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• 临床研究 •

新生儿肺炎病原菌特点及不同严重程度患儿血清 25(OH)D₃、CRP 差异性分析*

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【摘要】 目的 探析新生儿感染性肺炎患儿病原菌分布特点及不同严重程度患儿血清 25(OH)D₃、CRP 差异性。方法 选取 86 例新生儿感染性肺炎患儿为本次研究对象, 同时选取同期 40 例健康新生儿为健康对照组。患儿于确诊 12 h 内采集痰标本, 全自动微生物鉴定仪鉴定菌种。将 86 例患儿随机分为单一用药组和联合用药组, 单一用药组患儿给予阿莫西林钠克拉维酸钾治疗, 联合用药组患儿在单一用药的基础上联合注射头孢他啶治疗。治疗 1 周后, 评价两组患儿的临床疗效。同时采集两组患儿粪便标本, 采用肠道内细菌群分析方法检测患儿粪便样本中乳酸杆菌、双歧杆菌、肠球菌属细菌、肠杆菌属细菌的含量。根据患儿住院时临床肺部感染评分, 分为重症组 21 例, 轻症组 65 例。采集所有研究对象静脉血, 使用高效液相色谱法检测血清 25(OH)D₃ 水平, 使用速率散射免疫比浊法检测血清 CRP 水平。结果 86 例新生儿感染性肺炎患儿中, 52 例患儿细菌培养结果阳性, 阳性率 60.47%, 共培养分离 55 株致病菌。革兰阴性菌 39 株, 主要为肺炎克雷伯菌、大肠埃希菌。革兰阳性菌 15 株, 主要为肺炎链球菌、金黄色葡萄球菌。真菌 1 株, 为白色假丝酵母菌。经过抗生素治疗后, 联合用药组患儿的治疗总有效率为 90.70%, 单一用药组患儿治疗总有效率为 69.77%, 差异有统计学意义($P < 0.05$)。联合用药组患儿的乳酸杆菌水平、双歧杆菌、肠球菌属细菌水平低于单一用药组和健康对照组, 肠杆菌属细菌水平高于单一用药组和健康对照组, 差异有统计学意义($P < 0.05$)。轻症组患儿的血清 25(OH)D 缺乏率为 56.92% (37/65), 重症组患儿的血清 25(OH)D 缺乏率为 76.19% (16/21), 健康对照组新生儿的血清 25(OH)D 缺乏率为 7.5% (3/40), 三组新生儿的血清 25(OH)D 缺乏率差异有统计学意义($P < 0.05$)。重症组患儿的血清 25(OH)D₃ 为 (9.25 ± 5.46) ng/mL, 显著低于轻症组和健康对照组, 血清 CRP 为 (25.41 ± 4.75) mg/L, 显著高于轻症组和健康对照组, 差异有统计学意义($P < 0.05$)。Spearman 相关分析结果显示, 患儿血清 25(OH)D₃ 水平与 CRP 水平呈负相关。结论 新生儿感染性肺炎患儿的病原菌主要为肺炎克雷伯菌, 联合用药疗效显著但不利于患儿肠道菌群的恢复。病情越严重的患儿血清 25(OH)D₃ 缺乏率越高, 患儿血清 25(OH)D₃、CRP 水平与病情程度密切相关, 血清 25(OH)D₃ 水平与 CRP 水平呈负相关。

【关键词】 新生儿; 感染性肺炎; 肠道菌群; 25-羟基维生素 D**【文献标识码】** A**【文章编号】** 1673-5234(2024)04-0472-05

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Pathogenic characteristics of neonatal infectious pneumonia and differential analysis of serum 25(OH)D₃ and CRP levels in children with different severity levels

