

• 临床研究 •

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## 超声引导下收肌管阻滞两种药物在全膝关节置换术镇痛比较

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**摘要:** [目的] 比较超声引导下布比卡因脂质体 (liposomal bupivacaine, LB) 与罗哌卡因 (ropivacaine, ROP) 收肌管阻滞在全膝关节置换术 (total knee arthroplasty, TKA) 的镇痛效果。[方法] 选择 2024 年 2 月—2024 年 11 月 98 例老年 TKA 患者, 以随机数字表法分为两组。应用超声引导下收肌管阻滞, 给予 LB 49 例, ROP 49 例, 比较两组临床和镇痛资料。[结果] 两组患者均顺利完成手术, 术中无严重并发症。两组围手术期不良反应发生率的差异无统计学意义 ( $P>0.05$ )。LB 组术后 48 h 的 30 s 椅子站立测试 (30-second chair-stand test, 30 s-CST) 显著优于 ROP 组 [ $(3.5\pm0.7)$  次 vs  $(3.0\pm0.4)$  次,  $P<0.001$ ]; 但是, 两组间计时起立测试 (timed up and go, TUG) 的差异无统计学意义 ( $P>0.05$ )。镇痛方面, 术后 12、24、48、72 h LB 组在静息和活动状态下 VAS 评分均显著优 ROP 组 ( $P<0.05$ )。此外, LB 组的术后首次按压镇痛泵时间 [ $(20.8\pm2.4)$  h vs  $(10.1\pm1.3)$  h,  $P<0.001$ ] 和术后 24 h 补救镇痛率 (6.1% vs 28.6%,  $P=0.003$ ) 均显著优于 ROP 组。[结论] 老年 TKA 超声引导收肌管阻滞, LB 在改善其术后早期膝关节功能, 减轻早期疼痛程度方面, 均优于 ROP。

**关键词:** 老年人, 全膝关节置换术, 镇痛, 收肌管阻滞, 布比卡因脂质体, 罗哌卡因

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**Analgesic comparison of two kinds of drugs used in adductor block guided by ultrasound in total knee arthroplasty // WANG Mei-ling<sup>1</sup>, CHEN Juan<sup>1</sup>, TANG Wei<sup>3</sup>, WU Gang<sup>2</sup>. 1. Department of Anesthesiology, Tai'an Maternal and Child Health Hospital, Tai'an 271000, Shandong, China; 2. Department of Anesthesiology, Taian 88 Hospital, Taian 271000, Shandong, China; 3. Department of Anesthesiology, The 960<sup>th</sup> Hospital, PLA Joint Logistic Support Force, Jinan 250031, Shandong, China**

**Abstract:** [Objective] To compare the analgesic effects of ultrasound-guided adductor block with liposomal bupivacaine (LB) versus ropivacaine (ROP) in total knee arthroplasty (TKA). [Methods] A total of 98 elderly patients who were undergoing TKA from February 2024 to November 2024 were included in this study and divided into two groups by random number table method. Before operation, the ultrasound-guided adductor block was conducted with corresponding drugs. The clinical and analgesic data of the 49 patients with LB and the 49 patients with ROP were compared. [Results] TKA was successfully completed in both groups without serious complications. There was no significant difference in the incidence of perioperative adverse reactions between the two groups ( $P>0.05$ ). The LB group proved significantly superior to the ROP group in term of 30-second chair-stand test (30s-CST) 48h after surgery [ $(3.5\pm0.7)$  times vs  $(3.0\pm0.4)$  times,  $P<0.001$ ], despite of the fact there was no significant difference in TUG between the two groups ( $P>0.05$ ). Regarding to analgesia, the LB group was significantly better than the ROP group in VAS scores at resting and active conditions 12 hours, 24 hours, 48 hours and 72 hours postoperatively ( $P<0.05$ ). In addition, the LB was also proved significantly superior to the ROP group in terms of time to press the analgesic pump firstly [ $(20.8\pm2.4)$  hours vs  $(10.1\pm1.3)$  hours,  $P<0.001$ ] and salvage analgesic use rate 24 hours after surgery (6.1% vs 28.6%,  $P=0.003$ ). [Conclusion] The LB used in ultrasound-guided adductor block is superior to ROP in terms of improving early knee function and reducing early pain in total knee arthroplasty in the elderly.

**Key words:** elderly, total knee arthroplasty, analgesia, adductor block, liposomal bupivacaine, ropivacaine

老年人为全膝关节置换术 (total knee arthroplasty, TKA) 主要治疗群体, 发病原因与生理退变、生活习惯等有关<sup>[1]</sup>。手术治疗可快速恢复其膝关节解剖学结构及膝关节功能, 改善患者生存质量。但膝关节周围结构

组织复杂, 手术创伤相对较大, 术后疼痛感受强烈, 同时受老年患者生理退行性病变影响, 强烈疼痛感受会影响其血流动力学稳定性, 增加其心肺负荷, 影响患者康复质量。因此加强老年 TKA 镇痛干预尤为关

