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· 述评 ·

意外胆囊癌延迟根治术的进展与思考：3D腹腔镜PH路径的临床应用

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摘要

意外胆囊癌(IGC)是因胆囊良性疾病接受胆囊切除术后,通过术中或术后病理发现的胆囊癌。由于胆囊癌常伴随胆囊结石和息肉等良性病变,且常规经腹超声对早期诊断的敏感性有限,导致IGC占有胆囊癌病例的2/3以上。为提高早期诊断率,术前应对高危患者进行高分辨率超声检查,并结合影像组学和分子标记物应用减少误诊、漏诊。大部分IGC患者处于早期阶段,残余病灶发生率高,延迟根治术可有效改善预后。然而,局部进展期患者不宜盲目实施根治术,转化手术可能是更合适的选择。延迟根治术的最佳时机为初次手术后2~8周内,具体手术时机应基于急性炎症消退后肿瘤分期和转移评估。对于T1b~T2期患者,建议进行肝IVb/V段切除术和淋巴结清扫以确保根治效果。腹腔镜技术在胆囊癌治疗中的应用日益广泛,手术安全性和肿瘤根治效果得到验证,越来越多肝胆外科医生支持微创治疗。此外,吲哚菁绿引导的荧光腹腔镜技术能够精确进行淋巴结清扫和肝切除,降低术后并发症发生的风险。面对IGC患者肝门和肝十二指肠韧带区的复杂解剖,实施3D腹腔镜下PH路径(基于门静脉和肝动脉为解剖轴心)延迟根治术,有助于避免器官损伤和肿瘤播散。本文综述了IGC的外科治疗现状,并探讨了PH路径在腹腔镜胆囊癌根治术中的应用。

关键词

意外胆囊癌;腹腔镜;门静脉;肝动脉

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Progress and considerations in delayed radical surgery for incidental gallbladder cancer: clinical application of 3D laparoscopic PH approach

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Abstract

Incidental gallbladder cancer (IGC) is a type of gallbladder cancer identified during or after cholecystectomy for benign gallbladder diseases through intraoperative or postoperative pathological examination. Since gallbladder cancer often coexists with benign conditions such as gallstones and polyps, and routine abdominal ultrasound has limited sensitivity in early diagnosis, IGC accounts for more than two-thirds of all gallbladder cancer cases. To improve early diagnosis rates, high-risk patients should undergo high-resolution ultrasound after surgery, combined with the use of radiomics and molecular biomarkers to reduce misdiagnosis and missed diagnoses. Most IGC patients are diagnosed at early stages, with a high incidence of residual disease. Delayed radical surgery can effectively improve prognosis. However, for patients with locally advanced disease, radical surgery should not be performed indiscriminately, and conversion surgery may be a better option. The optimal timing for delayed radical surgery is within 2 to 8 weeks after the initial surgery, with specific timing based on the resolution of acute inflammation and the evaluation of tumor staging and metastasis. For patients with T1b and T2 stage cancer, liver segment IVb/V resection and lymph node dissection are recommended to ensure curative outcomes. The application of laparoscopic techniques in gallbladder cancer treatment is becoming increasingly widespread, with confirmed surgical safety and tumor control effects, leading to growing support for minimally invasive treatment among hepatobiliary surgeons. Additionally, indocyanine green-guided fluorescence laparoscopic technology allows for precise lymph node dissection and liver resection, reducing the risk of postoperative complications. In light of the complex anatomy in the hepatic hilum and hepatoduodenal ligament region in IGC patients, performing delayed radical surgery using the 3D laparoscopic PH approach (based on the portal vein and hepatic artery as the anatomical axis) helps prevent organ damage and tumor dissemination. This review summarizes the current surgical treatment of IGC and discusses the application of the PH approach in laparoscopic gallbladder cancer radical surgery.

