

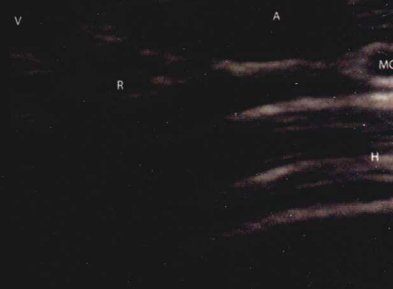
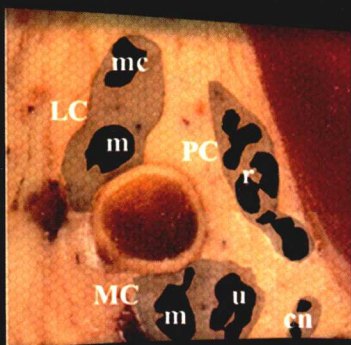
· 第3版 ·

周围神经阻滞 彩色图谱

Peripheral Nerve Blocks
A Color Atlas

原著 Jacques E. Chelly

主译 夏燕飞 徐 鹏



Wolters Kluwer
Health



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内容提要

本书描述了成人和小儿各个部位的区域麻醉方法,介绍了神经刺激技术、超声引导技术以及神经周围置管等技术,适用于麻醉科医师及相关专业对疼痛阻滞感兴趣的医务人员。全书共分七篇,第一篇为总论,讲解了实施周围神经阻滞的基本步骤,所需要用到的器材和药物,以及成人的神经体表投射;第二篇是单次周围神经阻滞技术,包括上下肢、头、颈、躯干的神经阻滞;第三篇介绍了连续神经阻滞技术,包括上下肢和胸膜腔、胸椎旁的置管技术;第四篇是超声技术部分,介绍了超声的基础知识以及上下肢的区域超声图像;第五、六篇是小儿神经阻滞部分,分别介绍了单次和连续阻滞方法;第七篇是疼痛阻滞部分。本书基本涵盖了全身各个部位的阻滞解剖及方法,并给出了作者的操作经验及建议,基础理论与临床实践密切结合,能够为周围神经阻滞的初学者提供切实的帮助。

主译简介



夏燕飞,女,40岁,主任医师,浙江医院麻醉科主任。

目前为中国医师协会浙江省麻醉学分会常务委员;中华医学会浙江省麻醉学分会委员;浙江省麻醉质量控制中心委员。

近十年来获得多项各类科研资助,在专业杂志发表论文十余篇。

擅长于高龄患者的围术期管理与调控,对于周围神经阻滞麻醉在重症患者的应用积累了丰富的临床经验。

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译者序言

区域麻醉阻滞技术是每一位合格的麻醉医师必须掌握并熟练应用的基本技术之一。从学习麻醉学理论知识开始,区域麻醉阻滞技术就贯穿了整个麻醉事业的生涯。夏燕飞主任主译的《周围神经阻滞彩色图谱(第3版)》的出版,可促进我国区域麻醉阻滞技术的知识更新和技术提升,我由衷地感到这是麻醉界的一大幸事。

解剖学是神经阻滞的根基,也是麻醉医师必须了如指掌的“地图”。《周围神经阻滞彩色图谱(第3版)》采用简洁明了的示意图向读者展示了人体局部解剖结构,使用区域麻醉可为术中及术后提供完善的镇痛,需要操作者在熟悉解剖的前提下,选择合适的病例,设计恰当的麻醉方案。所以,本图谱中文版的出版,将会为临床麻醉医师提供翔实的学习材料。

20世纪90年代起,神经刺激器开始在临床广泛应用,再加上近几年超声引导技术迅速发展,区域神经阻滞技术日臻精准。超声引导下的区域神经阻滞提高了定位的准确性,观察局部麻醉药注射后的扩散,提高了阻滞效果,而且减少了神经损伤和缩短了起效时间,避免了损伤血管及误入血管等并发症的发生。《周围神经阻滞彩色图谱(第3版)》用简单、清晰、明了的图谱形式,展示了超声技术在区域阻滞这一领域的应用。此外,越来越多的老年手术患者、小儿患者选择区域麻醉,临床上对术中及术后的镇痛要求越来越高,因此,区域麻醉阻滞技术有非常广阔的临床应用前景。

