

产后出血

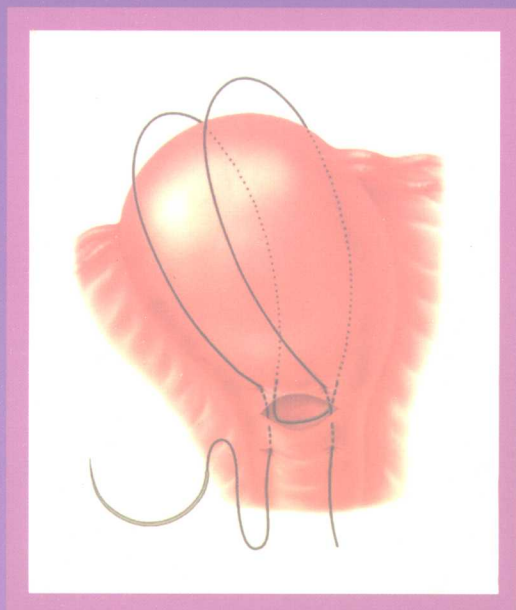
——产后出血的评估、治疗和外科手术综合指南

A Textbook of Postpartum Hemorrhage

*A comprehensive guide to evaluation, management
and surgical intervention*

原 著 Christopher B-Lynch
Louis G. Keith
André B. Lalonde
Mahantesh Karoshi

主 译 张运平 刘晓红



 人民卫生出版社

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Christopher B-Lynch et al.

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译者序

产后出血是孕产妇死亡的主要原因之一，尤其在发展中国家更是如此。在全世界，不发达地区怀孕期间或分娩时产妇死亡的比率是最高的。现有数据表明，有 25% 的产妇死亡是由于产后出血造成的，然而，在某些国家却占到 1/3 甚至更多，其中许多孕产妇死亡通过较好的治疗和护理、及时有效的转诊等措施是可以避免的。全世界的妇产科医生都在为降低产妇死亡率而努力。

在我国，产后出血仍然是孕产妇死亡的首要原因，目前国内尚缺乏一本系统介绍产后出血的专著。本书系统介绍了有关产后出血的病因、预防和处理方法、结局及经验，具有很强的实用性，是一本极好的参考书之一。鉴于此，决定组织我院临床及保健医生进行翻译，随后请赵温医生、张小燕医生进行了核对。最后，请北京大学第一医院妇产科杨慧霞教授和上海第一妇婴医院段涛教授及同仁集中审稿，最终把这本书呈现在大家面前。

在本书的出版过程中，人民卫生出版社给予了大力支持，北京市脐带血造血干细胞库也提供了一定的帮助，在此一并表示感谢！

张运平 刘晓红

2008 年 7 月

前 言

2006年第18届国际妇产科联合会(FIGO)国际会议在马来西亚吉隆坡举行,在大会主席团会议上宣布了该书的发行工作,这是一个重要的日子,标志着提高产后出血可治疗性的战役又往前迈出了一步。早在2003年10月在智利圣地亚哥的国际会议上,FIGO联合其他组织和基金会发起了一次国际倡议,发展新战略以预防产后出血,以及面对产后出血时如何确定有效的内外科治疗方案。

针对产后出血,毫无疑问既要预防又要治疗。最近来自WHO的证据显然表明,因产后出血而导致的死亡被低估了,在南非等非洲国家,以及东南亚和拉美国家可能达到了所有产妇死亡40%的比例。的确,在危地马拉和阿富汗,将近50%的产妇死亡是由于产后出血的原因。

最近25年,世界上那些低收入国家在降低产后出血发生率和减少产妇死亡与发病两个方面仅取得很小的进步。这本新书是全世界范围内预防产后出血的国际行动的一部分,旨在药物和手术治疗方面提供一些新看法。本书第一部分是有关缺乏精确评估分娩期间出血量的方法和相关困难。听起来令人惊异,分娩期失血量时常被低估,临床评估不十分精确。本书的第二部分,从基础生理学到产科精神创伤,阐述了其间因果关系。书中第三部分通过精彩地描述第三产程积极处理来阐述整个预防的问题,并讲述了由国际助产士联盟(ICM)、FIGO、主动预防产后出血项目组(POPPHI)等许多合作伙伴倡导的这种积极处理过程在许多国家施行中存在着极大的差异。概述了米索前列醇及其预防和治疗的作用,并带来一场前沿讨论——为什么这种低成本药没有被更广泛应用。

本书强调了器械助产导致的产伤和精神创伤以及胎盘粘连的处理。对凝血功能障碍和弥散性血管内凝血书中进行了全面的综述,并对第VIIa因子的治疗作用进行了很长篇幅的论述。与治疗宫缩乏力有关的部分用了很多图表来讲述,并提出了助产士和医师面对这种紧急情况所需准备的一个“产后出血托盘”。另外,由最先使用这种技术的外科医生讲解B-Lynch缝合术。比如宫内填塞和保守外科疗法等其他新的操作也作了详细的介绍,希望能激起更多关于这些可能低费用的有效疗法的临床研究。

结合波兰、伊朗、印度和非洲产后出血处理的经验,讲述了产后出血导致的相应产妇并发症与死亡。

在2005年12月FIGO委员会会议上,批准了一个举动,该举动是呼吁所有成员国授权护士和助产士使用催产素且无须医生处方。FIGO也要求其成员与其他医疗从业人员和管理

者一起配合，将米索前列醇批准列入基本药物目录中。FIGO 进一步研究了一份调查表，用于评估第三产程处理中催产素和米索前列醇的作用。

不管是低收入还是高收入国家，产后出血一直威胁着妇女的生命。在低收入国家，产后出血是母体死亡最重要的原因。多数产后出血病例归因于宫缩乏力，不幸的是，预防和治疗宫缩乏力的简单且价廉的技术很少被临床实践所应用。

ICM 和 FIGO 已经加入了国际组织，尤其是 USAID，为了训练和实施第三产程积极处理，提出了一些供医疗专业人员使用的低成本技术。FIGO 和 ICM 也呼吁联合国组织和高收入国家的大型基金会支持正在进行的为减少由产后出血而导致产妇死亡的行动。作为该行动的一部分，我们热忱地签发了这本书，这是针对关系到全世界医疗事业重大利益的第一个信息纲要。

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