

· 临床研究 ·

急性硫化氢中毒合并中枢神经系统损伤的相关危险因素及其预测价值研究

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[摘要] 目的:探讨急性硫化氢(hydrogen sulfide, H₂S)中毒合并中枢神经系统(central nervous system, CNS)损伤的相关危险因素及其预测价值。方法:收集2018年1月1日—2023年4月30日多家医院就诊的急性H₂S中毒中至重度患者。根据是否合并CNS损伤,分析性别、年龄、实验室检验结果以及30 d的死亡、神经功能预后等,探究急性H₂S中毒合并CNS损伤的相关危险因素;采用受试者工作特征(receiver operating characteristic curve, ROC)曲线分析乳酸(lactate, Lac)和神经元特异性烯醇化酶(neuron specific enolase, NSE)预测急性H₂S中毒合并CNS损伤的效能。结果:与非合并CNS损伤组相比,合并CNS组H₂S暴露浓度更高,入院时收缩压、中位格拉斯哥昏迷评分(Glasgow coma scale, GCS)、氧合指数均显著下降,心率显著上升。CNS损伤组入院后并发急性呼吸窘迫综合征(acute respiratory distress syndrome, ARDS)、心肌损伤明显增多;30 d死亡率达50%,且改良Rankin量表>2分的患者数量显著增高。此外,通过分析发现合并CNS损伤组入院时Lac和NSE水平较非损伤组明显升高,差异均有统计学意义。ROC曲线显示联合Lac和NSE在预测急性H₂S中毒合并CNS损伤的效能优于单个指标,曲线下面积(area under curve, AUC)达0.948。结论:急性H₂S中毒合并CNS损伤患者并发ARDS、心肌损害增加,30 d死亡率增加和神经功能预后差;此外,急性H₂S中毒联合早期血清Lac以及NSE水平的升高判断急性H₂S中毒合并CNS损伤具有较高的临床价值。

[关键词] 硫化氢;中毒;中枢神经系统损伤;回顾性研究**[中图分类号]** R595**[文献标志码]** A**[文章编号]** 1007-4368(2023)12-1650-07

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Research on the related risk factors and predictive value of acute hydrogen sulfide poisoning combined with central nervous system injury

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[Abstract] **Objective:** To explore the related risk factors and predictive value of acute hydrogen sulfide (H₂S) poisoning combined with central nervous system (CNS) injury. **Methods:** Acute H₂S poisoning patients with moderate to severe conditions who were treated in multiple hospitals from January 1, 2018, to April 30, 2023 were recruited. Based on whether CNS injury was present, the gender, age, laboratory test results, 30-day mortality, and neurological function prognosis were analyzed to investigate the relevant risk factors for acute H₂S poisoning combined with CNS injury. The receiver operating characteristic (ROC) curve was used to analyze the efficacy of Lactate (Lac) and neuron-specific enolase (NSE) in predicting acute H₂S poisoning combined with CNS injury. **Results:** Compared with

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the non-CNS injury group, the CNS group has higher H₂S exposure concentration, significantly decreased systolic blood pressure, median glasgow score and oxygenation index upon admission, and significantly increased heart rate. The CNS injury group had a significantly higher incidence of acute respiratory distress syndrome (ARDS) and myocardial injury after admission. The 30-day mortality rate was 50%, and the number of patients with mRS score > 2 was significantly increased. In addition, the analysis found that the levels of Lac and NSE upon admission were significantly higher in the CNS group compared to the non-CNS injury group, and the differences were statistically significant. The ROC curve showed that the combination of Lac and NSE was more effective in predicting acute H₂S poisoning combined with CNS injury than a single index, with an area under curve (AUC) of 0.948. **Conclusion:** Patients with acute H₂S poisoning combined with CNS injury have increased incidence of ARDS and myocardial damage, increased 30-day mortality rate, and poor neurological prognosis. In addition, the early elevation of serum Lac and NSE levels has higher clinical value in evaluating acute H₂S poisoning combined with CNS injury.

