

综述

冠状动脉有创功能学检查研究进展

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[摘要] 血流储备分数 (fractional flow reserve, FFR) 作为一项有创功能学检查技术, 其诊断效能已被大量研究证实。由于其优于传统的单纯选择性冠状动脉造影 (coronary artery angiography, CAG), 现已成为诊断冠状动脉病变严重程度的“金标准”。然而, FFR 由于需要使用血管扩张药物进行血管预处理, 且加之冠状动脉压力导丝的通过性能不佳、检查操作时间长等因素, FFR 的临床应用受到限制, 无法广泛使用。因此, 瞬时无波比 (instantaneous wave-free ratio, iFR) 及定量血流分数 (quantitative flow ratio, QFR) 等 FFR 的衍生指标应运而生。已有研究证实, 这些指标与 FFR 具有良好的一致性。此外, 这些衍生指标在测量中简化了操作流程, 避免了血管扩张药物的使用, 同时可以取得与 FFR 接近的功能学数据, 给术者提供了可靠的支持, 并减少了患者的不良反应, 有望成为 FFR 的替代检查在临床中广泛应用。近年来, 多项重要研究的发表为冠状动脉功能学检查提供了新的循证证据支持, 研究内容涵盖检查方法学的更新、诊断效能的对比、检查范围的扩展、长期随访数据的公布等多个方面。该文对近年 FFR、iFR、QFR 的相关研究进行综述。

[关键词] 冠状动脉疾病; 冠状动脉功能学检查; 血流储备分数; 瞬时无波比; 定量血流分数

[DOI] 10.3969/j.issn.1674-8115.2022.06.017 **[中图分类号]** R541.4 **[文献标志码]** A

Research progress of invasive functional assessment of coronary artery disease

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[Abstract] Fractional flow reserve (FFR) is an invasive functional examination. Its diagnostic performance has been confirmed by a large number of studies. Because of its superiority to the traditional method of pure selective coronary angiography (CAG), it has now become the “gold standard” for diagnosing the severity of coronary artery disease. However, the need to use vasodilators for vascular pretreatment, poor coronary pressure guide wire passing performance, long inspection operation time and other factors make FFR limited in clinical application and could not be widely used. Therefore, derived indicators of FFR such as instantaneous wave-free ratio (iFR) and quantitative flow ratio (QFR) have been generated. Studies have confirmed that these indicators are in good agreement with FFR. In addition, these derived indicators simplify the operation process in the measurement, avoid the use of vasodilators, and can obtain functional data close to FFR at the same time, which provide reliable support for the operator and reduce the adverse effects of patients. Therefore, they are expected to be widely used in clinical practice as an alternative to FFR. In recent years, the publication of a number of important studies has provided new evidence-based data. These studies include the update of examination methodologies, the comparison of diagnostic performance, the expansion of examination scope, and the publication of long-term follow-up data, etc. This paper reviewed the related studies in recent years.

[Key words] coronary artery disease; coronary functional assessment; fractional flow reserve (FFR); instantaneous wave-free ratio (iFR); quantitative flow ratio (QFR)

冠状动脉疾病 (coronary artery disease, CAD) 是心源性死亡中最主要的病因。选择性冠状动脉造影 (coronary artery angiography, CAG) 可以直观地反映冠状动脉解剖学狭窄, 在过去被认为是介入治疗的

“金标准”。然而, 解剖学狭窄程度有时与患者心肌缺血严重程度并不匹配, 这是由于解剖学狭窄仅为冠状动脉血流储备减少的一个影响因素, 微循环调控、动脉压力、心率、静息血流速度等因素均会对冠状动

[基金项目] 国家自然科学基金重点项目 (81830010, 82130012); 申康-三年行动计划重大疾病多中心临床研究项目 (SHDC2020CR1039B)。

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[Funding Information] National Natural Science Foundation of China (81830010, 82130012); Clinical Research Plan of Shanghai Shenkang Hospital Development Center (SHDC2020CR1039B).

