

• 临床研究 •

## 采用手术肩枕改善甲状腺CT图像质量的应用研究

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**[摘要]** 目的:探讨基于手术肩枕的改良体位在优化甲状腺CT图像质量中的价值。方法:前瞻性纳入176例拟行CT检查的甲状腺结节患者,分为对照组(常规体位, $n=88$ )和实验组(改良体位, $n=88$ )。对照组采用标准摆位法,患者呈仰卧位,双臂置于身体两侧,自然下垂;实验组采用手术肩枕垫高肩部,双肩与肩枕上缘平行,双臂置于身体两侧,头呈过伸位。比较两组动脉期和静脉期CT图像的主观质量评分(整体图像质量、主观噪声评价、伪影)、客观质量评分[信噪比(signal-to-noise ratio, SNR)、对比噪声比(contrast-to-noise ratio, CNR)]及辐射剂量[CT剂量指数(volume computed tomography dose index, CTDIvol)、剂量长度乘积(dose-length product, DLP)、有效剂量(effective dose, ED)]。结果:主观图像质量评分方面,实验组在图像整体质量( $Z=-5.385, P < 0.001$ )、主观噪声( $Z=-5.609, P < 0.001$ )及伪影抑制( $Z=-3.473, P=0.001$ )方面均优于对照组。客观图像质量评分方面,实验组动脉期SNR( $Z=-6.533, P < 0.001$ )、CNR( $Z=-6.475, P < 0.001$ )和静脉期SNR( $t=-7.193, P < 0.001$ )、CNR( $Z=-5.705, P < 0.001$ )均显著高于对照组。辐射剂量方面,实验组与对照组动脉期CTDIvol( $Z=-0.527, P=0.598$ )、DLP( $Z=-1.493, P=0.136$ )、ED( $Z=-1.493, P=0.136$ )和静脉期CTDIvol( $Z=-0.611, P=0.541$ )、DLP( $Z=-1.151, P=0.250$ )、ED( $Z=-1.151, P=0.250$ )差异均无统计学意义。结论:基于手术肩枕的改良体位可充分拉伸患者颈部,在不增加辐射剂量的前提下改善甲状腺CT图像质量。

**[关键词]** 甲状腺CT;图像质量;外科肩枕

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## Application study on improving thyroid CT image quality using surgical shoulder pillow

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**[Abstract]** **Objective:** To investigate the value of a modified position utilizing surgical shoulder pillows in optimising the quality of thyroid CT images. **Methods:** A total of 176 patients with thyroid nodules who were scheduled for CT examination were prospectively enrolled, and divided into a control group (conventional position,  $n=88$ ) and an experimental group (modified position,  $n=88$ ). The patients in the control group were positioned in the supine position with their arms on each side of their bodies and drooping naturally. The experimental group was adopted with the shoulders elevated by the surgical shoulder pillows, shoulders parallel to the upper edge of the shoulder pillows, arms placed on each side of the body, and the head in the hyperextension position. The subjective quality scores (overall image quality, subjective noise evaluation, artefacts), the objective quality scores (signal-to-noise ratio SNR, contrast-to-noise ratio CNR), and the radiation doses [CT dose index (volume computed tomography dose index, CTDIvol), dose-length product (DLP), effective dose (ED)] of arterial-phase and venous-phase CT images were compared between the two groups. **Results:** The experimental group outperformed the control group in subjective picture quality scores, demonstrating superiority in overall image quality ( $Z=-5.385, P < 0.001$ ), subjective noise ( $Z=-5.609, P < 0.001$ ), and artefact suppression ( $Z=-3.473, P=0.001$ ). The experimental group exhibited much superior SNR and CNR than the control group in both arterial (SNR:  $Z=-6.533$ ; CNR:  $Z=-6.475$ ; both  $P < 0.001$ ) and venous phases (SNR:  $t=-7.193$ ; CNR:  $Z=-5.705$ ; both  $P < 0.001$ ). No significant differences in radiation dose were observed between the experimental and control groups for arterial phase CTDIvol ( $Z=-0.527, P=0.598$ ), DLP ( $Z=-1.493, P=0.136$ ), ED ( $Z=-1.493, P=0.136$ ), and venous phase CTDIvol ( $Z=-0.611, P=0.541$ ), DLP ( $Z=-1.151, P=0.250$ ), and ED ( $Z=-1.151, P=0.250$ ). **Conclusion:** The modified position utilising surgical shoulder pillows allows patients to fully stretch their necks, and improves the quality of CT

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images of the thyroid gland without increasing the radiation dose.