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According to the clinical pulmonary infection score during hospitalization, the patient was divided into a severe group of 21 cases and a mild group of 65 cases. The venous blood from all study subjects were collected, the serum 25(OH)D3 levels were detected by high-performance liquid chromatography, and the serum CRP levels were detected by rate scattering immunoturbidimetry. **Results** Among 86 cases of neonatal infectious pneumonia, 52 cases showed positive bacterial culture results, with a positive rate of 60.47%. A total of 55 pathogenic bacteria were isolated through culture. 39 strains of Gram negative bacteria, mainly *Klebsiella pneumoniae* and *Escherichia coli*. 15 strains of Gram positive bacteria, mainly *Streptococcus pneumoniae* and *Staphylococcus aureus*. 1 fungal strain, which was a *Candida albicans*. After antibiotic treatment, the total effective rate of the combination therapy group was 90.70%, while the total effective rate of the monotherapy group was 69.77%, with a statistically significant difference ($P < 0.05$). The levels of lactobacilli, bifidobacteria, and *Enterococcus* bacteria in the combination therapy group were lower than those in the monotherapy group and the healthy control group, while the levels of *Enterococcus* bacteria were higher than those in the monotherapy group and the healthy control group, with statistical significance ($P < 0.05$). The serum 25-(OH)D deficiency rate in the mild illness group was 56.92% (37/65), the serum 25-(OH)D deficiency rate in the severe illness group was 76.19% (16/21), and the serum 25-(OH)D deficiency rate in the healthy control group was 7.5% (3/40). The difference in serum 25-(OH)D deficiency rates among the three groups of newborns was statistically significant ($P < 0.05$). The serum 25(OH)D3 level in the critically ill group was (9.25 5.46) ng/mL, significantly lower than that in the mild group and healthy control group. The serum CRP level was (25.41 ± 4.75) mg/L, significantly higher than that in the mild group and healthy control group, and the difference was statistically significant ($P < 0.05$). The Spearman correlation analysis results showed a negative correlation between serum 25(OH)D3 levels and CRP levels in the affected children.

Conclusion The main pathogen of neonatal infectious pneumonia was *K. pneumoniae*, and the combination therapy had significant therapeutic effects but was not conducive to the recovery of the intestinal microbiota in the child. The more severe the condition, the higher the serum 25(OH)D3 deficiency rate in children. The serum 25(OH)D3 and CRP levels in children were closely related to the severity of the condition, while serum 25(OH)D3 levels were negatively correlated with CRP levels.

【Key words】 Newborns; Infectious pneumonia; Intestinal microbiota; 25 hydroxyvitamin D

新生儿感染性肺炎(neonatal infectious pneumonia, NIP)是一种常见的新生儿疾病,主要指宫内及出生后 28d 内发生的感染性肺炎,与新生儿呼吸道狭窄、呼吸道黏膜薄弱以及免疫系统尚不成熟等因素有关^[1-2]。新生儿感染性肺炎是造成新生儿死亡的主要诱因之一,可以由多种类型的病原体引起,如细菌、病毒、衣原体等,不同病原菌组成了呼吸道内多样性的微生态环境,各类定植菌间共生、协同、制约、转化,全面检测感染性肺炎患儿呼吸道病原菌并给予合理治疗是改善患儿预后的关键,对指导临床合理治疗意义重大^[3-4]。本次研究通过分析 86 例新生儿感染性肺炎患儿的临床资料,探析新生儿感染性肺炎患儿病原菌分布特点及不同严重程度患儿血清 25(OH)D3、CRP 差异性,结果报告如下。

材料与方 法

1 研究对象

选取我院儿科收诊的 86 例新生儿感染性肺炎患儿为本次研究对象。男性患儿 52 例,女性患儿 34 例。日龄 2~27(12.68 ± 5.12)d。纳入标准:①符合新生儿感染性肺炎相关诊断标准,结合影像学检查确诊,影像学检查结果显示肺部纹理增粗、点状浸润;②患儿入

院前未使用抗生素药物治疗者。排除标准:①先天性免疫缺陷儿童;②肺部先天发育不良;③已补充维生素 D3 或者维生素 AD 的患儿;④新生儿具有免疫性疾病或遗传代谢性疾病者。同时选取同期 40 例健康新生儿为健康对照组。

2 诊断标准

依据患儿入院时的白细胞计数、体温、血氧饱和度、支气管排泄物、肺部侵袭影像、X 光检查的病程发展程度及气管抽取物的细菌培养结果进行临床肺部感染评分(Clinical pulmonary infections core, CPIS),根据评分将患儿分组,分值 ≥ 6 分则提示为重度感染, < 6 分则为轻度感染^[5]。本次研究中 86 例患儿,分为重症组 21 例,轻症组 65 例。

