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• 临床研究 •

# 老年患者肺部感染病原菌分布及耐药性分析\*

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**【摘要】** **目的** 探讨老年患者肺部感染病原菌分布特点、耐药性及血清降钙素原、C-反应蛋白在不同程度老年肺部感染中的诊断价值, 为临床研究提供参考依据。 **方法** 选取本院接诊的 133 例老年肺部感染患者及同期 100 例中青年肺部感染患者为本次研究对象。收集电子病历资料, 对比两组患者临床特征。采集患者痰液标本, 进行菌种鉴定及药敏试验。依据肺炎严重程度指数判定患者感染严重程度, 测定患者血清降钙素原、C-反应蛋白水平, 对比中度与重度肺部感染患者血清降钙素原、C-反应蛋白水平, 采用受试者工作特征(ROC)曲线分析其单独检测及联合检测对老年肺部感染的诊断价值。 **结果** 对比老年组患者与中青年组患者临床资料, 两组患者性别占比差异无统计学意义( $P>0.05$ ), 合并基础疾病、典型呼吸系统感染表现、病变部位为肺下野患者占比及治疗时间差异有统计学意义( $P<0.05$ )。133 例老年肺部感染患者共培养分离出病原菌 139 株, 其中革兰阴性菌共 83 株(59.71%, 83/139)、革兰阳性菌共 46 株(33.09%, 46/139)、真菌共 10 株(7.19%, 10/139)。铜绿假单胞菌、鲍曼不动杆菌、肺炎链球菌为主要致病菌, 分别占比 19.42%(27/139)、11.51%(16/139)、10.79%(15/139)。革兰阴性菌对哌拉西林、庆大霉素、氯霉素的耐药率较高, 对头孢吡肟、美罗培南、亚胺培南、阿米卡星的耐药率较低, 未产生对多粘菌素 B 的耐药株。革兰阳性菌对青霉素、苯唑西林、红霉素、克林霉素、氯霉素的耐药率较高, 对环丙沙星、利福平的耐药率较低, 未产生对万古霉素、替考拉宁的耐药株。本次研究中, 105 例为中度肺部感染, 28 例为重度肺部感染。重度肺部感染组患者血清 PCT、CRP 水平显著高于中度肺部感染组患者( $P<0.05$ )。ROC 曲线分析显示, PCT 水平、CRP 水平单独及联合检测诊断肺部感染程度的曲线下面积(AUC)分别为 0.893、0.752、0.903, 联合检测诊断效能高于单独检测。 **结论** 老年肺部感染患者多合并基础疾病, 病变部位以肺下野为主, 典型呼吸系统感染表现不明显, 治疗时间较长。病原菌主要为铜绿假单胞菌、鲍曼不动杆菌、肺炎链球菌, 对临床常见抗菌药物表现出较高的耐药性。血清 PCT 水平、CRP 水平单独及联合检测对评估老年肺部感染程度具有较高的诊断价值。

**【关键词】** 老年患者; 肺部感染; 病原菌; 肺炎严重程度指数; 降钙素原; C-反应蛋白

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## Distribution and drug resistance analysis of pathogenic bacteria in pulmonary infection in elderly patients

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**【Abstract】** **Objective** To explore the pathogenic bacteria distribution characteristics, drug resistance, and the diagnostic value of serum procalcitonin and C-reactive protein in different degrees of pulmonary infection in elderly patients for providing reference for clinical research. **Methods** 133 elderly patients with pulmonary infections and 100 middle-aged and young patients with pulmonary infections during the same period who were treated in our hospital were selected as the study subjects. The electronic medical record data were collected to compare the clinical characteristics of two groups of patients. The sputum were collected from patients for bacterial identification and drug sensitivity testing. The severity of infection in patients were determined based on the severity index of pneumonia, the serum levels of procalcitonin and C-reactive protein were measured, the serum levels of procalcitonin and C-reactive protein were compared in patients with moderate and severe pulmonary infections, and the the diagnostic value of individual and combined detection for elderly pulmonary infections were analyzed by receiver operating characteristic (ROC) curves. **Results** Comparing the clinical data of elderly patients and middle-aged and young patients, there was no statistically significant difference in the gender ratio between the two groups ( $P>0.05$ ). However, there was a statistically significant difference in the proportion of patients with underlying diseases, typical respiratory tract infections, lesions located in the lower lung

