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# 儿童肾盂输尿管成形术后不同引流方式的疗效对比

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**【摘要】 目的** 探讨腹腔镜下肾盂输尿管成形术后的最佳引流方式。**方法** 以2016年1月至2019年12月重庆医科大学附属儿童医院收治的165例接受经腹入路腹腔镜下 Anderson-Hynes 肾盂成形术治疗的肾积水患者为研究对象,根据不同引流方式分为双J管组和支架管组,双J管组采用常规术中输尿管,置入双J管引流肾盂内尿液至膀胱( $n=108$ );支架管组采用F4输尿管支架管经肾盂至尿道外口,引流肾盂内尿液至体外( $n=57$ )。通过术后并发症、有无非计划再手术、拔管后自觉症状、术后住院时间以及住院费用等指标,评价两种不同引流方式在儿童肾盂输尿管成形术中的疗效。**结果** 所有患者从术后随访至2019年12月,随访时间为2个月至4年。支架管组中4例发生术后感染,3例术后出现尿外渗,4例出现术后血尿;双J管组中7例发生术后感染,2例术后出现尿外渗,2例出现术后血尿,上述指标差异均无统计学意义( $P>0.05$ )。但在总体并发症发生率上,双J管组低于支架管组。支架管组中4例因拔管后出现输尿管引流不畅,再次行输尿管支架管置入术;2例因肾积水复发,再次行肾盂输尿管成形术。双J管组中有4例术后感染,1例双J管堵塞,均行双J管拔除+输尿管支架管置入术,1例因肾积水复发再次行肾盂输尿管成形术。支架管组总体非计划再手术率为10%,双J管组为5%,差异无统计学意义( $P>0.05$ )。双J管组中,1例管腔堵塞,2例支架管上移,1例双J管脱出体外,支架管组无一例管腔堵塞、移位及脱落情况发生,差异无统计学意义( $P>0.05$ )。支架管组中拔管后,1例出现腹胀合并高血压,8例出现腹胀伴纳差,2例出现腹痛,双J管组拔管后有2例出现腹痛,1例出现腹胀。支架管组拔管后总体不良反应发生率为19.2%,双J管组为2.7%,差异有统计学意义( $P<0.05$ )。双J管组平均住院时间为( $5.8 \pm 1.9$ )d,支架管组为( $8.8 \pm 2.3$ )d,差异有统计学意义( $P<0.05$ )。**结论** 双J管和支架管两种引流方式在术后并发症发生率及非计划再手术率上并无差异,两者均为有效的引流方式。但在缩短住院时间、减轻患者家属经济成本及降低拔管后不良反应发生率方面,双J管引流均优于支架管引流。支架管引流在带管期间无堵塞、移位、脱落的情况发生,并且可避免二次入院,对于交通不便的患者可考虑选择。

**【关键词】** 肾盂输尿管连接处狭窄/外科学; 肾积水/外科学; 引流术; 治疗结果

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**[Abstract] Objective** To explore the optimal drainage method after laparoscopic pelvic ureteroplasty. **Methods** From January 2016 to December 2019, a total of 165 hydronephrotic children undergoing Anderson-Hynes pyeloplasty under laparoscopic peritoneal approach were divided into two groups. Group A: conventional intraoperative ureter was employed and a double J tube inserted for draining urine from renal pelvis to bladder (double J tube group,  $n = 108$ ); group B: a F4 ureteral stent tube was deposited through renal pelvis to outer urethra to drain urine from renal pelvis to body (stent tube group,  $n = 57$ ). With the indicators of postoperative complications, unplanned reoperation, post-extubation symptoms, postoperative hospital stay and hospitalization costs, the efficacy was evaluated for two different drainage methods after pyeloplasty. **Results** The postoperative follow-up period was until December 2019. The longest follow-up time was 48 months and the shortest 2 months. In stent tube group, there were postoperative infection ( $n = 4$ ), urinary extravasation ( $n = 3$ ) and postoperative hematuria ( $n = 4$ ); in double J tube group, postoperative infection ( $n = 7$ ), urinary extravasation ( $n = 2$ ) and postoperative hematuria ( $n = 2$ ). No significant difference existed in the above indicators ( $P > 0.05$ ). However, the overall complication rate was lower in double J tube group than stent tube group. In stent tube group, 4 cases underwent ureteral stenting for poor ureteral drainage after extubation; ureteroplasty was performed for 2 cases due to recurrent hydronephrosis. In double J tube group, there were postoperative infection ( $n = 4$ ) and double J tube blockage ( $n = 1$ ). All underwent double J tube removal plus ureteral stenting and one case of recurrent hydronephrosis underwent pyeloplasty. The overall unplanned reoperative rate was 10% in stent tube group and 5% in double J tube group and the difference was not statistically significant ( $P > 0.05$ ). In double J tube group, there were lumen blockage ( $n = 1$ ), upward movement of stent tube ( $n = 2$ ) and prolapse of double J tube ( $n = 1$ ). There was no lumen blockage, displacement or shedding in stent tube group and the difference was not statistically significant ( $P > 0.05$ ). In stent tube group, there were abdominal distension & hypertension post-extubation ( $n = 1$ ), abdominal distension ( $n = 8$ ) and anorexia & abdominal pain ( $n = 2$ ). In double J tube group, abdominal pain post-extubation ( $n = 2$ ) and abdominal distension ( $n = 1$ ). The overall adverse reaction rate post-extubation was 19.2% in stent tube group and 2.7% in double J tube group. And the difference was statistically significant ( $P < 0.05$ ). The average hospital stay was ( $5.8 \pm 1.9$ ) days in double J tube group and ( $8.8 \pm 2.3$ ) days in stent tube group. And the difference was statistically significant ( $P < 0.05$ ). **Conclusion** No inter-group difference existed in the incidence of postoperative complications or the rate of unplanned reoperation. Both drainage methods are effective. However, double J tube is better than stent tube in terms of shorter hospital stay, lower economic costs of children's family members and a lower incidence of adverse reactions post-extubation. The stent tube group has no blockage, displacement or falling off during tube period and avoids secondary hospitalization. It is recommended for families with children with inconvenient transportation. **[Key words]** Ureteropelvic Junction Obstruction/SU; Hydronephrosis /SU; Drainage; Treatment Outcome