[Key words] hydrogen sulfide; poisoning; central nervous system injury; retrospective study

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硫化氢(hydrogen sulfide, H₂S)是一种无色的窒息性和刺激性气体,具有环境和职业危害性^[1-2]。中枢神经系统、呼吸系统和心血管系统是急性H₂S中毒累及的主要靶器官,导致呼吸困难、意识障碍、抽搐、低血压和心律失常,甚至引起“闪电式”死亡^[3-8]。急性H₂S中毒患者经过及时抢救存活后,一些幸存者还可能出现迟发性脑病或者遗留长期神经系统后遗症,包括精神障碍、发作性头痛头晕、记忆力减退、共济失调、听力丧失等症状,甚至出现去皮质状态,严重影响患者的生活质量^[9-12]。目前国内外有关急性H₂S中毒引起中枢神经系统(central nervous system, CNS)损伤,以病例研究报道为主^[1,12],而对其危险因素及预后的研究较少。为了探讨急性H₂S中毒引起CNS损伤的临床特征以及风险因素,本研究收集并分析了2018—2023年多家医院急性H₂S中毒患者的临床资料及预后,以明确合并CNS的相关危险因素,并提高临床医生对该病的早期认识。

1 对象和方法

1.1 对象

回顾性收集2018年1月1日—2023年4月30日在南京医科大学第一附属医院、淮安第一医院、宿迁人民医院和溧阳市人民医院四家医院急诊科就诊的急性H₂S中毒中度至重度患者做研究对象。其职业范畴涉及渔民、清理污水池作业人员等。纳入标准:①符合我国GBZ31-2002《职业性急性硫化氢中毒诊断标准》并全部诊断为中至重度急性H₂S中毒;②入院后完善头颅CT或者脑电图。排除标准:①同时合并颅脑外伤意识障碍患者;②住院≤24 h;③合并其他混合气体中毒;④既往有其他肿瘤、代谢系统疾病、免疫系统疾病长期口服激素等;⑤临床资料随访缺失。

本研究已获得南京医科大学第一附属医院伦理委员会审核批准(伦理号:2023-SR-148),并知情同意。

1.2 方法

收集并整理急性H₂S中毒中度至重度患者急诊入院时的基线资料、H₂S暴露浓度及时间、中毒基本信息、中毒至医院急诊就诊时间,首次入院时血常规、生化、心肌酶谱、血气分析、血清乳酸(lactate, Lac)和神经元特异性烯醇化酶(neuron specific enolase, NSE)等检验指标,是否入住重症监护室(intensive care unit, ICU)、是否使用机械通气等诊疗情况。随访30 d的生存率,同时使用改良Rankin量表(modified Rankin scale, mRS)评判神经功能预后状况以及功能残疾水平的疗效判定,探索分析急性H₂S中毒合并CNS损伤患者的相关风险因子及预测指标。

1.3 统计学方法

用EpiData3.1软件收集患者相关信息,整理并建立数据库;用SPSS 25.0软件分析并处理数据。定量资料符合正态分布,即用均数±标准差($\bar{x} \pm s$)描述,并予以Student' *t*检验进行组间比较;符合非正态分布的定量数据用中位数(四分位数)[*M*(*P*₂₅, *P*₇₅)]进行描述,组间比较使用Mann-Whitney *U*检验。定性资料使用频数(率)[*n*(%)]进行比较,组间差异比较则使用 χ^2 检验。采用受试者工作特征(receiver operating characteristic curve, ROC)曲线及曲线下面积(area under curve, AUC)分析评估急性H₂S中毒合并CNS损伤患者各个指标的预测效能。*P* < 0.05为差异有统计学意义。

2 结果

2.1 一般基本资料

本研究共纳入156例中至重度急性H₂S中毒患

者,其中32例符合纳入标准。患者的基本资料和临床结局见表1和表2。患者年龄(34.94 ± 10.57)岁,其中,男性28例(87.5%),中位中毒至急诊就诊时间为1.5(0.69~2.29)h。中度急性H₂S中毒患者17例(53.1%),重度中毒患者15例(46.9%)。中位H₂S暴露浓度为411.55 mg/m³,时间为25 min。入院时32例患者均有不同程度意识障碍,中位格拉斯哥昏迷评分(Glasgow coma scale, GCS)为9(5~12)分。15例(46.9%)患者入院后合并急性呼吸窘迫综合征(acute respiratory distress syndrome, ARDS),15例(46.9%)接受了机械通气治疗,20例(62.5%)接受乙酰半胱氨酸(acetylcysteine, NAC)治疗,15例(46.9%)使用胞二磷胆碱治疗。30 d死亡的患者7例(21.9%),

