

·综述·

3D Slicer软件在自发性脑出血全周期管理中的应用

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【摘要】 自发性脑出血的外科治疗更趋向微创、精准及安全,患者病情和预后评估及围手术期监测愈发重要。3D Slicer作为医学影像学后处理软件,已经逐渐应用于自发性脑出血的诊疗中,可实现血肿相关病理改变精准量化、协助术前手术路径规划、辅助术中精准定位等,极大地丰富自发性脑出血的评估、监测和治疗手段。本文就3D Slicer软件在自发性脑出血病情监测与预后评估、术前手术路径规划与模拟手术、术中定位与穿刺引导、术后脑保护装置设计与使用等方面的应用进行综述,以为临床实践提供新思路。

【关键词】 脑出血; 3D Slicer软件(非MeSH词); 体层摄影术,X线计算机; 打印,三维; 综述

Application of 3D Slicer in the comprehensive management of spontaneous intracerebral hemorrhage

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【Abstract】 Surgical treatment of spontaneous intracerebral hemorrhage (sICH) is increasingly oriented toward minimally invasive, precise, and safe, with growing emphasis on disease and prognostic assessment, and perioperative monitoring. As a medical image processing software, 3D Slicer has been gradually applied in the diagnosis and treatment of sICH. It enables precise quantification of hematoma-related pathological changes, assists in preoperative trajectory simulation and intraoperative localization, greatly enriching the approaches for sICH evaluation, monitoring, and treatment. This article reviews the use of 3D Slicer software in sICH monitoring and prognostic evaluation, preoperative pathway planning and surgical simulation, intraoperative localization and puncture guidance, and the design and use of postoperative neuroprotective devices, aiming to provide novel insights to advance clinical practice.

【Key words】 Cerebral hemorrhage; 3D Slicer (not in MeSH); Tomography, X-ray computed; Printing, three-dimensional; Review

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自发性脑出血(sICH)是指非创伤性因素导致的脑实质和(或)脑室内出血,其中原发性脑出血如高血压脑出血和脑淀粉样血管病(CAA)伴出血占

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78%~88%^[1]。虽然自发性脑出血不足脑卒中的20%,但其发病1个月时中位病死率为40.4%,生存者长期功能独立性概率为12%~39%^[2],以高病死率、高病残率给社会和家庭带来沉重负担,是全球范围内导致病死和病残的重要原因^[3]。目前自发性脑出血的诊疗理念要求对疾病进行科学规范的全周期综合管理,包括准确的病情及预后评估、精准微创血肿清除、围手术期疾病动态监测及术后早期康复和患者保护等。3D Slicer软件是一款用于医学影像学数据计算分析及可视化的免费开源应用程序(<https://www.slicer.org>)^[4],系1998年由美国哈佛

大学 Brigham and Women's 医院与麻省理工学院联合开发,现已发展为灵活、强大、对用户友好的人工智能(AI)集成化平台,应用于各种临床和临床前研究^[5]。因其具备可扩展性、多模态图像处理、可视化及数据分析处理功能,3D Slicer 软件对于自发性脑出血的病情评估、疾病监测及治疗具有重要作用,展现出一定的临床推广和应用价值。基于此,本文围绕 3D Slicer 软件在自发性脑出血全周期管理中的多种应用方式进行综述,以期为临床工作提供新的思路。

