

## · 心力衰竭专题研究 ·

## 四种新型抗心力衰竭药物治疗慢性心力衰竭效果比较的网状 Meta 分析

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**【摘要】** 目的 采用网状Meta分析方法比较血管紧张素受体脑啡肽酶抑制剂 (ARNI)、omecamtiv mecarbil、钠-葡萄糖协同转运蛋白2抑制剂 (SGLT2i) 或可溶性鸟苷酸环化酶刺激剂 (sGCs) 治疗慢性心力衰竭 (CHF) 的效果。方法 计算机检索PubMed、Embase、Cochrane Library、中国知网、万方数据知识服务平台、维普网中ARNI、SGLT2i、sGCs或omecamtiv mecarbil治疗CHF的随机对照试验, 检索时限为建库至2020-10-29。主要结局指标是心血管死亡和因心力衰竭 (HF) 住院复合事件发生率, 次要结局指标是因HF再住院率、心血管死亡率、全因死亡率、堪萨斯城心肌病问卷评分 (KCCQ) 评分及不良反应发生率。使用贝叶斯统计方法进行网状Meta分析, 使用Review Manager 5.3、Stata 17.0软件进行统计学处理。采用累积排序概率曲线下面积 (SUCRA) 比较四种新型抗HF药物治疗CHF的效果。结果 最终纳入21篇文献, 涉及45 285例CHF患者。网状Meta分析结果显示: (1) 行ARNI+常规抗HF治疗、sGCs+常规抗HF治疗、SGLT2i+常规抗HF治疗者心血管死亡和因HF住院复合事件发生率低于行常规抗HF治疗者, 行omecamtiv mecarbil+常规抗HF治疗者心血管死亡和因HF住院复合事件发生率高于行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者 ( $P < 0.05$ )。根据SUCRA排序依次为SGLT2i+常规抗HF治疗 (95.4%)、ARNI+常规抗HF治疗 (90.8%)、sGCs+常规抗HF治疗 (69.1%)、omecamtiv mecarbil+常规抗HF治疗 (69.5%)、常规抗HF治疗 (95.0%)。(2) 行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者因HF再住院率低于行常规抗HF治疗者, 行omecamtiv mecarbil+常规抗HF治疗者因HF再住院率高于行ARNI+常规抗HF治疗者, 行SGLT2i+常规抗HF治疗者因HF再住院率低于行ARNI+常规抗HF治疗、omecamtiv mecarbil+常规抗HF治疗、sGCs+常规抗HF治疗者 ( $P < 0.05$ )。根据SUCRA排序依次为SGLT2i+常规抗HF治疗 (99.5%)、ARNI+常规抗HF治疗 (97.4%)、sGCs+常规抗HF治疗 (81.2%)、omecamtiv mecarbil+常规抗HF治疗 (66.1%)、常规抗HF治疗 (80.3%)。(3) 行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者心血管死亡率低于行常规抗HF治疗者 ( $P < 0.05$ )。根据SUCRA排序依次为ARNI+常规抗HF治疗 (71.8%)、SGLT2i+常规抗HF治疗 (58.9%)、sGCs+常规抗HF治疗 (55.0%)、常规抗HF治疗 (55.5%)、omecamtiv mecarbil+常规抗HF治疗 (53.9%)。(4) 行ARNI+常规抗HF治疗者全因死亡率低于行常规抗HF治疗者 ( $P < 0.05$ )。根据SUCRA排序依次为ARNI+常规抗HF治疗 (43.0%)、SGLT2i+常规抗HF治疗 (37.9%)、常规抗HF治疗 (22.8%)、omecamtiv mecarbil+常规抗HF治疗 (21.1%)、sGCs+常规抗HF治疗 (26.7%)。(5) 行SGLT2i+常规抗HF治疗者KCCQ评分高于行常规抗HF治疗、omecamtiv mecarbil+常规抗HF治疗者 ( $P < 0.05$ )。根据SUCRA排序依次为SGLT2i+常规抗HF治疗 (96.0%)、ARNI+常规抗HF治疗 (81.5%)、常规抗HF治疗 (69.2%)、omecamtiv mecarbil+常规抗HF治疗 (71.8%)。因部分研究未记录不良反应, 且不良反应的标准、分类和评估方法可能存在差异, 故暂不做进一步分析。结论 ARNI和SGLT2i治疗CHF的效果优于sGCs和omecamtiv mecarbil, 其中ARNI在降低CHF患者心血管死亡率和全因死亡率方面效果可能最佳, SGLT2i在降低心血管死亡和因HF住院复合事件发生率、因HF再住院率和改善患者活动耐量、生活质量方面效果可能最佳。

**【关键词】** 心力衰竭; 血管紧张素受体脑啡肽酶抑制剂; omecamtiv mecarbil; 钠-葡萄糖协同转运蛋白2抑制剂; 可溶性鸟苷酸环化酶刺激剂; 网状Meta分析

**【中图分类号】** R 541.62 **【文献标识码】** A DOI: 10.12114/j.issn.1008-5971.2023.00.127

### Efficacy Comparison of Four New Anti-Heart Failure Drugs in the Treatment of Chronic Heart Failure: a Network Meta-analysis

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基金项目: 国家自然科学基金资助项目 (82070472)

