为慢性肾脏病,影响患者生活质量。研究表明,AKI是急性脑梗死患者常见的并发症之一,也是增加患者死亡风险的危险因素之一^[14]。急性脑梗死患者常伴随低血压、脱水、应激状态、凝血功能紊乱等,可能会导致肾脏灌注不足、肾脏微循环受损等,进而造成肾功能受损。本研究中急性脑梗死患者AKI的发生率为31.0%,谷斌杰等^[15]研究结果显示,首发急性脑梗死患者早期肾损伤发生率为32.79%,本研究结果与之一致,因此,分析影响急性脑梗死患者并发AKI的危险因素,可为临床预防患者并发AKI提供指导依据,对改善患者预后具有重要作用。

本研究对急性脑梗死患者并发AKI的影响因素进行分析,单因素分析结果显示,并发AKI组年龄 ≥ 60 岁、合并糖尿病、合并高血压、合并高脂血症、hs-CRP ≥ 15.8 mg/L者占比高于无AKI组,提示急性脑梗死患者并发AKI可能与患者年龄、合并基础疾病(糖尿病、高血压、高脂血症)、hs-CRP有关。可能是因为老年患者各器官功能逐渐衰退,肾脏缩小、肾小球滤过率下降,故老年急性脑梗死患者AKI发生风险升高^[16]。糖尿病、高血压、高脂血症等基础疾病是肾脏病的高发因素,长期高血压、高血糖、高血脂会导致肾脏储备能力下降、代偿能力降低,引发肾功能损伤甚至肾衰竭^[17]。高血压导致的肾损伤是长期、持续、进行性过程,长期高血压会造成肾脏小动脉硬化,管腔缩小、闭塞等,进而使肾脏实质缺血、肾小管萎缩、肾小球纤维化等,增加AKI发生风险^[18-19]。hs-CRP是一种由肝脏合成的全身性急性期炎症反应及组织损伤标志物,其会损伤血管内皮细胞,促进炎症反应,而炎症因子大量释放会加重组织损伤,因而hs-CRP水平升高可能会增加AKI发生风险^[20]。本研究多因素Logistic回归分析结果显示,年龄 ≥ 60 岁、合并高血压、hs-CRP ≥ 15.8 mg/L是急性脑梗死患者并发AKI的独立危险因素。因此,临床对于高龄、合并高血压及hs-CRP ≥ 15.8 mg/L的急性脑梗死患者应予以密切监测,以降低患者并发AKI的风险。

列线图可定量、可视化地展示各危险因素对事件风险的影响程度,临床应用优势较大。本研究基于多因素Logistic回归分析结果构建急性脑梗死患者并发AKI的风险预测列线图模型,结果显示,该列线图模型的一致性指数为0.772,区分度良好。Hosmer-Lemeshow拟合优度检验结果显示,该列线图模型拟合较好。ROC曲线分析结果显示,该列线图模型预测急性脑梗死患者并发AKI的AUC为0.885〔95%CI(0.800, 0.969)〕,提示该列线图模型对急性脑梗死患者并发AKI具有一定预测价值,可为快速识别并发AKI的急性脑梗死患者提供一定临床指导。

综上所述,急性脑梗死患者AKI的发生率较高,且年龄

≥ 60 岁、合并高血压、hs-CRP ≥ 15.8 mg/L是急性脑梗死患者AKI的独立危险因素,基于上述危险因素构建的列线图模型对急性脑梗死患者并发AKI具有一定预测价值,可为改善患者预后以及提高生活质量提供依据。但本研究为单中心回顾性研究,且样本量较小、纳入变量有限,故本研究结果仍有待进一步研究证实。

作者贡献:刘张波进行文章的构思与设计,论文撰写及修订;刘红进行研究的实施与可行性分析,负责文章的质量控制及审校,对文章整体负责、监督管理;刘珊进行资料收集;韩红进行资料整理;葛中林进行统计学处理。

本文无利益冲突。

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