

# 脑损伤后意识障碍神经电生理监测方法研究进展

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**【摘要】** 脑损伤后意识障碍的准确诊断是治疗的基础,既往脑损伤后意识障碍的评价主要基于行为量表测验、影像学检查等,易受主观因素和外界的干扰,发展客观高效的脑损伤后意识障碍评价方法是当前研究热点,神经电生理监测安全、客观、操作简单,可实现实时连续监测。本文总结脑诱发电位和脑电图在脑损伤后意识障碍评价中的应用范式和分析方法,以为改进脑损伤后意识障碍诊断与治疗方案提供新的技术思路。

**【关键词】** 脑损伤; 意识障碍; 神经电生理监测; 综述

## Advances on neurophysiological monitoring methods for consciousness disorder after brain injury

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**【Abstract】** An accurate diagnosis of consciousness disorder after brain injury is the basis for further treatment. The previous evaluation of consciousness disorder after brain injury is mainly based on behavior scales and imaging examination, which is limited to subjective factors and external interference and difficult to detect and evaluate in real time. The development of objective and efficient evaluation methods of consciousness disorder after brain injury is currently a hot spot in clinical research. Neurophysiological monitoring is safe, objective, simple to operate, and can be detected continuously timely. It can be used as an evaluation method for consciousness disorder after brain injury. In this paper, we summarize the application paradigms and analysis methods of evoked potential and EEG in the clinical evaluation of consciousness disorder after brain injury in recent years, in order to provide new technical ideas for improving the clinical diagnosis and treatment of consciousness disorder after brain injury.

**【Key words】** Brain injuries; Consciousness disorders; Neurophysiological monitoring; Review

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脑损伤后意识障碍系指严重颅脑创伤(TBI)、脑组织缺氧缺血等造成的中枢神经系统损害,导致

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个体感知能力障碍,临床表现为昏迷、植物状态/无反应觉醒综合征(VS/UWS)、微意识状态(MCS)和闭锁综合征(LIS)。据统计,全球每年脑损伤患者逾6000万例;美国有超过300万例患者脑损伤致长期残疾或昏迷<sup>[1]</sup>;欧盟每年有150万例患者因脑损伤住院,其中20%为长期意识障碍<sup>[2]</sup>;我国颅脑创伤发病率超过100/10万,人口基数大,病例数远多于其他国家,目前已成为意识障碍的主要原因之一<sup>[3]</sup>。脑损伤部位、性质和程度的病理生理学机制及相关生物学标志物研究逐步发展,但对脑损伤后意识障碍的精准评价尚未完善。目前,意识障碍评价的主

流方法主要是临床表现,以及Glasgow昏迷量表(GCS)<sup>[4]</sup>、扩展的Glasgow昏迷量表(GCSE)<sup>[5]</sup>、昏迷恢复量表-修订版(CRS-R)<sup>[6]</sup>、全面无反应性量表(FOUR)<sup>[7]</sup>、威塞克斯头部损伤矩阵量表(WHIM)<sup>[8]</sup>等,这些行为量表测验简便、费用较低,但不适用于无法对测试者指令进行自主运动和主观反应的重型脑损伤致意识障碍患者,误诊率高达40%<sup>[9]</sup>;此外,缺乏命令执行的行为量表测验并不能反映患者实际意识水平,因此,亟待开发更有效的意识障碍评价方法<sup>[10]</sup>。近年研究方向主要集中于神经影像学和神经电生理监测,经典的神经影像学方法包括fMRI、PET等,但存在操作复杂、费用昂贵、无法床旁监测等诸多局限<sup>[11]</sup>;神经电生理监测操作简单、客观、无创、费用较低且可预测脑损伤程度<sup>[12]</sup>,例如,脑诱发电位可记录大脑对外部刺激的电反应,脑电图可记录大脑瞬时电活动,是颇具前景的脑损伤后意识障碍评价方法。本文总结脑损伤后意识障碍患者脑诱发电位和脑电图检查方法和指标,并展望神经电生理监测的临床应用范式,以为实现客观、准确的脑损伤后意识障碍评价提供理论依据。