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**【 Abstract 】 Objective** To compare the efficacy of angiotensin receptor neprilysin inhibitor (ARNI), omecamtiv mecarbil, sodium-glucose cotransporter 2 inhibitor (SGLT2i) or soluble guanylate cyclase stimulators (sGCs) in the treatment of chronic heart failure (CHF) using network meta-analysis. **Methods** The randomized controlled trials of ARNI, SGLT2i, sGCs or omecamtiv mecarbil in the treatment of CHF were searched in PubMed, Embase, Cochrane Library, CNKI, Wanfang Data and VIP. The search deadline was from the establishment of the database to 2020-10-29. The primary outcome indicator was the incidence of complex events of cardiovascular death and hospitalization due to heart failure (HF). The secondary outcome indicators were rehospitalization due to HF, cardiovascular mortality, all-cause mortality, Kansas City Cardiomyopathy Questionnaire (KCCQ) score and incidence of adverse reactions. Bayesian statistical method was used for network meta-analysis, and Review Manager 5.3 and Stata 17.0 software were used for statistical analysis. The surface under the cumulative ranking curve (SUCRA) was used to compare the effects of four new anti-HF drugs on CHF. **Results** Finally, 21 articles were included, involving 45 285 CHF patients. The results of network meta-analysis showed that: (1) The incidence of complex events of cardiovascular death and hospitalization due to HF in patients treated with ARNI+conventional anti-HF treatment, sGCs+conventional anti-HF treatment, SGLT2i+conventional anti-HF treatment was lower than that in patients treated with conventional anti-HF treatment, and the incidence of complex events of cardiovascular death and hospitalization due to HF in patients treated with omecamtiv mecarbil+conventional anti-HF treatment was higher than that in patients treated with ARNI+conventional anti-HF treatment and SGLT2i+conventional anti-HF treatment ( $P < 0.05$ ). According to SUCRA, the order was SGLT2i+conventional anti-HF treatment (95.4%), ARNI+conventional anti-HF treatment (90.8%), omecamtiv mecarbil+conventional anti-HF treatment (69.5%), sGCs+conventional anti-HF treatment (69.1%), conventional anti-HF treatment (95.0%). (2) The rehospitalization rate due to HF in patients treated with ARNI+conventional anti-HF treatment and SGLT2i+conventional anti-HF treatment was lower than that in patients treated with conventional anti-HF treatment, and the rehospitalization rate due to HF in patients treated with omecamtiv mecarbil+conventional anti-HF treatment was higher than that in patients treated with ARNI+conventional anti-HF treatment, and rehospitalization rate due to HF in patients treated with SGLT2i+conventional anti-HF treatment was lower than that in patients treated with ARNI+conventional anti-HF treatment, omecamtiv mecarbil+conventional anti-HF treatment, sGCs+conventional anti-HF treatment ( $P < 0.05$ ). According to SUCRA, the order was SGLT2i+conventional anti-HF treatment (99.5%), ARNI+conventional anti-HF treatment (97.4%), sGCs+conventional anti-HF treatment (81.2%), omecamtiv mecarbil+conventional anti-HF treatment (66.1%), conventional anti-HF treatment (80.3%). (3) The cardiovascular mortality of patients treated with ARNI+conventional anti-HF treatment and SGLT2i+conventional anti-HF treatment was lower than that of patients treated with conventional anti-HF treatment ( $P < 0.05$ ). According to SUCRA, the order was ARNI+conventional anti-HF treatment (71.8%), SGLT2i+conventional anti-HF treatment (58.9%), sGCs+conventional anti-HF treatment (55.0%), conventional anti-HF treatment (55.5%), omecamtiv mecarbil+conventional anti-HF treatment (53.9%). (4) The all-cause mortality of patients treated with ARNI+conventional anti-HF treatment was lower than that of patients treated with conventional anti-HF treatment ( $P < 0.05$ ). According to SUCRA, the order was ARNI+conventional anti-HF treatment (43.0%), SGLT2i+conventional anti-HF treatment (37.9%), conventional anti-HF treatment (22.8%), omecamtiv mecarbil+conventional anti-HF treatment (21.1%), sGCs+conventional anti-HF treatment (26.7%). (5) The KCCQ score of SGLT2i+conventional anti-HF treatment was higher than that of conventional anti-HF treatment and omecamtiv mecarbil+conventional anti-HF treatment ( $P < 0.05$ ). According to SUCRA, the order was SGLT2i+conventional anti-HF treatment (96.0%), ARNI+conventional anti-HF treatment (81.5%), conventional anti-HF treatment (69.2%), omecamtiv mecarbil+conventional anti-HF treatment (71.8%). Because some studies did not record adverse reactions, and there may be differences in the criteria, classification and evaluation methods of adverse reactions, no further analysis was performed. **Conclusion** The effects of ARNI and SGLT2i in the treatment of CHF are better than those of sGCs and omecamtiv mecarbil. Among them, ARNI may have the best effect in reducing cardiovascular mortality and all-cause mortality in CHF patients, and SGLT2i may have the best effect in reducing the incidence of complex events of cardiovascular death and hospitalization due to HF, the rate of rehospitalization due to HF, and improving activity tolerance and quality of life of patients.

**【 Key words 】** Heart failure; ARNI; omecamtiv mecarbil; SGLT2i; sGCs; Network Meta-analysis

心力衰竭 (heart failure, HF) 是心血管疾病晚期的主要临床表现, 其全球发病率和死亡率均较高<sup>[1]</sup>。据相关研究报道, 我国HF患病率约为0.9%<sup>[2]</sup>, 且呈逐年上升趋势, 故优化HF治疗方案非常重要<sup>[3]</sup>。目前, 常规抗HF药

物包括ACEI/ARB、 $\beta$ -受体阻滞剂和盐皮质激素受体拮抗剂 (mineralocorticoid receptor antagonist, MRA)。研究表明, 沙库巴曲缬沙坦在降低HF死亡风险和再住院风险方面优于ACEI, 且美国相关指南推荐将沙库巴曲缬沙坦作为HF的一线

治疗药物<sup>[4-7]</sup>。此外,研究表明,钠-葡萄糖共转运蛋白2抑制剂(sodium-glucose transporter 2 inhibitors, SGLT2i)、可溶性鸟苷酸环化酶刺激剂(soluble guanylate cyclase stimulators, sGCs)或omecamtiv mecarbil在降低HF患者心血管死亡风险或因HF住院风险方面有一定效果<sup>[8-12]</sup>。《2021年ESC急性心力衰竭诊断与治疗指南》<sup>[5]</sup>也将SGLT2i、血管紧张素受体脑啡肽酶抑制剂(angiotensin receptor neprilysin inhibitor, ARNI)/ACEI/ARB、 $\beta$ -受体阻滞剂和MRA的“新四联疗法”作为射血分数降低的心力衰竭(heart failure with reduced ejection fraction, HFrEF)患者的一线治疗方案。本研究采用网状Meta分析方法比较了ARNI、omecamtiv mecarbil、SGLT2i或sGCs治疗慢性心力衰竭(chronic heart failure, CHF)的效果,以期CHF患者的药物选择提供循证依据。

