

·论著·

血液科患者肠道碳青霉烯类耐药的肠杆菌科细菌主动筛查及其效果评价

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【摘要】目的 观察血液科肠道碳青霉烯类耐药的肠杆菌科细菌(CRE)主动筛查患者CRE定植、感染的特征,并评价主动筛查结合加强干预在血液科患者CRE感染预防控制中的效果。**方法** 以2017年3月至2019年12月血液内科接受化疗或免疫抑制治疗且预期会出现粒细胞缺乏(粒缺)的患者为研究对象,进行至少3个时间点(治疗前、治疗后粒缺期、粒缺伴发热期)的肠道CRE筛查,以2016年12月至2017年2月血液内科未开展肠道CRE主动筛查的、接受化疗或免疫抑制治疗的115例患者为历史对照组,两组患者均进行CRE感染实时监测,CRE筛查阳性者均采取接触隔离措施,CRE筛查阳性者出现发热或者感染症状时启动针对CRE联合抗生素治疗。**结果** 主动筛查患者CRE定植率为16.46%(66/401);病种分布上,以急性白血病定植率最高,为23.03%(26/113)。66例筛查阳性患者中,其中第1次筛查阳性患者为27例,占40.9%(27/66),第2次筛查阳性患者为15例,占22.7%(15/66),第3次及以后筛查阳性患者为24例,占36.4%(24/66)。CRE定植病原菌中耐碳青霉烯类肺炎克雷伯菌(CRKP)最多,占54.55%(36/66)。主动筛查患者CRE感染率(2.49%)及死亡率(50.00%)低于历史对照组的11.30%及69.23%;干预期间10例CRE血流感染患者病原菌种类与前期主动筛查病原菌完全相同,符合率为100.0%。**结论** 血液科病房急性白血病患者CRE定植率最高,CRKP是CRE定植、感染的主要病原菌,提高筛查频率可以显著提高筛查阳性率,采取主动筛查并及早干预能有效降低血液科患者CRE发生率及死亡率,CRE筛查阳性病原菌与后续CRE感染病原菌符合率高。恶性血液病患者肠道CRE筛查可以对后期CRE血流感染起到预警以及优化抗菌药物使用的作用。

【关键词】 主动筛查; 碳青霉烯类耐药的肠杆菌科细菌; 效果评价

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Active screening of intestinal carbapenem-resistant Enterobacteriaceae in high-risk patients admitted to the hematology wards and its effect evaluation

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[Abstract] **Objective** To evaluate the effect of intestinal carbapenem-resistant Enterobacteriaceae (CRE) active screening combined with enhanced intervention in the prevention and control of nosocomial infection in patients admitted to the hematological ward. **Methods** Patients who were admitted to the Department of Hematology in a tertiary-care general hospital from March 1, 2017 to December 31, 2019

and underwent chemotherapy or immunosuppressive therapy comprised the intervention group. They were screened for intestinal CRE at least thrice. From December 1, 2016 to February 28, 2017, patients who underwent chemotherapy or immunosuppressive therapy without active intestinal CRE screening in the Department of Hematology formed the control group. Both the patient groups were monitored for CRE infection in real time. The χ^2 test was used to compare the changes in the CRE infection rate and mortality in high-risk patients before and after the active screening. **Results** During the intervention period, the CRE colonization rate of patients was 16.46% (66/401); in terms of disease distribution, the colonization rate of acute leukemia was the highest 23.03% (26/113). Of the 66 colonized patients, 27 (40.9%) patients were identified as positive for CRE at the first screening, 15 (22.7%) were identified at the time of the second screening, and the remaining 24 (36.4%) were identified at the third or subsequent screening; Carbapenem-resistant Klebsiella pneumoniae (CRPK) strains were dominant among the pathogens, accounting for 54.55% (36/66). During the active screening period, the CRE infection rate (2.49%) and mortality rate (50.00%) of high-risk patients were significantly lower than those of the controls (11.30% and 69.23%, respectively). The pathogens of 10 CRE infection patients during the intervention period were exactly the same as the previous active screening pathogens, and the coincidence rate was 100%. **Conclusion** The CRE colonization rate was the highest in patients with acute leukemia who were admitted in the hematology wards. CRPK is the main pathogen of CRE colonization, infection, and death. Increasing the frequency of screening can significantly raise the positive rate of screening. Active screening can effectively reduce the incidence and subsequent mortality of CRE in high-risk patients admitted in the hematological wards. High coincidence rate between CRE screening positive pathogens and subsequent CRE infection pathogens. Intestinal CRE screening can serve as an indicator of CRE bloodstream infection in patients with hematological diseases as well as provide information for antibiotics therapy.