[Key words] thyroid CT; image quality; surgical shoulder pillow

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超声是临床评估甲状腺癌的首选影像学技术。近年研究表明,联合应用超声和CT检查可进一步提高甲状腺癌淋巴结分期的准确性<sup>[1-6]</sup>,因此越来越多的中心同时采用超声和CT检查对甲状腺癌患者进行术前评估。然而,下颈部至肩部的解剖结构复杂,容易导致X线衰减差异与投影噪声不一致,因此基于常规体位的甲状腺CT图像容易出现条状伪影,进而降低图像质量,影响临床评估。既往有研究通过体位调整(如肩部下压、单侧上肢上举)来改善图像质量,但存在患者依从性差等问题<sup>[7-9]</sup>。为甲状腺癌患者进行手术时,外科医生通常会在患者肩颈部垫置手术肩枕,旨在充分伸展患者颈部,便于手术操作。考虑到外科体位与CT检查目标体位的相似性,以及CT检查过程中模拟外科体位的潜在意义,本研究将外科体位应用于CT检查过程,旨在探讨基于手术肩枕的改良体位在优化甲状腺CT图像质量中的价值。

## 1 对象和方法

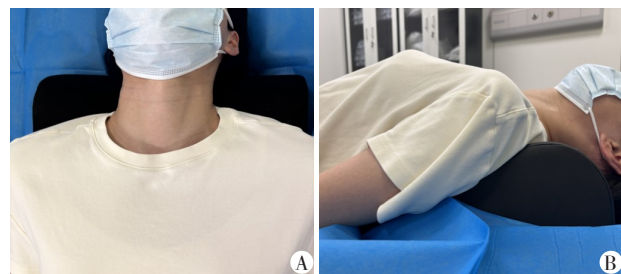
### 1.1 对象

前瞻性纳入2025年1—4月南京医科大学第一附属医院放射科拟行术前CT评估的甲状腺结节患者。排除标准:①甲状腺手术史;②超声提示双侧甲状腺结节;③合并桥本甲状腺炎。最终纳入176例患者,分为实验组( $n=88$ )和对照组( $n=88$ )。本研究经医院伦理委员会批准,患者均知情同意。

### 1.2 方法

采用双源CT(SOMATOM Force,西门子公司,德国)进行图像采集,扫描范围从颅底至主动脉弓。参数设置:A球管管电压80 kVp,管电流118 mA,B球管管电压150 kVp,管电流59 mA。转速0.5 s/圈,螺距0.7 mm,准直宽度128 mm×0.6 mm,层厚1.5 mm,层间距1.5 mm,重建算法ADMIRE迭代重建(Strength 3),重建矩阵512×512。线性融合因子选择0.5,扫描后自动生成加权融合图(模拟常规120 kVp的CT图像)。采用高压注射器经肘正中静脉团注75 mL对比剂(碘普罗胺,拜耳公司,德国),流率3.5 mL/s,跟注50 mL生理盐水。对比剂注射后分别延迟25 s

和50 s采集动脉期和静脉期图像。对照组CT采集体位采用仰卧位,双臂置于身体两侧,自然下垂。实验组采集CT图像前,将甲状腺手术肩枕(长40 cm×宽30 cm×高8 cm)垫于背部,使双肩与肩枕上缘平行,双臂置于身体两侧,头呈过伸位,使得颈部完全暴露(图1)。



A: The front view. B: The side view.