《周围神经阻滞彩色图谱(第3版)》以图文并茂的方式,生动地讲解了从基础解剖到临床操作、从成人到小儿、从单次神经阻滞到置管连续阻滞、从神经刺激技术到超声引导技术,最后到临床麻醉常见疼痛的处理。并且在每个章节之后,都给出了基于临床经验的注意事项。诚如原著作者 Jacques E. Chelly 所言,这本图谱,可以作为临床医师的工具书来使用。

最后,热烈祝贺《周围神经阻滞彩色图谱(第3版)》中文版的出版。感谢浙江医院夏燕飞主任和她所带领的翻译团队为本书所付出的辛勤工作。夏燕飞主任严谨的治学精神和一丝不苟的工作作风都体现在此书中,我相信这本图谱一定会有益于广大麻醉医师吸取国外先进经验,为我国积极推广和熟练掌握区域麻醉阻滞技术发挥更大的作用。

严 敏

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主任医师、博士生导师

2014年7月24日 杭州

译者前言

兰州军区兰州总医院麻醉科的徐鹏博士和我有着多年的友谊。他从美国匹兹堡大学医学中心学习归来带回这本图谱,提出一起翻译,我欣然接受了他的邀请。

超声引入临床麻醉领域以来,包括译者在内的许多麻醉医师重新对区域麻醉产生了浓厚的兴趣,然而,看别人在超声引导下做神经阻滞很简单,探头拿在自己手里却很茫然;逐渐熟悉超声图像以后,又发现阻滞效果往往不能达到预期,哪怕是表浅部位的神经阻滞。我们不得不回到解剖基础,重新学习。

解剖知识是我们实施区域麻醉的基础。与大多数图谱不同,这本书更多的采用了尸体解剖照片,而不是描绘图或模式图,这便给了我们更具体形象的局部解剖概念。同时,也改变了我们以往从描绘图中学习到的知识,比如,神经横断面大多不是圆的,更多时候是扁平的;坐骨神经往往不是一根神经束,而是从骶丛发出的时候,就是并行的两根;臂丛的各神经支之间是有交融的。诸如此类的知识点还有很多。这些知识,可以指导我们在超声下去寻找神经结构,尤其是当神经走行存在变异的情况下;也可以解释为何阻滞了某一支神经,却没有达到想象中的阻滞效果。总之,解剖知识的掌握,能够让我们更好的选择病例,设计麻醉方案,为患者提供完善的区域麻醉。

除了介绍单次神经阻滞以外,这本书还介绍了神经周围置管的连续阻滞方法,为我们目前较为单一的静脉或椎管内患者自控镇痛提供了更多的选择。

虽然本书中超声部分篇幅相对较少,但主要部位的神经阻滞内容都已经涵盖。近几年来,随着可视化技术的日益普及,超声引导下的周围神经阻滞得到了广泛的应用。了解解剖结构、熟悉超声影像、加上系统规范地训练,使得周围神经阻滞无论在缩短起效时间、减少局部麻醉药用量、以及降低并发症发生率方面都显现出优势。对于初学者,本书无疑是一本很好的教材。

总之,翻译过程中,我和我的同事受益匪浅,相信读者也会从中受益。感谢我的同事们几个月以来付出的艰辛的劳动,感谢我的家人给予的理解和支持!初次翻译,疏漏之处恳请广大读者能够积极指出错误。



2014年7月15日 杭州

原著序言

本图谱第3版的发行,让我们有机会对之前两版书中的阻滞技术做了更新,此外,还提供了向读者介绍神经刺激技术进展的机会,这些进展包括神经体表投影、顺序法神经刺激技术以及超声引导技术。超声技术在过去四年的发展有目共睹。即使初学者,通过超声来定位神经已经越来越容易,可以预见,未来随着分辨率的提升和3D成像技术的成熟,这项技术会变得更加容易。虽然还不清楚超声引导是否有助于减少神经阻滞相关并发症,但借助超声,能够让操作者有机会看到穿刺针的走行甚至局部麻醉药液的扩散。近期研究表明,操作者能够很快掌握超声引导技术。在超声引导下是否借助神经刺激仪均可,但依然需要有很好的解剖基础知识。