一、病情监测与预后评估

1. 血肿体积计算与评估 评估自发性脑出血患者病情严重程度及预后的临床预测模型或量表中,血肿体积是重要的指标之一^[6-7],提示血肿体积是预测患者预后的重要因素,甚至是自发性脑出血结局的最重要决定因素^[8-9]。故准确计算血肿体积至关重要,关乎治疗决策的制定、神经功能预后、病情严重程度及结局的预测^[10]。临床最常采用 ABC/2 公式粗略估算血肿体积,该公式的计算原理是基于血肿形状为理想的椭圆形^[11],而在临床实际工作中,血肿形状往往不规则或呈多分叶状,且术后残留血肿形态极为不规则,更无法采用几何公式进行计算,此时应用 ABC/2 公式可能产生较大偏差^[12-13]。3D Slicer 软件仅需导入放射影像科提供的医学数字成像和通信数据(DICOM 格式),在 Segment Editor 模块中利用半自动阈值分割法即可快速分割并重建血肿,随后在 Segment Statistics 模块中获得较为精准的血肿体积参数。除用于术前血肿体积准确计算外,还可对术后残留血肿体积及血肿清除率进行精准量化。2023 年,Xu 等^[14]采用 ABC/2 公式、3D Slicer 和 OsiriX 软件分别对 18 例自发性脑出血患者手术前后血肿体积进行计算,以 OsiriX 软件所得结果作为“金标准”,发现 3D Slicer 与 OsiriX 软件在术前血肿体积计算的偏差均值显著小于 ABC/2 公式与 OsiriX 软件的偏差均值(2.14 ml 对 4.60 ml),一致性界限(LoA)更窄(-4.14 ~ 8.42 ml 对 -9.24 ~ 18.44 ml);3D Slicer 与 OsiriX 软件在术后残留血肿体积计算的偏差均值同样小于 ABC/2 公式与 OsiriX 软件的偏差均值(0.12 ml 对 0.52 ml),一致性界限更窄(-1.39 ~ 1.62 ml 对 -2.27 ~ 3.32 ml),提示无论是术前血肿体积计算还是术后残留血肿体积计算,3D Slicer 与 OsiriX 软件的一致性均优于 ABC/2 公式,因此,应用 3D Slicer 软件计算血肿体积准确、

可靠;加之,与 OsiriX 软件需付费相比,3D Slicer 为免费开源软件,更具有临床实用性。另一项研究分别采用 3D Slicer 软件和 ABC/2 公式对 294 例自发性脑出血患者的血肿体积进行计算,结果显示,ABC/2 公式计算所得血肿平均体积较 3D Slicer 软件测得血肿平均体积偏大($P < 0.01$);进一步按照血肿形状分为血肿规则组、不规则组和分叶状组,与 3D Slicer 软件相比,ABC/2 公式计算所得不规则组和分叶状组血肿体积的平均百分比偏差较大(均 $P < 0.05$),且不规则血肿和分叶状血肿体积更易被 ABC/2 公式偏大估算($P < 0.001$)^[15]。上述研究成果均提示,采用 3D Slicer 软件分割并重建血肿是一种低成本、准确、高效的自发性脑出血血肿体积测量技术。

2. 预测血肿扩大及再出血风险 血肿扩大是自发性脑出血患者临床结局不良的危险因素^[16-17]。有 13% ~ 38% 的患者发病后数小时内可以出现血肿扩大^[18],加重神经功能损伤,因此发病早期(发病 8 ~ 24 h 内)需复查头部 CT,以动态评估血肿是否扩大、占位效应是否加重等,但阅片时可因入院时和复查时两次头部 CT 扫描基线不一致,加之血肿形态不规则等问题,导致横断面 CT 所示血肿形状出现差异,使临床医师在评估血肿演变时出现偏差(图 1)。3D Slicer 软件 Transform 模块对头部 CT 横断面、冠状位及矢状位扫描基线和平面进行后期调整,使两次影像学扫描基线一致,或通过 General Registration 模块对两次影像学数据进行配准融合,可有效避免上述问题。采用 3D Slicer 软件对血肿进行三维重建,并按时间顺序用不同颜色对血肿进行渲染标记,当重建结果重叠呈现在同一张蒙版上时,可以更为直观地比较和观察血肿演变情况并分析血肿扩大趋势。血肿的某些影像学特征如 CTA 斑点征、CT 黑洞征、CT 混杂密度征等是血肿扩大或术后再出血的可靠影像学标志物^[19-21],但并非所有出现血肿扩大或术后再出血患者头部 CT 均存在上述征象,故限制其临床应用。有研究显示,与血肿形态规则患者相比,血肿形态不规则患者微创血肿清除术后再出血事件的发生风险更高^[22]。2022 年,Cao 等^[23]采用 3D Slicer 软件分割重建血肿,获取精准的血肿体积和表面积相关参数,并计算自发性脑出血患者血肿不规则指数(HII),对血肿不规则性进行量化;然后对 36 例自发性脑出血血肿扩大患者和 57 例无血肿扩大患者 HII 指数进行对比发现,血肿扩大组

