

# 颅脑创伤病情评估多模态监测系统

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**【摘要】** 颅脑创伤由于复杂的原发性和继发性损伤过程,病情常反复,影响救治效果,因此对颅脑创伤患者开展严密而有效的病情监测十分必要。然而,临床监测手段有限,难以全面反映病情进展与转归。本文拟对颅脑创伤常用监测手段及其应用潜力研究进展进行总结,从宏观监测和微观监测两个维度进行阐述。未来应整合各项监测技术,形成有效的多模态监测,提供全面准确的病情信息,从而提高颅脑创伤患者的救治效果。

**【关键词】** 脑损伤,创伤性; 颅内压; 监测,生理学; 综述

## Multimodal monitoring system in traumatic brain injury

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**【Abstract】** Traumatic brain injury (TBI) poses great threats to human health. Due to complicated progresses of primary and secondary injuries, patients' conditions are unstable and thus influence the prognosis. Although it requires to monitor TBI patients effectively, current approaches of TBI monitoring are limited so that a comprehensive understanding of disease progression cannot be accessed. This review summarizes the techniques currently applied and techniques in research stage, from macroscopic to microscopic scales. These techniques are potentially to be integrated to establish multimodal monitoring system in the future for providing precise and comprehensive information, which helps to enhance the treatment of TBI patients.

**【Key words】** Brain injuries, traumatic; Intracranial pressure; Monitoring, physiologic; Review

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颅脑创伤(TBI)系指颅脑受到物理打击后所产生的一系列损伤,具有较高的病残率和病死率,据流行病学调查研究,我国颅脑创伤病死率高达13~17/10万<sup>[1]</sup>。颅脑创伤的严重程度主要由物理打击的原发性损伤和多种病理生理级联反应诱发的继发性损伤决定,后者包括脑组织缺血缺氧、自由基生成、兴奋性毒性作用等,从而导致脑组织代谢紊

乱,继而发生细胞凋亡或脑水肿等不良反应<sup>[2-3]</sup>。尽管颅内压(ICP)监测是评估颅脑创伤病情进展的经典手段,且已在临床应用有50年的历史,然而,创伤后产生的多种继发性损伤单凭一项“颅内压”难以全面反映,需要更为精细的评价指标以指导治疗。鉴于此,研究者开始探索如何利用各种宏观和微观监测指标对原发性或继发性损伤过程进行监测(图1),从而有的放矢地采取应对措施,以减轻脑组织损害并改善预后。

### 一、宏观监测指标

1. 创伤区域 颅脑创伤后局部脑组织水肿,使病灶内部和周围脑血流量(CBF)显著减少,从而形成缺血半暗带区<sup>[4]</sup>。在病灶周围区域,创伤组织、坏死组织与正常组织并存,术野下难以辨认,如若清