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脉血流储备产生影响。冠状动脉功能学检查可以对冠状动脉血流储备进行检测,较为全面地评估狭窄病变对于冠状动脉心肌供血的影响程度;相较于传统的CAG检查,可以更为精准地评估病变状态,提供更多的参数以供参考,从而优化治疗策略。常见的有创功能学检查方法有血流储备分数(fractional flow reserve, FFR)、瞬时无波比(instantaneous wave-free ratio, iFR)、定量血流分数(quantitative flow ratio, QFR)等。本文对FFR、iFR、QFR的最新研究进展进行综述。

1 概述

冠状动脉有创功能学检查是指通过有创的方式对冠状动脉进行侵入性检测,获取冠状动脉造影影像、血管不同位置的压力以及斑块性质等参数,并通过软件进行后处理分析,对冠状动脉血流储备进行评估,从而得到冠状动脉病变导致心肌缺血的严重程度。PIJLS等于1993年提出了FFR的检测方法,已经成为冠状动脉功能学检查的“金标准”^[1]。在《中国经皮冠状动脉介入治疗指南(2016)》和《2014欧洲心脏病学会/欧洲心胸外科协会心肌血运重建指南》中均为(I, A)类推荐等级^[2-3]。由于FFR具有一定的局限性^[4],近年来,iFR、QFR等FFR的衍生指标被开发并逐渐应用于临床实践中,用于指导冠状动脉的血运重建。

2 冠状动脉功能学检查研究进展

2.1 FFR

FFR是在血管扩张药物激发下冠状动脉病变远端压力与主动脉压力的比值,反映了冠状动脉病变的功能学意义,现已应用于临床中(表1)。DEFER^[5]研究指出 $FFR \leq 0.75$ 的病变需要接受介入治疗,此后的FAME系列研究中将这一截断值改为0.80,而对于 $FFR > 0.80$ 的病变,选择药物治疗是安全有效的^[6-8]。瑞典的一项大规模前瞻性研究对稳定型心绞痛患者进行了平均4.7年的长期随访,发现FFR指导下的经皮冠状动脉介入治疗(percutaneous coronary intervention, PCI)可以显著降低全因死亡率、支架内血栓及支架内再狭窄事件^[9]。然而,在临床中常发生FFR结果阳性的患者未接受PCI,而另一部分

FFR结果阴性的患者却接受了支架植入,这可能是由于患者症状严重程度、主观意愿以及多种疾病间的治疗矛盾等因素导致。SUD等^[10]纳入了9 106例接受FFR检测的患者,其中2 693例患者FFR得到了阳性结果,其中75.3%的患者接受了介入治疗,结果提示:在FFR结果阳性的患者中,PCI治疗可以显著降低术后5年的主要心血管不良事件(major adverse cardiovascular events, MACE);相反,在FFR结果阴性的患者中,接受PCI治疗反而提升了术后5年MACE事件的发生率。因此,在临床治疗中应当更严格地遵照参考截断值进行干预,必要时可联合其他检测方式如血管内超声(intra vascular ultra sound, IVUS)或光学相干断层扫描(optical coherence tomography, OCT)进一步综合评估病变,制定更合理的临床决策,避免过分干预或过于保守的治疗导致更多不良事件的发生。此外,日本的一项最新研究指出,FFR及高血栓风险与治疗5年靶血管失败及心脑血管事件相关;即使在FFR结果阴性的患者中,高血栓风险仍可显著提升事件率^[11]。因此,对于FFR结果阴性的患者,仍需关注其血栓风险,并适当调整治疗方案,以获得更好的临床预后。

近年来发布了多项多支血管病变研究。PUYMIRAT等^[12]在《新英格兰医学杂志》上发布的一项大规模前瞻性研究纳入了1 171例急性ST段抬高型心肌梗死(ST-segment elevation myocardial infarction, STEMI)伴多支血管病变的患者,分为FFR组和常规造影组,接受即刻完全血运重建或短期分期完全血运重建治疗,并进行了最长达36个月的随访,结果显示:FFR组有32例患者(5.5%)出现主要终点事件,血管造影组有24例患者(4.2%)出现主要终点事件($P=0.31$)。该研究指出,FFR指导的血运重建并不优于常规造影治疗,两者事件率相当^[12]。既往研究^[6]指出,FFR指导下的PCI介入治疗可以降低STEMI合并三支血管病变患者的术后不良事件发生率,较常规PCI治疗预后更好,这主要是由于FFR指导的患者术后再次血运重建的比率较低。然而,也有学者认为在这类患者中使用FFR实际上可能是不利的,因为FFR测量的操作中可能导致不稳定斑块的破裂或移动,从而导致将来心肌梗死或心源性死亡风险增高^[13]。FAME3研究^[14]结果于2022年1月发布于《新英格兰医学杂志》:纳入1 500例三支病变患者,1:1分为PCI组和冠状动脉旁路移植术