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field, and treatment time ( $P < 0.05$ ). A total of 139 strains of pathogenic bacteria were isolated from 133 elderly patients with pulmonary infections, including 83 strains of Gram negative bacteria (59.71%, 83/139), 46 strains of Gram positive bacteria (33.09%, 46/139), and 10 strains of fungi (7.19%, 10/139). *Pseudomonas aeruginosa*, *Acinetobacter baumannii*, and *Streptococcus pneumoniae* were the main pathogenic bacteria, accounting for 19.42% (27/139), 11.51% (16/139), and 10.79% (15/139), respectively. Gram negative bacteria had a high resistance rate to piperacillin, gentamicin, and chloramphenicol, but a low resistance rate to cefepime, meropenem, imipenem, and amikacin, and no resistant strains to polymyxin B. Gram positive bacteria had a high resistance rate to penicillin, oxacillin, erythromycin, clindamycin, and chloramphenicol, but a low resistance rate to ciprofloxacin and rifampicin, and no resistant strains to vancomycin or teicoplanin had been developed. In this study, 105 cases were moderate pulmonary infections and 28 cases were severe pulmonary infections. The serum levels of PCT and CRP in patients with severe pulmonary infection were significantly higher than those in patients with moderate pulmonary infection ( $P < 0.05$ ). ROC curve analysis showed that the area under the curve (AUC) for diagnosing the degree of pulmonary infection by PCT and CRP levels alone and in combination were 0.893, 0.752, and 0.903, respectively. The diagnostic efficiency of combined testing was higher than that of single testing. **Conclusion** Elderly patients with pulmonary infections often had underlying diseases, with lesions mainly located in the lower lung field. Typical respiratory system infections were not obvious, and treatment time was longer. The main pathogens were *P. aeruginosa*, *A. baumannii*, and *S. pneumoniae*, which exhibited high resistance to common clinical antibiotics. The individual and combined detection of serum PCT and CRP levels had high diagnostic value for evaluating the degree of pulmonary infection in the elderly.

**【Keywords】** elderly patients; pulmonary infection; pathogenic bacteria; pneumonia severity index; procalcitonin; C-reactive protein

肺部感染是发病于肺实质和肺间质的一种感染性疾病,可由细菌、病毒、真菌等多种病原体诱发,临床常伴高热、咳嗽、畏寒等,肺部感染的发病率与病死率随患者年龄的增长而升高<sup>[1-2]</sup>。老年患者由于气管、支气管黏膜纤毛功能降低,排痰功能受到影响,痰液不易排出,导致呼吸道内分泌物存在不同程度淤积,肺部感染发生率较高,居老年患者感染性疾病首位<sup>[3-4]</sup>。老年患者自身免疫功能低下,全身器官功能减弱,多合并多种基础疾病,营养状态差,容易发展为重症肺部感染,甚至引发死亡<sup>[5]</sup>。老年肺部感染患者典型呼吸系统感染表现不明显,临床治疗上多采用抗生素干预,导致临床耐药问题日益严重,因此,早期诊断和进行合适的治疗对提高临床疗效具有重要意义<sup>[6]</sup>。本次研究选取本院接诊的133例老年肺部感染患者,对老年患者肺部感染的病原菌分布特点及耐药性进行探讨分析,以期为临床用药提供参考依据,结果报告如下。

## 材料与方 法

### 1 研究对象

选取本院接诊的133例老年肺部感染患者为本次研究对象。男性患者75例,女性患者58例。年龄60~89(73.66±7.48)岁,其中<65岁患者36例,≥65岁患者97例。纳入标准:①肺部感染患者符合中华医学会呼吸病学分会拟定的《肺部感染性疾病支气管肺泡灌洗病原体检测中国专家共识(2017年版)》中相关诊断标准<sup>[7]</sup>;②年龄≥60岁;③患者意识清晰,配合度高。排除标准:①合并全身严重感染者;②合并心、肝、

