

心血管疾病多学科研究专题

血糖间隙对急性心肌梗死患者院内
主要不良心血管事件的预测价值

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摘要:目的 探讨血糖间隙对急性心肌梗死(AMI)患者院内主要不良心血管事件(MACE)的预测价值。方法 收集2020年10月—2021年5月医院294例AMI患者的临床资料及实验室指标,入院后即刻检测静脉血糖及糖化血红蛋白水平。根据住院期间MACE发生情况将患者分为MACE组和非MACE组。采用单因素及多因素Logistic回归分析影响AMI患者发生MACE的危险因素;探讨血糖间隙与不良事件的相关性;采用受试者工作特征(ROC)曲线的曲线下面积(AUC)分析血糖间隙、入院血糖对AMI患者院内发生MACE的预测价值,并评价血糖间隙增强急性冠状动脉事件全球注册评分(GRACE评分)预测AMI患者院内MACE的效能。结果 与非MACE组相比,MACE组血糖间隙及入院血糖增高,差异有统计学意义($P < 0.05$)。多因素回归分析显示,血糖间隙、入院血糖是AMI患者发生MACE的独立危险因素。ROC曲线表明,血糖间隙及入院血糖对患者院内MACE的发生均有一定的预测价值,其中血糖间隙的AUC为0.750,最佳临界值为1.511 mmol/L,敏感度为66.7%,特异度为74.1%。血糖间隙、GRACE评分单独及联合预测AMI患者院内发生MACE的AUC分别为0.750、0.833、0.859($P < 0.05$)。结论 血糖间隙与AMI患者的预后相关,能够提高GRACE评分对AMI患者发生MACE的预测价值。

关键词:急性心肌梗死;主要不良心血管事件;危险因素;入院血糖;血糖间隙;急性冠脉事件全球注册评分

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Predictive value of glyceimic gap in predicting nosocomial
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Abstract: Objective To investigate the value of glyceimic gap in predicting nosocomial major adverse cardiovascular events (MACE) in patients with acute myocardial infarction (AMI). **Methods** Clinical materials and laboratory indexes of 294 patients with AMI in hospital from October 2020 to May 2021 were collected, they were conducted with detection of venous blood glucose and glycosylated hemoglobin immediately after hospital admission. According to the occurrence of MACE during hospitalization, the patients were divided into MACE group and non-MACE group. Univariate and multivariate Logistic regression were used to analyze the risk factors of MACE in patients with AMI; correlation between glyceimic gap and adverse events was discussed; the area under the curve (AUC) of the receiver operating characteristic (ROC) curve was used to analyze the value of glyceimic gap and blood glucose at hospital admission in predicting nosocomial MACE in patients with AMI, and the efficacy of glyceimic gap in enhancing Global Registry for Acute Coronary Events score (GRACE score) for prediction of nosocomial MACE in patients with AMI was evaluated. **Results** Compared with the non-MACE group, the glyceimic gap and blood glucose at hospital admission in the MACE group were significantly higher ($P < 0.05$). Multivariate regression analysis showed that the glyceimic

gap and blood glucose at hospital admission were the independent risk factors for MACE in patients with AMI. The ROC curve showed that both the glyceimic gap and the blood glucose at hospital admission have a certain predictive value for occurrence of nosocomial MACE, *AUC* of glyceimic gap was 0.750, the optimum critical value was 1.511 mmol/L, the sensitivity was 66.7%, and the specificity was 74.1%. The *AUC* values of glyceimic gap alone, the GRACE score alone and combination of two indexes in predicting occurrence of nosocomial MACE in patients with AMI were 0.750, 0.833 and 0.859, respectively ($P < 0.05$). **Conclusion** Glyceimic gap is related to the prognosis of patients with AMI, which can increase the value of the GRACE score in predicting occurrence of MACE in patients with AMI.