(coronary artery bypass grafting, CABG) 组; 相较于 CABG 组, FFR 指导的 PCI 患者术后 1 年主要终点事件发生率更高 (CABG vs FFR, 6.9% vs 10.6%), 不具有非劣效性 (非劣效性 $P=0.35$), 但 CABG 组大出血、心律失常和急性肾损伤的发生率更高。综上, 对于 STEMI 合并多支血管病变患者, FFR 是否获益仍有待进一步研究验证, 而对于复杂三支病变患者, 选择 CABG 治疗风险更低; 然而对于不能耐受长时间手术、高出血风险以及肾功能不全的患者, 选择 FFR 指

导下的 PCI 可以降低相关并发症的发生率, 改善患者的预后及生活质量。

此外, AHN 等^[15]的研究指出, FFR 也可用于心脏移植后冠状动脉功能学评估; 该研究指出心脏移植后 1 年的冠状动脉功能学异常 ($\text{FFR} \leq 0.80$) 较为常见 (5.5%), 并且是移植术后 10 年死亡或再次移植的重要预测因素。这是 FFR 首次用于评估心脏移植患者的预后。

表 1 FFR 的临床应用

Tab 1 Clinical application of FFR

Study	Year	Patients	Cut-off value	Primary endpoint	Conclusion
DEFER ^[5]	2001	91	<0.75	adverse cardiac events	DEFER vs PEFORM (FFR guided) $P=0.21$
FAME ^[6]	2009	509	≤ 0.80	MACE	FFR vs CAG $P<0.001$
FAME 2 ^[16]	2012	447	≤ 0.80	MACE	FFR-guided PCI + OMT vs OMT $P<0.001$
FAME 3 ^[14]	2022	1 500	≤ 0.80	MACCE	FFR-guided PCI vs CABG (three-vessel CAD) $P=0.35$ for noninferiority
AGARWAL, et al ^[17]	2016	574	≤ 0.86	MACE	Final FFR ≤ 0.86 had incremental prognostic value over clinical and angiographic variables for MACE prediction

Note: FFR—fractional flow reverse; PCI—percutaneous coronary intervention; MACE—major adverse cardiovascular events; CAG—coronary artery angiography; OMT—optimal medical therapy; MACCE—major adverse cardiac and cerebrovascular event; CABG—coronary artery bypass grafting; CAD—coronary artery disease.

2.2 iFR

ADVISE 研究^[18]提出了“瞬时无波形区”的概念。瞬时无波形区开始于舒张期的前 25%, 结束于舒张期结束前 5 ms。由于这一时期冠状动脉内阻力相对稳定且最小, 在这一时期进行功能学测定可以近似认为冠状动脉处于最大舒张状态, 从而避免了腺苷的使用。iFR 是 FFR 的衍生指标, 定义为冠状动脉舒张期的特定区间——“瞬时无波形区”中测量所得的跨冠状动脉病变压力比值, 且无需使用血管扩张药物, 已

取得一定的研究进展 (表 2)。既往研究表明, iFR 与 FFR 具有良好的相关性 ($R^2=0.66$), 且 $\text{iFR} \leq 0.89$ 与 $\text{FFR} \leq 0.80$ 的诊断效能差异无统计学意义。此外, 相较于 FFR 指导的 PCI, iFR 组显著降低了患者的不良症状或临床体征, 这可能是由于未使用血管扩张药物所致^[19-20]。iFR 已经在指导临界病变的介入决策、多支血管病变的评估、复杂病变的评估等诸多领域内有了较为广泛的应用。

表 2 iFR 的比较验证和临床应用

Tab 2 Comparative validation and clinical application of iFR

Study	Year	Patients	Design	Primary endpoint	Conclusion
RESOLVE ^[19]	2012	1 768	FFR contrast	—	iFR-FFR $R^2=0.66$
DEFINE-FLAIR ^[20]	2017	2 492	iFR-FFR	MACE	iFR-FFR $P<0.001$ for noninferiority
iFR-SWEDEHEART ^[29]	2017	2 037	iFR-FFR	death from any cause, nonfatal MI, or unplanned revascularization	iFR-FFR $P=0.007$ for noninferiority
DEFINE PCI ^[23]	2022	500	post-PCI	death from cardiac cause, nonfatal MI, or unplanned revascularization	68% relative reduction in clinical events at 1 yr. follow-up among patients achieving post-PCI iFR ≥ 0.95 , $P=0.04$
EL HAJJ et al ^[22]	2021	125	LM lesion	—	iFR ≤ 0.89 was associated with IVUS-MLA $<6 \text{ mm}^2$ (LM lesion)

Note: iFR—instantaneous wave-free ratio; FFR—fractional flow reverse; MACE—major adverse cardiovascular events; MI—myocardial infarction; PCI—percutaneous coronary intervention; LM—left main vessel; IVUS—intra vascular ultra sound; MLA—minimum lumen area.

