

## · 临床研究与实践 ·

## 儿童误吞纽扣电池致消化道损伤的文献分析



全文二维码

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**【摘要】 目的** 对儿童误吞纽扣电池致消化道损伤的相关文献进行系统分析。 **方法** 检索万方、维普、中国知网等数据库, 收集并整理国内 2009 年 5 月至 2019 年 12 月发表的所有涉及吞食纽扣电池类异物的中文文献。分析患儿的年龄、性别、地区、临床表现、并发症及诊治方法等。 **结果** 对所有文献进行详细阅读后, 排除重复报道的 2 篇和临床数据不全的 6 篇, 最终共 48 篇文献纳入系统分析, 共涉及 19 个省份的 508 例误吞纽扣电池异物儿童病例, 其中有明确性别信息的病例共 222 例, 男 142 例, 女 80 例, 男女比例 1.78 : 1。有具体年龄信息的病例共 82 例, 年龄 (26 ± 17) 个月。纽扣电池嵌顿位置最多为食管, 占比 47.44%。导致消化道穿孔 73 例 (含气管食管瘘)、不同程度食管狭窄 20 例、死亡 5 例。 **结论** 对于儿童消化道纽扣电池异物, 应选择以 X 线为主的影像学检查。根据纽扣电池滞留部位的不同选择治疗方法, 主要有内镜下取出术、自然排出或手术探查。

**【关键词】** 纽扣电池; 消化道异物; 胃肠道/损伤; 治疗; 儿童

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## Literature analysis of digestive tract injury caused by button batteries swallowed by mistake in children

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**【Abstract】 Objective** To explore the diagnosis and treatment of gastrointestinal injury caused by button battery ingestion in children through a literature analysis. **Methods** Through searching the databases of Wan-Fang, VIP and CNKI, all Chinese reports of ingestion of button batteries as foreign bodies published from May 2009 to December 2019 were collected. The research contents included age, gender, region, clinical manifestations, complications, diagnoses and treatments. **Results** After a detailed review of all retrievals, 2 articles with repeated reports and 6 articles with unclear data were excluded. Finally 48 articles were included for systematic analysis and 508 cases of accidental button batteries ingested in 19 provinces collected. There were 142 boys and 80 girls. A total of 82 cases were identified with specific age information. The mean age was (26 ± 17) months. The most common location of button battery incarceration was esophagus (47.44%). Serious complications included perforation of digestive tract (including tracheoesophageal fistula, n = 73), esophageal stenosis of varying degrees (n = 20) and death (n = 5). **Conclusion** For button batteries as foreign bodies in digestive tract, radiographic imaging examination is preferred. According to different parts of button battery retention, endoscopic removal, natural excretion or surgical exploration is selected.

【Key words】 Button Battery; Foreign Bodies; Gastrointestinal Tract/IN;Therapy; Child

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儿童对危险的识别能力差,好奇心强,误吞异物的意外经常发生。国内外学者研究表明,食管异物的发生率在人群中约为 1/1 000 000,消化道异物主要发生于儿童,以 6 个月至 6 岁多见<sup>[1-3]</sup>。一般消化道异物经过治疗后预后良好。而纽扣电池异物相对于其他异物(坚果、橡皮、纸卷、塑料玩具、硬币等)而言,具有含重金属、内容物呈强碱性、在体内可腐蚀等特点,容易造成复合性损伤,对人体黏膜及组织的损伤极为严重。同时,由于幼儿自诉能力差,家长疏于监护,也延误了消化道纽扣电池异物的诊治时间。随着纽扣电池使用的普及,临床上此类患儿数量逐渐增加,如诊治不当将引起严重后果。本研究收集近年来关于纽扣电池导致消化道异物损伤的文献进行分析,为临床提供参考。

## 材料与方法

### 一、文献来源及纳入标准

本研究以万方数据知识服务平台、维普期刊资源整合系统、中国知网系列数据库为数据来源,以“电池异物”“消化道异物”“磁性异物”“食管异物”“食道异物”为主题词模糊搜索。2009 年 5 月至 2019 年 12 月所有涉及吞食纽扣电池类异物的中文文献。文献筛选流程:①阅读文献题目及摘要,排除与主题不相关的文献和会议、消息类文献,共纳入 56 篇文献,合计 515 例病例;②阅读全文,对文献中纽扣电池病例数量、年龄范围、性别比例、损伤部位、地区分布进行整理,排除重复报道的 2 篇和数据不明确(数据不明确是指文献中未明确给出纽扣电池病例数量)的 6 篇,最终共 48 篇文献 508 例病例纳入系统分析;③对纳入系统分析的文献进行分组整理;有明确性别信息的文献 23 篇,共计 222 例;有明确年龄信息的文献 16 篇,共计 82 例。文献纳入标准:①与消化道纽扣电池异物相关的文献;②有准确纽扣电池异物病例数量的文献。