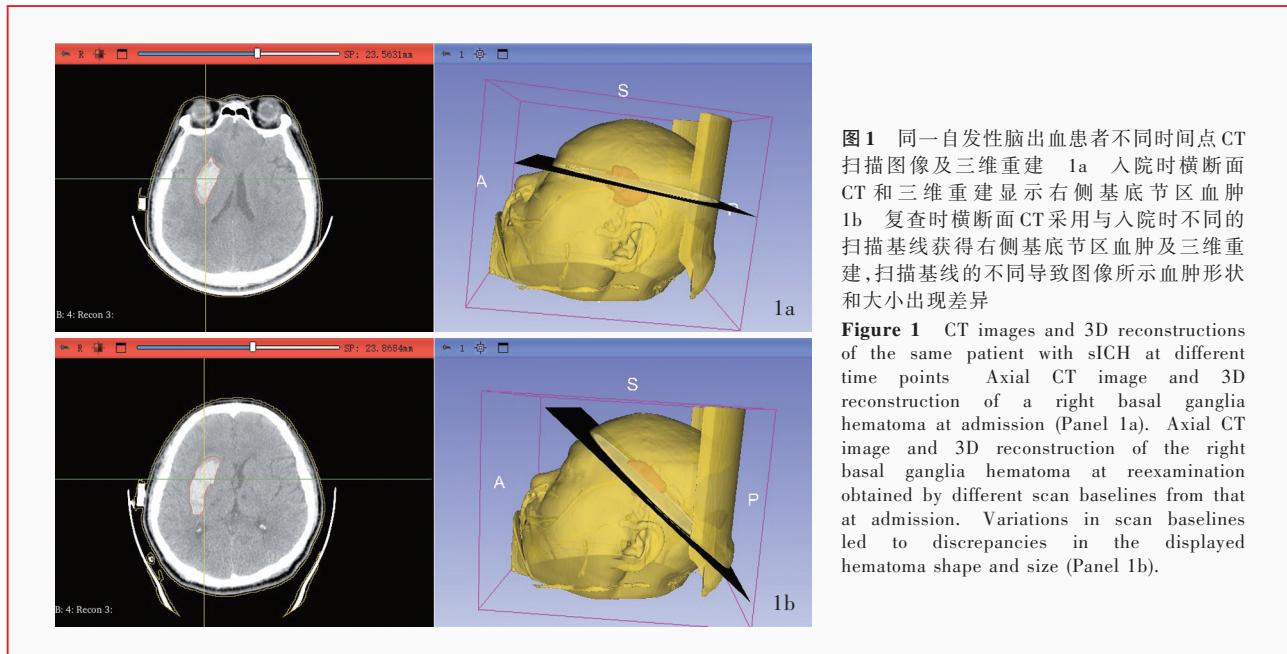


图1 同一自发性脑出血患者不同时间点CT扫描图像及三维重建 1a 入院时横断面CT和三维重建显示右侧基底节区血肿 1b 复查时横断面CT采用与入院时不同的扫描基线获得右侧基底节区血肿及三维重建,扫描基线的不同导致图像所示血肿形状和大小出现差异

Figure 1 CT images and 3D reconstructions of the same patient with sICH at different time points Axial CT image and 3D reconstruction of a right basal ganglia hematoma at admission (Panel 1a). Axial CT image and 3D reconstruction of the right basal ganglia hematoma at reexamination obtained by different scan baselines from that at admission. Variations in scan baselines led to discrepancies in the displayed hematoma shape and size (Panel 1b).