Key words: acute myocardial infarction; major adverse cardiovascular events; risk factors; blood glucose at hospital admission; glyceimic gap; Global Registry for Acute Coronary Events score

急性心肌梗死(AMI)是因冠状动脉病变引起血管供血量急剧减少甚至中断导致相应心肌发生急性、持续性缺血缺氧而坏死的一种严重心血管疾病。各种危重疾病可通过多种潜在机制导致短暂性血糖升高,称为应激性高血糖(SIH)^[1]。AMI时常伴有应激性血糖增高,可导致内皮功能紊乱、微循环损伤及梗死面积增大^[2-4]。目前研究大多以单一血糖水平来预测AMI患者不良预后,但单一血糖易受到急性生理应激及基线血糖水平的影响,不能准确反映SIH。一项国际多中心研究^[5]显示,平均血糖水平(ADAG) = (1.59 × 糖化血红蛋白) - 2.59。血糖间隙为入院血糖与平均血糖的差值,可作为反映应激性血糖的新指标^[6],且国内外研究^[7-10]表明其与急性心力衰竭、脑卒中、坏死性筋膜炎等多种疾病的预后有关。本研究探讨血糖间隙与AMI患者院内主要不良心血管事件(MACE)的关系,现报告如下。

1 资料与方法

1.1 一般资料

连续纳入2020年10月—2021年5月在徐州医科大学附属医院治疗的AMI患者294例为研究对象,其中男233例,女61例。根据患者住院期间MACE发生情况分为MACE组($n = 51$)和非MACE组($n = 243$)。纳入标准:①在冠心病监护病房(CCU)住院的AMI患者;②临床病历资料完整者。排除标准:①瓣膜性心脏病、肥厚性心肌病患者;②合并肿瘤、感染性疾病、甲状腺疾病、风湿性疾病、血液系统疾病者;③近期使用糖皮质激素治疗的患者。本研究经医院伦理委员会审核批准,所有研究对象均签署知情同意书。

1.2 研究方法

回顾性分析患者的人口统计学、实验室检查、

心电图及心脏彩超等资料,依据患者年龄、心率、收缩压、肌酐、入院前停搏、心肌酶数值、心电图ST段改变、心功能分级计算急性冠状动脉事件全球注册评分(GRACE评分),依据入院时血糖及糖化血红蛋白衍生的平均血糖来计算血糖间隙。依据患者住院期间MACE发生情况进行分组,主要终点事件为院内MACE,包括心源性休克、急性心力衰竭、恶性心律失常和心源性死亡等。

1.3 统计学分析

采用SPSS 25.0软件进行统计学分析。符合正态分布的资料采用($\bar{x} \pm s$)表示,并使用 t 检验进行分析。分类变量以频率(%)表示,并使用卡方检验或Fisher精确检验评估。采取单因素和多因素Logistic回归分析,以确定与MACE相关的危险因素,绘制受试者工作特征(ROC)曲线,分析血糖间隙、GRACE评分以及二者联合对AMI患者院内MACE的预测效能。

2 结果

2.1 MACE组与非MACE组患者临床基线资料比较

2组年龄、性别、血红蛋白、入院血糖、血糖间隙、氨基末端脑利钠肽前体(NT-proBNP)、肌酸激酶同工酶(CK-MB)峰值、左室射血分数(LVEF)、Killip分级Ⅱ~Ⅳ级、多支病变或左主干病变、住院时间、GRACE评分比较,差异有统计学意义($P < 0.05$),见表1。

2.2 影响院内MACE的多因素分析

多因素Logistic回归分析显示,高血糖间隙是院内发生MACE的独立危险因素,入院高血糖、高CK-MB峰值、低LVEF、Killip分级Ⅱ~Ⅳ级、高GRACE评分是院内MACE的独立危险因素,见表2。

表1 MACE组与非MACE组患者临床基线资料比较($\bar{x} \pm s$)[$n(\%)$]

