

(第6版)

欧氏重症监护手册

Oh's Intensive Care Manual

原著 Andrew D Bersten
Neil Soni

主译 朱 曦
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北京大学医学出版社

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Oh's Intensive Care Manual

注 意

在医学这个领域中，专业知识和最佳实践是在不断进步的。由于新的研究和试验（实验）在不断拓展我们的知识，我们也有必要在研究方法、专业实践或医学治疗方面不断改进。开业者和研究者必须根据自己的经验和知识来评估和应用本书述及的任何信息、方法、化合物或试验（实验）。在应用这类信息或方法的过程中，他们应该密切关注自己和他人的安全，包括他们负有责任的群体。

至于本书述及的任何药物或药剂，建议读者核对：（1）有关操作方法的最新信息；或（2）每种产品的生产厂商的最新产品信息，以确认推荐的剂量或处方、服用方法和时间以及禁忌证。确定诊断、决定每位患者的最佳服药剂量和最佳治疗方式以及采取适当的安全预防措施是经治医师的责任，这有赖于他（她）们的个人经验和对每一位患者的了解。

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出版者

中文版序一



重症医学作为一个年轻而充满活力的学科，正在蓬勃发展。重症医学科（ICU）不但已成为现代化医院救治危重病人的重要平台，而且在国家突发公共卫生事件中（如2003

年SARS、2008年汶川大地震等）发挥了重大作用。

在党和政府的直接关怀下，我国各级卫生行政主管部门已充分认识到重症医学的重要性及必要性，重症医学科已在各级医院迅速普及。2009年，卫生部公布相关文件，在《医疗机构诊疗科目名录》中增加了一级诊疗科目“重症医学科”，这标志着国家对重症医学的正式承认。

尽管国内重症医学取得了巨大进步，专业人员梯队业已形成，部分医院的ICU硬件条件甚至已达到国际先进水平，但各地区之间重症医学水平参差不齐，国内总体水平与国外也存在一定差距。

重症医学的相关知识更新较快，如何保持专业知识的先进性显得尤为重要和迫切。为了更好地借鉴和学习国外的先进经验，我院朱曦教授组织危重医学科等相关科室的同事们，经过两年多的辛勤工作，翻译了第6版《欧氏重症监护手册》。该书内容丰富，讲解详细，理论与实践相结合，是一部适合重症医学及其相关专业医护人员阅读的临床参考书，希望能对重症医学及相关专业的同道们有所裨益。

愿我国的重症医学事业兴旺发达。

乔 杰
北京大学第三医院院长



重症医学 (critical care medicine, CCM) 是一门研究危重症疾病发生、发展规律及其诊治方法的学科。它随着现代医学技术的发展而产生,是现代医学不可或缺的重要组成部分。作为重

症医学的临床基地,ICU (intensive care unit) 汇聚了医院最高、精、尖的救治设备,同时收治的也是最疑难、最危重的患者。它是现代化医院最高救治水平的集中体现,发挥着不可替代的作用。

经过三十余年、几代人的不懈努力,重症医学在我国从无到有、由弱到强,取得了突飞猛进的进步,有了今天欣欣向荣的局面。随着我国社会经济的迅速发展和重症医学学术本身的巨大进步,过去死亡率极高的病例,今天我们能够救活了;过去我们对某些临床状况束手无策,今天有了更多的方法、手段,治疗起来游刃有余。但同时我们又开始面临更危重、更复杂的疾病状态……

重症医学本身也面临着巨大挑战。随着研究的日益深入,越来越多的新知识、新观念在冲击着我们的头脑,在挑战着我们现有的治疗模式、策略。而越来越多的新装备、新技术、新疗法不断涌现也要求我们必须掌握更多的知识、技能。因此,一路走来,重症医学的同仁们越来越清楚地认识到,无论是对于知识构架,还是对于临床实践、科学研究,知识的更新、保持先进理念显得尤为重要。

在此背景下,北京大学第三医院朱曦教授组织了重症医学科的同道们,经过两年辛勤工作,翻译了第6版《欧氏重症监护手册》。该书是世界重症医学专业领域较权威的专著,由著名重症医学专家 Andrew D Bersten 和 Neil Soni 两位教授主编。第6版在第5版的基础上,结合近5年来重症医学领域的最新进展,系统阐述了重症医学及其相关领域的知识和最新进展。希望读者能够通过仔细研读,提高重症医学及相关专业领域的理论水平和临床实践能力,从而提高我国重症医学的整体水平。