3 标本采集与病原菌检测

于患儿确诊 12 h 内进行痰标本采集。严格执行无菌操作,采用一次性吸痰管深入患儿鼻腔刺激患儿咳嗽,通过负压及时吸取痰液,置于无菌试管内送检。如出现新生儿痰液粘稠、呼吸不畅时,将痰液培养采集器端的吸痰管插入新生儿气管插管的深部,将少量无菌生理盐水灌入新生儿气管插管处,待新生儿血氧饱和度正常后,进行痰液标本采集。将采集到的痰液标本接种于培养基上,置于 36 °C 恒温环境中,培养 24~

48 h。挑取饱满菌落,采用全自动微生物鉴定仪(VITEK-2 Compact,法国梅里埃)来进行菌种的鉴定。

4 抗生素治疗方案及疗效判定

4.1 抗生素治疗方案 将86例患儿随机分为单一用药组($n=43$)和联合用药组($n=43$)。单一药物组的患儿接受阿莫西林钠克拉维酸钾治疗,将其加入到100 mL,0.9%浓度的氯化钠注射液中稀释后静脉注射,每次剂量为30 mg/kg,2次/d。联合药物组的患儿在单一药物治疗的基础上,联合头孢他啶治疗,将其加入到100 mL,0.9%浓度的氯化钠注射液中静脉滴注,每次剂量为30 mg/kg,每8 h 1次。两组患儿均给予其他常规性护理,治疗周期为1周。

4.2 临床疗效评价 根据《实用新生儿学(第四版)》的指导原则,对患儿进行为期一周的抗生素疗法后的效果进行评定:①治愈,指所有如咳嗽、发烧和呼吸急促等病症都已消除,并且通过X光检查发现所有的肺炎迹象已经彻底清除,没有出现任何肺部的杂音;②显效,患者病情有明显的缓解,且X光结果表明大部分的肺炎迹象已经开始减退,同时肺部的杂音也得到了显著的减少;③有效,指虽然疾病状况稍有好转,但仍然存在一些肺炎迹象;④无效,没有任何进展或者情况恶化。总有效率=(治愈+显效+有效)例数/总例数 $\times 100\%$ 。

4.3 肠道菌群检测 经过1周抗生素治疗后,采集两组患儿粪便标本,采用光冈氏肠道内细菌群分析方法检测患儿粪便样本中乳酸杆菌、双歧杆菌、肠球菌属细菌、肠杆菌属细菌(腐败菌)的含量,分析对比抗生素治疗对患儿肠道菌群的影响。

5 血清25(OH)D₃、CRP水平检测

采集所有研究对象静脉血3~5 mL,加入含有10%乙二胺四乙酸无菌试管中,摇匀后3 000 r/min(离心半径10 cm)离心10 min分离血清,保存于-20℃。利用高效液相色谱技术与罗氏全自动生化分析仪检测血清25-羟基维生素D(25(OH)D₃)水平。采用速率散射免疫比浊法,借助罗氏全自动生化分析仪及相应的检测试纸测定血清C反应蛋白(CRP)水平。依据中华医学会儿科学分会提出的儿童微量营养素缺乏防治建议评价患儿25(OH)D₃缺乏率^[7]: >20 ng/mL为正常, $15\sim\leq 20$ ng/mL为不足, $5\sim\leq 15$ ng/mL为缺乏, ≤ 5 ng/mL为严重缺乏。缺乏率=(缺乏例数+严重缺乏例数)/总例数 $\times 100\%$ 。

6 统计分析

采用SPSS 26.0对本次研究数据进行分析处理,分类数据采用 χ^2 检验,连续型据采用 t 检验,多组间对比采用 F 检验。通过Spearman相关分析法,探究

血清25(OH)D₃与CRP值之间的相关性, $P<0.05$ 为差异有统计学意义。

结果

1 新生儿感染性肺炎患儿细菌培养结果

86例新生儿感染性肺炎患儿痰液标本细菌培养结果显示,52例患儿细菌培养结果阳性,阳性率60.47%(52/86),共培养分离55株致病菌。革兰阴性菌39株(70.91%,39/55),其中肺炎克雷伯菌16株(29.09%,16/55),大肠埃希菌11株(20%,11/55),流感嗜血杆菌5株(9.09%,5/55),铜绿假单胞菌3株(5.45%,3/55),阴沟肠杆菌2株(3.64%,2/55),鲍曼不动杆菌1株(1.82%,1/55),嗜麦芽寡养单胞菌(1.82%,1/55)。革兰阳性菌15株(27.27%,15/55),其中肺炎链球菌6株(10.91%,6/55),金黄色葡萄球菌5株(9.09%,5/55),表皮葡萄球菌2株(3.64%,2/55),草绿色链球菌1株(1.82%,1/55),粪肠球菌1株(1.82%,1/55)。真菌1株(1.82%,1/55),为白色假丝酵母菌。