基线资料	非MACE组($n=243$)	MACE组($n=51$)
年龄/岁	61.64 ± 13.24	69.33 ± 11.11*
男性	199(81.89)	34(66.67)*
高血压	116(47.74)	23(45.10)
糖尿病	60(24.69)	17(33.33)
血脂异常	101(41.56)	16(31.37)
体质量指数/(kg/m ²)	25.33 ± 4.00	25.66 ± 3.47
收缩压/mmHg	132.23 ± 20.04	136.63 ± 24.54
急性ST段抬高型心肌梗死	196(80.66)	46(90.20)
白细胞计数/(×10 ⁹ /L)	10.27 ± 3.14	11.02 ± 3.09
中性粒细胞/(×10 ⁹ /L)	8.51 ± 2.20	8.82 ± 2.17
血红蛋白/(g/L)	143.57 ± 16.93	135.45 ± 17.23*
入院血糖/(mmol/L)	7.56 ± 3.21	8.57 ± 3.62*
糖化血红蛋白/%	6.43 ± 1.49	6.28 ± 1.15
血糖间隙/(mmol/L)	0.92 ± 2.34	2.98 ± 2.82*
总胆固醇/(mmol/L)	4.36 ± 1.01	4.40 ± 1.15
甘油三酯/(mmol/L)	1.64 ± 1.36	1.52 ± 0.64
低密度脂蛋白胆固醇/(mmol/L)	2.74 ± 0.89	2.88 ± 1.03
高密度脂蛋白胆固醇/(mmol/L)	1.52 ± 0.28	1.49 ± 0.24
血肌酐/(μmol/L)	99.80 ± 39.50	107.70 ± 40.10
血钾/(mmol/L)	4.09 ± 0.50	4.11 ± 0.55
NT-proBNP/(pg/mL)	2 321.53 ± 895.21	6 608.71 ± 2 095.72*
超敏肌钙蛋白T峰值/(ng/L)	3 112.56 ± 2 160.53	4 481.62 ± 3 480.98
CK-MB峰值/(ng/mL)	113.21 ± 76.32	165.82 ± 91.22*
LVEF/%	54.64 ± 5.26	47.69 ± 7.70*
Killip分级Ⅱ~Ⅳ级	35(14.40)	24(47.06)*
多支病变或左主干病变	176(72.43)	45(88.24)*
住院时间/d	6.26 ± 1.89	10.55 ± 2.35*
GRACE评分/分	148.97 ± 30.66	193.24 ± 37.08*

MACE: 主要不良心血管事件; NT-proBNP: 氨基末端脑利钠肽前体; CK-MB: 肌酸激酶同工酶;

LVEF: 左心室射血分数; GRACE评分: 急性冠状动脉事件全球注册评分。

表2 影响院内发生MACE的多因素分析

指标	单因素分析		多因素分析	
	OR(95% CI)	P	OR(95% CI)	P
年龄/岁	1.051(1.024~1.080)	0.001	1.033(0.989~1.079)	0.155
入院血糖/(mmol/L)	1.098(1.017~1.181)	0.040	1.405(1.217~1.644)	0.048
血糖间隙/(mmol/L)	1.322(1.177~1.484)	0.001	1.492(1.130~1.970)	0.005
血红蛋白/(g/L)	0.973(0.956~0.991)	0.003	1.010(0.981~1.039)	0.511
CK-MB峰值/(ng/mL)	2.172(1.771~3.015)	0.002	1.332(1.172~1.583)	0.024
NT-proBNP/(pg/mL)	1.781(0.756~2.102)	0.188	—	—
LVEF/%	0.833(0.786~0.833)	0.001	0.859(0.799~0.924)	0.001
Killip分级Ⅱ~Ⅳ级	5.283(2.741~10.182)	0.001	3.456(1.304~9.208)	0.013
多支病变或左主干病变	2.855(1.164~7.002)	0.022	1.495(1.381~7.278)	0.704
GRACE评分/分	1.036(1.025~1.047)	0.001	1.108(1.071~1.146)	0.001

CK-MB: 肌酸激酶同工酶; NT-proBNP: 氨基末端脑利钠肽前体; LVEF: 左心室射血分数;