HII指数大于无血肿扩大组[130.40(125.10,140.00)对118.60(113.50,122.30), $P < 0.01$]，且HII指数增大是血肿扩大的危险因素($OR = 1.196$, 95%CI: 1.102~1.298; $P < 0.001$)。故临床可以采用3D Slicer软件快速计算HII指数,以预测血肿扩大或再出血风险,有效指导血压控制方案、制定限制血肿扩大的治疗策略及围手术期患者管理措施。徐雷等^[24]采用3D Slicer软件对自发性脑出血早期患者的血肿病灶感兴趣区(ROI)进行勾画提取,并行影像组学特征分析,协助建立自发性脑出血早期血肿扩大的临床预测模型,该模型可早期、快速、无创且客观地预测自发性脑出血血肿扩大风险,有助于临床医师快速识别高危患者并及时制定个体化干预措施,尤其在缺乏CTA、脑血管造影等特殊检查条件的基层医院具有重要应用价值。

3. 占位效应量化及动态监测 血肿及血肿周围水肿(PHE)所产生的占位效应可导致正常脑组织受压、颅内压增高,在影像学上表现为中线移位、侧脑室受压及脑沟显示不清等,与自发性脑出血患者短期预后不良相关^[25],故发病后对血肿周围水肿的动态观察显得尤为重要。但多数临床医师并未将血肿周围水肿视作一种继发性病理改变,继而忽略其对脑出血后病情演变的影响;且临床医师仅通过肉眼观察血肿周围水肿范围的变化以及同侧侧脑室受压情况,尚缺乏一种有效的量化工具和标准。2016年,有学者采用3D Slicer软件对临床表现为头

晕、认知功能减退、感觉或运动障碍患者的MRI影像学资料进行分析,通过对其脑室系统及周围脑组织分割重建,并进行容积分析,以排查可能损伤脑脊液循环和脑室大小的病理改变,实现3D Slicer软件对脑结构的精准量化并证实其临床可行性^[26]。Chen等^[27]采用3D Slicer软件计算自发性脑出血患者侧脑室容积,通过侧脑室容积比值(LVR)对受压侧脑室的非对称性进行量化,结果发现,LVR>3.7时不良结局风险增加。Lei等^[28]采用3D Slicer软件的阈值分割插件,分别对采用微创穿刺引流术和神经内镜下血肿清除术的自发性脑出血患者术后血肿周围水肿按术后复查头部CT时间顺序进行分割重建和体积计算,发现不同微创手术方式的术后血肿周围水肿在形成、演变和严重程度上存在差异(如体积达峰时间差异),提示可利用3D Slicer软件对血肿周围水肿进行勾画并计算体积(图2),通过量化的数据对比直观显示血肿周围水肿动态演变情况,进一步指导后续治疗。利用3D Slicer软件对血肿周围水肿体积进行量化,可以间接反映颅内压水平及变化,由此协助临床医师及早发现潜在的颅内压增高相关头痛、呕吐、意识障碍加重等神经功能障碍并进行干预,辅助治疗方案的调整;但血肿周围水肿体积与自发性脑出血患者病情演变之间的具体关系,尚待进一步深入研究加以证实。