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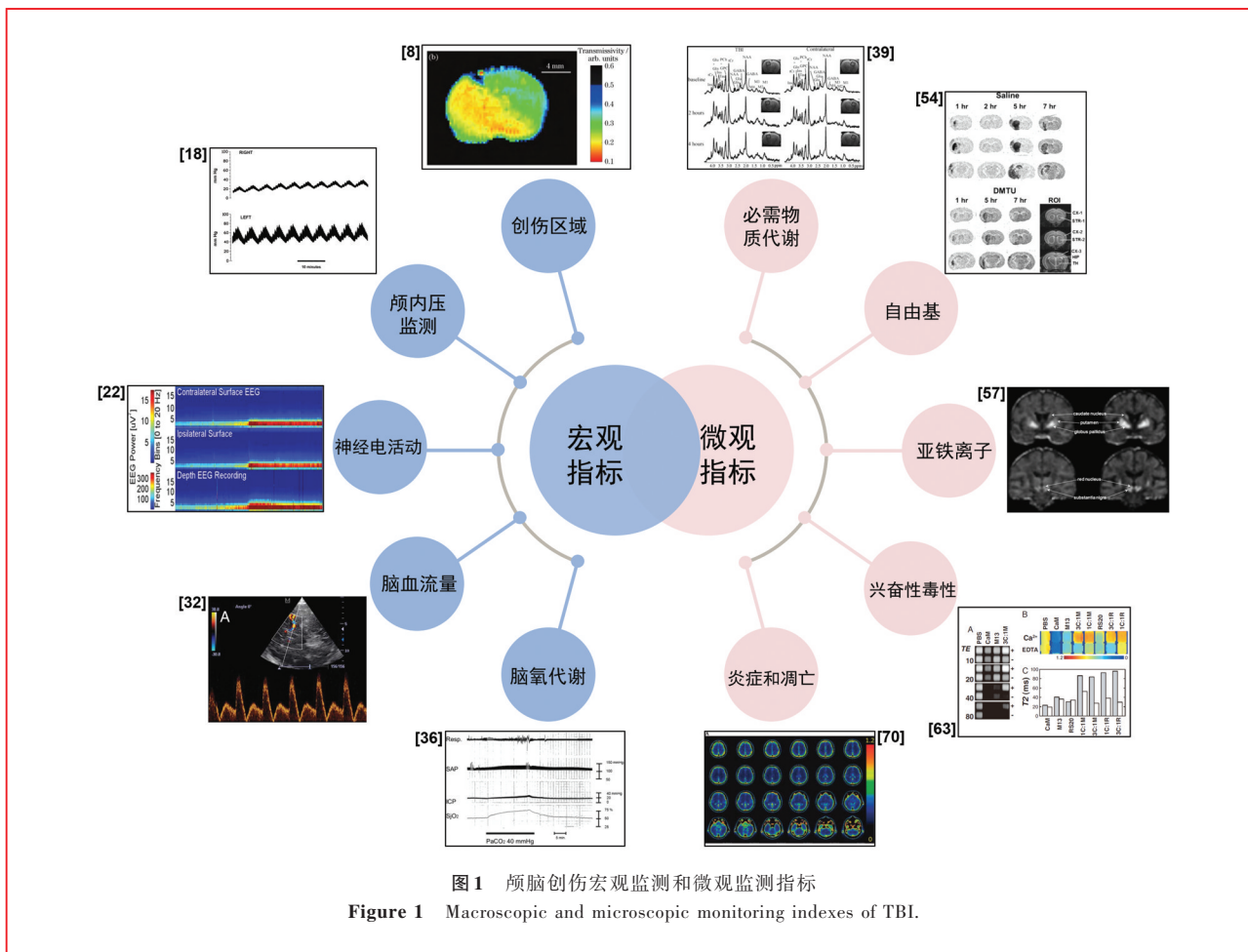


图1 颅脑创伤宏观监测和微观监测指标  
Figure 1 Macroscopic and microscopic monitoring indexes of TBI.

创处理不当,术后极易引起严重并发症,因此精确定位手术病灶是清创手术成功的关键。CT或MRI均可很好地定位病灶形态和范围,是目前临床应用最广泛的影像学检查技术<sup>[5]</sup>。太赫兹波成像是一种针对生物组织的高敏感性检查技术,其波长介于红外线与微波之间,对生物组织无电离损伤,因此广泛应用于脑胶质瘤、皮肤癌等多种肿瘤的成像<sup>[6-7]</sup>。太赫兹波成像对水分子十分敏感,可以很好地显示细胞数目、密度、排列和组织含水量,适用于创伤后损伤组织分布的监测。动物实验显示,太赫兹波三维成像技术可以清晰、准确地显示颅脑创伤模型大鼠病灶空间结构和组织分布,为探讨创伤后脑组织损害机制、制定手术方案提供重要依据(图1)<sup>[8]</sup>。与传统的CT或MRI检查技术相比,太赫兹波成像具有准确性高、成像迅速、检查成本低等优点。此外,颅脑创伤后形成的血肿压迫可以迅速对脑组织造成原发性物理损伤,随后血肿成分在病灶中聚集大量活性氧(ROS)和炎症因子等有害物质,引起继发性脑损伤<sup>[9]</sup>,血肿持续存在对脑组织和神经细胞造

成的持续性损伤可进一步影响患者生存期和神经功能的恢复,故而有必要对血肿形态和范围进行监测。CT平扫时效性较高,在创伤早期即可较为清晰地显示血肿形态、范围和占位效应等,对早期诊断具有重要意义<sup>[10]</sup>;而MRI的敏感性和精确性均优于CT,尤其是针对丘脑或壳核等部位的出血性病灶,其阳性检出率更是优于CT,而且在血肿慢性期,MRI还可准确地反映病灶变化<sup>[11]</sup>。但是传统的超高场强超导磁体MRI扫描技术需液氮冷却,由于设备重量约有10余吨,且对应用条件要求较高,因而使其在创伤早期诊断和病情监测中的应用明显受限。由陆军军医大学第一附属医院神经外科主持研发的便携式MRI采用超低场强( $<0.05T$ )专用磁共振系统,设备重量低于300 kg,并且已经实现车载化<sup>[12]</sup>,经临床实践证实能够敏感、准确地显示创伤早期病灶变化、精确区分缺血区,从而为早期治疗提供可靠依据。