[Key words] Active screening; Carbapenem-resistant Enterobacteriaceae; Evaluation of effect

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随着广谱抗生素的广泛使用,碳青霉烯类耐药的肠杆菌科细菌(CRE)感染发生率逐年上升。有多项回顾性研究显示,患者存在CRE定植是CRE感染的高危因素,在危重患者及免疫缺陷患者中,CRE定植与随后的CRE感染密切相关、死亡率高^[1-3]。《世界卫生组织CRE、CRAB、CRPsA预防和控制指南》中指出,CRE定植常先于其感染或与感染同时发生^[4]。肠道是CRE定植的主要部位,对高危患者进行肠道CRE主动筛查可有效降低CRE感染发生率^[5],有关CRE筛查频率目前尚无共识,但有报道显示每周1次至少3次可筛查出更多的CRE定植患者^[6]。血液科为CRE感染的重点科室,国内血液系统疾病CRE定植情况及CRE主动筛查后进行积极干预后疗效评估鲜有报道。本研究我们针对血液科住院患者进行了肠道CRE主动筛查,了解不同疾病CRE定植情况,并比较了是否进行主动筛查并干预CRE感染率的变化,评价了主动筛查对血液科CRE感染防控的效果,现将结果报告如下。

病例与方法

1. 病例:以2017年3月1日至2019年12月31日入住杭州市第一人民医院血液内科近1周将要接受

化疗或免疫抑制治疗(IST)的401例血液系统疾病患者为研究对象。其中,急性白血病113例、淋巴瘤163例、多发性骨髓瘤48例、骨髓增生异常综合征35例、再生障碍性贫血25例、慢性白血病17例。非AA患者在化疗前、化疗后粒细胞缺乏(粒缺)期、粒缺发热期3个时间点行肠道CRE检测,AA患者在入院48 h内、粒缺期、粒缺发热期3个时间点行肠道CRE检测。若筛查出肠道CRE阳性,则采取下列隔离措施并每周1次筛查直至危险因素解除;若后续再化疗/IST,则每次化疗/IST期间再次筛查。既往CRE筛查阳性患者若出现粒缺伴发热或明显感染症状时,无需等待血培养结果,尽早启动针对CRE感染的治疗,包括联合使用至少2种以上抗生素(如替加环素、多黏菌素等)在内的抗感染治疗。CRE筛查阳性隔离措施:手卫生、患者单间/同室隔离、隔离医嘱、隔离标识、环境卫生清洁和消毒、口服庆大霉素去定植、转入或检查时及时隔离、转出后进行终末消毒。

2. 主动筛查:经过专门培训的临床医务人员严格按照2013年全国临床检验操作规程进行标本采集和送检。细菌培养、鉴定和药敏试验由微生物实验室专门技术人员对送检标本进行分离培养、细菌

鉴定和药敏试验,检测目标菌为CRE,包括耐碳青霉烯类肺炎克雷伯菌(CRKP)、耐碳青霉烯类大肠埃希菌、耐碳青霉烯类阴沟肠杆菌、耐碳青霉烯类弗氏柠檬酸杆菌等。

3. 统计学处理:采用SPSS 18.0进行统计分析。计数资料采用例数(构成比)进行描述,有无主动筛查并干预两组的CRE感染率及死亡率采用Fisher确切概率法进行组间比较, $P < 0.05$ 差异有统计学意义。