## 1 资料与方法

**1.1 检索策略** 计算机检索PubMed、Embase、Cochrane Library、中国知网、万方数据知识服务平台、维普网中ARNI、omecamtiv mecarbil、SGLT2i或sGCs治疗CHF的随机对照试验,检索时限从建库至2022-10-29。根据Cochrane协作网工作手册指南与PRISMA声明制定检索策略,中文检索词:心力衰竭、慢性心力衰竭、心衰、心功能不全、沙库巴曲缬沙坦、诺欣妥、钠-葡萄糖协同转运蛋白2抑制剂、SGLT-2抑制剂、达格列净、恩格列净、可溶性鸟苷酸环化酶刺激剂、sGC刺激剂、维利西呱、心肌球蛋白激活剂;英文检索词:heart failure、sacubitril/valsartan、sodium-glucose transporter 2 inhibitors、soluble guanylate cyclase stimulators、omecamtiv mecarbil;限定词:随机对照试验、RCT。检索方法为主题词与自由词相结合。此外,手动检索纳入文献的参考文献。

## 1.2 纳入与排除标准

**1.2.1 文献纳入标准** (1)研究类型:随机对照试验,语言限制为中、英文。(2)研究对象:确诊为CHF患者,诊断标准不限。(3)干预措施:对照组采用常规抗HF治疗,包括ACEI/ARB、 $\beta$ -受体阻滞剂和MRA,用法用量不限;试验组在常规抗HF治疗基础上加用沙库巴曲缬沙坦或SGLT2i或sGCs或omecamtiv mecarbil。(4)结局指标:①主要结局指标:心血管死亡和因HF住院的复合事件发生率、因HF再住院率、心血管死亡率、全因死亡率;②堪萨斯城心肌病问卷(Kansas City Cardiomyopathy Questionnaire, KCCQ)评分,该问卷主要用于评估CHF患者的活动耐量和生活质量,评分越高表示患者活动耐量和生活质量越好;③不良反应发生率。

**1.2.2 文献排除标准** (1)重复文献、综述、动物实验、Meta分析、会议论文、述评、讲座和病例报道等;(2)非随机对照试验;(3)对照组和试验组样本量相差5倍及以上;(4)未经公开发表的学位论文;(5)无法获取原文或相关数据的文献。

**1.3 文献筛选和资料提取** 由2名研究员根据文献纳入与排除标准独立筛选文献、提取资料并进行交叉核对,如遇分歧则咨询第三方协助解决,如数据不足应尽可能联系作者进行补充。提取资料包括第一作者、发表年份、国家/地区、样本量、年龄、干预措施、随访时间和结局指标。

**1.4 偏倚风险评估** 使用Cochrane干预措施系统评价手册中针对随机对照试验的偏倚风险评估工具,由2位研究员对纳入文献的偏倚风险进行评估,内容包括随机序列的产生、分配方案隐藏、是否对受试者和研究者使用盲法、是否对结局评估者使用盲法、结果数据完整性、是否选择性报道结果及其他偏倚风险7个条目,每个条目以“低风险”“不清楚”“高风险”进行判定。

**1.5 统计学方法** 使用贝叶斯统计方法进行网状Meta分析,使用Review Manager 5.3、Stata 17.0软件进行统计学处理。绘制4种抗HF药物相互比较的网状关系图,因本研究各干预措施之间不存在闭合环,因此采用一致性模型,并进行一致性检验;采用累积排序概率曲线下面积(surface under the cumulative ranking curve, SUCRA)比较四种新型抗HF药物治疗CHF的效果,计数资料以相对危险度(relative risk, RR)为合并效应量,计量资料以均数差(mean difference, MD)为合并效应量。以 $P < 0.05$ 为差异有统计学意义。

## 2 结果

**2.1 文献筛选结果** 初步筛选相关文献3 911篇,排除重复文献及阅读标题和摘要、阅读全文逐层筛选后,最终纳入21篇文献<sup>[7-11, 13-28]</sup>,其中中文文献2篇<sup>[20-21]</sup>、英文文献19篇<sup>[7-11, 13-19, 22-28]</sup>;涉及45 285例CHF患者,其中对照组22 654例、试验组22 631例。文献筛选流程见图1,纳入文献的基本特征见表1。

**2.2 偏倚风险评估结果** 21篇文献中,3篇文献<sup>[10, 13, 26]</sup>采用随机化分组,1篇文献<sup>[21]</sup>采用随机数字表法分组,14篇文献<sup>[7-8, 11, 14, 17-20, 22-25, 27-28]</sup>未描述具体随机序列产生方法,3篇文献<sup>[9, 15-16]</sup>不清楚是否产生随机序列;5篇文