二、术前手术路径规划与模拟手术

3D Slicer软件可以辅助神经外科医师进行术前

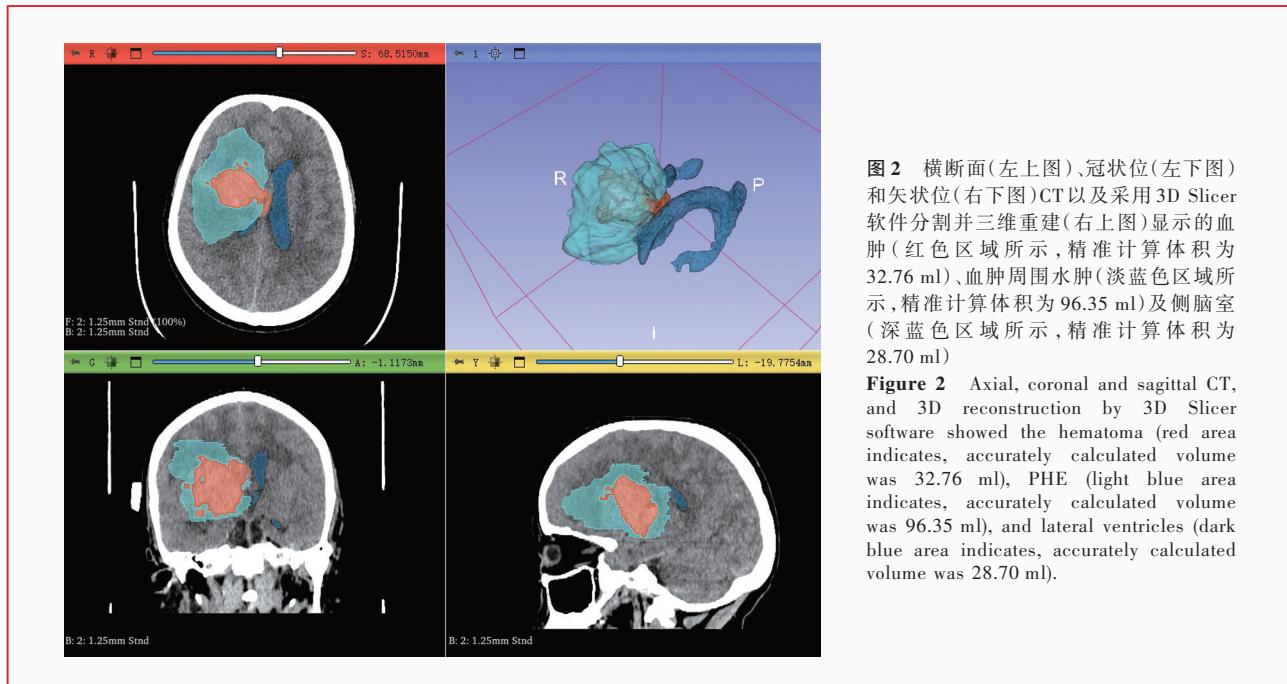


图2 横断面(左上图)、冠状位(左下图)和矢状位(右下图)CT以及采用3D Slicer软件分割并三维重建(右上图)显示的血肿(红色区域所示, 精准计算体积为32.76 ml)、血肿周围水肿(淡蓝色区域所示, 精准计算体积为96.35 ml)及侧脑室(深蓝色区域所示, 精准计算体积为28.70 ml)

Figure 2 Axial, coronal and sagittal CT, and 3D reconstruction by 3D Slicer software showed the hematoma (red area indicates, accurately calculated volume was 32.76 ml), PHE (light blue area indicates, accurately calculated volume was 96.35 ml), and lateral ventricles (dark blue area indicates, accurately calculated volume was 28.70 ml).

手术路径规划、预演手术过程及练习外科操作。2024年,Zhou等^[29]采用3D Slicer软件为1例颅骨修补状态下同侧基底节区出血患者进行头部影像三维重建及手术路径规划,最终巧妙安全地通过眶上眉弓锁孔入路清除血肿,避免修补材料的移除和后续的再修补。有研究采用3D Slicer软件辅助神经内镜定位血肿并制定穿刺路径,与传统影像学定位相比,3D Slicer软件辅助定位在手术时间[(62.00±8.90) min对(91.40±10.80) min]、术中失血量[(52.00±12.40) ml对(110.20±11.80) ml]、血肿清除率(97.80%对77.90%)以及神经功能预后[术后6个月美国国立卫生研究院卒中量表(NIHSS)评分8.75分对15.22分、日常生活活动能力量表(ADL)评分92.74分对82.33分]等方面均展现出优势($P < 0.05$)^[30]。3D打印技术自20世纪80年代发明并引入医疗行业以来,历经近40年的发展,在神经外科领域应用较为广泛,3D Slicer软件联合3D打印技术可以进一步实现后者在神经外科的应用推广^[31]。2023年,Peng等^[32]采用3D Slicer软件构建基底节区出血和脑积水患者的头部模型,并按照1:1比例进行3D打印,再借助头戴式混合现实(MR)设备构建出一种无风险、可视化且可重复使用的手术模拟训练系统,供初级医师培训和练习手术操作。还有研究利用3D Slicer软件分割重建颅内血肿、肿瘤等病变结构和周围重要脑组织,并进行实体3D打印,再结合虚拟现实(VR)技术,用于术前手术路径规划和

