

人工智能在脑卒中管理中的研究进展

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【摘要】 人工智能作为一种新兴技术,已应用于脑卒中预防、诊治和康复等多领域,并突显出巨大的潜力。人工智能与大数据相结合,可用于脑卒中高危人群的精准识别、自动化病因分型、辅助脑卒中急性期和二级预防策略的制定,从而提高脑卒中患者康复治疗效果。本文综述人工智能在脑卒中预防、诊治和康复中的研究进展。

【关键词】 卒中; 人工智能; 一级预防; 二级预防; 神经康复; 综述

Research progress of artificial intelligence in stroke management

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【Abstract】 As a new science and technology, artificial intelligence (AI) has been applied to the prevention, diagnosis, treatment and rehabilitation of stroke, and shows great potential. The combination of artificial intelligence and big data can accurately identify high-risk subjects, classify stroke subtype, and assist in the formulate of therapeutic strategies in acute period and prevention strategy of stroke. Sequentially, it can improve the effect of rehabilitation. This paper reviews the research progress of artificial intelligence in the prevention, diagnosis, treatment and rehabilitation of stroke.

【Key words】 Stroke; Artificial intelligence; Primary prevention; Secondary prevention; Neurological rehabilitation; Review

Conflicts of interest: none declared

脑卒中已成为全球第二位致残性和致死性疾病,全球疾病负担 2016 (GBD2016) 数据表明,全球脑卒中死亡病例约 550 万例,患病例数 8010 万例,伤残调整寿命年 (DALY) 高达 11 640 万例^[1]。约 80% 的脑卒中负担集中在低中收入国家^[2-3],我国是脑卒中负担最重的国家之一,每年新发脑卒中病例约 240 万例,死亡病例约为 110 万例,幸存病例达 1110 万例^[4]。脑卒中负担日趋严峻和医疗资源相对不足,给脑卒中管理带来巨大挑战。随着人工智能 (AI) 技术的迅猛发展,其核心技术如语音识别技术、计算机视觉技术、自然语言处理技术、机器学习 (ML)、智能机器人、虚拟现实 (VR) 和增强现实 (AR) 等逐渐应用于诸多传统领域。目前,人工智能

已应用于医学领域的基因测序^[5]、辅助诊断^[6]、医疗机器人^[7]、医学影像^[8]、药物研发^[9]等诸多方面,通过大数据分析,推动医疗体系向高效率、高层次发展。本文拟围绕人工智能在脑卒中预防、诊治和康复方面的研究进展进行系统综述。

一、人工智能在脑卒中一级预防中的应用

超过 90% 的脑卒中负担归因于可干预的危险因素,包括行为因素、代谢因素和环境因素^[10],故识别并评估脑卒中危险因素对一级预防至关重要。流行病学调查显示,北京居民对高血压的知晓率约为 50.8%,对血脂异常的知晓率为 13.0%^[11];湖南省衡阳市衡阳县水乡农民对脑卒中危险因素,包括高血压、糖尿病、心脏病、吸烟、酗酒、肥胖、家族史等的总体知晓率仅约 16.7%^[12]。医疗资源不均衡是导致上述慢性疾病知晓率偏低的重要原因之一。

人工智能参与脑卒中危险因素的管理,可以突破医疗资源不均衡的现状,降低漏诊率和误诊率。(1) 高血压:人工智能可通过大数据准确预测高血

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压并评估血压值^[13],筛查出血压变异性(BPV)较高的患者^[14],制定有效的降压方案^[15];同时,还可以通过智能手表的数据分析预测高血压及其影响因素,有助于高血压的预防与治疗^[16]。(2)糖尿病:人工智能已广泛应用于糖尿病的预测、饮食和运动指导、胰岛素注射指导、并发症监测和自我管理等^[17],减少人力成本。(3)房颤:人工智能识别房颤具有快速、及时、费用低廉等优势^[18]。Asgari等^[19]研究采用平稳小波变换(SWT)和支持向量机(SVM)方法自动化检测房颤,受试者工作特征(ROC)曲线下面积(AUC)为0.995,灵敏度为97.0%、特异度97.1%,使房颤检出率显著提高。此外,人工智能平台的应用还实现了远程监控,并提供了临床决策支持和个性化指导,增强卒中危险因素的管理,进而提高一级预防效果^[20]。

