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去骨瓣减压术治疗恶性大脑中动脉脑梗死疗效的Meta分析

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摘要:目的 系统评价去骨瓣减压术治疗恶性大脑中动脉脑梗死的疗效及安全性。方法 计算机检索Springer、Cochrane Library、CNKI和万方数据库, 查找去骨瓣减压术治疗恶性大脑中动脉脑梗死(RCT), 检索时间截至2012年6月。按Cochrane系统评价方法对纳入研究进行资料提取和质量评价行Meta分析。结果 共纳入4个RCT, 共181例恶性大脑中动脉脑梗死患者(93例为去骨瓣减压术, 88例为内科治疗患者)。发病48 h内行去骨瓣减压术的患者82例和内科治疗患者74例。Meta分析结果表明: 发病48 h内行后随访mRS>3分(OR=0.42, 95% CI 0.20~0.89)、mRS>4分(OR=0.12, 95% CI 0.06~0.25)及死亡(OR=0.05~0.21)均少于内科治疗患者, 差异均有统计学意义(均P<0.05)。结论 去骨瓣减压术能够降低患者治疗1年后随访的重度残疾和死亡人数, 手术时间在发病48 h以内效果好, 但具体最佳时间尚不明确。去骨瓣减压术是治疗急性大面积脑梗死的一种较好方式。

关键词: 脑梗死; 随机对照试验; Meta分析; 去骨瓣减压术

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