图1 体位图

Figure 1 Position diagram

由2名分别具有2年和9年工作经验的影像诊断医师进行主观图像质量评分。从整体图像质量可诊断性评分、主观噪声评分以及颈胸交界处伪影评分3个维度进行评估。若2名医师的评分结果存在显著差异,则由另1名具有30年工作经验的影像诊断医师进行最终判读。评分标准如下,①整体图像质量:1分,无法诊断;2分,差或次优;3分,可接受;4分,良好;5分,优秀。②主观噪声:1分,不可接受的噪声水平;2分,明显噪声图像;3分,轻微噪声但可接受;4分,最小噪声不影响诊断质量;5分,无明显噪声。③条纹伪影:1分,严重伪影;2分,中度伪影、降低诊断能力;3分,轻微伪影、不干扰诊断能力;4分,最小伪影;5分,无明显伪影<sup>[10-12]</sup>。

客观评分方面,分别基于动脉期和静脉期测量信噪比(signal-to-noise ratio, SNR)及对比噪声比(contrast-to-noise ratio, CNR)。基于超声检查结果,选择无甲状腺结节侧CT图像,于甲状腺最大层面勾画面积为20~30 mm<sup>2</sup>的圆形感兴趣区(region of interest, ROI)测量甲状腺及胸锁乳突肌CT值,并以甲状腺标准差值(standard deviation, SD)作为背景噪声,计算SNR和CNR。SNR=甲状腺CT值/背景噪声;CNR=(甲状腺CT值-胸锁乳突肌CT值)/背景噪

声<sup>[7,9-10]</sup>。由上述2名影像诊断医师完成客观定量测量,取2名医师的测量平均值纳入后续统计分析。

辐射剂量方面,分别记录动脉期和静脉期的容积CT剂量指数(volume computed tomography dose index,CTDIvol)、剂量长度乘积(dose-length product,DLP)和有效剂量(effective dose,ED)<sup>[13-14]</sup>。其中ED=DLP×k,k是与检查部位相关的转换系数,欧洲指南提示的颈部k值为0.005 4<sup>[7]</sup>。

### 1.3 统计学方法

采用SPSS 23.0进行统计学分析。利用kappa检验评估2名医师主观评分的一致性。0.4<kappa≤0.6为中度一致,0.6<kappa≤0.8为实质性一致,kappa>0.8为高度一致<sup>[15-19]</sup>。对于定量资料,首先进行方差齐性检验(Levene检验)和正态性检验(Kolmogorov-Smirnov检验)。若数据均满足方差齐性和正态性假设,采用均数±标准差( $\bar{x} \pm s$ )描述,并采用独立样本t检验比较组间差异;若不满足方差齐性和正态性假设,则用中位数(四分位数)[ $M(P_{25}, P_{75})$ ]描述,并采用Mann-Whitney U检验比较组间差异。定性资料和等级资料采用卡方检验或非参数Mann-Whitney U检验比较组间差异。 $P < 0.05$ 为差异有统计学意义。

## 2 结果

### 2.1 人口学特征

实验组和对照组均纳入88例患者,实验组:男30例,女58例,年龄(40.77±12.58)岁(19~75岁);对照组:男23例,女65例,年龄(42.22±12.64)岁(21~70岁)。实验组和对照组年龄和性别构成比差异无统计学意义( $P > 0.05$ )。

### 2.2 主观评分

2名医师实验组和对照组的可诊断性评分、主观噪声评分、伪影评分均高度一致(实验组:kappa值分别为0.847、0.864和0.882;对照组:kappa值分别为0.857、0.854和0.877)。

实验组的可诊断性评分显著优于对照组[4(4,5)*vs.* 4(3,4), $Z=-5.385, P < 0.001$ ];主观噪声显著优于对照组[4.0(4.0,5.0)*vs.* 3.5(2.2,4.0), $Z=-5.609, P < 0.001$ ];伪影控制显著优于对照组[4(3,5)*vs.* 3(2,5), $Z=-3.473, P=0.001$ ](表1)。代表性病例CT图见图2。