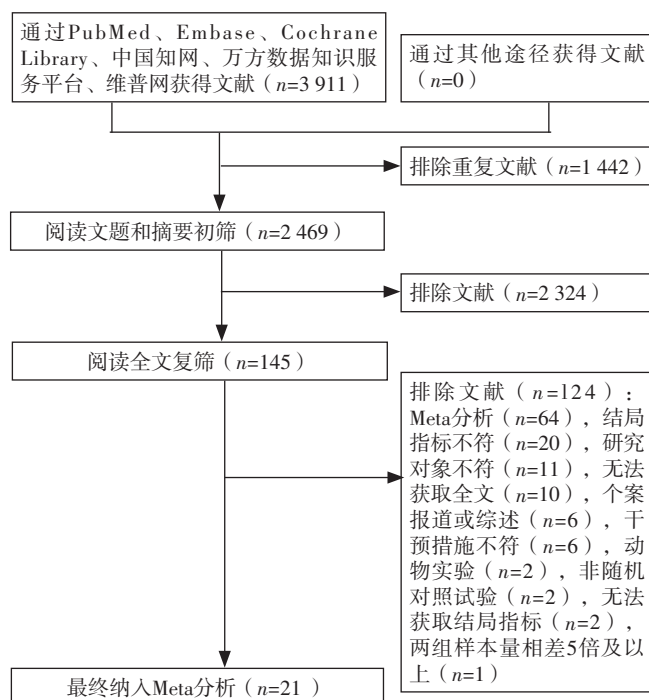


图1 文献筛选流程

Figure 1 Literature screening process

**表1** 纳入文献的基本特征  
**Table 1** Basic characteristics of included literature

第一作者	发表年份	国家/地区	样本量 (试验组/对照组, 例)	年龄 (试验组/对照组, 岁)	干预措施 (试验组/对照组)	随访时间	结局指标
MCMURRAY <sup>[7]</sup>	2014	47个国家	4 187/4 212	63.8 ± 11.5/63.8 ± 11.3	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	27个月	①②③④⑤⑥
PACKER <sup>[8]</sup>	2020	20个国家	1 863/1 863	67.2 ± 10.8/66.5 ± 11.2	恩格列净+常规抗HF治疗/常规抗HF治疗	16个月	①②③④⑤⑥
NASSIF <sup>[9]</sup>	2019	美国	131/132	62.2 ± 11.0/60.4 ± 12.0	恩格列净+常规抗HF治疗/常规抗HF治疗	12周	②③④⑥
ARMSTRONG <sup>[10]</sup>	2020	42个国家	2 526/2 526	67.5 ± 12.2/67.2 ± 12.2	利奥西呱+常规抗HF治疗/常规抗HF治疗	10.8个月	①②③④⑥
TEERLINK <sup>[11]</sup>	2021	35个国家	4 120/4 112	64.5 ± 11.3/64.5 ± 11.4	omecamtiv mecarbil+常规抗HF治疗/常规抗HF治疗	21.8个月	①②③④⑤
ANKER <sup>[13]</sup>	2021	23个国家	2 997/2 991	71.8 ± 9.3/71.9 ± 9.6	恩格列净+常规抗HF治疗/常规抗HF治疗	26.2个月	①②③④⑤
BONDERMAN <sup>[14]</sup>	2013	18个国家	67/69	59.3/58.9	利奥西呱+常规抗HF治疗/常规抗HF治疗	4个月	①②③④⑥
CHANG <sup>[15]</sup>	2019	中国台湾	466/466	61.3 ± 14.5/62.2 ± 15.3	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	15个月	①②③④
SOLOMON <sup>[16]</sup>	2019	43个国家	2 407/2 389	72.7 ± 8.3/72.8 ± 8.5	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	9个月	①②③④⑤⑥
SOLOMON <sup>[17]</sup>	2012	13个国家	149/152	70.9 ± 9.4/71.2 ± 8.9	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	9个月	②④⑤⑥
FENG <sup>[18]</sup>	2022	中国	39/39	60.52 ± 8.65	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	10周	②⑥
JAIN <sup>[19]</sup>	2020	印度	322/315	63.8 ± 11.3/57.7 ± 11.4	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	44个月	①②③④⑤⑥
杨兆瑞 <sup>[20]</sup>	2019	中国	30/30	41.23 ± 7.43/42.01 ± 7.19	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	6个月	②③⑥
徐东蕊 <sup>[21]</sup>	2021	中国	49/49	66.6 ± 13.6/69.4 ± 12.8	沙库巴曲缬沙坦+常规抗HF治疗/常规抗HF治疗	6个月	②③⑥
TEERLINK <sup>[22]</sup>	2016	13个国家	149/149	64 ± 10/63 ± 12	omecamtiv mecarbil+常规抗HF治疗/常规抗HF治疗	20周	②③④
PIESKE <sup>[23]</sup>	2017	欧洲、北美洲、亚洲	96/93	73.0 ± 10.0/74.0 ± 9.0	维利西呱+常规抗HF治疗/常规抗HF治疗	12周	①②③④⑥
GHEORGHIADE <sup>[24]</sup>	2015	欧洲、北美洲、亚洲	91/92	69 ± 12/67 ± 13	维利西呱+常规抗HF治疗/常规抗HF治疗	12周	①②③④⑥
JENSEN <sup>[25]</sup>	2020	丹麦	95/95	64/63	恩格列净+常规抗HF治疗/常规抗HF治疗	12周	②③④⑤⑥
MCMURRAY <sup>[26]</sup>	2019	20个国家	2 373/2 371	66.2 ± 11.0/66.5 ± 10.8	达格列净+常规抗HF治疗/常规抗HF治疗	18.2个月	①②③④⑤⑥
ABRAHAM <sup>[27]</sup>	2021	美国、欧洲、加拿大、澳洲	156/156	69/70	恩格列净+常规抗HF治疗/常规抗HF治疗	12周	④⑥
KATO <sup>[28]</sup>	2019	美国、欧洲、亚洲、拉丁美洲	318/353	63	达格列净+常规抗HF治疗/常规抗HF治疗	4.2年	①②③④

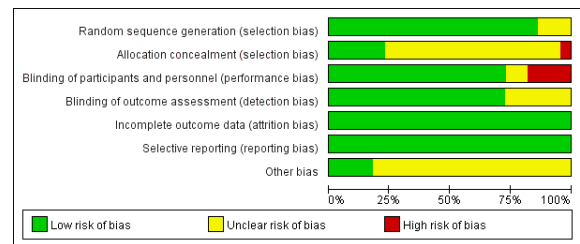
注：HF=心力衰竭；①表示心血管死亡和因HF住院的复合事件发生率，②表示因HF再住院率，③表示心血管死亡率，④表示全因死亡率，⑤表示堪萨斯城心肌病问卷（KCCQ）评分，⑥表示不良反应发生率

献<sup>[8, 17, 23, 26-27]</sup>采用交互式计算机系统分配方案，1篇文献<sup>[25]</sup>采用Pharmacy control分配方案，15篇文献<sup>[7, 9-11, 13-16, 18-22, 24, 28]</sup>未提及分配方案隐藏；3篇文献<sup>[18-20]</sup>采用单盲，16篇文献<sup>[7-11, 13-14, 16-17, 22-28]</sup>采用双盲，2篇文献<sup>[15, 21]</sup>未提及盲法；21篇文献<sup>[7-11, 13-28]</sup>结果数据完整，未选择性报道结果；3篇文献<sup>[14, 19-20]</sup>报道其他偏倚风险，18篇文献<sup>[7-11, 13, 15-18, 21-28]</sup>其他偏倚风险不清楚，见图2。