2. 颅内压监测 研究显示,颅脑创伤患者颅内压升高程度与病残率和病死率呈正相关<sup>[13]</sup>,因此,

有创性颅内压监测仍是重型颅脑创伤(sTBI)特别是 Glasgow 昏迷量表(GCS)评分  $\leq 8$  分、头部 CT 异常患者的重要监测手段;即便是 CT 未见明显异常的患者,如果 GCS 评分  $\leq 8$  分、年龄  $> 40$  岁或收缩压  $< 90$  mm Hg(1 mm Hg = 0.133 kPa),亦建议施行有创性颅内压监测<sup>[14-15]</sup>。目前主要有两种颅内压监测方法,一种是将连接压力传感器的引流管置于侧脑室,不仅可以测量总颅内压,而且可以进行外部校准(将置于侧脑室的压力传感器调整至室间孔测压作为参考值,再置于侧脑室内测压即为外部校准)和脑脊液引流术,但在严重脑水肿的情况下置入压力传感器较为困难,且侧脑室穿刺置管可能导致脑室炎而增加病残率或病死率<sup>[16]</sup>;另一种方法是将压力传感器置于脑实质或硬膜下间隙,这种监测方法较少引起颅内感染或其他并发症<sup>[17]</sup>。颅脑创伤后小脑幕裂孔和大脑半球之间的压力明显增大,故测得的压力值不一定能够准确反映真实的颅内压(图 1)<sup>[18]</sup>,且在长期颅内压监测过程中可出现数值漂移。但是颅内压监测目前仍是颅脑创伤患者病情监测过程中不可或缺的方法之一,在临床实践中应详细记录颅内压绝对值、计算脑灌注压(CPP),并对病理性颅内压波形进行分析<sup>[19]</sup>。

3. 神经电活动 颅脑创伤后,由于频繁的癫痫作,导致颅内压升高、机体耗能增加、兴奋性中毒等继发性损害,患者预后不良。来自神经重症监护病房(NICU)的调查数据显示,约 20% 的颅脑创伤患者存在痫样放电,其中大多数呈无症状性,即使预防性应用了苯妥英仍有部分患者频繁发作<sup>[20]</sup>。放置深部脑电极属于有创性操作,存在一定的安全隐患,但皮质内脑电图则可以检出头皮脑电图难以捕捉到的脑深部痫样放电和皮质扩散性抑制信号<sup>[21]</sup>。颅脑创伤后脑深部痫样放电十分常见,且与伤情严重程度呈正相关,目前对此种癫痫的治疗效果尚不十分明确(图 1)<sup>[22]</sup>。此外,深部脑电监测定量分析还可以作为一种较为敏感的脑血管痉挛检查方法,为抗癫痫治疗的开始和终止提供参考依据<sup>[23]</sup>。持续性脑电图有多种类型的蒙太奇图像,但迄今临床对颅脑创伤患者尚无公认的持续性脑电监测技术,主要采用 18~32 通道蒙太奇技术,在该条件下,持续性脑电图监测的灵敏度(90%)显著高于间断性脑电图(50%)<sup>[24]</sup>。因此,颅脑创伤患者术后持续性脑电图监测有助于痫样放电的早期发现和干预,从而降低癫痫发生率<sup>[25]</sup>。

