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经验交流

妇科腹腔镜术后肠外瘘的诊治研究

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[**关键词**] 妇科腹腔镜;肠外瘘;腹腔双套管引流;乳胶管单腔引流
[**中图法分类号**] R713 [**文献标志码**] B

随着妇科腹腔镜技术的发展,越来越多的盆腔手术可以通过腹腔镜完成。同时,并发症也不可避免的出现,其中以肠管损伤致肠外瘘最为严重,易导致内外环境稳态失衡、感染及多器官功能衰竭,甚至死亡,保持有效的引流为治疗肠外瘘的重要措施[1]。我科自2010年2月至2012年12月治疗妇科腹腔镜致肠外瘘患者63例,我们对采用腹腔双套管引流+腹腔引流冲洗术和乳胶管单腔引流术两种治疗方法的临床资料进行分析,现报告如下。

1 资料与方法

1.1 一般资料

我科于2010年2月至2012年12月期间收治了539例患者行妇科腹腔镜手术,患者最小年龄17岁,最大年龄65岁,平均年龄为42岁,所有患者中409例行附件手术及子宫肌瘤切除术,80例行子宫全切术+双附件切除术,50例行广泛子宫切除术及盆腔淋巴结清扫术。所有患者中,230例患者在术前有盆腔手术史,包括卵巢囊肿剥除术、剖宫产术、子宫肌瘤切除术及阑尾切除手术。发生肠外瘘的患者共63例,发病率约为12%,采用双套管引流+腹腔引流冲洗术治疗患者32例,年龄20~55岁,平均年龄37.5岁,其中小肠瘘23例,结肠瘘9例。采用乳胶管单腔引流术治疗患者31例,年龄24~55岁,平均年龄39.5岁,其中小肠瘘26例,结肠瘘5例。

1.2 治疗方法

1.2.1 腹腔双套管引流+腹腔引流冲洗术 距肠外瘘口2 cm处由皮下潜行至腹腔,置入多孔腹腔双套引流管,外管用胶布固定于腹壁,内管接负压引流器后固定于腹壁,固定双套管的内外管应留有一定的活动度防止脱落。予以无菌生理盐水冲洗,冲洗速度为50滴/min为宜,同时根据引流液体的性质及量做适当调整,引流物稍粘稠时调大负压,同时滴入无菌生理盐水以稀释稠厚液体,再打开负压开关将负压调整至10~20 kPa进行吸引,持续冲洗+引流后接引流袋固定于腹壁。一般双套管24 h冲洗液总量平均为4 000 mL左右,同时经常检查管道,及时清除内管的堵塞物及溢出的肠液,保持管道通畅。观察引流液体的颜色、量与性质的变化,计算出漏出液体的量,以调整冲洗的液体量及速度。

1.2.2 乳胶管单腔引流术 上腹部引流管为吻合口上方引流管,下腹部原有腹腔镜穿刺Trocar处置入盆腔引流管。

1.3 统计学方法

应用SPSS 13.0统计学软件对治愈率采用χ^2检验,对通气、引流、拔管及住院时间采用t检验,以$P<0.05$表示差异具有统计学意义。

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2　结果

经腹腔双套管引流+腹腔引流冲洗术治疗患者32例，31例肠外瘘口治愈（治愈率96.88%），1例肠外瘘口未愈，为患者主动放弃治疗。肠道通气时间（1.5±0.3）d，引流时间（2.5±0.5）d，拔管时间（4.0±0.8）d，住院时间（12.5±0.3）d。经乳胶管单腔引流术治疗患者31例，12例肠外瘘口治愈（治愈率36.67%），19例肠外瘘口未愈，治愈率38.71%，肠道通气时间（3.5±0.7）d，引流时间（6.0±1.2）d，拔管时间（9.0±1.8）d，住院时间（35.0±0.7）d。2组治愈率相比，差异具有统计学意义（$P<0.05$）。腹腔双套管引流+腹腔引流冲洗术治疗组肠道通气时间、拔管时间及住院时间均短于经乳胶管单腔引流术治疗组，差异也具有统计学意义（$P<0.05$）。

3　讨论

妇科腹腔镜的发展，是无数前辈努力探索、开拓进取的结果，经历了曲折的发展过程，整个过程伴随着经验的积累和各式各样手术并发症的出现。当盆腔广泛粘连或肠管粘连时，尤其是严重的子宫内膜异位症时易发生肠管损伤。主要原因可能是能量器械操作不当导致局部电灼伤，甚至在穿刺Trocar时损伤肠管。

肠管损伤在腹腔镜手术中的发生率为0.08%，而70%的肠穿孔在术中不能发现，易被误诊为“肠麻痹”或单纯“腹腔感染”而延误了早期、有效的治疗，致并发症发生率增加[2]。妇科腹腔镜后肠穿孔出现症状的时间比直接机械性肠穿孔晚，为4~5 d[3]。腹腔内常有肠液、粪便，感染重，常发生肠外瘘，可因多种并发症危及生命。近年来随着对该病诊疗技术的改进，死亡率明显下降，但仍高于其他外科疾病，通过有效的早期引流、控制感染和促进肠外瘘愈合的治疗，大部分患者能愈合[4]。但由于肠外瘘发生后导致腹腔或盆腔感染，且肠外瘘液体量大、多粘稠，单腔被动引流无法充分引流，而采用双套管持续低负压引流变被动引流为主动引流，不会对周围组织造成较大损伤，且不易发生引流管堵塞，引流量大，故引流更充分有效。通过对院外及我科收治的妇科腹腔镜术后肠外瘘治疗患者的临床资料分析表明，采用腹腔双套管引流+腹腔引流冲洗术能及时有效的清除漏出的肠液，防止腹腔内持续感染及脓毒血症性脑病的进一步发展，治愈率明显高于乳胶管单腔引流术患者。

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