肾等重要器官功能障碍者;③合并精神障碍者;④合并恶性肿瘤者;⑤先天性免疫缺陷者。选择同期100例中青年肺部感染患者作为中青年对照组。

所有参与本次研究患者均对研究知情,同时签署知情同意书。

### 2 资料收集

通过本院数字化病案系统及电子病历系统,收集参与本次研究患者相关临床资料数据,包括年龄、性别、合并基础疾病情况、呼吸系统感染表现、病变位置、治疗时间等。

### 3 病原菌鉴定及药敏试验

患者进行抗菌药物治疗前,晨起漱口后,由医护人员引导患者深呼吸后将气管深部痰液用力咳出,取第二次深部痰液置于培养皿内,立即送检。首先将送检的痰液标本进行涂片镜检,筛选合格的标本进行病原学培养。将合格标本接种于培养基上,35℃培养24h,挑选优势菌群进行分离纯化。采用全自动微生物分析仪(VITEK 2 Compact,法国梅里埃)进行病原菌菌种鉴定。采用K-B纸片法联合全自动微生物分析仪进行革兰阴性菌耐药性分析,采用MIC法联合全自动微生物分析仪进行革兰阳性菌耐药性分析,试验结果依据临床和实验室标准协会(CLSI 2023)中相关标准进行判读。

### 4 血清降钙素原、C-反应蛋白水平检测

参与本次研究的133例老年肺部感染患者依据肺炎严重程度指数(pneumonia severity index, PSI)划分患者肺部感染严重程度,检查内容包括基本资料、体格

检查结果、基础疾病情况、护理情况、实验室和 X 线检查结果五个方面,对患者进行评分,PSI<91 分为轻度感染,PSI 91~130 分为中度感染,PSI>130 分为重度感染<sup>[8]</sup>。取患者空腹静脉血 3~5 mL,离心处理后取上层血清,采用酶联免疫吸附法测定患者血清降钙素原(PCT)、C-反应蛋白(CRP)水平。

## 5 统计分析

采用 SPSS 26.0 统计学软件对本次研究数据进行分析处理,计量资料采用  $\bar{x} \pm s$  表示,组间对比采用 *t* 检验。采用受试者工作特征(ROC)曲线分析血清降钙素原、C-反应蛋白单独检测及联合检测对不同程度老年肺部感染的诊断价值。

## 结 果

### 1 临床特征对比

对比老年组患者与中青年组患者临床资料,结果显示:老年组患者中,男性 80 例(60.15%,80/133),女性 53 例(39.85%,53/133),中青年组患者中,男性 62 例(62%,62/100),女性 38 例(38%,38/100),差异无统计学意义( $P>0.05$ );老年组患者中,100 例合并基础疾病(75.19%,100/133),中青年组患者中,29 例合并基础疾病(29%,29/100),差异有统计学意义( $P<0.05$ );老年组患者中,75 例具有典型呼吸系统感染表现(56.39%,75/133),中青年组患者中,89 例具有典型呼吸系统感染表现(89%,89/100),差异有统计学意义( $P<0.05$ );老年组患者中,107 例病变部位为肺下野(80.45%,107/133),中青年组患者中,52 例病变部位为肺下野(52%,52/100),差异有统计学意义( $P<0.05$ );老年组患者治疗时间为(17.45±4.65)d,中青年组患者治疗时间为(8.38±3.57)d,差异有统计学意义( $P<0.05$ )。见表 1。

表 1 老年肺部感染组患者与中青年肺部感染组患者临床特征对比  
Table 1 Comparison of clinical characteristics between elderly patients with pulmonary infection and middle-aged and young patients with pulmonary infection

| 临床特征<br>Clinical Features | 老年患者组<br>(n=133)<br>Elderly patient group | 中青年患者组<br>(n=100)<br>Middle aged and young patient group | $\chi^2/t$ | P      |       |
|---------------------------|---|--|------------|--------|-------|
| 性别                        | 男   | 80   | 62         | 0.082  | 0.775 |
|                           | 女   | 53   | 38         |        |       |
| 合并基础疾病                    | 无   | 33   | 71         | 49.277 | 0.000 |
|                           | 有   | 100  | 29         |        |       |
| 典型呼吸系统感染表现                | 无   | 58   | 11         | 29.120 | 0.000 |
|                           | 有   | 75   | 89         |        |       |
| 病变部位为肺下野                  | 否   | 26   | 48         | 21.320 | 0.000 |
|                           | 是   | 107  | 52         |        |       |
| 治疗时间                      | 17.45±4.65                                | 8.38±3.57  | 16.852     | 0.000  |       |