iFR 可以用于指导 PCI 策略。OMORI 等^[21]的研究进一步证实了 iFR 指导的 PCI 可以在有效改善冠状

动脉功能的同时, 减少支架的植入数量及覆盖的病变长度。在左主干病变的检测中, EL HAJJ 等^[22]以

IVUS测得的最小管腔面积(minimum lumen area, MLA) $< 6 \text{ mm}^2$ 作为左主干狭窄的参考标准,发现iFR ≤ 0.89 对其拥有一定的诊断能力(曲线下面积=0.77, $P < 0.001$);在单纯主干病变(前降支/回旋支开口无病变)中,iFR ≤ 0.89 的诊断效能更优(曲线下面积=0.84, $P < 0.001$)。iFR也可以用于PCI术后预后评估。DEFINE PCI研究^[23]指出,与PCI术后iFR < 0.95 的患者相比,PCI术后iFR ≥ 0.95 与术后1年时的心源性死亡、心肌梗死或靶血管血运重建的负荷终点显著降低($P=0.04$)及心绞痛症状减轻(西雅图心绞痛评分降低)相关。

约20%的病例中iFR与FFR存在诊断不一致,常见于左主干及前降支近端^[24]。ADVISE II研究的事后分析指出,冠状动脉微循环对腺苷给药的充血反应与年龄有关。FFR值随着患者年龄的增长而增加,而iFR值在整个年龄范围内保持不变,这也导致了非老年患者组(33~58岁)中FFR ≤ 0.80 而iFR > 0.89 的比例明显增高(33~58岁 vs 59~69岁 vs 70~94岁; 14.1% vs 7.1% vs 7.0%, $P=0.005$)^[25]。此外,WARISAWA等^[24]发现,弥漫性病变与FFR结果阴性/iFR结果阳性显著相关;这可能是由于摩擦阻力的增加导致,这一现象在静息状态下更为明显。既往研究表明,血流速度、血管舒张功能及静息血流量均可影响iFR与FFR的一致性^[26-28],这可能导致部分患者不能得到最佳的治疗方案,但在预后上2组间差异无统计学意义^[28]。iFR尽管有望成为FFR的替代检测方式,但仍需关注到其与FFR存在一定程度的偏差;这一偏差在主要临床终点事件的发生率上并无显著影响,但对于患者术后症状的改善及生活质量等方面是否会产生影响仍未可知,需要进一步研究来验证。因此,在临床中应选用合适的功能学检测方法,不能盲目相信结果,避免因误差而造成不良临床结局。

2.3 QFR

QFR是一种可以快速检测冠状动脉功能学状态的新方法,其基于三维定量冠状动脉造影(three-dimensional quantitative coronary angiography, 3D QCA)结合流体力学方法进行冠状动脉功能学分析,已取得一定研究进展(表3)。FAVOR Pilot研究^[30]验证了以FFR为金标准,造影剂血流模型QFR(contrast-flow QFR, cQFR)与诱导充血血流模型QFR(adenosine-flow QFR, aQFR)两者诊断效能相

仿,为QFR的临床应用奠定了基础。后续FAVOR II China、FAVOR II Europe/Japan 2项前瞻性、多中心研究进一步验证了QFR与FFR良好的诊断一致性^[31-32]。近期发表于《柳叶刀》的FAVOR III China研究^[33]纳入了3 847例患者,1:1的分配至单纯目测法指导的介入治疗组和QFR指导的介入治疗组,在1年的随访中,QFR指导的介入治疗组患者事件率较前者低(5.8% vs 8.8%),同时,QFR指导的介入治疗组患者血运重建率低,因此使用QFR进行冠脉介入策略指导可以减少PCI术后不良事件的发生率,并避免一些不必要的血运重建,使患者获益。一项以FFR为金标准验证QFR与基于单光子发射计算机断层扫描(single-photon emission computed tomography, SPECT)和正电子发射断层扫描(positron emission tomography, PET)的心肌灌注显像(myocardial perfusion imaging, MPI)诊断效能的研究发现,QFR的诊断效能优于SPECT和PET^[34]。综上,大量研究证实QFR是一个可靠的功能学检测指标。

