

# The Research Progress of Neonatal Respiratory Syncytial Virus Pneumonia

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## Abstract

Respiratory syncytial virus (RSV) is one of the most important pathogens of lower respiratory tract infection. Infants are the most susceptible to infection, especially less than 2 years old. It often occurs in winter and spring, presenting as interstitial pneumonia. Premature infants and low-weight infants are more prone to infection. RSV is highly infectious and prone to outbreaks, causing serious consequences. This article reviews the incidence, risk factors, epidemic characteristics, clinical manifestations, diagnosis, treatment and prognosis of neonatal respiratory syncytial virus pneumonia.

## Keywords

Respiratory Syncytial Virus, Pneumonia, Neonate

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# 新生儿呼吸道合胞病毒肺炎研究进展

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## 摘要

呼吸道合胞病毒(RSV)是下呼吸道病毒感染最主要的病原体之一,好发于婴幼儿,尤其2岁以内,常在冬春季节发病,表现为间质性肺炎,早产儿、低体重儿更易发生感染。RSV传染性强,易发生暴发感染,会造成严重后果。本文就新生儿呼吸道合胞病毒肺炎的发病情况、危险因素、流行特征、临床表现、诊断治疗与转归做一综述。

## 关键词

呼吸道合胞病毒, 肺炎, 新生儿

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## 1. 发病情况

呼吸道合胞病毒(respiratory syncytial virus, RSV)为副黏液病毒科, 单链 RNA 病毒, 电镜下结构与流感病毒相似, 因其在组织培养中表现细胞融合性病变, 被命名为 RSV [1] [2]。RSV 是下呼吸道感染最主要的病原体之一, 好发于婴幼儿, 常在冬春季节发病, 表现为间质性肺炎, RSV 肺炎是婴幼儿常见的肺炎。RSV 主要传播途径为飞沫传播, 接触传播为另一传播途径。RSV 为 2 岁以内最常见的呼吸道感染病毒[3] [4] [5] [6], 在 1 岁以内有 65%的儿童曾感染过 RSV, 2 岁时感染率接近 100% [7]; 90%的婴儿支气管炎及 50%的婴儿肺炎由 RSV 感染所导致[8]。病毒引起的新生儿下呼吸道感染, RSV 排在首位, 有流行病学研究新生儿感染性肺炎 RSV 检出率达 44.4% [9]。因免疫功能低下, 早产儿、低体重儿更易发生 RSV 感染, 且临床表现更严重; 因 RSV 传染性强, 近年来其感染率呈上升趋势, 易发生暴发感染, 已成为新生儿重症监护室(NICU)较为棘手的问题, 加重医疗负担, 增加医疗费用[10] [11]。

## 2. 危险因素

有统计发现, 患儿感染 RSV 男多于女[12] [13], 推测男童的呼吸道相对于女童短且狭窄, 可能是男女感染率差异的原因。Simoes 等[14]研究发现婴儿感染 RSV, 1 岁以内更容易发生, 且易出现严重感染。婴幼儿容易感染 RSV 的原因认为自体免疫系统发育尚未成熟, 母传抗体缺乏、呼吸道狭窄、Th2 免疫应答处于优势状态。Rodriguez-Auad 等[15]回顾性研究统计, 低龄儿童更容易感染 RSV, 其中小于 1 岁的患儿在 18 岁以内下呼吸道病毒感染患儿中占 63.2%。Langley 等[16]调查也发现年龄越小, RSV 感染率越高, 其中小于 3 个月的婴儿更容易发生严重感染。