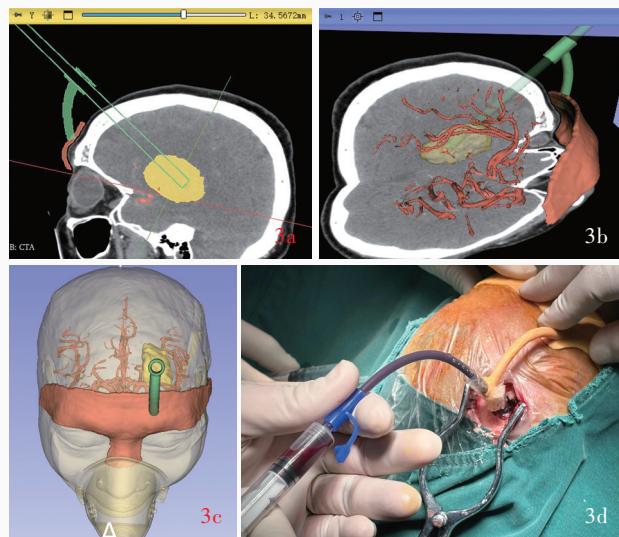
预演手术过程^[33-34]。3D Slicer软件与3D打印及虚拟现实技术融合应用,可搭建一套安全、可重复的术前预演及医师培训系统,推动自发性脑出血手术标准化与教学实践革新,提高复杂手术的可控性与安全性,为自发性脑出血个性化治疗提供可靠的技术保障,降低临床风险。

三、术中定位与引导穿刺

MISTIE III (Minimally-Invasive Surgery plus rt-PA for Intracerebral Hemorrhage Evacuation III)试验已证实,微创血肿穿刺精度对自发性脑出血患者功能获益程度可起到决定性作用^[35]。基层医院神经外科医师主要依靠固定标记定位和体外画线实施血肿穿刺或内镜鞘置入,但此种定位方法并不精准,还可导致额外的医原性损伤并增加手术风险。3D Slicer软件可以较高的精度对血肿和侧脑室进行穿刺路径规划,借助穿刺定位导板建模及实体3D打印,可实现对目标病变的定位引导和穿刺(图3)。国内有学者使用安卓手机搭载的图像融合软件Sina,将3D Slicer重建出的虚拟现实图像导入手机,再通过摄像头将虚拟现实图像与患者头部表面标记匹配,进行血肿定位及穿刺路径引导,取得良好效果^[36-37]。Xu等^[14]采用3D Slicer软件为18例自发性脑出血患者个体化设计并3D打印血肿穿刺定位导板,使用YL-1型碎吸针进行立体定向血肿抽吸引流,平均手术时间约15 min,穿刺准确率和成功率为100%,所有患者均达到MISTIE III试验建议的残留

图3 3D Slicer软件联合3D打印引导血肿穿刺引流 3a 矢状位CT显示血肿的拟穿刺路径(绿色矩形所示) 3b 三维重建后的血肿拟穿刺路径 3c 采用3D Slicer软件个性化设计的血肿穿刺定位导板虚拟图 3d 采用3D打印的血肿穿刺定位导板成功抽吸出颅内血肿

Figure 3 Hematoma puncture and drainage were guided by 3D Slicer software combined with 3D printing. Sagittal CT showed the proposed puncture trajectory targeting the hematoma (green rectangle indicates, Panel 3a). 3D reconstruction of the hematoma with the planned puncture trajectory (Panel 3b). Virtual simulation of a patient-specific hematoma puncture positioning guide plate designed by 3D Slicer software (Panel 3c). Successful evacuation of the intracranial hematoma using a 3D printed positioning guide plate (Panel 3d).