### 2 病原菌分布情况

133 例老年肺部感染患者送检的标本,共培养分离出病原菌 139 株。革兰阴性菌共 83 株(59.71%,83/139),包括铜绿假单胞菌 27 株(19.42%,27/139),鲍曼不动杆菌 16 株(11.51%,16/139),肺炎克雷伯菌 13 株(9.35%,13/139),大肠埃希菌 10 株(7.19%,10/139),阴沟肠杆菌 7 株(5.04%,7/139),嗜麦芽窄食单胞菌 6 株(4.32%,6/139),流感嗜血杆菌 4 株(2.88%,4/139)。革兰阳性菌共 46 株(33.09%,46/139),包括肺炎链球菌 15 株(10.79%,15/139),金黄色葡萄球菌 12 株(8.63%,12/139),表皮葡萄球菌 7 株(5.04%,7/139),咽峡炎链球菌 5 株(3.60%,5/139),粪肠球菌 4 株(2.88%,4/139),屎肠球菌 3 株(2.16%,3/139)。真菌共 10 株(7.19%,10/139),包括白色假丝酵母菌 7 株(5.04%,7/139),烟曲霉 3 株(2.16%,3/139)。

### 3 革兰阴性菌耐药性分析

对本次研究分离出的 83 株革兰阴性菌进行药敏试验,结果显示,对哌拉西林、庆大霉素、氯霉素的耐药率较高,分别为 50.60%、60.24%、62.65%;对头孢吡肟、美罗培南、亚胺培南、阿米卡星的耐药率较低,分别为 25.30%、20.48%、15.66%、14.46%;对头孢他啶、氨曲南、左氧氟沙星、环丙沙星的耐药率分别为 39.76%、51.81%、40.96%、37.35%;未产生对多粘菌素 B 的耐药株。

### 4 革兰阳性菌耐药性分析

对本次研究分离出的 46 株革兰阳性菌进行药敏试验,结果显示,对青霉素、苯唑西林、红霉素、克林霉素、氯霉素的耐药率较高,分别为 84.78%、69.57%、80.43%、73.91%、60.87%;对环丙沙星、利福平的耐药率较低,分别为 28.26%、21.74%;左氧氟沙星、庆大霉素、复方新诺明的耐药率分别为 47.83%、43.48%、34.78%;未产生对万古霉素、替考拉宁的耐药株。

### 5 血清 PCT、CRP 在不同程度老年肺部感染中的诊断价值分析

113 例老年肺部感染患者中,105 例为中度感染,28 例为重度感染。中度感染组患者,血清 PCT 水平为(4.81±1.43)mg/mL,CRP 水平为(29.30±6.41)mg/L,重度感染组患者,血清 PCT 水平为(7.89±2.04)mg/mL,CRP 水平为(36.18±7.36)mg/L,两组患者血清 PCT、CRP 水平差异有统计学意义( $t=7.519/4.886, P<0.05$ )。

ROC 曲线分析显示,PCT 诊断肺部感染程度的曲线下面积(AUC)为 0.893,95%CI 为(0.831~0.955),CRP 诊断肺部感染程度的曲线下面积(AUC)为 0.752,95%CI 为(0.649~0.895),PCT 联合 CRP

指标诊断肺部感染程度的曲线下面积(AUC)为0.903,95%CI为(0.843~0.964)。见图1。

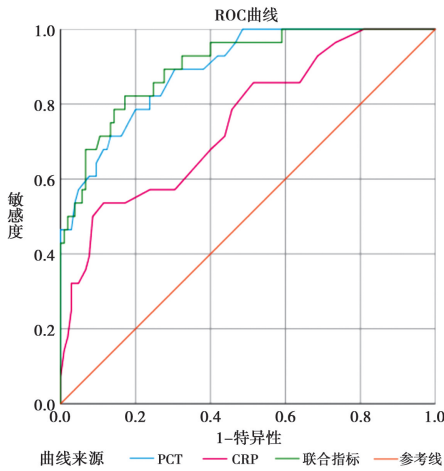


图1 血清PCT、CRP水平在不同程度老年肺部感染中的诊断价值ROC曲线

Fig. 1 The diagnostic value of serum PCT and CRP levels in different degrees of elderly pulmonary infections: ROC curve