4. 脑血流量 脑血流量是反映脑组织能量供应的直接标志物,通常采用影像学技术定量分析脑血流量,但此类技术仅能提供脑血流量的瞬时数据,无法实现实时监测,因此颅脑创伤患者进行持续性脑血流量监测十分必要。经颅多普勒超声(TCD)是临床常用的无创性持续脑血流量监测技术,通过接收和发送高频能量计算血流速度,以能量频率变化反映脑血流速度和方向,是监测脑血管痉挛的重要方法<sup>[26]</sup>。TCD 尤其适用于评价前循环(如颈内动脉各分支)脑血流量,研究显示,将平均流速阈值设置为 200 cm/s 时,TCD 对中至重度脑血管痉挛的阳性预测值达 87%<sup>[27]</sup>;而对于后循环,尽管对其平均流速阈值尚有争议,但《国际多学科共识大会关于神经重症监护的多模态监测:一系列建议和结论(The International Multidisciplinary Consensus Conference on Multimodality Monitoring in Neurocritical Care: a list of recommendations and additional conclusions)》推荐以 85 cm/s 作为脑血管痉挛的监测阈值<sup>[28]</sup>。值得注意的是,高流速数值既可以反映脑血管痉挛(管腔缩小)亦可以反映脑充血(脑血流量增加),因此需采用 Lindegaard 比例,即大脑中动脉最高流速/颈外动脉最高流速比值(LR)区分二者,当  $LR > 3$  则强烈提示存在脑血管痉挛<sup>[29-30]</sup>。TCD 的局限性在于,并非所有脑血管痉挛均可导致脑缺血,某些流速  $< 120$  cm/s 的情况也可能导致脑缺血<sup>[31]</sup>。此外,环境因素和操作者技术等也是影响 TCD 持续监测结果的因素。经颅彩色双功能超声(TCCS)是另一种脑血流量超声监测技术,该项技术是利用角度修正流速监测对血管进行可视化处理,其效果优于 TCD,与脑血管造影结果的一致性较高,其预测大脑中动脉痉挛的灵敏度达 100%、特异度 93%,预测颈内动脉则分别为 100% 和 96.6% (图 1)<sup>[32]</sup>。脑实质热扩散探头是一种有创性局部脑血流量(rCBF)监测技术,将导管探头置入皮质下白质约 20 mm 处,传导热量并计算温度耗散,进而评估局部脑血流量,该项技术监测创伤患者局部脑血流量时,导管探头需贴近创伤部位的缺血半暗带区<sup>[33]</sup>。有研究显示,局部脑血流量  $< 20$  ml/(100 g·min)虽然可能与脑缺血和脑血管痉挛有关,但是仍无法作为临床干预的证据<sup>[34]</sup>。

5. 脑氧代谢 脑氧代谢对于维持神经细胞新陈代谢和神经网络完整性极为重要,可以作为颅脑创伤后继发性脑损伤的标志物。探头有创性脑组织

氧分压( $P_{bt}O_2$ )和颈静脉球血氧饱和度( $S_{jv}O_2$ )监测可以实时持续评估脑氧代谢变化,并提供治疗靶位。(1) $P_{bt}O_2$ : 颅脑创伤患者病残率和病死率与 $P_{bt}O_2$ 密切相关,正常参考值为 20~35 mm Hg,特别是 $P_{bt}O_2 < 10$  mm Hg 时病残率和病死率分别达 73% 和 55%,而 $P_{bt}O_2 > 10$  mm Hg 时病残率和病死率分别为 43% 和 22%。此外, $P_{bt}O_2$ 降低大致可以反映创伤后脑灌注压降低,但并不具备特异性,这是由于氧分压、二氧化碳分压、脑氧代谢等均可影响 $P_{bt}O_2$ , $P_{bt}O_2$ 仅反映探头放置局部的脑氧代谢情况<sup>[14,35]</sup>。(2) $S_{jv}O_2$ : 与 $P_{bt}O_2$ 不同, $S_{jv}O_2$ 可以反映全脑耗氧量,通常将探头置于颈静脉球处,正常参考值为 55%~75%, $S_{jv}O_2 < 55%$ 提示脑组织缺血、缺氧或改善脑血流量的治疗方法疗效欠佳; $S_{jv}O_2 > 75%$ 提示脑血流量增加、脑氧代谢降低或神经细胞死亡(图 1)<sup>[36]</sup>。但是,该项指标特异性较低,在病变区域与 $P_{bt}O_2$ 的相关性较差,因此无法作为一项独立指标评价脑氧代谢<sup>[37]</sup>。总之,颅脑创伤患者在监测颅内压的基础上同时监测 $P_{bt}O_2$ 和 $S_{jv}O_2$ ,有助于制定治疗方案,采取合理化治疗措施。

## 二、微观监测指标

除宏观监测指标外,许多微观监测指标能够更为精确、客观地反映颅脑创伤病灶局部微环境的变化,特别是继发性脑损伤的发生、发展与转归,对探究颅脑创伤病理生理学特征、改进治疗方法和改善患者预后具有重要意义。