邱海波

中华医学会重症医学分会主任委员

译者前言

重症医学(critical care medicine)是现代医学发展的产物,它发展迅速,朝气蓬勃。近年来,国际重症医学界开展了大量大规模多中心临床研究,以循证医学的方法为基础推出并更新了一系列新的指南,大大地改善了患者的预后。

在我国,重症医学事业的发展有着起步晚、发展快的特点。特别是在经历了汶川大地震等一系列重大公共突发事件后,重症医学凸显了它的独特优势和魅力,使得作为重症医学的临床基地——重症医学科(ICU)在我国得以迅速普及和发展。但各地各级医院重症医学科的发展良莠不一,水平参差不齐。

国际学术动态正在预示着重症医学发展的巨大潜力,抓住这样的机遇是我们这一代人义不容辞的责任和义务。如何让国内重症医学从业人员对危重病的认识统一思想,而又紧跟国际前沿,使医疗水平在更高的层面上达成一致的难题就摆在了我们面前。

为此,我们组织了北京大学第三医院、卫计委中日友好医院、首都医科大学附属北京朝阳医院、首都医科大学附属北京地坛医院、中国人民武装警察总医院等医院危重医学科、心脏外科、儿科的临床一线医师、药师,通过两年时间,翻译和校对了对第6版《欧氏重症监护手册》。

《欧氏重症监护手册》自1979年第1版发行以来,经过三十余年的反复修改、补充,已成为当今重症医学界最为权威的书籍之一。其作者都是来自全球各国重症医学领域、工作在临床一线、具有丰富的重症患者救治经验的专家。第6版是作者在第5版的基础上,结合近5年来重症医学的最新进展,对大量新指南、新文献进行复习之后,对全书进行了适当的修改、完善,进一步丰富了全书,内容新颖、深入、翔实。全书分为17部分,106章。本书主要的读者对象是从事ICU、急诊工作的医护人员及其专业的研究生,可作为学习重症医学基本理论、基本技能的重要参考书。对其他专业的医务人员掌握如何对重症患者进行抢救也会有很大帮助。

在翻译的过程中,我们力求译文准确、忠于原著而又符合中文习惯。但由于两种语言间的差异,及译者水平有限,虽经反复校译,书中或仍有不够精准之处,敬请各位同道指正。同时,作为本书的主译,我们衷心感谢为本书的翻译和校对付出辛勤工作的各位同事,并十分感谢北京大学医学出版社给予的支持和帮助。希望通过我们的努力能为中国重症医学事业贡献一份力量。

朱 曦 么改琦

原著第6版前言

自上一版问世后至今的5年间，随着重症医学专业的持续发展，重症医学领域的多个方面有了长足的进步，这包括对正常生物学和疾病的持续关注，并且将这些领域的知识以及与临床实践息息相关的大规模临床研究结果应用于床旁。当前，健康医学专家、病人及亲属前所未有地可以通过互联网获取新的知识。传统手册从大量的可获取的信息中提炼成相关的、可操作的格式，为临床提供有用和可用的信息。网络带来的知识爆炸的确为新版的《欧氏重症监护手册》带来现实挑战，同时也推动此版本更加注重临床的实用性。众多德高望重的临床专家再次携手编辑此版最新著作。我们希望其能为重症医学的临床实践提供重要且实用

的贡献。

很多章节有较大的更新，很多新的作者面临众多困难，例如总结他们领域的知识并且选择新的重要的参考文献。尽管我们尽量避免手册变得臃肿冗长，但仍然觉得有必要用一个新的章节来介绍日益重要且贡献巨大的大规模临床研究。虽然本手册涵盖了很多领域的知识，有时候读者仍需要进一步了解更多的细节。倘若此书能为额外细节知识提供清晰框架，并且引用了大多数的重点文献，本手册第6版就取得了巨大的成功。实际上，这都归功于之前几版成功的积累。更重要的是，如果第6版《欧氏重症监护手册》能继续为危重医学领域提供积极贡献，那么我们的努力就非常有意义。

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致 谢

自本书第 5 版发行以来，我们收到了很多来自读者的反馈。我们非常感谢医学生、住院医师、实习医师、同事、护士以及其他医学专业人员给予我们的富有建设性的意见。希望这些问题中的一部分在第 6 版中已经得到解决。感谢各位作者及其同事以及指导人员和出版人员，没有他们的辛苦努力，就不会有第 6 版的问世。我们还要感谢我们的妻子们和孩子们（Libby、Eleanoy、David 和 Ben；Alison、Kate 和 Ben）对我们一如既往的、慷慨的支持。

ADB

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