母亲怀孕期间主动吸烟会抑制胎儿发育, 胎儿呼吸道、肺发育也会受到影响, 出生后肺功能下降, 增加了将来发生支气管哮喘的概率, 也可能会增加婴儿发生猝死的几率。Carbonell-Estrany 等[17]回顾分析了法、德、意等国家患儿 RSV 感染的危险因素发现, 父母或者家庭成员吸烟的儿童感染 RSV 概率是非吸烟组的 2.53 倍。拥挤的居住环境, 有同龄婴幼儿, 家庭成员人数多等是 RSV 感染的危险因素。Blanken 等[18]研究发现, 将家中有同胞兄妹或日间托管与母乳喂养 < 2 个月、直系亲属中有过敏史及出生在 RSV 流行季节等危险因素共同预测 RSV 感染的住院可能性时具有更高的准确性。Law 等[13]对加拿大儿童重症监护室(PICU)、新生儿重症监护室(NICU) 1860 名早产儿(孕期 33 至 35 周)随访发现婴幼儿感染 RSV 再次住院的独立危险因素包括有学龄前期同胞兄妹或者有上托儿所的同胞兄妹, 居住环境拥挤, 家庭成员超过 5 人等。

肺发育尚未完善, 呼吸道狭窄, 抵抗病毒感染的细胞免疫系统发育尚未完善, 再加之母传抗体缺乏等, 被认为是早产儿发生 RSV 重症感染的危险因素。Gouyon 等[19]将排除支气管肺发育不良(BPD)的早产儿与足月儿对比统计发现, 早产儿感染 RSV 住院率是足月儿的 4 倍。Stevens 等[20]对 1290 例早产儿随访 1 年发现, 因感染 RSV 住院率 11.2%, 出生胎龄越小感染 RSV 住院率越高, 孕 26~32 周出生的早

产儿感染 RSV 住院率 7.6%, 小于孕 26 周出生的早产儿感染 RSV 住院率达 13.9%。推测可能是因为大于 29 孕周出生的早产儿才有抗 RSV 的特异性抗体。感染 RSV 的保护因素甚少, 研究发现母乳喂养是 RSV 感染保护因素之一, 但机制尚不完全清楚, 可能因为母乳所含营养成分最适合婴儿需求, 母乳含有免疫因子, 如分泌型 IgA、乳铁蛋白、活性溶菌酶等, 可以增强婴儿的免疫功能。Oddy 等[21]研究发现母乳喂养可减少 RSV 呼吸道感染, 但需要持续喂养超过 6 个月, 或者部分母乳喂养到 1 岁才有差异。

合并先天性心脏病(CHD)、BPD、免疫功能缺陷、神经肌肉损伤、胃食管反流、21-三体综合征等基础疾病患儿易发生 RSV 感染[22] [23] [24] [25], 且更容易发生 RSV 重症感染。免疫功能缺陷的患儿对病毒高度易感, 易发生 RSV 重症感染, 甚至死亡[26]; 有神经肌肉损伤疾病的患儿, 尤其是新生儿因吞咽反射障碍、胃食管反流、咳嗽无力等更容易发生 RSV 重症感染。El Kholy 等[27]研究也发现先天性心脏病是严重 RSV 感染死亡的独立危险因素。Szabo 等[28]研究发现, 因重症 RSV 下呼吸道感染住院治疗的患儿死亡率低; 但患有 CHD 的儿童发生重症 RSV 感染时死亡率达 5.2%, 患有支气管肺发育不良的儿童 RSV 重症感染的死亡率达 4.1%。因此, 目前认为婴幼儿感染 RSV 的危险因素包括年龄小于半岁, 缺乏母乳喂养, 有学龄期同胞兄妹, 家庭成员超过 5 人, 家中有上托儿所的同胞兄妹, 父母或者家庭成员吸烟等。早产且双胞胎或三胎、CHD、免疫功能缺陷被认为 RSV 重症感染的危险因素[29]。