2 抗生素联合治疗新生儿感染性肺炎对患儿肠道菌群的影响

2.1 两组患儿临床疗效对比 使用抗生素治疗一周后,联合用药组患儿中,22例治愈,12例显效,5例有效,4例无效,治疗总有效率为90.70%(39/43)。单一用药组患儿中,13例治愈,8例显效,9例有效,13例无效,治疗总有效率为69.77%(30/43)。两组患儿治疗总有效率差异有统计学意义($\chi^2=5.939$, $P<0.05$)。

2.2 不同分组患儿治疗后肠道菌群对比 使用抗生素治疗一周后,与单一用药组患儿相比,联合用药导致患儿体内的乳酸杆菌、双歧杆菌、肠球菌属细菌水平降低,肠杆菌属细菌水平高于单一用药组和健康对照组,差异有统计学意义($P<0.05$)。见表1。

表1 抗生素治疗1周后不同分组患儿肠道菌群对比
Table 1 Comparison of gut microbiota in children of different groups after 1 week of antibiotic treatment

组别 Group	乳酸杆菌 Lactobacillus	双歧杆菌 Bifidobacterium	肠球菌属细菌 Enterococcus bacteria	肠杆菌属细菌 Enterobacteriaceae
联合用药组($n=43$)	8.24 \pm 0.62	8.79 \pm 1.07	8.59 \pm 0.48	10.24 \pm 0.68
单一用药组($n=43$)	9.22 \pm 0.71	9.90 \pm 1.07	8.81 \pm 0.99	9.17 \pm 0.73
健康对照组($n=40$)	9.96 \pm 0.87	10.17 \pm 0.93	9.04 \pm 0.86	8.71 \pm 0.58
F	57.456	26.846	3.227	58.457
P	0.000	0.000	0.043	0.000

3 不同严重程度患儿25(OH)D₃缺乏率对比

轻症组中,7例患儿血清25-(OH)D水平正常(10.77%,7/65),21例患儿水平不足(32.31%,21/65),35例患儿缺乏(53.85%,35/65),2例患儿严重缺乏(3.08%,2/65)。重症组中,2例患儿血清25-(OH)

D水平正常(9.52%, 2/21), 3例患儿水平不足(14.29%, 3/21), 12例患儿缺乏(57.14%, 12/21), 4例患儿严重缺乏(19.05%, 4/21)。40例健康对照组中, 22例新生儿血清25-(OH)D水平正常(55%, 22/40), 15例新生儿水平不足(37.5%, 15/40), 3例新生儿缺乏(7.5%, 3/40)。三组新生儿的血清25-(OH)D缺乏率对比差异具有统计学意义($P < 0.05$)。见表2。

表2 不同严重程度患儿25(OH)D3缺乏率对比
Table 2 Comparison of 25(OH)D3 deficiency rates in children with different severity levels

组别 Group	正常 Normal	不足 Insufficient	缺乏 Absence	严重缺乏 Serious shortage	缺乏率 Deficiency rate
轻症组 (n=65)	7	21	35	2	56.92%(37/65)
重症组 (n=21)	2	3	12	4	76.19(16/21)
健康对照组 (n=40)	22	15	3	0	7.5%(3/40)
χ^2					34.782
P					0.000

4 不同严重程度患儿血清25(OH)D3、CRP对比及血清25(OH)D3与CRP的相关性分析

轻症组患儿的血清25(OH)D3为(14.12±3.40) ng/mL, CRP为(13.53±4.89) mg/L, 重症组患儿的血清25(OH)D3为(9.25±5.46) ng/mL, CRP为(25.41±4.75) mg/L, 健康对照组新生儿血清25(OH)D3为(20.04±2.42) ng/mL, CRP为(2.61±0.75) mg/L。三组新生儿血清25(OH)D3、CRP水平差异有统计学意义($P < 0.05$)。见表3。Spearman相关分析结果显示, 患儿血清25(OH)D3水平与CRP水平呈负相关($r = -0.626, P < 0.05$)。