GRACE评分: 急性冠状动脉事件全球注册评分。

2.3 血糖间隙、入院血糖与院内MACE的关系

分析血糖间隙、入院血糖预测院内MACE的价值发现,血糖间隙的ROC的曲线下面积(AUC)更大(0.750, 95% CI为0.678~0.821),采用最大Youden指数确定最佳临界值为1.511 mmol/L,其预测发生院内MACE的敏感度、特异度分别为66.7%、74.1%,见图1。当血糖间隙 \geq 1.511 mmol/L,患者NT-proBNP、Killip分级、GRACE评分更高,

多支病变或左主干病变患者更多, LVEF更低, MACE发生率更高,差异有统计学意义($P < 0.05$)。与血糖间隙 < 1.511 mmol/L者相比,血糖间隙 ≥ 1.511 mmol/L患者院内发生死亡、心源性休克、急性心力衰竭、恶性心律失常及总体MACE的风险更大,差异有统计学意义($P < 0.05$),见表3。

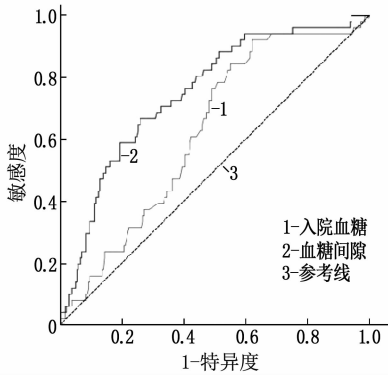


图 1 血糖间隙、入院血糖预测院内 MACE 的 ROC 曲线

患者院内 MACE 的 AUC 分别为 0.750、0.833、0.859，见图 2、表 4。

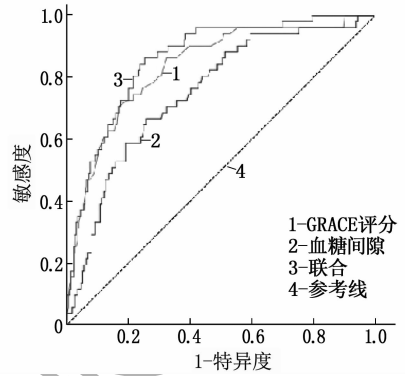


图 2 血糖间隙联合 GRACE 评分预测 AMI 患者院内 MACE 的 ROC 曲线

2.4 血糖间隙联合 GRACE 评分预测 AMI 患者院内 MACE 的 ROC 曲线分析 血糖间隙、GRACE 评分单独及联合预测 AMI

表 3 血糖间隙与院内 MACE 的关系(x ± s) [n(%)]

指标	血糖间隙 < 1.511 mmol/L (n = 197)	血糖间隙 ≥ 1.511 mmol/L (n = 97)
年龄/岁	62.28 ± 13.40	64.39 ± 12.75
男性	162 (82.23)	71 (73.20)
高血压	90 (45.69)	49 (50.52)
糖尿病	45 (22.84)	32 (32.99)
NT-proBNP/(pg/mL)	2 521.53 ± 995.21	6 402.75 ± 2 395.70*
GRACE 评分/分	150.70 ± 31.65	168.72 ± 41.00*
Killip 分级 II ~ IV 级	25 (12.69)	34 (35.05)*
LVEF/%	54.18 ± 5.44	51.92 ± 7.63*
多支病变或左主干病变	141 (71.57)	80 (82.47)*
MACE	17 (8.63)	34 (35.05)*
死亡	2 (1.02)	8 (8.25)*
心源性休克	8 (4.06)	16 (16.49)*
恶性心律失常	4 (2.03)	13 (13.40)*
急性心力衰竭	15 (7.61)	25 (25.77)*

NT-proBNP: 氨基末端脑钠肽前体; GRACE 评分: 急性冠状动脉事件全球注册评分; LVEF: 左心室射血分数; MACE: 主要不良心血管不良事件。

表 4 血糖间隙联合 GRACE 评分预测 AMI 患者院内 MACE 的 ROC 曲线分析

变量	AUC	敏感度/%	特异度/%	95% CI	P
血糖间隙	0.750	66.7	74.1	0.678 ~ 0.821	0.001
GRACE 评分	0.833	86.3	67.5	0.772 ~ 0.895	0.001
联合	0.859	86.5	74.5	0.807 ~ 0.911	0.001