血肿量 $\leq 15\text{ ml}$ 或清除率 $\geq 70\%$ 的目标;术后6个月11例患者神经功能预后达到良好标准[改良Rankin量表(mRS)评分 < 3 分]。Kang等^[38]将3D Slicer软件与3D打印技术相结合,构建血肿穿刺定位导板为8例自发性脑出血患者成功实施精准定向微创引流手术,获得良好效果。神经内镜下清除血肿,设计穿刺路径并引导内镜鞘精准到达血肿是手术成功之关键。有研究在自发性脑出血神经内镜血肿清除术中通过3D Slicer软件构建虚拟3D可视化头颅及颅内血肿模型并设计血肿穿刺定位导板,联合3D打印技术,对颅内血肿、肿瘤及脑积水等病理结构进行精准定位和手术路径规划,其效果不亚于导航系统的定位精度,且手术耗时较短、费用较少、手术效率较高^[39-40]。还有研究采用3D Slicer软件设计并联合3D打印技术构建的侧脑室穿刺定位导板成功辅助引导脑室外引流术,实现100%(32/32)的首次穿刺成功率、93.75%(30/32)的引流管Kakarla I级率和96.88%(31/32)的高引流通畅率^[41]。

四、术后脑保护装置设计与使用

在颅骨缺损患者等待合适修补时机期间应用定制的脑保护装置是一种安全有效的保护措施。但不同患者的脑保护装置因特殊病情需要和保护侧重点不同,需要高度个性化设计。一项研究采用3D Slicer软件为10例行去骨瓣减压术的自发性脑出血患者个性化定制3D打印脑保护帽,对其中7例患者进行8周的随访,均未报告佩戴脑保护帽相关疼痛、压痕、头皮瘙痒、脑保护帽移位或局部皮肤变

化,初步证实该技术的可行性和安全性^[42]。师忠杰等^[43]采用3D Slicer软件为45例行去骨瓣减压术的患者个性化设计脑保护帽,并应用新型光敏树脂材料进行3D打印,既保证打印精度,又提高脑保护帽的佩戴舒适性和安全性,随访期间所有患者均未发生脑保护帽相关不良事件和并发症。上述研究证实,神经外科医师可结合实际情况和需求,通过3D Slicer软件个性化设计脑保护装置,并应用3D打印技术打印成实体供患者佩戴。个性化定制能够兼顾安全性、舒适性和耐受性,提高患者佩戴依从性,降低二次脑损伤风险,帮助患者顺利度过颅骨修补等待期。

综上所述,3D Slicer软件通过精准量化、动态监测和3D可视化技术,在自发性脑出血术前评估、手术路径规划与术中穿刺引导、围手术期监测及预后评估中展现出独特优势;结合3D打印技术,进一步拓展其在微创手术规划和个性化治疗中的应用。3D Slicer软件也有其不足之处,如依赖高质量影像学数据、全英文操作界面,以及临床应用价值尚需高质量研究证实等,但其作为辅助工具仍值得神经外科医师学习和应用。未来应聚焦于3D Slicer软件同人工智能和自动化技术的深度融合、优化多模态数据融合及动态监测能力、打造精准医学和个性化治疗;同时进一步降低操作门槛,提升软件普惠性和基层医疗适配性,以期成为自发性脑出血全周期管理的重要工具与平台,推动神经外科从经验医学向数据驱动医学的转型。

利益冲突 无

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