### 2.3 网状Meta分析结果

**2.3.1 心血管死亡和因HF住院复合事件发生率** 13篇文献<sup>[7-8, 10-11, 13-16, 19, 23-24, 26, 28]</sup>报道了心血管死亡和因HF住院复合事件发生率，网状Meta分析结果显示，行ARNI+常规抗HF治疗、sGCs+常规抗HF治疗、SGLT2i+常规抗HF治疗者心血管死亡和因HF住院复合事件发生率低于行常规抗HF治疗者，行omecamtiv mecarbil+常规抗HF治疗者心血管死亡和因HF住院复合事件发生率高于行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者，差异有统计学意义（ $P < 0.05$ ），见图3、表2。根据SUCRA排序依次为SGLT2i+常规抗HF治疗（95.4%）、ARNI+常规抗HF治疗（90.8%）、sGCs+常规抗HF治疗（69.1%）、omecamtiv mecarbil+常规抗HF治疗（69.5%）、常规抗HF治疗（95.0%）。

**2.3.2 因HF再住院率** 20篇文献<sup>[7-11, 13-26, 28]</sup>报道了因HF



**图2** 纳入文献偏倚风险评估结果  
**Figure 2** Bias risk assessment results of included literature

再住院率，网状Meta分析结果显示，行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者因HF再住院率低于行常规抗HF治疗者，行omecamtiv mecarbil+常规抗HF治疗者因HF再住院率高于行ARNI+常规抗HF治疗者，行SGLT2i+常规抗HF治疗者因HF再住院率低于行ARNI+常规抗HF治疗、omecamtiv mecarbil+常规抗HF治疗、sGCs+常规抗HF治疗者，差异有统计学意义（ $P < 0.05$ ），见图4、表3。根据SUCRA排序依次为SGLT2i+常规抗HF治疗（99.5%）、ARNI+常规抗HF治疗（97.4%）、sGCs+常规抗HF治疗（81.2%）、omecamtiv mecarbil+常规抗HF治疗（66.1%）、常规抗HF治疗（80.3%）。

**2.3.3 心血管死亡率** 18篇文献<sup>[7-11, 13-16, 19-26, 28]</sup>报道了

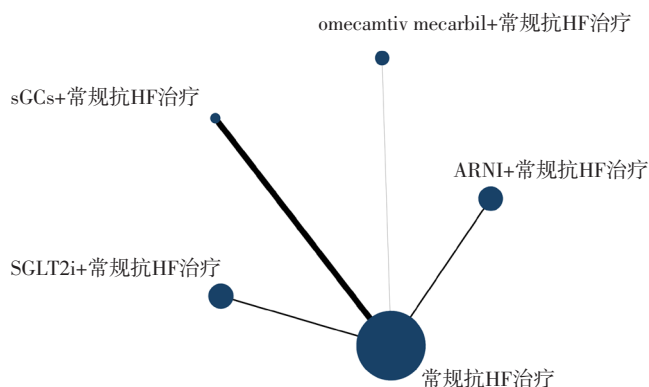
心血管死亡率, 网状Meta分析结果显示, 行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者心血管死亡率低于行常规抗HF治疗者, 差异有统计学意义 ( $P < 0.05$ ), 见图5、表4。根据SUCRA排序依次为ARNI+常规抗HF治疗 (71.8%)、SGLT2i+常规抗HF治疗 (58.9%)、sGCs+常规抗HF治疗 (55.0%)、常规抗HF治疗 (55.5%)、omecambiv mecarbil+常规抗HF治疗 (53.9%)。

2.3.4 全因死亡率 18篇文献<sup>[7-11, 13-17, 19, 22-28]</sup>报道了全因死亡率, 网状Meta分析结果显示, 行ARNI+常规抗HF治疗者全因死亡率低于行常规抗HF治疗者, 差异有统计学意义 ( $P < 0.05$ ), 见图6、表5。根据SUCRA排序依次为ARNI+常规抗HF治疗 (43.0%)、SGLT2i+常规抗HF治疗 (37.9%)、

常规抗HF治疗 (22.8%)、omecambiv mecarbil+常规抗HF治疗 (21.1%)、sGCs+常规抗HF治疗 (26.7%)。

2.3.5 KCCQ评分 9篇文献<sup>[7-8, 11, 13, 16-17, 19, 25-26]</sup>报道了KCCQ评分, 网状Meta分析结果显示, 行SGLT2i+常规抗HF治疗者KCCQ评分高于行常规抗HF治疗、omecambiv mecarbil+常规抗HF治疗者, 差异有统计学意义 ( $P < 0.05$ ), 见图7、表6。根据SUCRA排序依次为SGLT2i+常规抗HF治疗 (96.0%)、ARNI+常规抗HF治疗 (81.5%)、常规抗HF治疗 (69.2%)、omecambiv mecarbil+常规抗HF治疗 (71.8%)。

2.4 不良反应发生率 17篇文献<sup>[7-10, 13-14, 16-21, 23-27]</sup>报道了不良反应发生率, 包括高钾血症、低血压、肾功能下降、晕厥、尿路感染、骨折、低血糖, 且稀释药物或继续观察后不良反应自行缓解, 因为部分研究未记录不良反应, 且不良反应的标准、分类和评估方法可能存在差异, 故暂不做进一步分析。



注: HF=心力衰竭, ARNI=血管紧张素受体脑啡肽酶抑制剂, sGCs=可溶性鸟苷酸环化酶刺激剂, SGLT2i=钠-葡萄糖共转运蛋白2抑制剂

图3 四种新型抗HF药物对CHF患者心血管死亡和因HF住院复合事件发生率影响的网状关系图

Figure 3 Network relation diagram of the effects of four new anti-HF drugs on the incidence of complex events of cardiovascular death and hospitalization due to in CHF patients

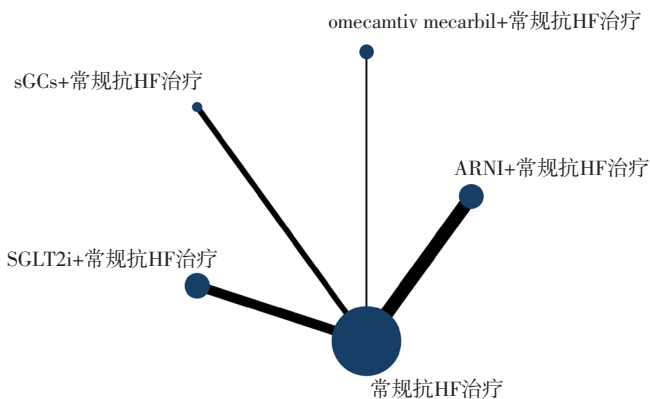


图4 四种新型抗HF药物对CHF患者因HF再住院率影响的网状关系图

Figure 4 Network relation diagram of the effects of four new anti-HF drugs on the rehospitalization rate due to HF in CHF patients

