

乙型肝炎病毒相关慢加急性肝衰竭合并感染研究进展

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摘要: 乙型肝炎病毒 (hepatitis B virus, HBV) 感染常呈慢性化, 其相关终末期肝病主要包括肝硬化、肝衰竭和肝癌等。其中慢加急性肝衰竭 (acute-on-chronic liver failure, ACLF) 是导致我国慢性HBV感染者预后不良、短期病死率激增的一组重要临床综合征。目前许多研究表明HBV相关肝病会合并免疫紊乱, 从而使患者易受各种病原体侵袭, 同时感染又会加剧肝功能衰竭, 使疾病预后进一步恶化。本文旨在探究HBV相关ACLF合并感染的机制、危险因素及可能的治疗措施。

关键词: 肝炎病毒, 乙型; 肝衰竭, 慢加急性; 细菌感染; 危险因素

Research progress on hepatitis B virus related acute-on-chronic liver failure with infections

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Abstract: Hepatitis B virus (HBV) infection is often chronic, which is related to end-stage liver diseases including liver cirrhosis, liver failure, hepatocellular carcinoma and so on. As an important clinical syndrome, acute-on-chronic liver failure (ACLF) leads to poor prognosis and sharp increases in short-term mortality of patients with chronic HBV infection. Many studies have proved that HBV-related liver diseases are associated with immune disorders, which makes patients vulnerable to various pathogens. Meanwhile, infections can aggravate liver failure and make the prognosis even worse. This article aimed to explore the mechanism, risk factors and possible treatment of HBV-related ACLF with infection.

Key words: Hepatitis B virus; Liver failure, acute-on-chronic; Bacterial infection; Risk factors

近年来, 随着乙肝疫苗接种及抗病毒药物的使用, 乙型肝炎病毒 (hepatitis B virus, HBV) 感染率总体呈下降趋势, 但目前全球每年仍有约88万人死于HBV感染^[1]。在大多数亚洲国家, 超过70%的慢加急性肝衰竭 (acute-on-chronic liver failure, ACLF) 与HBV感染相关^[2]。ACLF是一种在慢性肝病或肝硬化基础上, 由急性肝损伤因素导致肝功能衰竭的严重临床综合征, 其28 d病死率较高 (50%~90%)^[3,4]。2013年欧洲肝脏协会的Chronic Liver Failure ACLF in Cirrhosis (CANONIC) 研究表明, ACLF患者病死率较肝硬化失代偿期患者显著增高 (50% vs 4.6%)^[5]。这主要与ACLF患者过度全身炎症反应、能量代谢异常后短期内发生多器官功能衰竭有关^[6], 而感染既可作为ACLF诱因, 也可作为其并发症^[3], 细菌感染通过促进器官衰竭进展可显著增加患者病死率^[7], 慢性乙型肝炎 (chronic hepatitis

B, CHB) 作为我国肝炎的主要类型, 有其临床特点, 研究表明CHB患者细菌感染发生率是其他住院患者的5~7倍, 且病死率高达33%^[8]。因此, HBV相关ACLF合并感染的临床特点和危险因素需进一步探讨, 以提高患者生存率, 改善预后。

1 HBV、ACLF与感染

1.1 HBV与ACLF HBV感染人体后, HBV DNA从松弛的环状结构转化为稳定的共价闭合环状DNA (covalently closed circular DNA, cccDNA), 并与宿主基因整合, 从而维持其持续感染的特性^[9]。我国HBV感染常呈慢性化特点, 其机制主要包括: ①幼儿感染时免疫系统成熟度低, 诱导的免疫应答不足以清除病毒^[10]; ②cccDNA长期存在和表达; ③抗原提呈细胞、自然杀伤 (natural killer, NK) 细胞、B细胞等功能紊乱; ④T细胞比例、功能异常^[8,11,12]。继而由于肝脏慢性炎症导致肝星状细胞活化, 出现由血管闭塞引起的纤维化、血管生成、肝实质损伤, 最后肝内血管结构改变, 发展为肝硬化, 并可在特定因素 (感染、HBV再激活、消化道

出血、化疗等)下诱发ACLF^[13,14]。HBV的部分特定突变类型已被证实与ACLF发生相关^[15],研究表明,相较其他原因肝硬化所致的肝衰竭,HBV相关ACLF病死率更高,肝功能和凝血功能衰竭更显著,而肾功能衰竭和肝性脑病发病率较低^[5,16]。

1.2 ACLF与感染 一项前瞻性研究表明,肝硬化失代偿期合并消化道出血患者入院48 h内发生细菌感染的概率高达22%,入院1~2周后甚至可达35%~66%^[17]。ACLF易合并感染的原因主要包括:

①机体低免疫应答状态。患者剧烈全身炎症反应后出现代偿性抗炎反应综合征,淋巴细胞活性和数量减少、调节性Th2细胞比例增高、细胞因子产生减少;另外持续慢性炎症刺激亦可导致效应免疫系统功能麻痹^[18,19]。②肠道菌群移位。由于肠道蠕动减弱、肠道菌群过度增殖、肠道屏障功能受损,肠道通透性增加,导致肠道菌群移位,增加细菌感染风险^[17,20,21]。此外,因肝衰竭引起胆汁酸分泌减少也可导致肠道细菌过度增长^[19]。③侵入性操作。住院患者由于多器官功能衰竭常需行腹腔穿刺、气管插入、尿管置入、中心静脉导管置入等侵入性操作,机体物理屏障被破坏,感染概率增加。