二、人工智能在脑卒中早期治疗和二级预防中的应用

1. 缺血性卒中 急性缺血性卒中的快速识别与诊治对预后的影响至关重要^[21-23],神经影像学为其早期诊治提供了重要依据。人工智能通过自然语言处理技术、计算机视觉技术等对神经影像学 and 电子病历资料进行快速分析,实现缺血性卒中的鉴别诊断、确定发病时间、判断梗死灶体积,利于血管再通治疗和二级预防。(1)诊断与鉴别诊断:人工智能可早期辅助鉴别诊断真性脑卒中与假性脑卒中、快速区分缺血性卒中与出血性卒中,以为治疗方案的制定提供重要依据。Abedi等^[24]采用FABS评分系统以基于反向传播技术的学习算法进行人工神经网络训练,再进行10倍交叉验证,以鉴别诊断发病4.5小时内的急性缺血性卒中与假性脑卒中,该方法诊断急性缺血性卒中的灵敏度为80.0%、特异度86.2%,准确度为85.2%,诊断假性脑卒中的准确度为81.1%。Guo等^[25]基于微波成像技术的脑卒中分类研究显示,机器学习区分发病4小时内的缺血性卒中与出血性卒中的敏感性和特异性均较高,采用k均值聚类和支持向量机算法的准确度达88.0%,灵敏度为91.0%、特异度87.0%。(2)血管再通治疗:静脉溶栓是目前最主要的血管再通治疗方法,可有效挽救发病3.0~4.5小时内急性缺血性卒中患者的缺血半暗带,使其发病后3个月美国国立卫生研究院卒中量表(NIHSS)评分和改良Rankin量表(mRS)评分降低^[26-28]。机器学习可辅助确定发病时间,以尽早筛选出能从静脉溶栓治疗中获益病例。既往临

床主要采用DWI-FLAIR不匹配判断发病时间不确定的急性缺血性卒中患者是否具有静脉溶栓的适应证,这种人工方法确定发病4.5小时内的急性缺血性卒中的灵敏度仅为48.5%;而机器学习则具有更高的敏感性,随机森林(RF)算法的灵敏度为72.7%,逻辑回归(LR)和支持向量机算法可达75.8%,且这3种机器学习算法并未使其特异性下降^[29]。目前,越来越多的证据显示,血管内介入治疗是急性大血管闭塞再通和改善临床预后的重要方法^[22,30-33]。人工智能可自动化识别闭塞血管和梗死核心体积,为血管内介入治疗提供必要的影像学信息。Sheth等^[34]的研究显示,DeepSymNet新型卷积神经网络(CNN)可通过CTA自动化识别大动脉闭塞,ROC曲线下面积达0.88(95%CI:0.83~0.92);通过CT灌注成像(CTP)识别梗死核心体积 ≤ 30 ml和 ≤ 50 ml的ROC曲线下面积分别为0.88(95%CI:0.82~0.99)和0.90(95%CI:0.82~0.96),与经典的CTP-RAPID软件测量结果呈高度一致性($r=0.63\sim 0.75$, $P<0.0001$)。Kim等^[35]的研究发现,外部校正中编解码器卷积神经网络分割DWI和表观扩散系数(ADC)与手动分割结果表现出较高的组内相关系数($ICC=1.0$,95%CI:0.99~1.00),且其平均差值仅为-0.19 ml,与RAPID软件结果高度一致($ICC=0.99$,95%CI:0.98~0.99)。(3)病因分型与二级预防:对缺血性卒中进行病因分型有助于判断预后、指导药物治疗和选择二级预防措施^[23]。人工智能辅助病因分型具有较高的准确性。Garg等^[36]将自然语言处理和机器学习算法应用于电子健康记录(EHR),实现了缺血性卒中的自动化TOAST分型,与评分者之间存在良好的一致性($\kappa=0.72$)。通过机器学习进行不同病因分型的效果不同,其中心源性栓塞(CE)型和大动脉粥样硬化(LAA)型与人工TOAST分型的一致性较高,而不明原因(SUE)型较低。Chung等^[37]采用监督机器学习模型分析梯度回波序列(GRE),可快速识别血栓成分,准确预测心源性卒中,为抗栓药物的选择提供依据。缺血性卒中的病因分型有助于抗血小板药物或抗凝药物的选择,进而提高二级预防药物应用的依从性,降低缺血性卒中的复发率和病死率^[38]。人工智能结合语音随访可以提高患者定期随访率和服药依从性,节省就诊时间。Schweitzer和Hoerbst^[39]通过智能机器人辅助系统提醒患者服药、监测药物之间相互作用、记录服药依从性并协助患者完成服药的整个过