### 一、脑诱发电位

脑诱发电位系神经系统受到外界各种特异性感官刺激(视觉、听觉或体感)所产生的生物电活动,通过这种大脑反应判断意识相关传导通路的完整性,主要探究感觉刺激沿丘脑和初级感觉皮质传导通路的传递<sup>[13]</sup>。脑诱发电位主要包括事件相关电位(ERP)、视觉诱发电位(VEP)、脑干听觉诱发电位(BAEP)、体感诱发电位(SEP)和运动诱发电位(MEP)等,其中事件相关电位和体感诱发电位在脑损伤后意识障碍中研究较多。

1. 事件相关电位 又称认知电位(cognitive potential),是感觉刺激引发的特殊诱发电位<sup>[14]</sup>,常见成分包括N100、N200、N400、失匹配负波(MMN)和P300。N100是视觉、听觉和皮质感觉处理过程中评价感知觉的指标之一,是脑损伤后意识障碍患者觉醒的有效预测因素<sup>[15]</sup>。N400主要反映语言理解力和信息处理能力,可判断意识障碍患者是否存在隐匿意识(hidden consciousness)并预测其重新获得功能性沟通的能力,N400的存在表明残留高级语义信息处理能力,与植物状态/无反应觉醒综合征和微意识状态患者的意识恢复有关<sup>[16]</sup>。失匹配负波和P300是听觉刺激较常用的指标,其中,失匹配负波作为仅由听觉刺激产生的诱发电位,是听觉N200复

合体的组成部分,不受主观注意或刺激意义(声音对患者是否有意义)的影响,可以预测昏迷患者觉醒或进展为植物状态<sup>[17]</sup>;P300与注意力、期望、目标识别、新颖性检测、模板匹配、反应选择、刺激识别、主观注意和工作记忆更新等认知功能均有不同程度的关联性,可以反映对外界刺激的认知能力<sup>[18-19]</sup>,是脑损伤后意识障碍患者觉醒的有效预测因素<sup>[15]</sup>。一项研究对6例植物状态患者、5例微意识状态患者和5位健康受试者(对照者)进行事件相关电位检查,采用纯音刺激(频繁刺激频率为1000 Hz,显著刺激频率为1500 Hz)诱发失匹配负波、唤名刺激诱发P300,结果显示,对照者失匹配负波和P300源自额叶、植物状态和微意识状态患者源自颞叶,植物状态患者显著刺激诱发的失匹配负波振幅低于、潜伏期长于微意识状态患者和对照者;植物状态组有4例患者同时出现失匹配负波和P300,1例转为清醒、1例过渡至微意识状态、2例仍为植物状态,1例出现失匹配负波而无P300患者过渡至微意识状态,1例未出现失匹配负波和P300患者仍为植物状态;微意识状态组5例患者均出现失匹配负波和P300,其中2例转为清醒且出院前失匹配负波呈现高振幅、短潜伏期特征,余3例仍维持微意识状态,表明失匹配负波或P300可预测意识恢复,失匹配负波振幅升高和潜伏期缩短提示意识状态的改善<sup>[20]</sup>。另一项研究纳入42例脑损伤后意识障碍患者,采用事件相关电位联合时变脑电图网络检测残留的具有情感意义的意识,发现微意识状态患者额叶存在大量P300,而植物状态/无反应觉醒综合征患者N100更明显,与微意识状态患者相比,植物状态/无反应觉醒综合征患者P300出现率较低或者具有较低的振幅或较短的潜伏期,提示P300和N100可用于鉴别诊断微意识状态与植物状态/无反应觉醒综合征;动态网络机制方面,微意识状态患者存在情绪诱发的P300,而植物状态/无反应觉醒综合征患者在中性情境和情绪情境下P300不明显,且二者均未观察到晚期阳性电位(LPP),表明植物状态/无反应觉醒综合征患者在意识处理中后期(P300和LPP)出现额顶叶网络连接受损,推测额顶叶网络连接降低是区分微意识状态与相同病因的植物状态/无反应觉醒综合征的神经电生理学标志物<sup>[21]</sup>。亦有研究采用声音(P300)和语言(N400)诱发的事件相关电位评价53例植物状态/无反应觉醒综合征患者和39例微意识状态患者的意识水平,发现N400与脑损伤后