### 二、统计学处理

应用 Excel 软件建立数据库和整理文献。根据发表年限对文献进行分组整理编号。分组统计各

文献的研究内容并输入数据库,包括患儿年龄、性别、地区、临床表现及诊治方法。对需要分析的信息进行提取、制表。

## 结 果

### 一、病例来源及一般情况

以上报病例医院所在省份作为病例的地域来源,其中广东 114 例(114/508,22.4%)<sup>[1-2]</sup>,湖南 85 例(85/508,16.7%)<sup>[3-7]</sup>,北京 81 例(81/508,15.9%)<sup>[8-13]</sup>,贵州 48 例(48/508,9.4%)<sup>[14-16]</sup>,浙江 42 例(42/508,8.3%)<sup>[17-20]</sup>,江苏 24 例(24/508,4.7%)<sup>[21-25]</sup>,湖北 14 例(14/508,2.8%)<sup>[26]</sup>,陕西 13 例(13/508,2.6%)<sup>[27-29]</sup>,青海 13 例(13/508,2.6%)<sup>[30]</sup>,上海 12 例(12/508,2.4%)<sup>[31-33]</sup>,山西 12 例(12/508,2.4%)<sup>[34]</sup>,福建 11 例(11/508,2.2%)<sup>[35]</sup>,新疆 10 例(10/508,2.0%)<sup>[36-37]</sup>,四川 10 例(10/508,2.0%)<sup>[38-40]</sup>,天津 7 例(7/508,1.4%)<sup>[41]</sup>,山东 6 例(6/508,1.2%)<sup>[42-43]</sup>,云南 3 例(3/508,0.6%)<sup>[44-45]</sup>,重庆 2 例(2/508,0.4%)<sup>[46-47]</sup>,安徽 1 例(1/508,0.2%)<sup>[48]</sup>。以上共计 19 个省份。病例来源最多的省份是广东,最少的省份是安徽。

本组文献中给出明确性别信息的文献共 23 篇<sup>[3-5,8-9,15,17,19,21,23-24,26-28,33-35,39,41-42,44,46-47]</sup>;共计 222 例,男 142 例,女 80 例,男女比例 1.78:1。给出具体年龄信息的文献共 16 篇<sup>[3,8,17,21,23-24,27-28,31,33-34,39,42,44,46-47]</sup>;共计 82 例,患儿月龄(26±17)个月,年龄最小 45 天<sup>[21]</sup>,最大 7 岁 4 个月<sup>[3]</sup>,1~4 岁是吞食纽扣电池异物的高发年龄。

### 二、临床表现

误吞纽扣电池患儿主要表现为吞咽困难、胸骨后疼痛不适、呕吐、上腹压痛、发热、呛咳、拒食等。1 岁以下婴儿因无法准确诉说病情,以哭闹、呕吐、流涎、喘息等非特异性症状为主要表现,1 岁以上患儿以吞咽困难、呕吐、进食后哭闹、唾液潴留等典型消化道异物梗阻症状为主要表现<sup>[11]</sup>。部分患儿出现不明原因发热,也有部分患儿没有明显临床表

现<sup>[1,9,32,41]</sup>。患儿有明确的吞食异物史,但由于部分患儿年龄小,或家长疏于看护,不能明确症状的产生是否由误吞异物引起。

纽扣电池最常嵌顿部位为食管,其次为胃、肠道。食管被纽扣电池嵌顿后,常见病理改变为食管黏膜糜烂、食管穿孔、食管狭窄、食管水肿、食管周围炎等。纽扣电池在食管中最常嵌顿的部位为食管上段,食管中段与下段次之<sup>[3-4,9]</sup>。

纽扣电池在嵌顿部位被腐蚀为黑色,取出电池后,胃镜下可见食管大多被腐蚀为黑褐色,也有食管腐蚀为灰白色的报道,文献报道食管腐蚀为白色的 2 例患儿虽未见明显穿孔,但出院后均发生食管穿孔、食管气管瘘<sup>[3,23,26,28,33,42,44,47]</sup>。