程。然而该系统应用于临床实践尚待进一步研究。

2. 出血性卒中 (1) 分型: 出血性卒中包括脑实质出血、脑室出血、硬膜下出血、硬膜外出血和蛛网膜下腔出血共 5 种类型。影像学是诊断脑出血的重要手段, 尤其头部 CT 检查是诊断早期脑出血的“金标准”。深度学习算法可以准确识别 CT 影像异常, 减少诊断时间并加快治疗速度, 降低病死风险。Chilamkurthy 等^[40]采用自然语言处理算法识别不同类型脑出血患者的 CT 图像, 发现其检出脑出血的 ROC 曲线下面积为 0.94 (95% CI: 0.92 ~ 0.97), 其中, 脑实质出血曲线下面积为 0.95 (95% CI: 0.93 ~ 0.98)、脑室出血为 0.93 (95% CI: 0.87 ~ 1.00)、硬膜下出血为 0.95 (95% CI: 0.91 ~ 0.99)、硬膜外出血为 0.97 (95% CI: 0.91 ~ 1.00)、蛛网膜下腔出血为 0.96 (95% CI: 0.92 ~ 0.99); 且在高灵敏度阈值上, 该算法与放射科医师诊断的灵敏度差异无统计学意义 ($P > 0.05$)。Ye 等^[41]对新型三维联合卷积神经网络和递归神经网络 (CNN-RNN) 在脑出血及其 5 种亚型检测中的效能进行评估, 结果显示, 该算法确定脑出血的 ROC 曲线下面积 ≥ 0.98 , 预测 5 种亚型的曲线下面积均 > 0.80 , 优于初级放射科医师的诊断效能。深度学习算法不仅可对出血性卒中进行准确分型, 同时还可快速测量脑出血体积和周围水肿体积^[42], 为精准药物治疗和手术治疗提供数据支持。Ironsides 等^[43-44]采用卷积神经网络推导出一种全自动分割算法, 与手动分割和半自动分割相比, 该算法全自动分割脑出血体积的 Dice 相似性系数 (DCS) 分别为 0.894 ± 0.264 和 0.905 ± 0.254 , 且扫描速度 [(12.0 ± 2.7) 秒] 快于手动分割 [(201.5 ± 92.2) 秒, $P < 0.001$] 和半自动分割 [(288.6 ± 160.3) 秒, $P < 0.001$]; 该算法自动分割周围水肿体积的 Dice 相似性系数分别为 0.838 ± 0.294 和 0.843 ± 0.293 , 并且扫描速度 [(18.0 ± 1.8) 秒] 亦明显快于手动分割 [(316.4 ± 168.8) 秒, $P < 0.001$] 和半自动分割 [(480.5 ± 295.3) 秒, $P < 0.001$]。(2) 治疗: 出血性卒中的治疗包括药物治疗和外科手术治疗。对于病情危重或存在继发性原因且有手术适应证的患者, 应积极施行手术, 以达到快速清除血肿、缓解颅内高压、解除机械压迫之目的。医疗手术机器人是一种计算机辅助新型人机外科手术平台, 通过空间导航技术、医学影像技术和机器人技术精准定位病灶, 辅助外科医师进行相应的手术操作。2007 年, 法国 Medtech 公司设计研发了手术机器人辅助系统

ROSA, 该系统可快速、准确地进行颅内血肿微创引流, 使手术时间和术后拔管时间显著缩短, 且降低术后再出血率和感染率, 有利于术后功能康复^[45-47]。解放军总医院第六医学中心与北京航空航天大学合作研发的神经外科手术机器人 Remebot 可以精准定位血肿, 并根据血肿形状设计穿刺路径, 为脑出血提供了一种微创、安全、便利的治疗方法^[48]。

三、人工智能在脑卒中康复治疗中的应用

脑卒中的病残率较高, 有 70% ~ 80% 的新发脑卒中患者因残疾无法独立生活^[49]。人工智能技术用于脑卒中患者神经功能评估, 不仅可以辅助康复医师制定康复方案、提高诊疗效率, 还可降低康复医师和治疗师的工作负担。基于机器人辅助的运动学和动力学测量可以准确预测临床量表评分 [mRS 评分的交叉验证 $R^2 = 0.60$, NIHSS 评分的交叉验证 $R^2 = 0.63$, Fugl-Meyer 运动量表 (FMMS) 评分的交叉验证 $R^2 = 0.73$, 运动功量 (MP) 的交叉验证 $R^2 = 0.75$], 选取恰当的评估参数, 当与人工神经网络相结合时, 基于机器人辅助的测量可显示出更高的灵敏度 (标准化效应增加 1.47)^[50]。上肢机器人通过位置觉匹配任务、运动觉匹配任务和本体感觉阈值测试, 可以对上肢本体感觉进行更为客观、量化和精细评估^[51-53]。此外有研究显示, 采用基于改良 Ashworth 量表评分、关节运动和阻力量化参数的人工神经网络评估痉挛程度时, 与康复医师和治疗师评价具有较强的相关性 (相关系数为 0.825)^[54]。