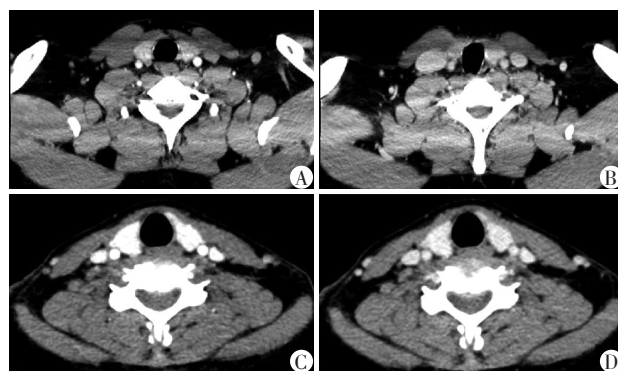
### 2.3 客观评价

实验组动脉期SNR和CNR均显著高于对照组( $P < 0.001$ );同样,实验组静脉期SNR和CNR也显著高于对照组( $P < 0.001$ ,表2)。

表1 主观评价指标

Table 1 Subjective evaluation indicators

Indicator	Experimental group(n=88)	Control group (n=88)
Evaluation of overall image quality[n(%)]		
Undiagnosable	0(0)	0(0)
Poor or suboptimal	0(0)	12(13.6)
Acceptable	10(11.4)	29(33.0)
Good	37(42.0)	30(34.1)
Excellent	41(46.6)	17(19.3)
Median score[ $M(P_{25}, P_{75})$ ]	4(4,5)	4(3,4)
Subjective noise assessment [n(%)]		
Unacceptable	0(0)	0(0)
Obvious	0(0)	22(25.0)
Slight	14(15.9)	22(25.0)
Minimal	49(55.7)	37(42.0)
No significant noise	25(28.4)	7(8.0)
Median score[ $M(P_{25}, P_{75})$ ]	4.0(4.0,5.0)	3.5(2.2,4.0)
Striped artifacts[n(%)]		
Severe	0(0)	4(4.5)
Moderate	10(11.4)	23(26.1)
Slight	13(14.8)	25(28.4)
Minimal	25(28.4)	7(8.0)
No visible artefacts	40(45.5)	29(33.0)
Median score[ $M(P_{25}, P_{75})$ ]	4(3,5)	3(2,5)



A: An axial view of arterial phase CT(control group). B: An axial view of venous phase CT(control group). C: An axial view of arterial phase CT(experimental group). D: An axial view of venous phase CT(experimental group).

图2 对照组和实验组CT图像对比

Figure 2 Comparison of CT images between the control and experimental groups

### 2.4 辐射剂量

实验组与对照组动静脉期CTDIvol、DLP和ED

比较,差异均无统计学意义( $P > 0.05$ ,表2)。

### 3 讨论

甲状腺位于下颈部,常规体位CT扫描时,甲状腺下极常与双侧肩关节及锁骨处于同一层面。这

种解剖位置关系导致X线在穿过时因组织密度差异而产生显著衰减,进而形成带状伪影与甲状腺重叠,干扰诊断结果<sup>[20-21]</sup>。既往有研究通过体位改变(如肩部下压、单侧上肢上举等)来改善图像质量,但存在患者依从性差、配合不到位的缺点<sup>[7,9]</sup>。另有

表2 客观评价及辐射剂量指标  
Table 2 Objective evaluation and radiation dose indicators

Phase	Indicator	Experimental group(n=88)	Control group(n=88)	t/Z	P
Arterial phase	SNR[ $M(P_{25}, P_{75})$ ]	21.19(17.13, 23.43)	14.48(11.58, 17.99)	-6.533	<0.001
	CNR[ $M(P_{25}, P_{75})$ ]	14.29(11.26, 16.64)	9.69(7.28, 12.50)	-6.475	<0.001
	CTDIvol[mGy, $M(P_{25}, P_{75})$ ]	6.34(4.62, 9.02)	5.99(4.50, 8.33)	-0.527	0.598
	DLP[mGy·cm, $M(P_{25}, P_{75})$ ]	162.55(120.55, 236.10)	134.15(108.90, 212.35)	-1.493	0.136
	ED[mSv, $M(P_{25}, P_{75})$ ]	0.88(0.65, 1.27)	0.72(0.59, 1.15)	-1.493	0.136
Venous phase	SNR( $\bar{x} \pm s$ )	18.10 ± 4.60	13.19 ± 4.45	-7.193	<0.001
	CNR[ $M(P_{25}, P_{75})$ ]	10.17(8.16, 12.52)	7.63(5.06, 9.65)	-5.705	<0.001
	CTDIvol[mGy, $M(P_{25}, P_{75})$ ]	6.63(4.68, 9.01)	5.97(4.51, 8.30)	-0.611	0.541
	DLP[mGy·cm, $M(P_{25}, P_{75})$ ]	162.70(119.05, 238.58)	135.10(110.40, 214.90)	-1.151	0.250
	ED[mSv, $M(P_{25}, P_{75})$ ]	0.88(0.64, 1.29)	0.73(0.60, 1.16)	-1.151	0.250