### 3. 流行特征

RSV 的流行有明显的季节分布特征, 在不同的地区也存在差异。在温带及大部分亚热带地区, 秋末、冬春季节出现 RSV 感染流行; 在热带地区通常在雨季出现 RSV 感染流行。在北美洲、欧洲地区, 冬季、春季是 RSV 感染流行高峰期。欧洲对早产儿 RSV 感染住院统计分析, RSV 感染于 10 月开始流行, 次年 5 月结束, RSV 感染率最高的时间为 12 月、1 月、3 月[30]; 美国 RSV 感染流行季节为 11 月至次年 3 月[31]。中国大部分地区 RSV 感染流行在 1 月和 2 月。Zhang 等[32]采集了 894 例急性呼吸道感染患儿鼻咽部分泌物, 做病原学检测发现, RSV 感染流行行为 11 月到次年 3 月。RSV 分为 A、B 两个亚型, 每个亚型分为不同的亚系。在同一年份不同亚系可共同流行, 以其中某一亚系为主, 不同年份流行的主要亚系也可不同[33]。A 亚型具有高的变异性, 感染流行更常见[34]。认识 RSV 感染流行特征, 为预防 RSV 感染流行, 避免暴发感染及再次感染提供理论支持。

### 4. 临床表现及诊断

RSV 感染后常以鼻咽部卡他样症状伴有局部充血, 及全身低热为起始表现, 症状只局限于呼吸系统。RSV 呼吸道感染引起的疾病包括上呼吸道感染相关性疾病、支气管炎、支气管肺炎等, 初期为上呼吸道感染, 2~5 天后病情进展为下呼吸道感染, 主要表现为阵发性咳嗽并逐渐加剧, 伴有喘息、呼吸困难等症状, 有观察发现 21.8%患儿 RSV 感染后出现喘息[35]。听诊肺部有不同程度的湿啰音, 干啰音相对少。早产儿由于来自母体的抗体水平低下, 易发生重症感染, 表现为呼吸暂停、发绀、黄疸、反应差, 或仅表现嗜睡, 进食差, 临床诊断及鉴别诊断困难而引起严重后果, 需高度警惕[36] [37] [38] [39], 早产儿 RSV 感染约 70%表现为肺炎及肺不张。患儿常常因低氧血症, 低通气/灌注比而就住院。在急性感染阶段所有患儿, 尤其早产儿可能出现窒息, 且反复发生。RSV 感染病程具有自限性, 引起中枢神经系统损害少见。有 RSV 感染高危因素的患儿病情通常较重, 特别是 BPD 伴组织缺氧及肺血增多的 CHD。社区与院内 RSV 感染肺炎临床表现也存在差异[40]。

X 线检查可见肺部炎性浸润, 间质性肺炎改变, 可有小点片状阴影及肺气肿。RSV 病毒学检测多采用病毒分离培养法、间接、直接免疫荧光法、碱性磷酸酶抗碱性磷酸酶桥联酶标法、生物素拟链霉亲和素拟过氧化物酶法、酶联免疫吸附试验、病毒快速检测法、分子生物学法等; 分子生物学方法包括多重