人工智能具有强大的记忆力、准确的执行力, 以及快速的信息处理和推理能力^[55], 与人类智能相互融合, 可实现人机智能协同, 发挥互补优势, 促进脑卒中患者的康复。脑机接口是人-机混合智能发展的核心, 通过解码神经元活动信号获取思维信息, 再控制外部设备, 以实现患者与外部环境之间的互动^[56]。多项研究显示, 重复应用脑机接口可以触发神经网络重塑, 进而改善脑卒中患者的运动功能^[56-58]。Ramos-Murguialday 等^[59]将其纳入的 32 例慢性脑卒中患者随机分为脑机接口组和对照组, 脑机接口组可控制病灶同侧感觉运动节律的脑活动, 并转化为附着在瘫痪肢体上的矫形器运动, 而对照组仅随机发生矫形器运动且与感觉运动节律控制无关; 经 (17.8 ± 1.4) 天的康复训练后, 脑机接口组 Fugl-Meyer 上肢评价量表 (FMA-UE) 评分高于对照组 (评分差值为 3.41 ± 0.56 , $P = 0.018$), 且脑机接口组患者在执行手部运动时运动皮质和运动前皮质

的脑活动偏侧化差异与 FMA-UE 评分呈正相关 ($r=0.550, P=0.05$); 治疗后 6 个月, 基于脑机接口的治疗效果仍十分显著。

机器人辅助技术不仅提供了有效的评估和治疗手段, 而且也为深入研究人体运动康复规律, 以及脑和肢体的控制和影响关系提供了另一种途径, 从而提高了治疗效率和训练强度, 是较常规康复方法更具发展潜力的技术。Lo 等^[60]对 127 例发病时间 > 6 个月的脑卒中患者分别施以常规康复治疗 and 机器人辅助康复治疗, 结果显示, 治疗第 12 周时, 机器人辅助治疗组脑卒中影响量表 (SIS) 评分 (评分差值为 7.64, 95%CI: 2.03 ~ 13.24) 和 FMMS 评分 (评分差值为 2.17, 95%CI: -0.23 ~ 4.58) 均高于常规治疗组; 治疗第 36 周时, 机器人辅助治疗组 FMMS 评分仍高于常规治疗组 (评分差值为 2.88, 95%CI: 0.57 ~ 5.18)。Veerbeek 等^[61]的 Meta 分析纳入 38 项临床研究计 1206 例脑卒中患者, 结果显示, 机器人辅助康复治疗可以有效改善上肢运动控制, 提高 FMA-UE 评分 ($MD=2.23, 95\%CI: 0.87 \sim 3.59; P=0.001$)。然而, 最近一项多中心随机对照临床试验结果显示, 与常规康复治疗 ($aOR=1.17, 98.3\%CI: 0.70 \sim 1.96$) 或剂量匹配的增强上肢康复治疗 ($aOR=0.78, 98.3\%CI: 0.48 \sim 1.27$) 相比, 机器人辅助康复治疗并不能改善上肢功能 [上肢动作研究测验量表 (ARAT) 评分]^[62]。上述研究结论的差异, 推测与脑卒中发病时间、治疗强度和治疗方法不同有关, 机器人辅助康复治疗结合其他康复治疗方法有可能成为改善脑卒中患者功能结局的有效措施。

虚拟现实技术结合计算机图形、图像处理与模式识别、智能技术、传感器技术、语言处理与音响技术等多门学科, 生成一种交互式三维动态视景, 可以提供受试者各种感官模拟, 进行可视化操作和互动。Mirelman 等^[63]的研究显示, 机器人-虚拟现实系统与单独机器人辅助康复治疗相比, 可延长训练时间 (492 分钟对 451 分钟, $P=0.002$), 延缓过早疲劳; 经过 4 周的康复训练, 机器人-虚拟现实组步速提高 24%、6 分钟步行距离增加 21%, 而单独机器人辅助治疗组步速和步距仅提高 2% 和 0.5%, 且这一疗效可持续 3 个月。由此可见, 虚拟现实技术结合其他康复治疗方法, 可显著增强脑卒中患者运动学习能力, 改善上肢运动功能^[64]、平衡功能和步态^[65], 提高日常生活活动能力^[66]。