1.3 感染与ACLF 研究表明,细菌感染是最常见的诱发HBV相关ACLF的肝外危险因素,可发生于20%~30%的ACLF患者,感染可致急性肝功能失代偿及多器官功能衰竭,最终导致患者死亡^[3,22]。感染诱发ACLF的主要原因包括被感染细胞通过病原相关分子模式(pathogens associated molecular patterns, PAMPs)、损伤相关分子模式(damage associated molecular patterns, DAMPs)激活固有免疫反应,多种促炎因子(肿瘤坏死因子- α 、白细胞介素-6、一氧化氮代谢产物)和抗炎因子(白细胞介素-10)的释放导致血流动力学改变,肝脏有效灌注减少,最终出现肝、肾、凝血、呼吸及循环功能衰竭^[3,18]。同时,细菌毒素和致病因子对组织的直接损伤也可能发挥了作用,但这一机制与肝衰竭的相关性仍需进一步证实^[13,23]。感染可显著影响肝病患者预后,研究表明静脉曲张破裂出血患者若合并感染,会致止血困难,且再出血、院内病死风险均较高,这可能与细菌内毒素释放导致门脉压力进一步增高有关^[17,20,24]。

2 早期识别

2.1 HBV相关ACLF诊断 目前对ACLF的定义尚未形成全球共识,主流定义包括两种:一是欧洲肝病研究协会(European Association for the Study of the Liver, EASL)联合美国肝脏病研究协会(American Association for the Study of Liver Diseases, AASLD)对于酒精性肝硬化相关ACLF的定义^[13];二是亚洲太平洋肝病研究所(Asian Pacific Association for

the Study of the Liver, APASL)的定义,其虽涵盖了肝硬化和非肝硬化相关ACLF的内容,但缺乏对HBV相关ACLF的前瞻性研究^[3,16,25]。有研究对比了1202例急性肝功能失代偿期的慢性乙型肝炎患者,提示上述两种定义对于HBV相关ACLF的预后判断并不十分准确,故而提出了中国重型乙型肝炎研究组-ACLF(Chinese Group on the Study of Severe Hepatitis B ACLF, COSSH-ACLF)评分模型,表明总胆红素 $\geq 205.2 \mu\text{mol/L}$,国际标准化比值 ≥ 1.5 即可诊断ACLF^[16]。此外,Wu等^[2]分析了HBV相关ACLF患者血清纤溶酶原等的表达水平,通过前瞻性研究证明了纤溶酶原水平下降与ACLF不良预后密切相关,提出了综合年龄、肝性脑病、总胆红素水平、国际标准化比值和纤溶酶原水平的“5P”评价体系。这些指标的监测有利于ACLF的早期识别和预后改善。

2.2 继发感染的危险因素 患者自身危险因素:

①根据欧洲肝病学会慢性肝衰竭联盟-慢加急性肝衰竭(European Chronic Liver Failure Consortium ACLF, CLIF-C ACLF)评分,ACLF-2、3级患者细菌感染风险增加^[26]。②低蛋白血症:白蛋白可结合前列腺素E2改善巨噬细胞灭菌作用,低蛋白血症患者部分免疫功能障碍,且当白蛋白水平增高至 $> 30 \text{ g/L}$ 时,这种功能异常即可被逆转^[27]。③既往自发性细菌性腹膜炎(spontaneous bacterial peritonitis, SBP)病史:有研究表明,SBP复发率高达70%^[28]。④腹水:肝硬化腹水主要为低渗液,调理活性差,有利于细菌增殖,发生SBP的概率大大增高^[29]。⑤高水平HBV DNA:高HBV DNA水平是HBV相关ACLF出现真菌感染的独立危险因素^[8]。⑥抑酸制剂的使用(质子泵抑制剂等):有研究表明质子泵抑制剂的使用是肝硬化患者发生感染和SBP的独立危险因素^[30],但也有研究提示,并未观察到此类药物的使用与肝硬化患者细菌感染明显相关^[31]。⑦消化道出血:静脉曲张破裂出血者细菌感染发生率为30%~35%^[32]。⑧类固醇的使用:研究显示,类固醇对HBV相关ACLF患者的生存率无显著改善,且患者60 d内感染发生率显著增加^[33]。此外,年龄、肝性脑病、血清胆红素水平、国际标准化比值、血肌酐值和糖尿病都可作为合并感染和高病死率的独立危险因素^[19,34]。环境因素:住院肝硬化患者细菌感染发生率增加,并随入院时间延长进一步升高^[35]。院内患者暴露于多重耐药菌的概率增加,必要的操作如气管插管、中心静脉置管、鼻胃管置入、尿管置入等也会增加感染风险,保守估计导管留置与3%~7%菌血症相关^[5,20,36]。