1. 体内必需物质代谢 对必需物质的代谢进行显像可有效评估创伤后脑组织代谢情况。(1)N-乙酰天冬氨酸(NAA): NAA 表达变化与肌酸(Cr)相关,是脑组织损害的重要标志物,可反映神经功能变化,经氢质子磁共振波谱( $^1H$ -MRS)显像并进行空间排布分析<sup>[38]</sup>,创伤后 24 小时内 NAA/Cr 比值下降,尤以伤后 4 小时内下降最为显著(图 1)<sup>[39]</sup>。NAA 表达下降与产能过程中神经元消耗 ATP 和乙酰辅酶 A 等有关,创伤后 10 分钟 MRS 即可检出 NAA 表达下降,并于亚急性期和慢性期少量回升<sup>[40]</sup>。NAA 是乙酰辅酶 A 合成过程中的醋酸盐携带物,是髓鞘合成所必需的物质<sup>[41-42]</sup>,MRI 增强扫描可以观察到颅脑创伤后的脱髓鞘改变和髓鞘密度减少。而大分子质子分数映射(MPF)成像则可通过计算磁化转移率以推算大分子质子的非共振频率饱和信号衰减,用于评价髓鞘的完整性<sup>[43]</sup>。此外,NAA 还可影响神经调节通路,其代谢水平可以反映神经完整性和神经

递质水平,是颅脑创伤早期代谢障碍的重要标志物。NAA 下游产物之一即是重要的神经递质乙酰胆碱(ACh),故创伤后 NAA 表达变化与 ACh 呈正相关<sup>[44]</sup>。 $^{123}I$ -3-[2(S)-2-甲氧基氮杂]吡啶( $^{123}I$ -5-IA) SPECT 显像通过观察放射性同位素 $^{123}I$ 的衰减以分析 NAA 在脑组织的空间分布规律<sup>[45]</sup>;同时, $^{123}I$ -5-IA 作为放射性配体,还可特异性识别 ACh 烟碱受体,其类似物 $^{18}F$ -2FA 是 PET-CT 的示踪剂,故 $^{18}F$ -2FA PET 可以观察 ACh 烟碱受体的空间分布规律并进行定量分析,从而评价 ACh 功能<sup>[46]</sup>。(2)磷酸戊糖途径(PPP): 颅脑创伤后,创伤周围脑组织的乳酸主要经磷酸戊糖途径生成,对抗氧化应激反应并产生有利于神经细胞修复的生物活性物质<sup>[47]</sup>。磷酸戊糖途径的起始步骤可以促使烟酰胺腺嘌呤二核苷酸磷酸(NADPH)合成,用于脂类和类固醇的还原性生物合成;NADPH 在还原型谷胱甘肽和硫氧还原蛋白的生成中发挥作用,后两者分别是谷胱甘肽过氧化物酶(GSH-Px)和抗氧化蛋白的辅助因子,可以清除氢过氧化物、降低过氧化水平<sup>[48]</sup>。硫氧还原蛋白的另一种保护效应是将核苷酸转化为脱氧核苷酸,有利于 DNA 合成并减少凋亡因子生成<sup>[49]</sup>;创伤后 3 天即可在 MRS 观察到 $^{13}C$ -乳酸( $^{13}C$ -Lac)摄取率升高<sup>[50]</sup>。在脑组织细胞外液中,随着乳酸水平的升高,乳酸/丙酮酸比值(LPR)亦随之升高,且后者与脑组织缺氧和线粒体功能障碍有关,其中,丙酮酸盐水平可通过 MRS 检测 $^{13}C$ -丙酮酸盐获得<sup>[51]</sup>。

2. 自由基 颅脑创伤后异常低氧和高氧均可对神经细胞造成损害。神经元和神经胶质细胞在低氧环境下可发生一系列生化级联反应,造成继发性脑损伤,因此,监测脑组织对氧的利用程度十分重要, $^{15}O$ -PET 显像和 $^{17}O$ -MRI 可以示踪放射性氧元素在脑组织中的分布和利用<sup>[52]</sup>。动物实验显示,通过注射放射性臭氧结合 PET 显像可以获得氧摄取分数(OEF)<sup>[53]</sup>。颅脑创伤后低氧环境造成的低氧代谢可以产生大量活性氧,后者可通过多条途径导致神经细胞损伤,其中一种是经白三烯介导的,该途径的反应程度可以通过放射自显影法(ARG)监测放射性氢化甲哌啶( $^3H$ -hydromethidine)进行评价(图 1)<sup>[54]</sup>。一氧化氮(NO)是颅脑创伤后的另一种重要自由基,尽管在体外实验中可以采用荧光探针实时观察多种细胞的一氧化氮生成过程,但是由于该探针具有毒性,故难以应用于临床,尚待研发新的检测技术<sup>[55]</sup>。