30 d mRS评分>2分患者9例(28.1%)。如表1所示,根据入院后头颅CT符合中毒性脑水肿和/或脑电图异常结果,将急性H₂S中毒患者分为合并中枢神经系统损伤组(CNS损伤组)14例(43.8%)和非中枢神经系统损伤组(非CNS损伤组)18例(56.2%)。与非CNS损伤组相比,合并CNS损伤组H₂S暴露浓度更高($P < 0.001$),两组H₂S暴露时间相仿。入院时CNS损伤组收缩压,以及中位GCS评分明显下降($P < 0.05$),而心率显著上升($P < 0.001$),但舒张压、呼吸频率在两组间无显著差异。

2.2 临床结局

入院后合并ARDS发生率、ICU入住率、接受机械通气治疗率、NAC及胞二磷胆碱治疗率在CNS损

表1 急性H₂S中毒合并CNS损伤组和非损伤组的基本资料

Table 1 General data comparison between patients in acute H₂S poisoning combined with CNS injury and non-injury groups

指标	合计(n=32)	CNS损伤组(n=14)	非CNS损伤组(n=18)	P值
年龄(岁, $\bar{x} \pm s$)	34.94 ± 10.57	36.71 ± 12.07	33.56 ± 9.37	0.411
男性[n(%)]	28(87.5)	11(78.6)	17(94.4)	0.419
H ₂ S暴露浓度[mg/m ³ , M(P ₂₅ , P ₇₅)]	411.5(287.1, 651.5)	639.6(476.5, 776.5)	304.3(245.3, 354.2)	<0.001
H ₂ S暴露时间[<i>min</i> , M(P ₂₅ , P ₇₅)]	25.1(12.3, 40.4)	19.8(10.6, 32.3)	32.8(17.0, 41.0)	0.314
中毒至就诊时间[h, M(P ₂₅ , P ₇₅)]	1.50(0.69, 2.29)	1.50(0.67, 2.29)	1.50(0.82, 2.35)	0.993
就诊时生命体征				
收缩压(mmHg, $\bar{x} \pm s$)	111 ± 14	103 ± 16	117 ± 9	0.003
舒张压(mmHg, $\bar{x} \pm s$)	65 ± 13	63 ± 16	68 ± 11	0.297
心率(次/min, $\bar{x} \pm s$)	90 ± 19	103 ± 17	79 ± 14	<0.001
呼吸频率[次/min, M(P ₂₅ , P ₇₅)]	17(15, 25)	25(8, 29)	16(15, 18)	0.604
GCS评分[分, M(P ₂₅ , P ₇₅)]	9(5, 12)	4(3, 8)	12(9, 13)	<0.001

伤组明显增加(85.7% vs. 16.7%, 100% vs. 11.1%, 92.9% vs. 11.1%, 100.00% vs. 33.3%, 85.7% vs. 16.7%, P 均<0.05)。30 d死亡的7例患者均在合并CNS损伤组中,病死率高达50%;而30 d mRS评分>2分的患者在合并CNS损伤组中比例显著升高(64.3% vs. 0, $P < 0.001$),差异均有统计学意义(表2)。

2.3 实验室相关指标结果比较

图1显示了与非CNS损伤组患者相比,合并CNS损伤组患者白细胞计数(white blood cell, WBC)、中性粒细胞计数(neutrophil count, N)、白介素(interleukin, IL)-6、超敏C反应蛋白(C-reactive protein, CRP)等炎症指标明显升高。生化指标中血清丙氨酸氨基转移酶(alanine aminotransferase, ALT)、天门冬氨酸氨基转移酶(aspartate aminotransferase, AST)、肌酐(creatinine, Cr)、尿素氮(urea, BUN)在合并CNS组中明显高于非CNS损伤组。心