### 讨论

多项研究发现,老年患者肺功能减退、抵抗力降低、伴随多种基础疾病等,肺部感染发病率高达55%~67%,是导致老年住院患者病死率高的主要原因之一<sup>[9]</sup>。老年患者由于免疫力低下,其迟发性变态反应减弱,可能无发热及呼吸系统症状,通过分析老年肺部感染临床特征,对临床诊断及控制病情发展具有重要意义。本次研究对比老年肺部感染患者与中青年肺部感染临床特征,研究发现老年患者多合并基础疾病、缺乏典型呼吸系统感染表现、病变部位主要为肺下野、治疗时间长。老年患者脏器功能不全,同时受到基础疾病的长期影响,多数患者卧床时间较长,呼吸道分泌物排出能力减弱,在重力影响下容易聚集于肺底部,因此病变部位主要分布于患者肺下野<sup>[10]</sup>。

本次研究中,共培养分离出病原菌139株,其中革兰阴性菌占比最高。革兰阳性菌主要为肺炎链球菌与金黄色葡萄球菌,对青霉素、苯唑西林、红霉素、克林霉素、氯霉素的耐药率较高,对环丙沙星、利福平的耐药率较低,未产生对万古霉素、替考拉宁的耐药株。革兰阴性菌主要为铜绿假单胞菌与鲍曼不动杆菌,对哌拉西林、庆大霉素、氯霉素的耐药率较高,对头孢吡肟、美罗培南、亚胺培南、阿米卡星的耐药率较低,未产生对多粘菌素B的耐药株。多粘菌素、替加环素、头孢哌酮-阿维巴坦是临床上治疗耐碳青霉烯类革兰阴性菌感染的主要抗菌药物,被称为“三剑客”,而多粘菌素几乎对所有耐碳青霉烯类革兰阴性菌感染有效,具有重要临床应用价值<sup>[11]</sup>。多粘菌素B是一种多组分碱性环肽类抗菌药物,20世纪50年代从多粘杆菌培养液

中分离,通过与革兰阴性菌细胞膜脂质A组发生极性相互作用或引起胞内氧化应激反应促进细胞死亡而发挥抗菌作用,具有抗菌疗效好、耐药率低特性<sup>[12]</sup>。

肺炎严重程度指数评分由美国胸科协会提出,可对患者肺部感染严重程度进行诊断。老年重度肺部感染患者,其肺组织损伤严重,容易诱导全身炎症及脏器损伤,对患者生命安全造成严重影响<sup>[13]</sup>。本次研究中,105例为中度肺部感染,28例为重度肺部感染。重度肺部感染患者血清PCT、CRP水平显著高于中度肺部感染患者。通过绘制血清PCT、CRP及联合指标在不同程度老年肺部感染中的诊断价值ROC曲线,结果显示,血清PCT、CRP及联合指标诊断肺部感染程度的曲线下面积(AUC)均>0.7,具有较高的诊断价值。与柳灵等<sup>[14]</sup>研究结果相近。PCT由116种氨基酸组成,主要由甲状腺滤泡旁细胞及肺、肠的神经内分泌细胞产生,当机体发生细菌感染炎症后,PCT水平在促炎因素下快速升高,目前临床上常用PCT作为判断病情的重要临床依据<sup>[15]</sup>。

综上所述,老年肺部感染患者多合并基础疾病、病变部位以肺下野为主,典型呼吸系统感染表现不明显,治疗时间较长。病原菌以革兰阴性菌为主,对临床常见抗菌药物的耐药性较高,临床治疗过程中应及时进行病原菌培养及耐药性监测,避免抗菌药物的不合理使用。重度肺部感染患者血清PCT、CRP水平显著升高,血清PCT水平、CRP水平单独及联合检测具有诊断老年患者肺部感染严重程度的诊断价值。

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