### 三、诊断及治疗

患儿均经详细询问病史,结合临床表现、查体、X 线平片及内镜检查明确诊断。以胸腹部正侧位 X 线平片最常用,纽扣电池在 X 线下可观察到圆形或椭圆形高密度影,内有一电池背面凸起形成的圆环,呈现特征性双密度“指环”样结构;X 线检查可以明确异物的大小、数量、位置、形态。部分患儿采用低剂量螺旋 CT 辅助检查,提示存在圆形或椭圆形金属异物,由此可对纽扣电池进行准确定位,并判断异物与周围组织的关系,评估危险性及其可行性后再选择合适的治疗方案<sup>[3,11,15,20-23,27,32-33,41-42]</sup>。少数病例辅以消化道造影,以明确消化道是否存在狭窄。内镜检查多为食管镜或胃镜检查,并行异物取出术,为诊断性治疗措施<sup>[11,13,20,33]</sup>。

大多数患儿行食管镜或胃镜下异物取出术,选用各式异物钳,如鳄口钳、鼠齿钳、三爪钳、圈套器等钳取,8 例使用 Foley 管(简称 F 管)钳取<sup>[9,34,37,40]</sup>。4 例(纽扣电池均滞留于回盲部)予开腹探查术<sup>[17,27,36]</sup>。39 例(纽扣电池均滞留胃肠)随访至异物自行排出<sup>[1,5,12,42]</sup>。并发症上除消化道溃疡、消化道黏膜糜烂、食管周围炎等非严重并发症外,发生消化道穿孔 73 例(包括气管食管瘘 35 例);不同程度食管狭窄 20 例;死亡 5 例,死亡原因分别为胸主动脉或其他大血管破裂大出血,食管气管瘘导致重度肺炎、呼吸衰竭<sup>[2-47]</sup>。

## 讨 论

儿童电子玩具常含有纽扣电池,由于儿童对危险的认知能力差,好奇心强,加上家长看管疏忽,易导致儿童误吞纽扣电池。1977 年,Blatnik 等<sup>[49]</sup>最

早报道了儿童误吞纽扣电池导致食管腐蚀性烧伤的案例。纽扣电池不同于一般的消化道异物,其具有特殊的电化学属性,含有锰、汞、铬、锂、锌、银等重金属,长时间存在于消化道内,能够腐蚀、灼烧黏膜而造成消化道炎症,甚至穿孔。纽扣电池引起消化道损伤的机制复杂,可能机制包括:①湿润的消化道电阻较小,其与纽扣电池形成闭合电路,电流增大直接灼伤消化道内壁,损伤肌层;②电池进入消化道后发生渗漏,碱性电解液进入消化道后发生化学反应,损伤消化道内壁;③电池中的汞、锰、铅等重金属直接接触消化道而导致蛋白质变性,损伤腐蚀消化道;④长时间对消化道局部的物理压迫,导致局部黏膜缺血坏死。锂电池电源电压以及氢氧化物含量高于普通纽扣电池,其造成的损伤为所有纽扣电池之最<sup>[50]</sup>。

本组数据中男童发生消化道纽扣电池异物的数量高于女童,可能是因为男童活动范围更大、家长难以监护、好奇心更强、接触电动玩具的概率较女童更高。4 岁以下儿童高发,符合儿童年龄分期中幼儿期(1~3 岁)特点,幼儿活动范围广,接触事物逐渐增多,但对危险的识别和自我保护能力有限,因此意外伤害发生率高<sup>[51]</sup>。本组患儿临床表现的共同点均为进食后呕吐、吞咽困难,这与国外文献描述相似;随着时间的推移,患儿临床表现逐渐加重,如不及时取出异物,易出现前文所述的严重并发症<sup>[52]</sup>。

纽扣电池异物较普通异物的损伤风险更大,电池异物发生消化道并发症的风险是普通圆形消化道异物的 11.96 倍<sup>[53]</sup>。较早发现纽扣电池异物并及时治疗,对于减轻病情危害、防治并发症有重要意义。Litovitz 等<sup>[54]</sup>的动物实验研究显示,纽扣电池灼伤食管黏膜仅需 1 h,4 h 后便可贯穿损伤食管全层,并且纽扣电池渗漏液在纽扣电池取出后仍会继续损伤食管。本组中电池异物滞留发生食管穿孔的最短时间为 4 h,为 1 例 16 月龄幼儿<sup>[3]</sup>;电池滞留发生气管食管瘘的最短时间为 6 h,为 1 例 16 月龄幼儿<sup>[8]</sup>。Loh 等<sup>[55]</sup>研究显示,消化道损伤程度与异物滞留时间呈正相关。分析文献数据,从纽扣电池滞留食管至得到合理有效治疗时间的间隔是影响食管穿孔损伤的决定性因素<sup>[31]</sup>。可见,减少纽扣电池滞留时间能有效减轻消化道损伤。但本研究所收集文献中,也存在个别滞留时间与病情严重程度缺乏相关性的病例,如凡启军等<sup>[33]</sup>报告 1 例 1 岁男童纽扣电池滞留食管 4 月余,行食管镜下异物取出