表2 四种新型抗HF药物对CHF患者心血管死亡和因HF住院复合事件发生率影响的网状Meta分析结果 [RR (95%CI)]

Table 2 Network meta-analysis results of the effects of four new anti-HF drugs on the incidence of complex events of cardiovascular death and hospitalization due to in CHF patients

干预措施	常规抗HF治疗	ARNI+常规抗HF治疗	omecambiv mecarbil+常规抗HF治疗	sGCs+常规抗HF治疗
ARNI+常规抗HF治疗	0.84 (0.80, 0.89) <sup>a</sup>	-	-	-
omecambiv mecarbil+常规抗HF治疗	0.95 (0.89, 1.01)	1.12 (1.03, 1.22) <sup>a</sup>	-	-
sGCs+常规抗HF治疗	0.92 (0.85, 0.99) <sup>a</sup>	1.09 (0.99, 1.19)	0.97 (0.88, 1.07)	-
SGLT2i+常规抗HF治疗	0.78 (0.73, 0.84) <sup>a</sup>	0.93 (0.85, 1.01)	0.83 (0.75, 0.91) <sup>a</sup>	0.85 (0.77, 0.95)

注: ARNI=血管紧张素受体脑啡肽酶抑制剂, sGCs=可溶性鸟苷酸环化酶刺激剂, SGLT2i=钠-葡萄糖共转运蛋白2抑制剂; <sup>a</sup>表示  $P < 0.05$ ; -表示无相关数据

表3 四种新型抗HF药物对CHF患者因HF再住院率影响的网状Meta分析结果 [RR (95%CI)]

Table 3 Network meta-analysis results of the effects of four new anti-HF drugs on the rehospitalization rate due to HF in CHF patients

干预措施	常规抗HF治疗	ARNI+常规抗HF治疗	omecambiv mecarbil+常规抗HF治疗	sGCs+常规抗HF治疗
ARNI+常规抗HF治疗	0.82 (0.77, 0.88) <sup>a</sup>	-	-	-
omecambiv mecarbil+常规抗HF治疗	0.97 (0.90, 1.04)	1.17 (1.07, 1.29) <sup>a</sup>	-	-
sGCs+常规抗HF治疗	0.92 (0.84, 1.00)	1.11 (1.00, 1.24)	0.95 (0.85, 1.06)	-
SGLT2i+常规抗HF治疗	0.73 (0.68, 0.78) <sup>a</sup>	0.88 (0.80, 0.97) <sup>a</sup>	0.75 (0.68, 0.83) <sup>a</sup>	0.79 (0.71, 0.89) <sup>a</sup>

注: <sup>a</sup>表示  $P < 0.05$ ; -表示无相关数据

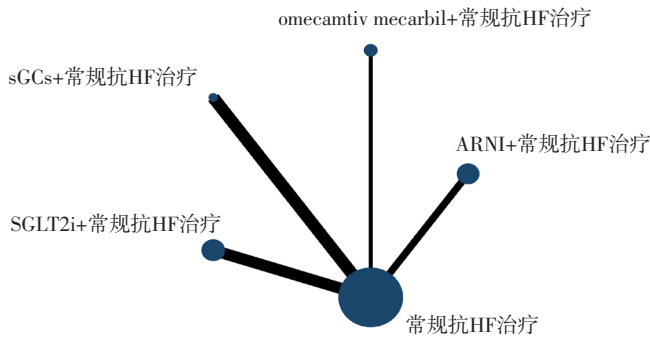


图5 四种新型抗HF药物对CHF患者心血管死亡率影响的网状关系图  
**Figure 5** Network relation diagram of the effects of four new anti-HF drugs on the cardiovascular mortality in CHF patients

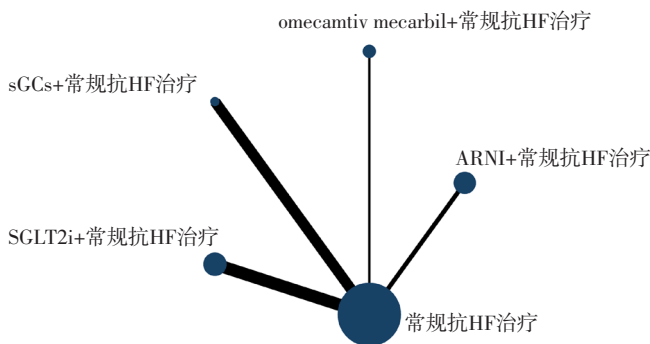


图6 四种新型抗HF药物对CHF患者全因死亡率影响的网状关系图  
**Figure 6** Network relation diagram of the effects of four new anti-HF drugs on the all-cause mortality in CHF patients

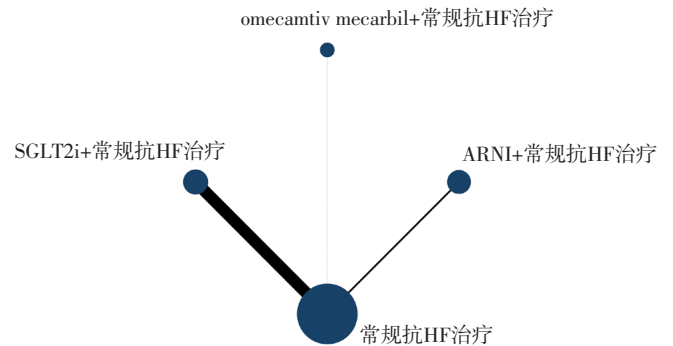


图7 三种新型抗HF药物对CHF患者KCCQ评分影响的网状关系图  
**Figure 7** Network relation diagram of the effects of three new anti-HF drugs on the KCCQ score in CHF patients

2.5 发表偏倚 倒漏斗图分析结果显示,报道心血管死亡和因HF住院复合事件发生率、因HF再住院率、心血管死亡率、全因死亡率的文献大致对称地分布于漏斗图两侧,提示存在小样本效应或发表偏倚的可能性较小,见图8。