键。收肌管阻滞为膝关节手术后镇痛新的研究方向，利用阻断疼痛信号神经传播途径作用降低患者疼痛程度，减少疼痛对其生理功能影响<sup>[2, 3]</sup>。罗哌卡因(ropivacaine, ROP)为局部神经阻滞常用药物，但该药作用时间相对较短，难以满足患者术后长时间镇痛需求。布比卡因脂质体(liposomal bupivacaine, LB)属于新型长效缓释局麻药，具有长时间强效镇痛作用<sup>[4]</sup>。但LB是否可满足患者长时间镇痛需求仍有待进一步研究。为此，本次研究选择两家医院2024年2月—2024年11月98例老年TKA患者，比较上述两种局麻药物收肌管阻滞对其术后镇痛的影响。

## 1 临床资料

### 1.1 一般资料

2024年2月—2024年11月，泰安市妇幼保健院和泰安八十八医院行TKA的98例患者纳入本研究。患者均符合TKA标准，年龄60~80岁，BMI：20~30 kg/m<sup>2</sup>，ASA分级II或III级，性别不限。排除不配合完成手术操作及评分、凝血功能异常、麻醉药物过敏、术前已存在中枢或下肢外周神经病变、术前1周末停用镇痛药物、严重系统性疾病者。术前1d进行疼痛宣教。采用随机数字表法，将患者分为LB组和ROP组，每组49例。两组患者术前资料见表1。本研究获得医院伦理委员会批准(TAFY-LL-LW202402; RTYL88-2023-096)，所有患者均知情同意。

### 1.2 麻醉与镇痛方法

两组术前常规禁水、禁食。蛛网膜下腔麻醉前30 min进行收肌管阻滞。患者平卧位，患肢外展、下肢外旋。以深圳华生彩色多普勒超声(Piloteri)探查收肌管，将高频线阵探头垂直于股骨长轴放置于大腿中上1/3缝匠肌投影处上方，可见缝匠肌深面股动脉、股静脉、隐神经。采用平面内技术，于大腿外侧进针穿刺至收肌管内，实时监测针尖位置，回抽无血注入局麻药。

LB组：注入10 mL 1.33% LB(江苏恒瑞，H20223899)+10 mL 0.9%氯化钠注射液(山东齐都药业，H37020765)混合液。

ROP组：注入20 mL 0.5% ROP(石家庄四药，H20203107)。

两组局部阻滞完成后，测试患肢膝关节前、内侧痛觉，阻滞成功后，常规蛛网膜下腔麻醉，均顺利完成TKA。术后配制静脉自控镇痛泵，其药物组成为：50 μg舒芬太尼，10 mg布托啡诺，8 mg昂丹司琼，0.9%氯化钠注射液共100 mL；背景输注2 mL/h，

单次按压追加0.5 mL，锁定时间15 min。以疼痛视觉模拟评分(visual analogue scale, VAS)<sup>[6]</sup>评估患者术后疼痛程度，当VAS评分≥4分，按压镇痛泵无效时，静脉注射5 mg地佐辛注射液补救镇痛。

### 1.3 评价指标

记录围手术期不良反应，包括谵妄、尿潴留、恶心呕吐的发生情况。于术后48 h时，对患者进行膝关节功能评估<sup>[5]</sup>：30 s椅子站立测试(30-second chair-stand test, 30 s-CST)，记录患者在30 s内椅子上坐立，起立过程次数；计时起立测试(timed up and go, TUG)，记录患者椅子端坐位状态后，从椅子上站起、向前直线行走3 m后返回椅子坐立所用时间。

镇痛效果评估：采用VAS评估静息和活动时的疼痛程度。记录术后首次按压止痛泵时间和术后24 h内补救镇痛比率。

### 1.4 统计学方法

采用SPSS 27.0软件进行统计学分析。计量数据以 $\bar{x} \pm s$ 表示，资料呈正态分布时，两组间比较采用独立样本t检验，组内时间点比较采用单因素方差分析；资料呈非正态分布时，采用秩和检验。计数资料采用 $\chi^2$ 检验或Fisher精确检验。等级资料两组比较采用Mann-Whitney U检验。 $P<0.05$ 为差异有统计学意义。

## 2 结 果

### 2.1 临床结果

两组患者均顺利完成手术，术中无严重不良事件。临床资料见表1，两组围手术期不良反应发生率的差异无统计学意义( $P>0.05$ )。术后48 h的30 s-CST LB组显著优于ROP组( $P<0.05$ )；但是，两组间TUG的差异无统计学意义( $P>0.05$ )。

表1. 两组患者临床资料比较

Table 1. Comparison of clinical data between the two groups

指标	LB组(n=49)	ROP组(n=49)	P值
性别(例,男/女)	10/39	9/40	0.798
年龄(岁, $\bar{x} \pm s$ )	72.3±4.3	71.3±3.1	0.186
BMI(kg/m <sup>2</sup> , $\bar{x} \pm s$ )	26.4±1.6	26.1±1.5	0.322
ASA分级(例, II/III)	32/17	34/15	0.667
不良反应[例(%)]			0.359
谵妄	0	1(2.0)	
尿潴留	0	1(2.0)	
恶心呕吐	1(2.0)	2(4.1)	
30 s-CST(次, $\bar{x} \pm s$ )	3.5±0.7	3.0±0.4	<0.001
TUG(s, $\bar{x} \pm s$ )	42.5±6.9	41.3±5.3	0.340