意识障碍改善有关,N400预测脑损伤后意识恢复的灵敏度为0.58(95%CI:0.270~0.840)、特异度为0.77(95%CI:0.600~0.900)<sup>[16]</sup>。上述研究表明,N100、失匹配负波和P300有助于区分脑损伤后意识障碍类型,并可预测意识恢复;N400提示患者残留高级语义信息处理能力,与植物状态/无反应觉醒综合征和微意识状态的意识恢复有关。

2. 体感诱发电位 躯体感觉系统包括丘脑-皮质系统和脊髓丘脑束系统两部分<sup>[22]</sup>,丘脑-皮质系统提供机械感受(触觉物体识别、皮肤接触局部化、振动和纹理检测)和本体感觉(运动觉和平衡觉);脊髓丘脑束系统负责体温感受、伤害感受(即将发生的组织损伤和疼痛)和粗略触觉感受<sup>[23]</sup>。体感诱发电位通过对周围神经或正中神经走行区皮肤予以特定感觉刺激(如电刺激、声音刺激、光刺激等),观察特定脑区电活动,并记录大脑或脊髓等神经结构的电反应,以反映神经传导通路功能。短潜伏期体感诱发电位(SSEP)特别是正中神经SSEP范式更稳定、更成熟,受镇静药等代谢的影响更小<sup>[24]</sup>,是目前应用最广泛的体感诱发电位范式。有研究通过正中神经SSEP预测28例脑损伤后意识障碍患者的预后,发现14例双侧正中神经SSEP皮质反应永久性丧失患者功能预后较差,其中5例为缺氧缺血性脑病患者,即使予以神经康复训练,4例维持植物状态、1例死亡;14例双侧正中神经SSEP皮质反应短暂性丧失患者经神经康复训练后出现皮质电位复发,其中6例(主要为颅脑创伤)可继续神经康复训练,最终获得良好功能预后,提示双侧正中神经SSEP可能是缺氧缺血性脑病和颅脑创伤这两种脑损伤后意识障碍患者功能预后的可靠预测因素<sup>[25]</sup>。

## 二、脑电图

脑电图可以反映神经元电活动,包含神经元集群振荡、传导通路和神经网络等信息。从脑电信号处理方法衍生的脑电特征<sup>[26]</sup>如时频域和空间域与脑代谢、脑血流动力学、脑解剖结构密切相关,可以敏感、及时地反映生理或病理状态下脑功能(清醒、昏迷、微意识状态)变化,用于脑部疾病的诊断与预后评价<sup>[25,27]</sup>。目前,脑电图评价脑损伤后意识障碍的范式主要包括静息态脑电图和经颅磁刺激联合脑电图(TMS-EEG)。