表3 不同严重程度患儿血清25(OH)D3、CRP对比
Table 3 Comparison of serum 25(OH)D3 and CRP levels in children with different severity levels

组别 Group	25(OH)D3 (ng/mL)	CRP (mg/L)
轻症组(n=65)	14.12±3.40	13.53±4.89
重症组(n=21)	9.25±5.46	25.41±4.75
健康对照组(n=40)	20.04±2.42	2.61±0.75
F	68.984	229.084
P	0.000	0.000

讨论

作为一种严重影响呼吸系统的病症, 每年因新生儿感染性肺炎丧生的患儿数量大约占据所有死亡儿童的十分之一。尤其是在初生阶段, 胎儿由于呼吸道堵塞、误吞受到胎便污染的羊水所引发的吸入性肺炎最为常见^[8]。

本次研究中, 86例新生儿感染性肺炎患儿痰液标本细菌培养后, 阳性率60.47%, 共培养分离55株致

病菌, 主要为革兰阴性菌, 以肺炎克雷伯菌、大肠埃希菌为主。与朱兆奎等^[9]研究结果相近。新生儿由于气管管腔狭窄, 肺弹力纤维发育不成熟, 黏膜血管丰富, 同时免疫系统发育尚不完善、防御能力差, 细菌易入侵肺泡与支气管, 感染率较高^[10]。

抗生素治疗作为临床上治疗新生儿感染性肺炎最基本的治疗方法之一, 疗效显著, 极大降低了患儿的死亡率, 但多数情况下未考虑抗生素对患儿肠道菌群的影响, 容易造成新生儿抗生素相关性腹泻^[11]。本次研究将86例患儿分为联合用药组和单一用药组, 治疗一周后, 联合用药组患儿的治疗总有效率为90.70%, 单一用药组患儿治疗总有效率为69.77%, 有显著差异。联合用药组患儿的乳酸杆菌水平、双歧杆菌、肠球菌属细菌水平低于单一用药组和健康对照组, 肠杆菌属细菌水平高于单一用药组和健康对照组。与吕灵芝等^[12]的研究结果一样, 联合使用抗生素对于儿童胃肠微生物环境的影响显著。这可能是由于这些抗生素具有药物协同的作用, 能提高杀灭细菌的能力, 但同时也因为它们经由血流到达肠胃系统, 进而打破了这种肠道微生态平衡。所以, 从实际医疗角度出发, 需要谨慎挑选药品, 不仅要关注疗效, 还要注意如何维持肠道微生物系统的稳定。

本次研究中, 重症组患儿的血清25-(OH)D严重缺乏患儿占比高达19.05%, 总缺乏率为76.19%, 显著高于轻症组患儿和健康对照组新生儿水平。重症组患儿的血清25(OH)D3水平显著低于轻症组和健康对照组, 血清CRP水平显著高于轻症组和健康对照组。Spearman相关分析结果显示, 患儿血清25(OH)D3水平与CRP水平呈负相关。与马健等^[13]研究结果一致。维生素D是一种水解后为醇类的脂质物质, 其功能包括保持体内钙元素平衡和调节细胞生长与发育等, 它对人体免疫力有着关键的影响, 可以促进各种免疫相关的细胞产生。25(OH)D是维生素D在体内的主要存在形式, 它的浓度高低能直接反应出个体内部维生素D储备情况^[14]。C反应蛋白被视为人体无特定免疫应答的关键组成部分, 也是衡量疾病感染状态的一种非特异指标, 具有免疫调节能力, 尤其在新生儿感染性肺炎患儿体内显著增加, 有助于评价患儿的感染严重程度^[15]。

综上所述, 新生儿感染性肺炎患儿的病原菌主要为肺炎克雷伯菌, 联合用药疗效显著但不利于患儿肠道菌群的恢复。患儿的血液中25(OH)D和CRP浓度与其疾病严重度有直接关联, 即疾病的恶化程度越大, 其血清中的25(OH)D3含量就越少, 而CRP浓度则会增加, 这些数据对于判断疾病严重程度有着重要意义, 并可用于区别不同级别的病情, 值得进一步在临

床实践中使用。

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