逆转录聚合酶链反应(PCR)、巢式 PCR 及核酸杂交、多重实时 PCR、基因芯片技术、悬浮阵列技术等[41]。

## 5. 治疗与转归

据报道,全球每年约有 6400 万人感染 RSV,造成 3 至 5 百万儿童及成人死亡[42]。婴幼儿 RSV 发生下呼吸道感染后常遗留气道反应性,表现为急性期过后长时间内反复发作喘息。首次 RSV 下呼吸道感染发生喘息症状的住院患儿,以后因伴有喘息症状的肺炎再次入院的概率显著高于首次住院无喘息症状 RSV 下呼吸道感染的患儿[43]。RSV 感染后神经系统、免疫系统功能出现异常,进而产生呼吸道高反应性。部分患儿发生 RSV 下呼吸道感染后,反复出现咳嗽、喘息,少部分最后进展为支气管哮喘。有关 RSV 感染远期预后研究发现,通过长期随访观察大部分患儿在 RSV 感染后的几年中,气道功能发生异常。首次 RSV 下呼吸道感染住院后的 2 年内约有 82% 的患儿再次出现咳嗽、喘息等下呼吸道感染症状。婴幼儿时期 RSV 感染后随访 10 年常出现肺功能下降,气道反应性升高。如果存在过敏体质和(或)哮喘家族史可增加这种危险性[44]。Sigurs 等[45]对 52 例因 RSV 感染患支气管肺炎住院的小于 1 岁的患儿和 93 例小于 1 岁的健康儿作对照随访,3 岁时 RSV 感染组支气管哮喘发生率为 23%,而对照组支气管哮喘发生率为 1%,推测 1 岁前 RSV 感染患支气管肺炎是将来发生支气管哮喘的病因之一;其对其中两组患儿长期随访到成年,RSV 感染组支气管哮喘发生率仍高于无 RSV 感染对照组。研究发现年龄小、变应体质或有特应性家族史是 RSV 急性下呼吸道感染患儿发展为支气管哮喘的危险因素[46]。另有观察发现,有早产儿严重的 RSV 感染病史,随访 5 年与发生哮喘的风险中度相关[47]。RSV 所致的下呼吸道感染,发病和转归是一个复杂的过程,尽管 RSV 感染与其后的呼吸系统功能下降有关联性,但具体机制尚不清楚。

来自澳大利亚、加拿大的研究,因 RSV 感染住院治疗给低龄儿童造成严重的负担[48] [49]。有研究表明在 2 岁之前绝大多数儿童感染过 RSV [50]。在所有儿童中,RSV 下呼吸道感染住院率为 0.5%~2.0%,其中 50%~90%被诊断为支气管肺炎,5%~40%被诊断为肺炎。Iwane [51]等研究发现,RSV 感染患儿约占所有下呼吸道感染患儿人群的 25%;同时还发现,尽管 RSV 感染发病率随着地区、季节的不同有所变化,但总体上小于半岁的婴儿发生 RSV 感染概率约为年长儿的 30 倍,在大于 1 岁的儿童中,平均每 1000 例儿童就有 5.5 例儿童因 RSV 感染住院治疗,在该年龄段因 RSV 感染死亡人数约占因 RSV 感染死亡人数的 42%。美国回顾研究发现,全国小于 5 岁的儿童因 RSV 感染住院率 4.53%,小于 1 岁的儿童因 RSV 感染住院率达 17.38%;全年约有 8.6 万儿童因 RSV 感染住院,40.2 万 RSV 感染急诊病例,23.6 万 RSV 感染门诊病例,仅 2000 年 1 年,因 RSV 感染住院费用 3940 万美元,外加因 RSV 感染产生的其他医疗开销,合计 6520 万美元[52]。RSV 感染给社会造成巨大的卫生经济负担,给家庭造成物质和精神压力。尽管随着医疗卫生条件改善,因 RSV 感染造成的经济负担已有所减轻,但 RSV 感染仍以高住院率、高住院费、长住院天数等继续在全球范围内造成严重影响。2010 年 Nair [53]等 Meta 分析发现,全球每年因 RSV 所致下呼吸道感染患儿约 3380 万,发展中国家占 68.9%,99% 的死亡在发展中国家。有统计发现,有早产、氧气依赖、PBD、先天性心脏病、免疫缺陷等危险因素的婴儿,因 RSV 下呼吸道感染直接增加第一年医疗费用[54] [55];较之足月儿早产儿因 RSV 感染发生严重感染更常见,花费的医疗费用更多[56]。

## 6. 结论

总之,RSV 发病机制复杂,人群存在普遍易感性,如何预防 RSV 的高感染率、高住院率及改善预后等方面应受到高度重视。对 RSV 的发病情况、流行特征、高危因素等方面进行多中心、大样本的深入研究,这对预防 RSV 流行、避免高危患儿感染、指导主动免疫,尤其对新生儿具有很好的帮助。当今城市化人口趋于集中,如何避免 RSV 感染暴发流行,减轻对患儿尤其新生儿的远期影响,避免相关后遗症势在必行。

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