第3版的撰写过程中,得到了许多区域麻醉专家一如既往的帮助,其中也包括来自匹兹堡大学麻醉科的专家。六年以来,我有幸作为匹兹堡大学麻醉科的一员,我们一同耕耘于区域麻醉及围术期急性疼痛干预领域,建立了卓越的区域麻醉与围术期急性疼痛干预服务体系,年实施外周神经阻滞超过15 000例,并以每年30%的速度在增长。近期,为了便于教学及标准化,我们麻醉科下设了区域麻醉与围术期急性疼痛干预部,在9所医院或日间手术中心开展了7类业务,未来还将开展至少2项业务。

代表所有的作者,我想说:我们真诚地期望这本图谱能成为住院医师、专科培训人员、甚至是对周围神经阻滞有兴趣的各专科主治医师(麻醉、急慢性疼痛、急诊、整形、耳鼻喉、颌面外科、眼科等)的日常用书。需要强调的是,这本图谱不能取代对学习者的实施操作时的监管,这只是一本工具书,一本帮助我们在区域麻醉方面提高理论与实践知识的教材。

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原著前言



Chelly 医师(左)和 Casati 医师(右)于 2002 年 8 月在匹兹堡第一届区域麻醉和疼痛管理国际研讨会的合影

谨以此书献给我亲爱的朋友 Andrea Casati 医师、他的妻子 Lucia 以及他的孩子们 Marco、Sophia 和 Matilde。Andrea 于 2007 年 4 月,在一场室内攀岩的意外中不幸去世,他对区域麻醉以及这本书做出了杰出的贡献,相信有幸认识 Andrea 的朋友,无论是私交层面或学术层面有过交流的人都会认同,Andrea 不仅是一位在区域麻醉方面极具才华和成绩斐然的专家,更是一位在家人和朋友需要时非常可以信赖的人。

尽管年轻,Andrea 已极大的推动了区域麻醉的发展。在区域麻醉的各个方面,Andrea 署名或共同署名发表了很多论文、综述以及参编相关书籍的部分章节,包括单侧腰麻、单次硬膜外麻醉以及局部麻醉药药理,但他最热衷于周围神经阻滞的研究;他帮助 Dr. Guido Fanelli 组建了意大利区域麻醉学院,并成立了意大利区域麻醉研究小组,Andrea 不仅是一位区域麻醉领域卓越的专家,同时也是深受爱戴的老师 and 充满激情的研究者,他总是乐于与大家分享他的学识,以及他所从事的新研究、新技术。他在区域麻醉方面最新的贡献是超声引导下的周围神经阻滞,从第 1 版开始,Andrea 就是该图谱的参编者。Andrea 曾受训于米兰 San Raffaele 医院,之后在米兰工作数年,直到后来追随他的良师兼益友,Parma 医院的麻醉科主任 Guido Fanelli,在他的领导下,Andrea 被提升为麻醉与重症监护病房副教授。

Andrea,请接受这本图谱,这是朋友和同事们对你的爱和敬意的表达,你所带来的热忱、激情、友谊和谦逊的品格将影响和激励与你认识的每一个人。

Jacques E. Chelly 医学博士、理学博士、工商管理硕士

致谢

我要感谢 Rusty Lubarksy 女士,她作为 Shadyside 医院的助理医师,为第 3 版提供了大量的图谱,同时要感谢荷兰 Utrecht 大学医学中心麻醉科的 Nizar Moayeri 博士,在 Paul Bigeleisen 医师撰写的超声影像章节中他提供了影像资料。

最后,感谢我的行政秘书 Angela Felix,她出色地完成了组织和编辑工作。

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