术,术中仅见食管狭窄未见穿孔,取出异物 1 周后顺利出院,预后良好。Raboei 等<sup>[56]</sup>报告 1 例纽扣电池滞留食管 29 d 的幼儿,仅见黏膜损伤,未见食管穿孔、气管食管瘘等严重并发症。

笔者查阅文献后总结出以下消化道纽扣电池异物的临床特点:①食管损伤与纽扣电池的电压存在相关性;个别患儿虽然滞留时间长而损伤轻,很有可能滞留电池的电压较低<sup>[57]</sup>。②日常使用的纽扣电池型号、大小不尽相同;食管损伤与纽扣电池的大小具有相关性<sup>[58]</sup>。③纽扣电池异物与食管的相对位置也可能影响食管损伤状况:纽扣电池的位置不同,形成闭合回路的电阻不同,灼烧食管的电流大小也不相同。因此滞留时间只是导致食管穿孔等严重并发症的危险因素之一,仅根据纽扣电池滞留时间判断预后是不够的,还需综合考虑电池物理学因素、患儿异物嵌顿后症状、手术探查所见食管损伤情况,术后应加强观察,警惕并发症的发生。关于食管内纽扣电池异物发生并发症的相关因素,目前文献数据不全,且缺乏大宗病例研究,国内外学者尚未达成共识<sup>[9]</sup>。

尽管消化道内纽扣电池异物损伤较普通异物损伤更严重,但纽扣电池对不同消化道部位的损伤程度仍有差异,对食管的损伤明显强于对胃肠的损伤。位于食管的纽扣电池直接接触面积大,作用于纽扣电池上的压力大,位置较固定,应立即取出。因为纽扣电池体积较小,位于胃肠的纽扣电池存在移位的可能,可先观察 2~3 d,等待其自然排出;若仍未排出可行手术治疗<sup>[1]</sup>。美国胃肠内窥镜学会指出,除非患儿表现出胃肠道损伤的迹象或症状,或重复 X 线检查显示大直径电池(直径大于 20 mm)在胃里停留超过 48 h,否则不需要取出已经穿过食管的电池<sup>[59]</sup>。

由于家长常缺乏相关知识,在发现儿童误吞异物后,寄希望于异物自主排出而未在第一时间就医,且误吞纽扣电池的早期临床表现与普通塑料、金属、玻璃类异物没有明显区别,儿童难以清楚表达病史,致使医生诊断难度大,患儿常因未能在第一时间得到有效治疗而加重病情,因此及时有效的发现并诊断是治疗消化道纽扣电池异物最重要的一步。常规诊断方法为 X 线平片,纽扣电池在 X 线下可观察到特征性的双密度“指环”样结构。凭借该影像学表现可以快速分辨消化道异物是否为纽扣电池,从而确定下一步治疗方案。若异物位于上消化道,则采用内镜下异物取出术(位于胃内的纽

扣电池也可短期观察),可用各式异物钳(如鳄口钳、鼠齿钳、三爪钳、圈套器等)钳取;若异物位移下消化道,可根据病情决定等待自主排出或手术取出异物。术后可用维生素 C 等弱酸性液体反复冲洗电池滞留部位,防止碱性电解液残留导致并发症,并常规放置胃肠减压管<sup>[3,23]</sup>。此外,Anfang 等<sup>[60]</sup>的动物实验显示,在治疗前服用蜂蜜和硫糖铝可以大大减轻纽扣电池异物滞留对食管产生的损害。

总之,对于消化道纽扣电池异物应该早发现、早诊断、早治疗。对于部分临床症状不明显的病例也应考虑到消化道异物的可能,在明确诊断后应尽量减少异物滞留时间,尽早采取有效治疗措施。

**利益冲突** 所有作者均声明不存在利益冲突

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