1. 静息态脑电图 静息态脑电图主要记录自发性神经活动,反映大脑基本状态,避免听觉或触觉刺激导致的认知损害、觉醒水平波动、疲劳和亚

临床发作等损伤<sup>[28-29]</sup>,为脑损伤后意识障碍患者提供一种安全、有效、低价的检查方法<sup>[30]</sup>。常用指标包括频谱测量、连通性度量、熵度量和熵截断值,频谱测量主要监测静息态脑电活动,通过分析不同频段脑电信号以观察神经活动特征,可以评价不同频段脑电信号强度与意识的相关性<sup>[31]</sup>;连通性度量是一种检测不同脑区之间联系、脑网络连接的方法,通过分析脑电信号辅助识别脑网络连接,评价意识状态<sup>[32]</sup>;熵度量是一种检测脑电活动复杂性的方法,亦可用于评价意识状态<sup>[33]</sup>,根据特定的脑电熵值判断是否存在意识障碍<sup>[31]</sup>;熵截断值用于检测脑电活动的不规则性。频谱测量可量化脑电频段的振幅,高频快波脑电与意识状态呈正相关,低频慢波脑电则与意识状态呈负相关<sup>[34]</sup>。 $\delta$ 波、 $\theta$ 波和 $\alpha$ 波为慢波指标,用于评价意识障碍严重程度和昏迷状态; $\beta$ 波和 $\gamma$ 波为快波指标,用于评价神经功能<sup>[35]</sup>。 $\alpha$ 波常见于药物过量,各种毒性、代谢性、感染性和退行性变引起的脑病致意识障碍患者,若出现 $\alpha$ 波,提示90%的患者可恢复意识<sup>[36]</sup>; $\theta$ 波常见于缺血性脑损伤,提示预后不良,表现为 $\theta$ 波昏迷; $\delta$ 波与可逆性病理改变如可逆性后部白质脑病综合征(PRES)以及酒精或药物滥用相关,可以评价认知加工能力和注意力, $\delta$ 波区域性减弱提示认知功能减退,是大面积脑梗死的特征性脑电图模式,故 $\delta$ 波的存在常提示病情危重<sup>[37]</sup>。Young氏分级是静息态脑电图常用的量化分级标准,在频谱测量基础上将脑电图主要频谱频段分为5级,I级,以 $\theta$ 波为主或伴有少量 $\alpha$ 波和 $\beta$ 波;II级,以可变化的 $\delta$ 波为主或伴有少量 $\theta$ 波;III级,以单一 $\delta$ 波为主,可伴有少量平坦波或爆发-抑制波,或者呈 $\alpha$ 波昏迷、 $\beta$ 波昏迷;IV级,平坦波(波幅10~20 μV)为主或伴少量 $\theta$ 波;V级,平坦波(波幅<10 μV)<sup>[38]</sup>。有研究采用静息态脑电图频谱测量和连通性度量区分植物状态/无反应觉醒综合征与微意识状态,共纳入31例脑损伤后意识障碍患者,静息状态下行脑电图检查(采样频率500 Hz),结果显示,与微意识状态患者相比,植物状态/无反应觉醒综合征患者 $\delta$ 波功率升高( $P < 0.05$ ), $\alpha$ 波功率降低( $P < 0.05$ ), $\theta$ 波与 $\alpha$ 波连通性降低( $P < 0.05$ ),表明微意识状态患者在 $\theta$ 频带和 $\alpha$ 频带存在更佳的脑网络连接<sup>[39]</sup>。近年来,静息态脑电图连通性度量已广泛应用于脑损伤、神经发育、脑功能与行为之间关系的研究,以及脑损伤后意识障碍的治疗。熵度量亦可用于区分意识障碍类型,常用指标

为符号传递熵(STE),其本质是描述脑电信号的复杂性和不规则性,普遍认为,常规的静息态脑电信号如非快速眼动睡眠期(NREM)Ⅲ期和Ⅳ期或深度麻醉时脑电信号具有较低的熵值和复杂性,而清醒受试者具有较高的熵值<sup>[40]</sup>;此外,熵截断值可区分植物状态/无反应觉醒综合征与微意识状态,且具有高度特异性。研究显示,区分无植物状态/无反应觉醒综合征与微意识状态的熵截断值为52,其灵敏度为89%、特异度为90%<sup>[41]</sup>。虽然特定脑电图模式对识别隐匿意识具有一定特异性,但存在低估意识障碍患者残留意识的可能,且缺乏统一标准,尚待进一步完善。

2. 经颅磁刺激联合脑电图 TMS-EEG是一种结合磁刺激的脑电图技术,通过检测脑电变化以获得意识发生的神经机制信息。经颅磁刺激将磁刺激线圈置于头皮表面,在刺激点对应的神经组织中产生继发性感应电流,从而改变神经元电活动<sup>[42-43]</sup>。由于丘脑-皮质系统的多个特定区域可参与快速因果关联活动,故TMS-EEG测量丘脑-皮质系统之间的连通性可反映意识障碍患者的意识水平<sup>[44-46]</sup>,实现对脑功能网络的量化,其量化指标为摄动复杂性指数(PCI)。这是由于意识需在丘脑-皮质系统功能整合与功能分化之间达到最佳平衡,当意识清晰时这种复杂性较高,而睡眠、麻醉或昏迷状态下这种复杂性降低,因此,PCI可量化大脑支持复杂活动的能力<sup>[47-48]</sup>,是为数不多的可区分个体层面上意识水平的标准之一。采用TMS-EEG检测严重脑损伤后意识障碍患者苏醒后的大脑皮质有效连通性,可绕过皮质下传入和传出通路,无需患者主动参与或语言理解,因此可以为无法与外界环境交换信息的脑损伤后意识障碍患者的意识状态评价提供一种有效方法。TMS-EEG具有较高的时间分辨率且不受患者处理感官刺激、理解遵循指示或沟通能力的限制<sup>[49]</sup>,可以更有效地提供神经机制和功能信息,并有助于对神经机制进行更精确的定量测量;还可更准确地定性评价神经功能,为脑损伤后意识障碍的病理生理学机制研究提供新思路。然而,TMS-EEG亦存在诸多缺陷,无法用于颅内植入金属或行脑深部电刺激术(DBS)的患者;磁刺激后的脑电信号可能充满外部噪声源和伪影<sup>[50]</sup>;磁刺激可能引起电极移位,导致脑电信号源的估计不精确或错域,影响脑电信号的采集;TMS-EEG结构、信息采集和数据处理均较复杂,操作人员需较长的学习曲线。