3 讨论

SIH 在 AMI 患者中十分常见,且是 AMI 患者不良结局的强力预测因素^[11-12]。SIH 涉及多种机制,包括糖异生增加、胰岛素抵抗、儿茶酚胺的大量释放及细胞因子的激活^[13-14]等。SIH 通过诱导炎症细胞因子释放、增强氧化应激、加重内皮功能损伤、促进血栓形成及加剧缺血-再灌注损伤来进一步加重心肌损伤程度^[15-16]。因此,较高的入院血糖水平可能反映 AMI 患者体内炎症水平及血流动力学的改变;此外,血糖水平的急剧变

化也可能引起斑块不稳定性增加、梗死面积扩大及心功能的进一步恶化^[17],进而导致预后不良。研究^[18-21]报道,SIH 与冠状动脉内高血栓负荷、无复流、急性肾损伤及心肌梗死后左室收缩功能障碍密切相关。本研究显示,高血糖间隙的 AMI 患者 NT-proBNP、Killip 分级更高,血管病变程度更严重,LVEF 更低,心源性休克、心律失常、心力衰竭及死亡的发生率明显增高。

既往研究^[22]显示,入院血糖与非糖尿病 AMI 患者的短期及长期死亡风险增加有关,而在糖尿病 AMI 中其作用反而在一定程度上被削弱,这是

因为采用单一血糖水平来表示应激性血糖升高,并未考虑慢性血糖的影响,而且部分糖尿病患者通过降糖治疗可以良好地控制血糖,另一部分患者血糖控制仍欠佳,这就造成了相当大的差异性,因此单独入院血糖并不能反映真实的SIH程度,仍需要考虑基线血糖水平。为了更可靠地将慢性代谢控制和长期管理目标报告为平均葡萄糖(AG)水平,NATHAN D M等^[5]通过一项国际多中心研究定义了A1C和AG水平的数学关系,即 $AG = 1.59 \times A1C - 2.59$,且各亚组之前的线性回归方程无显著差异,血糖间隙计算为入院血糖减去平均血糖,纠正了基线血糖的干扰,可作为反映SIH的新指标,其与脑卒中、急性心力衰竭、肝脓肿等多种危重疾病预后相关^[23]。

本研究发现,血糖间隙在一定程度上独立预测了AMI患者院内MACE的发生,在调整了年龄、血红蛋白、LVEF、Killip分级及GRACE评分等混杂因素后,血糖间隙仍是院内MACE的独立预测因素,ROC曲线的AUC表明其预测价值显著高于入院血糖。进一步分析显示,当血糖间隙 ≥ 1.511 mmol/L,患者NT-proBNP、Killip分级、GRACE评分更高,LVEF更低,MACE发生率更高,差异有统计学意义($P < 0.05$)。GRACE评分能简便、有效地评估AMI患者的预后^[24],本研究将血糖间隙纳入GRACE评分后,AUC由原来的0.833增加至0.859,提示血糖间隙作为一个新型指标,可以用于AMI的危险分层。

本研究的局限性:①小样本、单中心、回顾性研究;②只评估了血糖间隙与AMI患者院内结局的关系,并没有进行长期随访;③只测量了入院时的静脉血糖水平,并不能完全反映AMI后血糖水平的变化情况。基于上述局限性,后续可开展大样本、前瞻性的研究以监测院内血糖变化情况,进一步明确血糖间隙对AMI患者预后的评估价值。

综上所述,AMI急性期血糖变化与预后密切相关,但血糖的管理仍然是一个巨大的挑战,血糖间隙被证实为AMI患者院内MACE的强力预测指标,在AMI发生后的应激性血糖管理中,希望能基于相对血糖而不是绝对血糖,在不产生低血糖风险的前提下,将患者血糖控制在最佳水平,从而改善AMI患者的预后。

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