3. 亚铁离子 颅脑创伤后局部 pH 值降低, 导致酸中毒和亚铁离子( $\text{Fe}^{2+}$ )释放,  $\text{Fe}^{2+}$ 可以通过 Fenton 反应引起含氢基的自由基释放<sup>[56]</sup>; 基于 MRI 的场强依赖性弛豫效能增加(FDRI)可以反映游离亚铁离子的表达变化(图 1)<sup>[57]</sup>。

4. 兴奋性毒性 (1) 谷氨酸: 颅脑创伤后的异常能量代谢可以引发谷氨酸代谢失衡, 从而导致兴奋性毒性。谷氨酸转运体(GLT)功能主要依赖多种离子的胞膜内外浓度梯度差, 提示胞膜去极化可以导致谷氨酸表达变化。谷氨酸重摄取转运体功能障碍阻碍谷氨酸的运输, 导致其聚积于细胞外间隙, 脑微透析技术和  $^1\text{H-MRS}$  均可用于检测脑组织谷氨酸水平<sup>[58-59]</sup>。此外, 神经元在氧剥夺的情况下可利用谷氨酸生成 ATP, 提示葡萄糖局部消耗程度, 可在一定程度上反映谷氨酸的代谢情况, 故  $^{18}\text{F-FDG}$  PET 显像通过评价葡萄糖的摄取以判断兴奋性毒性<sup>[60]</sup>。(2) 钙离子( $\text{Ca}^{2+}$ ): 颅脑创伤后胞膜异常去极化可以促进  $\text{Ca}^{2+}$  自胞内储存部位(如内质网)释放, 引起胞内  $\text{Ca}^{2+}$  水平升高, 进而触发多种病理生理过程, 如自由基过度生成、凋亡因子增加、炎性因子释放等<sup>[61]</sup>。这些  $\text{Ca}^{2+}$  相关代谢过程可通过荧光显微镜和 MRI 检测到, 动物实验显示, 向颅脑创伤模型动物体内注射钙敏感荧光剂以观察 AMPA 受体特别是钙离子通透型 AMPA 受体(Ca-perm AMPAR)的表达变化<sup>[62]</sup>, 模型制备后选择性阻断 Ca-perm AMPAR 可以有效减少创伤 24 小时后神经细胞死亡率, 与广泛性阻断 NMDA 受体和 AMPA 受体的效果相当(图 1)<sup>[63]</sup>。然而, 在临床研究中检测 NMDA 受体和 AMPA 受体的方法十分有限, 通过影像学检测  $\text{Ca}^{2+}$  也十分困难。目前正在探索 MRI 检测同位素钙元素的临床研究,  $^{41}\text{Ca}$ 、 $^{45}\text{Ca}$  和  $^{47}\text{Ca}$  的半衰期较为合适, 有望在高场强中实现对钙原子的成像<sup>[64]</sup>。(3) 镁离子( $\text{Mg}^{2+}$ ): 颅脑创伤可以导致  $\text{Mg}^{2+}$  水平降低, 使谷氨酸与 NMDA 受体的结合增强、与 AMPA 受体的脱敏性降低, 故需寻找一种  $\text{Mg}^{2+}$  成像技术以探究其相关兴奋性毒性<sup>[65]</sup>。动物实验显示, 向大鼠体内注射 NMDA 受体阻断剂并进行前足刺激, 采用 fMRI 观察初级躯体感觉皮质血氧水平依赖(BOLD)性反应, 可观察到明显的血氧水平依赖性反应下降; 而注射 AMPAR 阻断剂后再进行前足刺激, 不仅可以降低血氧水平依赖反应, 同时可显著抑制体感诱发电位(SEP), 证实谷氨酸对血氧水平依赖反应和脑血流量的调控作用, 以及其受体 NMDA 和 AMPA 受体在

血氧水平依赖反应、脑血流量、灌注成像中的不同作用<sup>[66]</sup>。尽管 fMRI 可以分辨出 NMDAR 与 AMPAR 的不同效应, 从而对  $\text{Mg}^{2+}$  功能和兴奋性进行评价, 但是在无药物干预谷氨酸的情况下, 难以检测到 NMDAR 和 AMPAR 的功能变化, 因此, 临床采用 fMRI 检测  $\text{Mg}^{2+}$  介导的兴奋性毒性并不现实, 尚待对  $\text{Mg}^{2+}$  成像技术(如稳定同位素  $^{25}\text{Mg}$ )进一步研究, 以评估 NMDAR 和 AMPAR 的功能和兴奋性毒性。