肌酶谱中肌酸激酶(creatine kinase, CK)、肌酸激酶同工酶(creatine kinase-MB, CK-MB)、乳酸脱氢酶(lactate dehydrogenase, LDH)以及血清肌钙蛋白T(troponin T, cTnT)、N末端B型利钠肽原(N-terminal pro-brain natriuretic peptide, NT-pro-BNP)在急性H₂S中毒合并CNS损伤组显著升高。入院时急性H₂S中毒合并CNS损伤组的血清Lac、NSE较非损伤组明显升高,差异均具有统计学意义($P < 0.05$)。而氧合指数(oxygenation index, OI)在合并CNS损伤组中较非CNS损伤组显著下降,差异有统计学意义($P < 0.05$)。

2.4 急性H₂S中毒合并CNS损伤预后效能的评价

急性H₂S中毒合并CNS损伤组入院时Lac和NSE较非损伤组明显升高,差异有统计学意义(P 均<0.001),其中最佳Cut-off值分别为2.84 mmol/L和7.6 ng/mL(表3)。使用ROC曲线提示入院时Lac和NSE在预测急性H₂S中毒合并中枢神经系统损伤

表2 急性H₂S中毒合并CNS损伤组和非损伤组的临床结局

Table 2 The comparison of clinical outcomes between patients in acute H₂S poisoning combined with CNS injury and non-CNS injury groups [n(%)]

指标	合计(n=32)	CNS损伤组(n=14)	非CNS损伤组(n=18)	P值
病情严重程度				<0.001
中度	17(53.1)	1(7.1)	16(88.9)	
重度	15(46.9)	13(92.9)	2(11.1)	
治疗				
机械通气	15(46.9)	13(92.9)	2(11.1)	<0.001
ICU	16(50.0)	14(100.0)	2(11.1)	<0.001
NAC	15(46.9)	12(85.7)	3(16.7)	<0.001
胞二磷胆碱	15(46.9)	12(85.7)	3(16.7)	<0.001
合并症及预后				
ARDS	15(46.9)	12(85.7)	3(16.7)	<0.001
30 d死亡	7(21.9)	7(50.0)	0(0)	0.003
30 d mRS评分> 2	9(28.1)	9(64.3)	0(0)	<0.001