结 果

1. 血液科不同病种肠道CRE筛查定植情况:2017年3月1日至2019年12月31日主动筛查期间,我们对401例患者送检1 613份大便标本,筛查出66例患者共158份标本CRE阳性,其中急性白血病26例、恶性淋巴瘤25例、多发性骨髓瘤8例、骨髓增生异常综合征4例、其他3例。CRE定植率为16.46%(66/401)(相同患者去重),不同病种CRE定植率由高到低依次为急性白血病(23.01%)、多发性骨髓瘤(16.67%)、恶性淋巴瘤(15.34%)、骨髓增生异常综合征(11.43%)(表1)。

表1 血液科不同病种CRE筛查定植情况

病种	筛查例数	构成比 (%)	阳性例数	定植率 (%)
淋巴瘤	163	40.65	25	15.34
急性白血病	113	28.18	26	23.01
多发性骨髓瘤	48	11.97	8	16.67
骨髓增生异常综合征	35	8.73	4	11.43
其他	42	10.47	3	7.14
合计	401	100.00	66	16.46

注:CRE:碳青霉烯类耐药的肠杆菌科细菌

2. CRE病原菌分布情况:主动筛查的1 613份大便的66株CRE病原菌(相同患者去重)分布情况见表2,检出CRKP 36株,占54.55%;耐碳青霉烯类大肠埃希菌14株,占21.21%。

3. CRE筛查阳性率与筛查次数的关系:66例肠道CRE筛查阳性患者中,第1次筛查阳性患者为27例,占40.9%(27/66),第2次筛查阳性患者为15例,占22.7%(15/66),第3次及以后筛查阳性患者为24例,占36.4%(24/66)。

4. 主动筛查效果评估:以2016年1月1日至2017年2月28日我院血液科接受化疗或IST但未行

表2 血液科患者主动筛查CRE病原菌分布情况

病原菌	株数	构成比(%)
肺炎克雷伯菌	36	54.55
大肠埃希菌	14	21.21
产酸克雷伯菌	6	9.09
阴沟肠杆菌	5	7.58
产气肠杆菌	4	6.06
阿氏肠杆菌	1	1.52
合计	66	100.00

注:CRE:碳青霉烯类耐药的肠杆菌科细菌

CRE主动筛查的115例患者为历史对照组,13例发生CRE感染,其中12例为CRKP感染;9例患者死亡,8例为CRKP。历史对照组CRE感染率为11.30%(13/115),其中CRKP感染率为10.43%(12/115),CRE感染患者死亡率为69.23%(9/13)。而2017年3月至2019年12月血液科接受化疗或免疫抑制治疗患者401例行主动筛查,共10例发生CRE感染,其中CRKP感染8例;5例患者死亡,4例为CRKP感染。主动筛查患者CRE感染率为2.49%(10/401),其中CRKP感染率为1.99%(8/401),死亡率为50.00%(5/10)。接受主动筛查的患者CRE感染率($P < 0.001$)、CRKP感染率($P < 0.001$)均显著低于未接受主动筛查的历史对照患者。

5. 主动筛查期间阳性病原菌与CRE医院感染病原菌符合率:主动筛查期间10例患者发生CRE感染,其中肺炎克雷伯菌8例、大肠埃希菌2例,而这10例患者主动筛查期间均筛查出与后续感染相同的病原菌,符合率100.0%。

讨 论

CRE血流感染引起的高死亡率已成为临床一个巨大挑战,血液科是CRE感染高危科室,其高危因素包括:化疗及免疫抑制剂使用、粒缺、体内留置导管及广谱抗生素尤其是碳青霉烯类抗生素使用等^[7-8]。CRE血流感染患者中血液恶性肿瘤患者占16%~24%,CRE血流感染在血液系统恶性疾病中的发生率为1.8%~2%,死亡率高达60%^[3,9],CRE感染的高死亡率与初期抗生素策略不当、有效针对CRE治疗的药物使用时机延迟有关^[3,8,10]。有报道肠道定植后入血是导致CRE血流感染的重要原因,无症状的定植患者可成为潜在的传染源^[11-12],仅靠感染患者的临床培养可识别一小部分CRE定植,但难以对无症状的定植患者进行排查,而全面的主动筛