## 2.2 镇痛结果

两组镇痛资料见表2。术前1d两组静息和活动状态下VAS评分的差异无统计学意义( $P>0.05$ )；术后12、24、48、72 h时LB组在静息和活动状态下

VAS评分均显著低于ROP组( $P<0.05$ )。此外，LB组的术后首次按压镇痛泵时间和术后24 h补救镇痛率均显著优于ROP组( $P<0.05$ )。

表2. 两组患者镇痛资料比较  
Table 2. Comparison of analgesic data between the two groups

指标	时间点	LB组(n=49)	ROP组(n=49)	P值
静息状态 VAS评分(分, $\bar{x} \pm s$ )	术前1d	2.7±0.5	2.7±0.5	0.665
	术后12 h	0.9±0.5	1.1±0.4	0.029
	术后24 h	1.7±0.5	2.2±0.4	<0.001
	术后48 h	2.8±0.4	3.5±0.7	<0.001
	术后72 h	2.9±0.4	3.2±0.4	<0.001
活动状态 VAS评分(分, $\bar{x} \pm s$ )	术前1d	3.0±0.8	2.9±0.8	0.695
	术后12 h	3.0±0.8	3.6±0.5	<0.001
	术后24 h	3.6±0.6	4.2±0.8	<0.001
	术后48 h	3.9±0.7	4.4±0.5	<0.001
	术后72 h	3.9±0.7	4.2±0.8	0.043
首次按压镇痛泵(h, $\bar{x} \pm s$ )		20.8±2.4	10.1±1.3	<0.001
补救镇痛率[例(%)]		3(6.1)	14(28.6)	0.003

## 3 讨论

膝关节置换术创伤较大，术后早期易发生急性疼痛，增加患者生理痛苦感受及术后恐动程度，影响其康复质量<sup>[7, 8]</sup>。常规术后镇痛中多以静脉自控镇痛泵全身镇痛为主，但镇痛方法缺少靶向性，多次追加麻醉药物可能会增加恶心呕吐、谵妄等麻醉相关不良反应发生风险<sup>[9]</sup>。收肌管阻滞能够阻断膝关节前后组神经痛觉神经信号传递以降低患者术后疼痛程度，且不会影响其下肢肌力状态及下肢早期运动功能，减轻患者痛苦感受<sup>[10]</sup>。但在收肌管阻滞药物选择中，何种药物更具优势仍有待进一步研究。

本次研究结果显示，术后48 h时LB组30 s-CST水平较ROP组高( $P<0.05$ )，考虑原因为两种局部镇痛方法均为神经阻滞，对患者膝关节周围肌群功能影响较小。但在患者术后早期运动中，强烈疼痛感受可能会影响其运动依从性及膝周软组织功能。应用LB局部阻滞镇痛中，其镇痛时间相对较长，可减少疼痛相关生理应激反应对其膝关节周围肌群功能影响，促进患者膝关节功能恢复，因此可提升30 s-CST水平<sup>[11, 12]</sup>。

本次研究结果显示，与ROP相比，LB收肌管阻滞能够有效降低患者术后早期静息及运动VAS评分，延长患者术后首次镇痛泵按压时间，减少补救镇

痛次数，提示LB收肌管阻滞可显著提升老年膝关节置换术后早期镇痛质量，考虑原因为，LB具有多囊结构，局部用药后通过内部融合、分裂过程延缓药物降解时间，延长药物持续镇痛时间，局部镇痛效果长达72 h<sup>[13, 14]</sup>。患者在蛛网膜下腔麻醉前30 min即开始局部镇痛干预，在提升术中镇痛效果的同时，可延长术后局部镇痛时间，降低术后早期补救镇痛需求<sup>[15]</sup>。樊超等<sup>[16]</sup>研究发现，与ROP相比，LB可显著降低术后不同疼痛程度评分，与本次研究结论一致。但本次研究样本量相对较少，其研究结果存在一定局限性，将在后续继续深入研究，旨在为提升术后镇痛效果提供更客观的参考意见。

综上所述，老年TKA镇痛干预中，实施超声引导下LB收肌管阻滞麻醉，与ROP相比，可降低患者术后早期疼痛程度，改善术后早期膝关节功能，安全性良好。

利益冲突声明 所有作者声明无利益冲突

作者贡献声明 王梅玲：酝酿和设计实验、实施研究、采集及分析和解释数据、文章起草、统计分析、获取研究经费、提供行政、技术或材料支持、支持性贡献；陈娟：实施研究、采集数据、文章起草、统计分析；唐伟：酝酿和设计实验、分析及解释数据、提供行政、技术或材料支持、文章审阅；吴刚：酝酿和设计实验、实施研究、采集及分析和解释数据、统计分析、提供行政、技术或材料支持、文章审阅及支持性贡献

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