综上所述, 人工智能技术在脑卒中预防、诊治

与康复中的作用日益突显。将人工智能技术应用与脑卒中管理, 有助于减轻我国不断加剧的脑卒中负担, 具有广阔的应用前景。

利益冲突 无

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· 小词典 ·

中英文对照名词词汇(二)

- 6分钟步行试验 6 Minute Walking Test(6MWT)
- STARFlex封堵器对卵圆孔未闭患者难治性偏头痛效果试验
Migraine Intervention with STARFlex® Technology (MIST) trial
- 改良衰弱指数 modified Frailty Index(mFI)
- 高分辨率磁共振成像
high-resolution magnetic resonance imaging(HRMRI)
- 功能性电刺激术 functional electrical stimulation(FES)
- 共同空间模式 common spatial patterns(CSP)
- 灌注成像 perfusion-weighted imaging(PWI)
- CT灌注成像 CT perfusion imaging(CTP)
- 国际颅内外动脉搭桥试验
Extracranial-Intracranial Bypass Trial(EC-IC)
- 国际头痛协会 International Headache Society(HIS)
- 宏基因组测序
metagenomic next-generation sequencing(mNGS)
- 华法林-阿司匹林治疗症状性颅内动脉狭窄研究
Warfarin-Aspirin Symptomatic Intracranial Disease(WASID)
- 黄素单加氧酶3 flavin monooxygenase 3(FMO3)
- 机器学习 machine learning(ML)
- 基于脑机接口的软体机器人手套
brain-computer interface-based soft robotic glove(BCI-SRG)
- 计算流体力学 computational fluid dynamics(CFD)
- 交叉验证 cross validation(CV)
- 近红外光谱 near infrared spectroscopy(NIRS)
- 经颅彩色多普勒超声
transcranial color Doppler ultrasonography(TCCD)
- 颈内动脉和大脑中动脉M1段闭塞致急性脑卒中患者使用与不使用静脉组织型纤溶酶原激活剂的血管内治疗
随机研究
the Randomized Study of Endovascular Therapy with Versus without Intravenous Tissue Plasminogen Activator in Acute Stroke with ICA and M1 Occlusion (SKIP) study
- 静态脑血流自动调节 static cerebral autoregulation(sCA)
- 卷积神经网络 convolution neural network(CNN)
- 决策树 decision tree(DT)
- 可逆性后部白质脑病综合征
posterior reversible leukoencephalopathy syndrome(PRES)
- 快速傅里叶变换 fast Fourier transform(FFT)
- 扩大的血管周围间隙 enlarged perivascular space(EPVS)
[扩大的Virchow-Robin间隙 dilated Virchow-Robin space (dVRS)]
- 扩散和灌注成像评价脑卒中进展研究
Diffusion and Perfusion Imaging Evaluation for Understanding Stroke Evolution(DEFUSE) study
- 扩散加权成像 diffusion weighted image(DWI)
- 离散傅里叶变换 discrete Fourier transform(DFT)
- 良性阵发性位置性眩晕
benign paroxysmal positional vertigo(BPPV)
- 临床痴呆评价量表 Clinical Dementia Rating Scale(CDR)
- 颅内动脉粥样硬化性狭窄
intracranial atherosclerotic stenosis(ICAS)
- 颅内压 intracranial pressure(ICP)
- 卵圆孔未闭 patent foramen ovale(PFO)
- 脉搏波传导速度 pulse wave velocity(PWV)
- 慢性脑低灌注 chronic cerebral hypoperfusion(CCH)
- 慢性阻塞性肺病
chronic obstructive pulmonary disease(COPD)
- 梅尼埃病 Ménière's disease(MD)
- 美国国立卫生研究院卒中量表
National Institutes of Health Stroke Scale(NIHSS)
- 美国心脏协会 American Heart Association(AHA)
- 美国卒中协会 American Stroke Association(ASA)
- 免疫荧光染色 immunofluorescence assay(IFA)
- 脑白质病变 white matter lesion(WML)
- 脑白质高信号 white matter hyperintensity(WMH)
- 脑淀粉样血管病 cerebral amyloid angiopathy(CAA)
- 脑灌注压 cerebral perfusion pressure(CPP)
- 脑机接口 brain-computer interface(BCI)
- 脑微出血 cerebral microbleeds(CMBs)
- 脑小血管病 cerebral small vessel disease(CSVD)
- 脑血管反应性 cerebrovascular reactivity(CVR)
- 脑血流量 cerebral blood flow(CBF)
- 脑血流自动调节 cerebral autoregulation(CA)