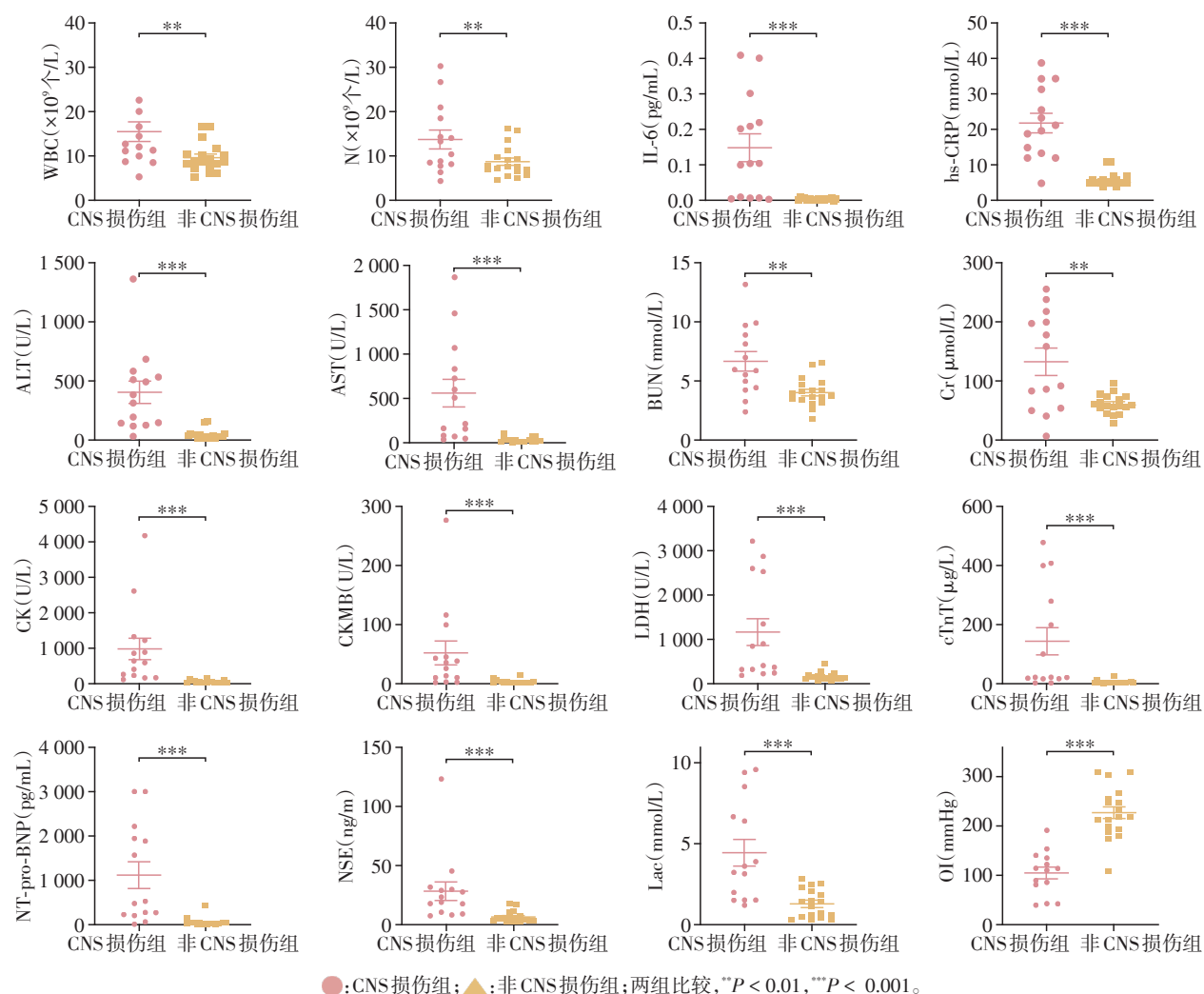


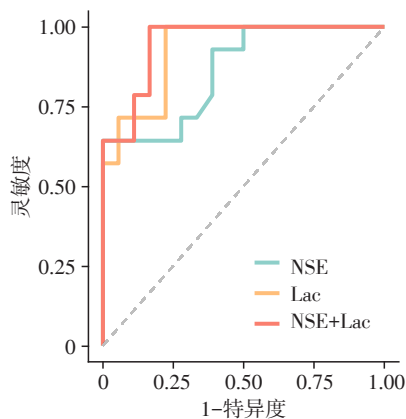
图1 急性H₂S中毒合并CNS损伤组和非损伤组患者之间实验室相关指标分析

Figure 1 Analysis of laboratory-related indicators between patients in acute H₂S poisoning combined with CNS injury group and non-CNS injury group

表3 急性H₂S中毒合并CNS损伤影响因素联合分析Table 3 The combined analysis of influencing factors of acute H₂S poisoning combined with CNS injury

变量	95% CI	Cut-off值	灵敏度(%)	特异度(%)	阳性预测率(%)	阴性预测率(%)	P值
Lac	0.863(0.695~0.958)	>2.84 mmol/L	64.3	100.0	100.0	78.3	<0.001
NSE	0.929(0.780~0.989)	>7.6 ng/mL	100.0	77.8	77.8	100.0	<0.001
Lac+NSE	0.948(0.807~0.995)	—	100.0	83.3	82.4	100.0	<0.001

患者的灵敏度和特异度均较高,AUC分别为0.863和0.929。进一步分析Lac结合NSE对急性H₂S中毒合并CNS损伤患者的预测联合效能,发现联合指标在预测合并CNS损伤的效能优于单独指标,AUC为0.948(图2)。

图2 NSE、Lac及其联合指标预测急性H₂S中毒合并CNS损伤的ROC曲线图Figure 2 ROC curves of NSE, Lac and their combined indexes for predicting acute H₂S poisoning combined with CNS injury