二代QFR,基于Murray定律的定量血流分数(Murray law-based QFR, μ QFR)于2021年进入临床,与前代QFR相比, μ QFR仅需1个角度的冠脉造影图像即可进行计算。此外, μ QFR引入了边支血管QFR的测算,在计算主支QFR的同时,提供了边支血管的功能学信息,给冠脉介入医师提供了更多的信息;尤其是在分叉病变的患者中,提供了更多的数据支持,使得术者可以做出更优的介入决策。TU等^[35]基于FAVOR II研究的影像资料进行了回顾性的验证,在306例患者330次血管造影中, μ QFR与FFR有高度一致性($r=0.90$)。由于QFR在保证与FFR良好的诊断一致性的同时,避免了腺苷及压力导丝的使用,且计算速度远快于FFR,有望替代FFR成为临床冠状动脉功能学检查的常规方法。然而,QFR仍具有一定的局限性。例如,对于左主干病变、开口病变、弥漫性病变等特殊类型的病变,QFR的结果往往会与FFR产生较大误差,甚至出现阴阳性结果错判;此外,QFR计算对于造影图像质量要求较高,图像质量也可能对结果的准确性产生影响。因此,尽管QFR提供了快速且精准的功能学检测结果,在使用中应充分保证分析影像的质量;同时,对于上述特殊病变,评估时应结合其他检查手段综合分析,以减少由于误差带来的决策失误。

表3 QER的比较验证和临床应用

Tab 3 Comparative validation and clinical application of QFR

Study	Year	Patients	Design	Primary endpoint	Conclusion
FAVOR Pilot ^[30]	2016	1 768	FFR contrast (core laboratories)	—	cQFR-FFR AUC=0.92
FAVOR II China ^[31]	2017	2 492	FFR contrast (catheterization laboratory)	—	QFR-FFR AUC=0.96
FAVOR II Europe/Japan ^[32]	2018	2 037	FFR contrast (catheterization laboratory)	—	QFR-FFR AUC=0.92
TU et al ^[35]	2021	306	FFR contrast (core laboratories)	—	μQFR-FFR $r=0.90$
FAVOR III China ^[33]	2021	3 847	QFR-CAG	MACE	QFR-guided vs CAG-guided $P<0.001$
VAN DIEMEN et al ^[34]	2020	208	FFR-QFR/SPECT/PET	—	QFR vs SPECT/PET AUC=0.94 vs 0.63/0.82
HAWKEYE ^[36]	2019	602	post-PCI	VOCE	post-PCI QFR ≤ 0.89 was associated with a 3-fold increase in risk for VOCE
TANG et al ^[37]	2019	354	functional SYNTAX score	MACE	Q-rFSS has a better prognostic ability for the risk of MACE AUC=0.74

Note: QFR—quantitative flow ratio; FFR—fractional flow reserve; cQFR—contrast-flow QFR; AUC—area under the curve; μQFR—Murray law-based QFR; CAG—coronary artery angiography; MACE—major adverse cardiovascular events; PCI—percutaneous coronary intervention; SPECT—single photon emission computed tomography; PET—positron emission tomography; VOCE—vessel-oriented composite endpoint; Q-rFSS—quantitative flow ratio-guided residual functional SYNTAX score; STEMI—ST-segment elevation myocardial infarction.

3 总结

综上所述,冠状动脉介入治疗已不再单纯依赖于解剖学狭窄进行判定,以FFR为代表的有创功能学检查已逐渐取代单纯CAG,成为判定冠状动脉病变严重程度的“金标准”。功能学检查可以在不增加不良事件的同时有效减少不必要的介入操作;同时,在介入治疗中,也降低了介入血管长度及支架植入数量,从而减少了手术相关并发症的发生。此外,功能学检查也可用于复杂病变决策、PCI术后预后预测等各个方面。随着技术的发展,iFR、QFR等无需腺苷扩张血管的新检测方法也接连出现,并与FFR取得了良好的一致性,减少了药物相关不良事件,有望替代FFR广泛应用于临床。冠状动脉介入治疗现已进入了功能学检测的新时代,为术者提供了更直观可靠的数据支持,也给患者减轻了经济负担,减少了手术相关并发

症。相信未来会有更多的研究提供更全面的循证支持,也将有更多的新技术出现以克服现在技术上存在的瓶颈,使冠状动脉功能学检查更好地辅助介入治疗。

利益冲突声明/Conflict of Interests

所有作者声明不存在利益冲突。

All authors disclose no relevant conflict of interests.

作者贡献/Authors' Contributions

蒋越参与了论文的写作,蒋越、何奔参与了修改。所有作者均阅读并同意了最终稿件的提交。

The manuscript was drafted by JIANG Yue and revised by JIANG Yue and HE Ben. All the authors have read the last version of paper and consented for submission.

- Received: 2022-05-13
- Accepted: 2022-05-30
- Published online: 2022-06-28

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[本文编辑] 徐 敏