查可避免此类情况发生,在特定人群或高风险人群进行筛查能够早期辨别定植患者,及早采取干预措施,有助于减少定植转变为突破性血流感染,降低感染相关死亡风险^[13-14]。对于血液恶性疾病患者,早期鉴定出CRE定植者,一旦有粒缺伴发热或者有感染征象时,靶向治疗的快速启动对于控制CRE感染至关重要^[8,15-19]。有报道血液病患者中,CRE血流感染患者从标本采集到开始用药的平均时间为52 h,而从有症状的血流感染发生到患者死亡的时间为96 h,早期启动抗生素治疗可以有效降低30 d死亡率^[8]。

本研究数据来看,血液系统恶性疾病CRE主动筛查的定植率为16.46%,其中急性白血病的定植率可达23.01%,高于文献报道的10%左右水平,可能与本研究主动筛查频率高有关,本研究共401例患者送检1 613份标本,平均每例患者筛查4次,其中第1次筛查阳性率为40.9%,近60%的患者是在2次及以上筛查出来的。有研究报道,高危患者每周1次至少3次的筛查频率有可能筛查出更多的CRE定植患者,这份研究包括21例造血干细胞移植患者筛查阳性,19%为第1次筛查阳性,而57%患者在第3次以后筛查阳性,提示提高筛查频率可筛查出更多定植患者^[6]。这可能与白血病需要周期性化疗,免疫缺陷状态历时较长有关,但较高的筛查定植率并不意味着较高血流感染率,从本研究后续数据看出,主动筛查期间CRE血流感染发生率及相关的死亡率与其他文献报道的CRE主动筛查干预后数据相似^[11,19-21]。2017年3月至2019年12月期间,肠道CRE定植菌株中,以CRKP为主,占54.55%,与血液科CRE感染病原菌构成比基本一致,与其他医院报道的CRE筛查病原菌构成比例一致,说明在血液科,CRKP是CRE医院感染防控的重点病原菌^[19]。从本研究看,2016年1月至2017年2月的115例历史对照患者中13例发生CRE感染,CRE感染率为11.30%,死亡率近70%;而401例进行肠道CRE主动筛查的患者中10例发生CRE感染,CRE感染率为2.49%,明显低于历史对照,与文献[6,9]主动筛查并干预的CRE感染率接近。同时,本研究CRKP感染率为2%,也与文献[9]一致,提示本研究针对CRE定植的防控措施有效。CRE定植提示在特殊情况下(如持续粒缺、胃肠道黏膜屏障受损等)更易发生突破性感染,对CRE定植患者进行一系列防控措施尤其重要,若这些患者出现粒缺伴发热或明显感染症状时,无需等待血培养结果,及时启动

针对CRE感染的治疗,包括联合使用至少2种以上抗生素(如替加环素、多黏菌素等)治疗^[22-23],可明显降低随后CRE血流感染发生率及死亡率。本研究干预组主动筛查期间10例CRE血流感染病原菌患者与前期CRE定植都为同一细菌,提示CRE定植患者若后续发生突破性CRE感染,病原菌符合率高,前期的主动筛查可以对后期CRE血流感染起到预警以及优化抗菌药物使用的作用。

对高危患者进行CRE主动筛查对防控CRE感染的重要性已达成共识,目前国际对于CRE筛查人群、筛查频率尚未达成统一意见^[24-25]。对CRE感染或定植患者如何规范化处理并没有严格的建议,本研究结果提示对高危恶性血液病患者进行肠道CRE筛查可有效降低后续CRE血流感染发生率及死亡率,增加筛查频率可提高筛查阳性率。但仍有一系列问题有待解决,如对持续免疫缺陷患者如何清除CRE定植、对持续CRE筛查阳性患者如何采取更有效措施防止转化为CRE血流感染等。本研究只是一个单中心回顾性研究,入组病例数不多,CRE定植及感染数据规模小。如何有效防控免疫缺陷的血液病患者CRE感染需要大样本、多中心、前瞻性研究以进一步探讨。

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