由此可见,仅一项上述神经电生理学指标即可评价脑损伤后意识障碍患者的神经功能、鉴别诊断不同类型意识障碍、并在一定程度上预测预后,但也存在测量可重复性差、临床可靠性低、客观指标较少等缺陷。未来尚待挖掘更丰富的、可匹配不同类型意识障碍的特征性指标,采用多模态信息融合策略和不同机器学习(ML)算法,发展完善适用于临床实践的脑损伤后意识障碍鉴别诊断及预后评估系统;并加速临床行为量表测验与多模态神经电生理监测和神经影像学技术相结合<sup>[12,51]</sup>,以解决可重复性较差的问题。随着神经电生理监测技术的日臻完善以及多功能、多模态监测技术和设备的问世,脑损伤后意识障碍的鉴别诊断及预后评价将迎来快速发展的新时代。

利益冲突 无

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## · 小词典 ·

## 中英文对照名词词汇(二)

- Glasgow昏迷量表 Glasgow Coma Scale(GCS)  
 活化部分凝血活酶时间 activated partial thromboplastin time(APTT)  
 活化蛋白1 activator protein 1(AP-1)  
 活性氧 reactive oxygen species(ROS)  
 肌酸激酶 creatine kinase(CK)  
 基因富集分析 gene set enrichment analysis(GSEA)  
 基质金属蛋白酶 matrix metalloproteinases(MMPs)  
 Janus激酶 Janus kinase(JAK)  
 急性呼吸窘迫综合征 acute respiratory distress syndrome(ARDS)  
 N-甲基-D-天冬氨酸受体 N-methyl-D-aspartate receptor(NMDAR)  
 3-甲基腺嘌呤 3-methyladenine(3-MA)  
 甲状腺过氧化物酶 thyroid peroxidase(TPO)  
 甲状腺球蛋白 thyroid globulin(TG)  
 简明损伤定级 Abbreviated Injury Scale(AIS)  
 胶质纤维酸性蛋白 glial fibrillary acidic protein(GFAP)  
 Beck焦虑量表 Beck Anxiety Inventory(BAI)  
 接触蛋白相关蛋白-2 contactin-associated protein 2(CASPR2)  
 Bcl-2结合抗凋亡基因1 Bcl-2-associated athanogene 1(BAG-1)  
 解整合素-金属蛋白酶22 a disintegrin and metalloproteinase 22(ADAM22)  
 近红外光谱 near infrared spectroscopy(NIRS)  
 经颅磁刺激 transcranial magnetic stimulation(TMS)  
 颈内动脉 internal carotid artery(ICA)  
 颈外动脉 external carotid artery(ECA)  
 颈总动脉 common carotid artery(CCA)  
 静脉血栓栓塞 venous thromboembolism(VTE)  
 静脉注射免疫球蛋白 intravenous immunoglobulin(IVIg)  
 抗癫痫发作药物 antiepileptic seizure medicine(ASM)  
 可逆性后部白质脑病综合征 posterior reversible leukoencephalopathy syndrome(PRES)  
 可溶性N-乙基马来酰亚胺敏感因子连接物复合物 soluble N-ethylmaleimide-sensitive factor attachment protein receptor(SNARE)  
 控制性皮质撞击法 controlled cortical impact(CCI)  
 扩展的Glasgow昏迷量表 Glasgow Coma Scale-Extended(GCSE)  
 离子钙结合蛋白1 ionized calcium-binding adaptor molecule 1(Iba1)  
 磷酸化tau蛋白 phosphorylated tau(p-tau)  
 磷脂酰肌醇-3激酶 phosphatidylinositol 3-kinase(PI3K)  
 磷脂酰乙醇胺 phosphatidylethanolamine(PE)