2.3 感染诊断 具有相关危险因素的患者检测感染指标有助于早期识别感染,可行措施主要包括监测患者体温变化,关注炎症指标如白细胞、降钙素原、

C反应蛋白水平,同时可进行血、尿及腹水培养,必要时也可完善胸部X线检查以排除肺部感染。但因ACLF患者免疫功能异常,体温上升和白细胞增多表现可能并不典型,故而反复培养并对存在多个危险因素患者进行预防性使用抗生素很有必要^[20]。研究表明,患者全身炎症反应和脓毒血症一般发生在起病后7 d左右,终末期肝病模型(model for end-stage liver disease, MELD)评分>28分者发展更为迅速,根据时间窗调整诊疗策略具有重要意义^[37]。此外,下一代测序技术(next-generation sequencing, NGS)可快速识别感染并明确病原体类型,可在必要时应用^[38]。另有研究对比了ACLF患者入院后出现细菌感染组与未感染组患者的相关实验室指标,提示感染患者除炎症指标更高外,血钠浓度更低^[39]。

3 治疗

肝硬化患者未出现ACLF时,是否合并细菌感染对其一年内病死率并无显著影响,只有在ACLF合并感染时才出现明显预后不良^[39]。如前文所述,ACLF和感染互为诱因,病死率更高。此类患者应控制感染并治疗HBV相关ACLF。

3.1 针对感染的治疗 主要为抗生素的预防性使用,因临床病原体检测的滞后性,需对高危患者采取预防性抗菌治疗。研究证实预防性使用抗生素可降低病死率,并可将初始发作后1年内再次发生SBP的风险从68%降低至20%^[20]。根据感染发作时间明确社区获得性、医疗相关、医院获得性感染,采取经验性抗菌治疗。在诊断感染后48~72 h经验性使用抗生素可提高治愈率,减少耐药株的出现^[19,20]。国际腹水俱乐部建议SBP患者出院后可持续口服诺氟沙星400 mg/d进行预防性治疗,以期降低SBP复发率^[40]。

3.2 针对HBV相关ACLF的治疗 除针对肝衰竭的对症治疗,仍有许多需关注的临床问题。HBV自发激活是HBV相关ACLF进展的重要原因^[2], Li等^[41]比较了肝硬化代偿组、失代偿组和ACLF患者的HBV DNA水平,结果表明ACLF组患者HBV DNA水平显著升高,且HBV再激活在ACLF中更常见,因此,检测HBV DNA水平并使用抗病毒药物有助于降低病死率^[5,42]。应用体外人工肝支持系统可清除血氨及肝毒性物质,如细胞因子、血管活性物质、内毒素等,改善血流动力学和肝性脑病等,一项针对人工肝治疗ACLF的系统评价提示人工肝支持系统能降低肝衰竭患者的病死率,改善肝性脑病,但该研究并未对不同病因引起的ACLF进行区分,需进一步探讨^[43,44]。

目前还有许多具有应用前景的免疫疗法,有研究对ACLF患者进行同种异体骨髓间充质干细胞输注后,在短期内可观察到肝脏合成功能明显改善和肝损伤减轻,并可能促进肝细胞再生,显著提高了ACLF患者24周生存率,同时因间充质干细胞的免疫调节功

能可减少严重感染的发生^[45]。此外,也有研究证实短期使用粒细胞集落刺激因子联合促红细胞生成素类似物治疗可改善患者肝功能、提高外周血中性粒细胞数量,增加HBV相关ACLF患者90 d生存率,并降低败血症发生风险^[25,46]。Fernández等^[47]分析了78例合并细菌感染的失代偿期肝硬化患者的资料,提示加用白蛋白的抗生素治疗患者全身炎症反应改善更为显著,故推荐适量使用白蛋白,不仅可增加血浆胶体渗透压,也可通过结合各类促炎因子发挥免疫调节作用。同时,因肝脏在调节代谢稳态和能量平衡上发挥重要作用,ACLF患者常存在明显的代谢异常, Yu等^[48]研究表明,使用曲美他嗪抑制脂肪酸氧化,促进糖酵解,可明显改善ACLF患者预后。此外,终末期肝病患者常伴营养障碍,患者死亡风险增加^[25,49],可通过营养评估量表、生物化学检测、测量皮脂厚度、计算体重指数、生物电阻抗分析和握力测试等多种手段明确患者营养状态^[25],并积极施以营养支持。

4 小结

因过度预防性使用抗生素,抗生素耐药、多重耐药菌和真菌感染以及抗生素诱发的肠道菌群移位和炎症反应也成为了亟待解决的问题^[20,50,51]。故治疗方案和诊断措施需进行个体化分析,并充分衡量风险收益。HBV相关ACLF合并感染患者的治疗多局限于对症处理,而肝移植又常受限于有限的医疗资源和各类禁忌证^[43],所以HBV相关ACLF合并感染的病死率高、治愈率低,仍是临床工作中较为棘手的问题,亟需寻找更为敏感的诊断指标,早期识别、早期干预,从而提高生存率,改善预后。

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