### 3 讨论

近年越来越多抗HF药物的出现使优化HF治疗方案成为可能,但缺少新型抗HF药物治疗效果的直接对比分析。因此,本研究采用网状Meta分析评价了ARNI、omecamtiv mecarbil、SGLT2i、sGCs四种新型抗HF药物治疗CHF的效果,以期为CHF患者的药物选择提供循证依据。

ARNI的代表药物是沙库巴曲缬沙坦,其可通过拮抗肾素-血管紧张素-醛固酮系统和利钠肽系统而发挥预防和逆转

表4 四种新型抗HF药物对CHF患者心血管死亡率影响的网状Meta分析结果 [RR (95%CI)]

**Table 4** Network meta-analysis results of the effects of four new anti-HF drugs on the cardiovascular mortality in CHF patients

干预措施	常规抗HF治疗	ARNI+常规抗HF治疗	omecamtiv mecarbil+常规抗HF治疗	sGCs+常规抗HF治疗
ARNI+常规抗HF治疗	0.82 (0.74, 0.91) <sup>a</sup>	-	-	-
omecamtiv mecarbil+常规抗HF治疗	1.01 (0.91, 1.13)	1.23 (1.06, 1.43)	-	-
sGCs+常规抗HF治疗	0.94 (0.82, 1.08)	1.14 (0.96, 1.35)	0.93 (0.78, 1.11)	-
SGLT2i+常规抗HF治疗	0.86 (0.77, 0.96) <sup>a</sup>	1.05 (0.91, 1.21)	0.85 (0.73, 1.00)	0.92 (0.77, 1.10)

注:<sup>a</sup>表示P<0.05; -表示无相关数据

表5 四种新型抗HF药物对CHF患者全因死亡率影响的网状Meta分析结果 [RR (95%CI)]

**Table 5** Network meta-analysis results of the effects of four new anti-HF drugs on the all-cause mortality in CHF patients

干预措施	常规抗HF治疗	ARNI+常规抗HF治疗	omecamtiv mecarbil+常规抗HF治疗	sGCs+常规抗HF治疗
ARNI+常规抗HF治疗	0.86 (0.72, 0.98) <sup>a</sup>	-	-	-
omecamtiv mecarbil+常规抗HF治疗	1.01 (0.78, 1.30)	1.17 (0.85, 1.60)	-	-
sGCs+常规抗HF治疗	0.96 (0.74, 1.25)	1.11 (0.81, 1.52)	0.95 (0.66, 1.37)	-
SGLT2i+常规抗HF治疗	0.88 (0.75, 1.03)	1.02 (0.81, 1.27)	0.87 (0.65, 1.18)	0.92 (0.67, 1.25)

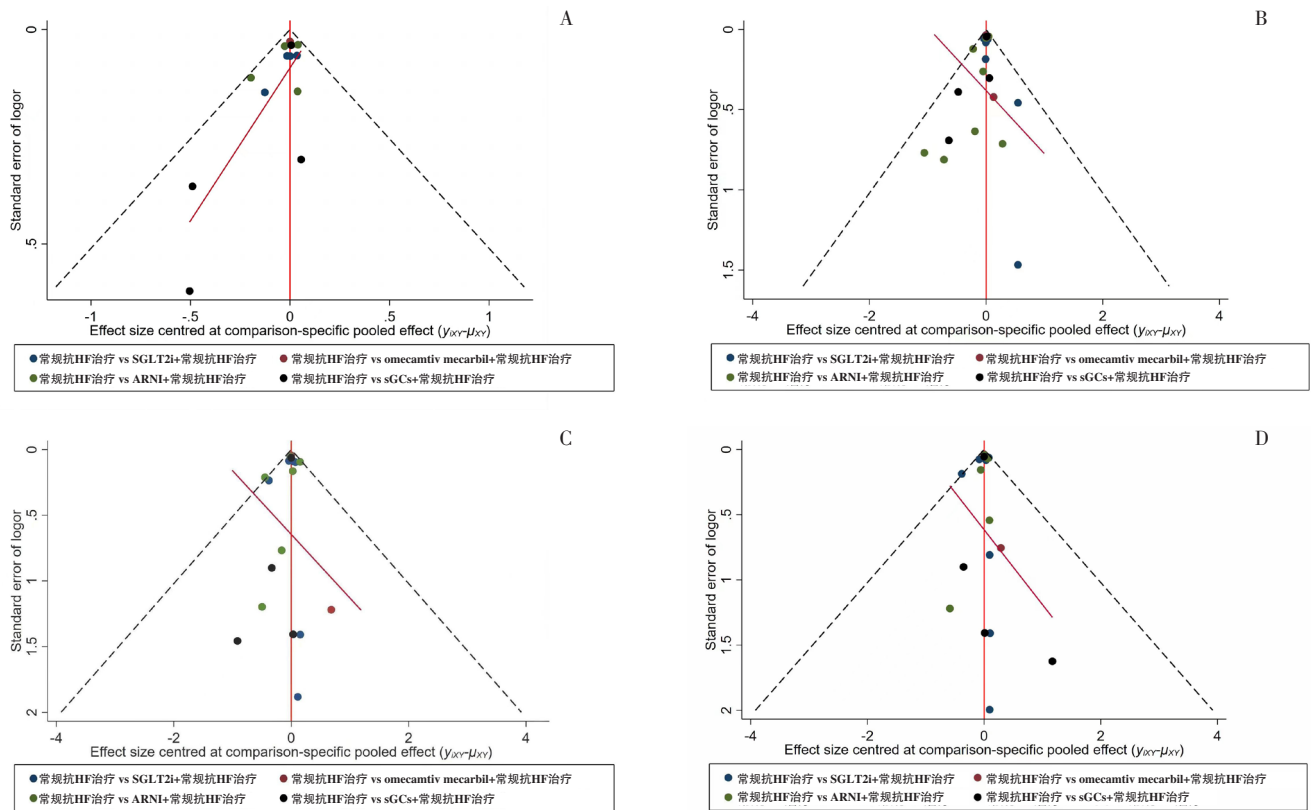
注:<sup>a</sup>表示P<0.05; -表示无相关数据

表6 三种新型抗HF药物对CHF患者KCCQ评分影响的网状Meta分析结果 [MD (95%CI)]