肾盂输尿管连接处狭窄 (ureteropelvic junction obstruction, UPJO) 是小儿先天性肾积水的常见病因<sup>[1]</sup>。目前, 离断式肾盂输尿管成形术是治疗 UPJO 所致小儿肾积水的首选治疗方法<sup>[2]</sup>。随着腹腔镜技术的发展, 腹腔镜下离断式肾盂输尿管成形术已开始广泛应用, 相较于传统的开放手术, 腔镜手术具有微创、美观的优点。在过去, 肾盂输尿管重建多采用间断吻合, 故腹腔镜下重建肾盂输尿管相较于传统开放手术难度更大。但随着我国腹腔镜技术水平的不断提高以及手术方式的改良, 腹腔镜下肾盂输尿管成形术的手术时间已大大缩短, 且成功率高, 并发症少<sup>[3,4]</sup>。甚至在巨大肾积水的患者中,

腹腔镜手术也取得了较好的临床疗效<sup>[5]</sup>。虽然在国外已开始使用达芬奇机器人完成肾盂输尿管成形术, 但其整体疗效是否优于腔镜手术尚存争议, 且目前机器人手术在我国小儿外科领域中应用较少, 故腹腔镜下肾盂输尿管成形术仍是最主流的治疗方案<sup>[6-8]</sup>。相较于手术方式的选择, 肾积水的术后引流方式的选择仍存在争议, 其术后引流方式大致分为外引流与内引流两种。外引流需要在术中同时安置肾脏造瘘管、输尿管支架管及肾周引流管, 以上引流管均需固定于体表, 增加了护理难度, 且管腔外露, 细菌可通过肾造瘘管、输尿管支架管直接进入肾脏, 引起上尿路感染。有研究通过对比





## 二、带管期间管腔异常

双J管组108例中,1例发生管腔堵塞,2例出现支架管上移,1例双J管脱出体外。支架管组无管腔堵塞、移位及脱落情况发生,但上述指标差异均无统计学意义( $P>0.05$ )。见表2。

表2 带管期间管腔异常[n(%)]

Table 2 Luminal abnormalities during intubation[n(%)]

分组	例数	管腔堵塞	管道移位	管道脱落	总和
支架管组	108	0(0.0)	0(0.0)	0(0.0)	0(0.0)
双J管组	57	1(0.9)	2(1.8)	1(0.9)	4(3.6)
$\chi^2$ 值	-	0.53	1.06	0.53	2.16
$P$ 值	-	>0.05	>0.05	>0.05	>0.05

## 三、拔管后自觉症状

双J管组拔管后总体不良反应发生率小于支架管组,其中腹胀发生率小于支架管组,而腹痛、高血压的发生率差异无统计学意义( $P<0.05$ )。支架管组拔管后有1例出现腹胀合并高血压,8例出现腹胀伴纳差,2例出现腹痛。双J管组拔管后有2例出现腹痛,1例出现腹胀,见表3。

表3 拔管后自觉症状[n(%)]

Table 3 Self-described symptoms post-extubation [n(%)]

分组	例数	腹胀	腹痛	高血压	不良反应总例数
支架管组	57	8(14.0)	2(3.5)	1(1.7)	11(19.2)
双J管组	108	1(0.9)	2(1.8)	0(0.0)	3(2.7)
$\chi^2$ 值	-	12.4	0.43	1.9	13.1
$P$ 值	-	<0.05	>0.05	>0.05	<0.05