5. 炎症反应和凋亡 颅脑创伤可引发一系列神经化学反应并释放炎性因子, 导致代谢紊乱。(1) 白三烯(LT): 白三烯及其受体在脑组织表达上调是关键事件。胞质磷脂酶  $\text{A}_2$  与胞核磷脂反应可产生大量花生四烯酸(AA), 后者与 5-脂氧合酶激活蛋白(ALOX5AP)相结合生成白三烯  $\text{A}_4$ , 白三烯  $\text{A}_4$  随即在多种合成酶和水解酶的作用下生成其他类型的白三烯, 引起脑水肿<sup>[67]</sup>。颅脑创伤后, 通过 FLAIR 成像可见脑实质被大量脑脊液灌注, 呈高信号, 可用于评价脑水肿严重程度<sup>[68]</sup>。白三烯作用于不同受体即诱发不同类型的中枢神经系统炎症反应, 例如作用于  $\text{cys-LT}_1$ , 可导致血脑屏障通透性增加、水肿程度日趋严重、星形胶质细胞增殖; 当脑组织局部缺血时, 作用于  $\text{cys-LT}_2$  可引起水通道蛋白 4(AQP4) 表达上调, 造成细胞毒性脑水肿和脑积水<sup>[69]</sup>, DWI 可鉴别细胞毒性脑水肿与血管源性脑水肿,  $^{11}\text{C}$  标记的 AQP4 配体类似物 TGN-020( $^{11}\text{C-TGN-020}$ ) PET 可以评价 AQP4 的分布规律和表达变化, 从而反映炎症性水肿程度和进展(图 1)<sup>[70]</sup>。尽管大多数白三烯相关化合物无法单独成像, 但是 MRI 可呈现炎症反应进展情况, 例如, 选择放射性标记多肽 IELLQAR 作为 MRI 对比剂, 对 E-选择素进行研究, 后者是白细胞迁移、募集的重要细胞间黏附分子(ICAM)<sup>[71]</sup>。未来将聚焦于此类炎性因子成像技术的研发, 有助于临床诊断与治疗。(2) 凋亡诱导因子(AIF): 颅脑创伤后, AIF 释放增加, 激活凋亡通路。在氧化应激和氮化应激条件下, 采用免疫电镜技术对皮质与海马细胞胞核内的 AIF 进行定位, 可于颅脑创伤动物模型制备 2~72 小时发现 DNA 断裂<sup>[72]</sup>; 另外, 免疫荧光法(IFA)还可用于观察 AIF 的分布规律<sup>[73-74]</sup>, 例如采用近红外分子探针对冷冻伤小鼠模型进行无创性全身成像, 可评价神经细胞死亡程度<sup>[75]</sup>。根据溶酶体示踪荧光剂在溶酶体活性区和吞噬活跃区聚集的特性, 在共聚焦显微镜下对凋亡细胞进行三维成像, 可观察到细胞凋亡进展过

程<sup>[76]</sup>。然而,目前在人脑中显示神经细胞凋亡的成像结果远不及动物实验精确,尚待进一步研究才能实现有效转化。(3)激素:颅脑创伤后体内激素变化亦可对神经细胞活性产生巨大影响。研究显示,颅脑创伤早期和晚期均可见垂体激素水平降低,尤其以创伤后 24 小时内性激素水平降低最为明显<sup>[77]</sup>。雌激素在神经细胞功能活动和突触形成中发挥重要作用,雌二醇是雌激素家族成员,广泛表达于神经网络,对神经元形态、凋亡和突触的形成等具有关键作用,且可以降低神经细胞凋亡和血脑屏障通透性<sup>[78]</sup>。颅脑创伤后,受损伤脑组织局部供血不足是导致神经细胞凋亡的重要因素,雌激素可以通过增加损伤区域血管通透性和促进一氧化氮的生成,改善血供。<sup>18</sup>F-FDG PET 和 DTI 显示,创伤后上调雌激素表达可以有效增强损伤区域神经细胞功能活动、减轻脑水肿,雌二醇与 G 蛋白耦联雌激素受体 1 结合还可以激活 cAMP 等转录因子,提高内皮型一氧化氮合酶(eNOS)表达水平<sup>[79]</sup>;BOLD-fMRI 研究显示,在此过程中产生的一氧化氮亦可增加脑血流量<sup>[80]</sup>。雌激素的另一作用机制是,在 Wnt 作用下,雌激素受体 $\alpha$ -糖原合成酶激酶-3 $\beta$ (GSK-3 $\beta$ )- $\beta$ -连环素复合体中的 $\beta$ -连环素解离并转入胞核内,引起促存活因子表达上调和谷氨酸代谢增强,<sup>18</sup>F-FDG PET 可以观察到此过程中 GSK-3 $\beta$  水平下降<sup>[81]</sup>。颅脑创伤后 6 小时内,睾酮水平显著降低并可持续 24 小时,需 3~6 个月方能恢复至创伤前水平<sup>[82]</sup>。转位蛋白(TSPO)可以介导脑组织胆固醇向类固醇(睾酮)的转化合成,PET 显像可用于评估颅脑创伤患者或动物模型中转位蛋白表达水平<sup>[83]</sup>。