研究通过自制T形海绵垫,要求双肩向背部舒展、肩向头部提起,该体位调整方案存在操作复杂性高、患者理解困难的缺陷<sup>[8]</sup>。相比之下,甲状腺癌患者外科手术中常规使用手术肩枕垫高肩部并过伸颈部,这一体位设计既能充分暴露术野,便于手术操作,又可改变甲状腺与锁骨的空间关系。考虑到外科体位与CT检查目标体位的相似性,以及CT检查过程中模拟外科体位的潜在意义,本研究提出假设,外科肩枕可以有效垫高肩部,使双肩与肩枕上缘平行,同时将头部置于过伸位,有效改变甲状腺与肩关节、锁骨的相对位置,从而减少甲状腺与伪影的重叠区域。

为确保图像质量评估的精准性,本研究对研究对象进行了严格筛选,排除了术后和因疾病(桥本甲状腺炎)导致甲状腺CT值改变的患者。在此基础上,通过主观与客观图像质量评分,比较了实验组与对照组的图像质量差异。结果发现,实验组主观评价(图像整体质量、主观噪声评价以及伪影情况)和客观评价(SNR和CNR)均显著优于对照组,并且两组间辐射剂量(CTDIvol、DLP、ED)差异无统计学意义。这种改善主要得益于手术肩枕的独特作用机制:通过抬升肩部使甲状腺与锁骨产生空间分离,有效减少了骨性伪影的重叠干扰;同时颈部过伸体位使甲状腺区域自然远离肩关节等高密度结构,显著降低了因X线穿透厚度差异所导致的噪声不均匀性,从而全面提升了图像质量。上述结果表

明,基于手术肩枕的改良体位在优化图像质量的同时,并未增加患者的辐射剂量,为后续临床应用奠定了坚实的理论基础。

近年,光子计数CT在提升空间分辨率、抑制图像伪影及优化SNR等方面展现出显著优势<sup>[22-23]</sup>。此外,基于人工智能和深度学习的图像重建与伪影抑制算法已在临床应用中展现出优势<sup>[24-25]</sup>。展望未来,若能将体位优化策略与最新的CT设备和智能后处理技术相结合,有望获得更高质量的甲状腺CT图像,提高诊断准确性。

本研究还存在一些局限性。首先,经过严格的筛选后,最终纳入的研究样本量相对较小。其次,本研究尚未进一步分析基于改良体位优化的图像质量对后续诊疗效能的影响。未来基于更大样本量研究图像质量对后续诊断效能的影响将更有意义。

本研究将外科肩枕应用于甲状腺CT扫描,研究发现基于外科肩枕的改良体位可以显著改善甲状腺CT图像质量,且未增加患者辐射剂量,具有重要的临床应用价值。

**利益冲突声明:**

所有作者声明不存在利益冲突。

**Conflict of Interests:**

All authors declare no conflict of interests.

**作者贡献声明:**

旷欣汝负责数据收集与整理、撰写初稿;周燕、苏国义参与数据收集与整理、论文审阅;张玲负责数据收集、分析、可

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#### Author's Contributions:

KUANG Xinru was responsible for data collection and collation, and writing the first draft; ZHOU Yan and SU Guoyi were involved in data collection and collation, and paper review; ZHANG Ling was responsible for data collection, analysis, and visualization; LI Dapeng was responsible for paper review; WU Feiyun was responsible for experimental design, fund support, and paper review.

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