## 四、住院时间及费用对比

双J管组患者可早期出院,术后1个月再返院拔除双J管,故平均住院时间明显少于支架管组( $P<0.05$ )。双J管组患者采用在门诊使用“钓鱼法”拔出双J管,在尝试3次拔管之后若仍未取出双J管,则视为取出失败,改为采用膀胱镜取出。101例(93.5%)成功使用“钓鱼法”取出双J管,双J管组中7例(6.5%)失败。本研究发现双J管组总费用小于支架管组,差异有统计学意义( $P<0.05$ ),见表4。

表4 住院时间及费用( $\bar{x} \pm s$ )

Table 4 Duration and expenditure of hospitalization( $\bar{x} \pm s$ )

组别	例数	术后住院天数(天)	住院费用(元)
支架管组	57	8.8 $\pm$ 2.3	25 255 $\pm$ 79
双J管组	108	5.8 $\pm$ 1.9	20 134 $\pm$ 19
$t$ 值	-	8.72	80.8
$P$ 值	-	<0.01	<0.01

## 讨论

由于双J管管腔留于体内,可带管出院,故住院时间短于支架管组,可降低患者住院时间及经济成本。本研究发现双J管组住院时间短于支架管组,与相关文献报道相符<sup>[14]</sup>。虽然双J管组患者缩短了住院时间,但需再次入院拔管。在过去,大多患者需再次手术,在膀胱镜下拔除双J管。现本院多已采用“带线尿管”,进入膀胱后通过多次旋转即可带出双J管,门诊即可处理,无需再次入院,避免了再次手术与麻醉的风险。在本研究中,该方法的成功率为93.5%,取出失败的患者仍需改为在全麻下使用膀胱镜取出双J管。

由于支架管组患者管腔留置于体外,可经管腔进行冲洗,故无堵塞的情况发生,同时也避免了管腔移位的问题。虽然本研究发现支架管组与双J管组在带管期间管腔异常没有显著差异,但双J管组还是出现了堵塞、移位、脱落等问题,而支架管组则没有出现。根据本中心的经验,对于术前已出现过泌尿系统感染的患者,使用支架管外引流可能更为安全。

双J管可留置3周以上,但支架管大多在术后7 d拔管。邓高燕<sup>[15]</sup>发现肾积水术后7 d,肾盂内压力会短暂升高,推断此时吻合口存在功能性梗阻。对于肾积水患者,上尿路动力学指标亦与预后相关<sup>[16]</sup>。Lindahl等<sup>[17]</sup>研究表明肾积水术后第3周时,肾盂和输尿管的肌电、压力才恢复正常。故术后起到支撑及引流作用的管腔至少应留置7 d以上,在21 d左右拔除较为理想。本研究有10例安置了支架管患者拔管后出现腹痛、腹胀,有3例出现尿外渗,有4例再次行双J管置入术后症状明显好转,遂带管出院。7 d后拔除支架管,仍存在吻合口梗阻以及引流不通畅的风险。但由于支架管道暴露于体表,不能长时间留置,否则会增加感染风险,且延长留置支架管时间则意味着延长住院时间,增加患者痛苦,加重经济负担。因此,双J管有其独特优势,在避免以上缺点的同时保证充足的支撑引流时间。

目前有关两种不同置管方式术后并发症的研究结果存在差异,可能与使用材料、留置时间长短以及预防性使用抗生素等因素有关。王晓晖<sup>[12]</sup>通过对比89例术后放置支架管患者与45例术后双J管患者,发现两组术后尿路感染率无差异放置。李

丹等<sup>[18]</sup>通过对比123例术后安置双J管者与62例支架管者的治疗结果发现,发现双J管组尿路感染率高于支架管组,且随着留置时间的延长,感染的严重程度也会加剧。本研究中两组术后尿路感染率差异无统计学意义,可能与患者置入双J管期间均常规口服呋喃妥因预防感染有关。

另外,双J管相较于支架管有其特殊并发症,如结石、输尿管反流等。周林昌<sup>[19]</sup>在104例应用双J管的患者中,发现有8例出现管周及管腔结石。王媛媛等<sup>[20]</sup>在36例肾积水术后安置双J管的患者中,发现有1例使用国产双J管的患者出现结石,其余使用进口双J管者均无结石发生。本研究均采用进口双J管,双J管结石发生率为0.9%,可能与置管时间的长短以及材料的选择有关。为减少相关风险,可嘱咐患者多饮水,在术中尽可能选择材质较好的双J管<sup>[21]</sup>。

综上,本研究认为双J管组可缩短住院时间,减轻患者及家属医疗经济负担,降低术后总体并发症发生率,且拔管后出现不良反应的可能性更小。应充分结合患者及其家庭情况,选用最合适的引流方式。对于术后感染风险较高的患者,因支架管可经管腔进行冲洗,故存在一定优势,同时也能避免管腔移位、脱落等问题的发生。另外,若存在交通不便、再次入院极为困难的特殊情况,也可考虑使用支架管外引流。

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