**Table 6** Network meta-analysis results of the effects of three new anti-HF drugs on the KCCQ score in CHF patients

干预措施	常规抗HF治疗	ARNI+常规抗HF治疗	omecamtiv mecarbil+常规抗HF治疗
ARNI+常规抗HF治疗	1.91 (0.83, 4.42)	-	-
omecamtiv mecarbil+常规抗HF治疗	0.61 (0.12, 3.13)	0.32 (0.05, 2.00)	-
SGLT2i+常规抗HF治疗	6.44 (2.40, 17.31) <sup>a</sup>	3.37 (0.92, 12.32)	10.62 (1.56, 72.19) <sup>a</sup>

注:<sup>a</sup>表示P<0.05; -表示无相关数据



注: A为心血管死亡和因HF住院复合事件率, B为因HF再住院率, C为心血管死亡率, D为全因死亡率

图8 报道结局指标文献发表偏倚的倒漏斗图

Figure 8 Inverted funnel plot of the literature reporting the outcome indicators

心室重构、降低心脏前后负荷、维持水钠平衡等作用<sup>[29-30]</sup>。相关指南推荐,对于NYHA分级为II~III级、有症状的HF<sub>r</sub>EF患者,若能够耐受ACEI/ARB,推荐以ARNI替代ACEI/ARB,以进一步降低HF住院和死亡风险(I, B)<sup>[5, 31]</sup>。omecamtiv mecarbil是一种新型心肌球蛋白激动剂,其通过直接调节心脏肌节功能而改善心肌功能和心肌收缩力<sup>[11, 22]</sup>。虽然omecamtiv mecarbil治疗HF的效果不及ARNI、SGLT2i,但其是首个可以改善HF<sub>r</sub>EF患者临床预后的正性肌力药物。SGLT2i是一种新型口服降糖药,其通过抑制肾脏近端小管对葡萄糖的重吸收而达到增加尿糖、降低血糖的目的,除利尿及影响血流动力学外,其还对心肌代谢、离子转运蛋白、脂肪因子、血管功能有影响,进而可以改善HF患者预后<sup>[32-34]</sup>。在HF指南中,SGLT2i被认为是HF<sub>r</sub>EF的一线治疗方案,并将HF的“金三角”治疗方案变为“新四联”治疗方案<sup>[5, 35]</sup>。研究表明,对于有或无HF和心血管疾病史的2型糖尿病患者,SGLT2i(恩格列净、达格列净和卡格列净)能在很大程度上降低HF住院风险,改善心血管结局<sup>[36]</sup>。研究表明,NO-可溶性鸟苷酸环化酶-环磷酸鸟苷信号通路在调节血管收缩、组织纤维化、氧化应激等方面起重要作用<sup>[37]</sup>。在HF<sub>r</sub>EF中,维利西呱可直接刺激可溶性鸟苷酸环化酶,使其对内源性NO敏感,提高环鸟苷单磷酸水平,对血流动力学及血管和心肌功能具有积极影响,从而对心脏产生保护作用<sup>[10, 24]</sup>。

本网状Meta分析结果显示,四种新型抗HF药物在降低CHF患者心血管死亡和因HF住院复合事件发生率、因HF再

住院率、心血管死亡率、全因死亡率及提高KCCQ评分方面各有优势。行ARNI+常规抗HF治疗、sGCs+常规抗HF治疗、SGLT2i+常规抗HF治疗者心血管死亡和因HF住院复合事件发生率低于行常规抗HF治疗者,行omecamtiv mecarbil+常规抗HF治疗者心血管死亡和因HF住院复合事件发生率高于行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者;SUCRA最大的为SGLT2i+常规抗HF治疗,提示SGLT2i+常规抗HF治疗能有效降低CHF患者心血管死亡和因HF住院复合事件发生率。行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者因HF再住院率低于行常规抗HF治疗者,行omecamtiv mecarbil+常规抗HF治疗者因HF再住院率高于行ARNI+常规抗HF治疗者,行SGLT2i+常规抗HF治疗者因HF再住院率低于行ARNI+常规抗HF治疗、omecamtiv mecarbil+常规抗HF治疗、sGCs+常规抗HF治疗者,SUCRA最大的为SGLT2i+常规抗HF治疗,提示SGLT2i+常规抗HF治疗能有效降低CHF患者因HF再住院率。行ARNI+常规抗HF治疗、SGLT2i+常规抗HF治疗者心血管死亡率低于行常规抗HF治疗者,SUCRA最大的为ARNI+常规抗HF治疗,提示ARNI+常规抗HF治疗能有效降低CHF患者心血管死亡率。行ARNI+常规抗HF治疗者全因死亡率低于行常规抗HF治疗者,SUCRA最大为ARNI+常规抗HF治疗,提示ARNI+常规抗HF治疗能有效降低CHF患者全因死亡率。行SGLT2i+常规抗HF治疗者KCCQ评分高于行常规抗HF治疗、omecamtiv mecarbil+常规抗HF治疗者,SUCRA最大的为SGLT2i+常规抗HF治疗,提示SGLT2i+常规抗HF治疗能有效提

高CHF患者KCCQ评分。

综上所述, ARNI和SGLT2i治疗CHF的效果优于sGCs和omecamtiv mecarbil, 其中ARNI在降低CHF患者心血管死亡率和全因死亡率方面效果可能最佳, SGLT2i在降低心血管死亡和因HF住院复合事件发生率、因HF再住院率和改善患者活动耐量、生活质量方面效果可能最佳。但本研究仍存在一定局限性: (1) 部分文献未具体描述随机序列的产生、分配方案隐藏、盲法, 导致存在选择、测量偏倚; (2) 报道KCCQ评分的文献数量较少; (3) 各文献的随访时间不同, 可能影响研究结论; (4) 未进一步分析新型抗HF药物的安全性。因此, ARNI、SGLT2i、sGCs或omecamtiv mecarbil治疗CHF的效果仍有待更多的高质量研究进一步论证。

作者贡献: 余浩瑗、王东英进行文章的构思与设计, 结果分析与解释; 余浩瑗、王东英、冯旻进行研究的实施与可行性分析; 余浩瑗、冯旻进行数据收集、整理、分析; 余浩瑗负责撰写、修订论文; 边云飞负责文章的质量控制及审校, 并对文章整体负责、监督管理。

本文无利益冲突。

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(收稿日期: 2023-01-06; 修回日期: 2023-03-30)

(本文编辑: 谢武英)