3 讨论

H₂S是一种环境毒物,由自然和工业来源产生,是具有多种毒性作用机制的全身性毒物。研究显示急性H₂S中毒在职业中毒暴露中的死亡率仅次于一氧化碳中毒,为23.1%~50.0%^[1-2]。急性H₂S中毒病例大多发生在通风不良的狭窄场地,40%患者死于现场,30%暴露2~6 h内在医院死亡。我国1989年的一项大型急性H₂S中毒研究显示,H₂S致死亡率为5.3%,但发现现场出现意识障碍患者高达90.1%,并且对95人随访1~10年后,发现53.7%的患者均有不同程度神经系统后遗症^[13]。超过24 h死亡的患者对支持治疗不佳,并且多死于神经元损伤;部分患者也可能造成神经损伤后遗症,如脑萎缩或者永久性脑损伤、记忆丧失、共济失调或者步态异常等,可能持续数周或者数月^[1-3,8,10,14]。本研究发现中至重

度急性H₂S中毒患者死亡率高达21.9%,与既往研究相仿^[1]。但是进一步研究发现CNS损伤在重度急性H₂S中毒患者发生率较高,占92.9%。此外,急性H₂S中毒合并CNS损伤患者H₂S暴露浓度明显升高,远高于我国《职业性急性硫化氢中毒诊断标准》工作场所空气中H₂S的职业接触最大限值(10 mg/m³)。而合并CNS损伤患者入院时血压更低、OI更差,心率明显增快,30 d死亡率较非CNS损伤组明显增高,死亡率达50%,并且第30天随访的神经功能恢复不佳,mRS评分>2分者占64.3%。因此与非合并CNS损伤急性H₂S中毒患者相比,合并CNS损伤患者30 d的致残及死亡率明显增加。

H₂S中毒机制至今仍然不明,可损伤多个组织器官。至今为止,急性H₂S中毒目前仍存在争议,抑制呼吸中心和心血管衰竭被认为是死亡的主要原因。目前研究广泛认为是由于大剂量H₂S抑制线粒体中电子传递链内的细胞色素C氧化酶,从而阻断ATP的合成,抑制有氧呼吸,造成Lac升高、细胞毒性作用,进一步导致氧化应激、炎症、细胞死亡。严重依赖ATP的组织,如大脑和心脏对H₂S特别敏感,容易引起细胞组织的损伤^[4,15-16,25,27]。此外,研究发现H₂S对中枢神经系统的毒性可能是复杂的,具体机制并不完全清楚。H₂S可直接诱导神经毒性,皮层、丘脑、下丘脑以及脑干部位对H₂S最为敏感,引起氧化应激和神经递质失调^[17]。Warenycia等^[18]研究人员还发现多巴胺、肾上腺素水平等随H₂S暴露增加而增加。Mo等^[5]研究人员则发现OI与急性H₂S中毒引起急性肺损伤的程度有一定的相关性,能够较好地反映急性H₂S中毒后肺损伤的严重程度。本研究发现急性H₂S中毒合并CNS损伤患者入院时血清Lac较非损伤组明显升高,是合并CNS损伤的独立危险因素。其次,在病程中发现并发其他脏器损伤率高,以ARDS和心肌损伤为主,表现为需要机械通气率高,心肌酶谱、cTnT和NT-pro-BNP明显上升。此外,还发现肝肾功能也有一定程度的损伤,与既往研究一致,其原因可能与组织缺氧密切相关^[5,7]。

NSE是一种参与糖酵解途径的烯醇化酶,广泛

存在于神经元及神经内分泌组织中。研究显示NSE改变与神经系统疾病关系密切,被认为是神经元损伤的生物标志物。研究表明在心肺复苏术后合并弥漫性脑水肿、急性缺血性脑卒中、自发性或创伤性脑出血、颅内感染等患者中均发现血清NSE水平增高,且与病情严重程度及早期不良预后具有显著相关性^[19-24,26]。本研究也同样发现急性H₂S中毒合并CNS损伤患者血清NSE明显升高,是其独立危险因素之一。并且同时与血清Lac联合分析后,AUC达0.948,显著高于单个指标的预测效能。因此本研究认为NSE联合Lac对急性H₂S中毒合并CNS损伤具有良好的临床预测价值。

综上所述,与未合并CNS损伤的急性H₂S中毒患者相比,合并CNS损伤患者并发ARDS及心肌损害的风险升高,30 d的致残及死亡率明显增加;此外,急性H₂S中毒联合早期血清Lac以及NSE水平升高判断急性H₂S中毒合并CNS损伤具有较高的临床价值,以便临床医生早期诊断、早期治疗。

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