综上所述,随着神经外科技术的不断发展,颅脑创伤患者的生存率提高、病残率下降,但仍需不断探索新的诊疗手段以改善患者预后和生活质量。颅脑创伤引发的病理生理改变复杂多样,治疗过程中应对重要指标进行全面监测,若仅关注单一指标,难以及时、准确地获取病情进展情况,从而影响治疗效果。目前提倡多模态监测,利用多种技术对多项指标进行实时监测,宏观监测指标和微观监测指标研究业已取得一定进展,但仍存在不足。例如,多模态监测成本较高;数据种类繁多、关注点不同、权重不一,尚无法形成系统性多模态监测策略;有创性操作存在感染风险,部分重要指标的监测难以在临床开展等。尽管如此,多模态监测的技术和理念仍在不断进步,未来有望克服上述困难,为颅

脑创伤的诊断与治疗提供决策依据,从而提高患者生存率和生活质量,减轻家庭和社会负担。

利益冲突 无

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## · 小词典 ·

## 中英文对照名词词汇(一)

- $\alpha$ -氨基-3-羟基-5-甲基-4-异噁唑丙酸受体  
 $\alpha$ -amino-3-hydroxy-5-methyl-4-isoxazole propionic acid  
 receptor(AMPA)
- 半侧巨脑症 hemimegalencephaly(HME)
- 波形蛋白 vimentin(Vim)
- 搏动指数 pulsatility index(PI)
- 哺乳动物雷帕霉素靶蛋白  
 mammalian target of rapamycin(mTOR)
- 巢蛋白 nestin(Nes)
- 弛豫效能增加 field-dependent relaxivity increase(FDRI)
- 创伤性硬膜下积液 traumatic subdural effusion(TSE)
- 创伤严重程度评分 Injury Severity Score(ISS)
- 大脑中动脉平均血流速度  
 middle cerebral artery mean velocity(MCAVm)
- 凋亡诱导因子 apoptosis-inducing factor(AIF)
- 多囊卵巢综合征 polycystic ovary syndrome(PCOS)
- 多器官功能障碍综合征  
 multiple organ dysfunction syndrome(MODS)
- D-二聚体 D-dimer(DD)
- 二氧化碳分压 partial pressure of carbon dioxide(PaCO<sub>2</sub>)
- 放射自显影法 autoradiography( ARG)
- 非生殖细胞瘤性生殖细胞肿瘤  
 non-germinomatous germ cell tumors(NGGCTs)
- 改良 Barthel 指数 modified Barthel Index(mBI)
- 改良 Rankin 量表 modified Rankin Scale(mRS)
- 谷氨酸 glutamate(Glu)
- 谷氨酸转运体 glutamate transporter(GLT)
- 谷胱甘肽过氧化物酶 glutathione peroxidase(GSH-Px)
- 国际标准化比值 international normalized ratio(INR)
- 国际抗癫痫联盟  
 International League Against Epilepsy(ILAE)
- 横窦狭窄 transverse venous sinus stenosis(TVSS)
- 呼气末二氧化碳分压  
 end-tidal pressure of carbon dioxide(PetCO<sub>2</sub>)
- 花生四烯酸 arachidonic acid(AA)
- 化学发光免疫分析 chemiluminescence immunoassay(CIA)
- Glasgow 昏迷量表 Glasgow Coma Scale(GCS)
- 活化部分凝血活酶时间  
 activated partial thromboplastin time(APTT)
- 活化凝血时间 activated clotting time(ACT)
- 活性氧 reactive oxygen species(ROS)
- 肌酸 creatine(Cr)