Key words

Incidental Gallbladder Cancer; Laparoscopes; Portal Vein; Hepatic Artery

CLC number: R735.7

胆囊癌是最常见的胆道恶性肿瘤，也是发病率第三的消化系统恶性肿瘤。胆囊癌发病隐匿，早期症状不典型，常与胆囊良性疾病混合发生。胆囊癌患者中69%~100%合并胆囊结石，而胆囊息肉中有3%~8%具有恶性潜能^[1]。随着腹腔镜胆囊切除术的普及，因胆囊良性疾病接受胆囊切除，术中或术后病理结果证实为胆囊癌，即意外胆囊癌（incidental gallbladder cancer, IGC）的患者数量呈上升趋势^[2-3]。胆囊癌易复发和远处转移，以化疗为主的治疗方案效果并不理想，根治性切除仍是胆囊癌患者获得长期生存的最佳手段。IGC患者中大部分为T1、T2期胆囊癌，且残余病灶发生率高，接受延迟根治术可有效改善患者预后。近年来，腹腔镜胆囊癌根治术的手术安全性、肿瘤根治效果和围手术期优势不断得到证实，预计未来会有更多的胆囊癌患者接受腹腔镜胆囊癌根治

术。但IGC患者接受延迟根治术的最佳手术时机和手术切除范围仍未达成广泛共识，且未建立规范的手术流程。

1 IGC的研究现状

1.1 IGC的定义和流行病学

IGC是因胆囊结石和胆囊息肉等胆囊良性疾病接受胆囊切除手术，经术中或术后病理检查结果证实的胆囊癌。胆囊癌的发生与胆囊结石、胆囊息肉等胆囊良性疾病密切相关^[4]。作为胆囊良性疾病的标准术式，腹腔镜胆囊切除术在世界范围内普遍开展，国内外IGC病例数量正逐年上升。这一现象背后的原因一方面在于未重视具有胆囊高危癌变因素患者的术前评估，且常规经腹超声诊断早期胆囊癌敏感性低；另一方面，术中规范解剖

和检查胆囊标本的价值被严重低估。报道^[5]指出, 25%的胆囊标本在术中未剖开检查; 即便在剖开检查的标本中, 仍有20%可被肉眼识别的胆囊癌标本被遗漏。

文献报道IGC占有胆囊癌病例数量的50%~70%。美国每年进行超过70万次的胆囊切除术, IGC发病率为0.2%~2.9%, 而亚洲IGC的发病率高于欧美国家^[6-7]。因此, 中国IGC患者的绝对数量很高。

1.2 IGC的诊疗现状

胆囊癌发病隐匿, 早期无特异性症状。经腹超声是胆囊疾病的常规筛查方法, 但难以有效鉴别早期胆囊癌。内镜超声鉴别早期判断胆囊癌的准确率达85%, 明显优于经腹部超声。但接受内镜超声检查的患者需充分镇静以防止呕吐反射和位置变动所致伪影, 这限制了其应用。高分辨率超声检查无需镇静, 且诊断胆囊癌的准确率与内镜超声相当, 是早期胆囊癌经济高效的理想诊断方法^[8]。CT和MRI在评估胆囊癌局部侵袭和远处转移方面优于超声, 但鉴别胆囊腺肌症和胆囊癌时, MRI/MRCP和高分辨率超声在平均敏感度、平均准确率和平均特异度等方面差异不明显(80.8% vs. 73.1%, $P>0.05$; 92.5% vs. 88.8%, $P>0.05$; 98.2% vs. 96.3%, $P>0.05$)^[9]。影像组学是一种新兴的定量医学图像后处理方法。研究^[10]表明, 基于机器学习构建的CT影像模型可将胆囊癌的诊断准确率提高7%, 特异度提高到93%。此外, 胆囊癌细胞中表达的分子标记物, 如HER2 neu、p53、p16、COX-2和EZH-2等, 将来有望用于胆囊癌的早期诊断^[11]。日益丰富的诊断方法正在逐步进入临床应用, 这将有助于避免早期胆囊癌的漏诊、误诊, 减少IGC的发生。

随着“恶性肿瘤是全身性疾病”这一观点逐步成为共识, 胆囊癌的外科治疗理念已经从形态学切除转向强调生物学切除。对于肝床受累 <2 cm、无肝十二指肠韧带淋巴结转移的T3期胆囊癌患者, 再次接受肝IVb/V段切除和区域淋巴结清扫可实现R₀切除^[12]。其余T3期和T4期胆囊癌患者往往需实施联合器官切除或血管重建才可能实现R₀切除, 此类手术并发症发生率高、预后不理想。此外, 研究^[13]报道, T3期和T4期IGC分别占25.1%和4.2%, 这类患者可能已经出现远处微转移, 应被视为全身性疾病。因此, 龚伟等^[14]参照胰腺癌的

分期, 结合胆囊癌易发生局部侵犯和淋巴结转移的特点, 将未发生远处转移的进展期胆囊癌细分为临界可切除胆囊癌和局部进展期胆囊癌, 建议可实现R₀切除的临界可切除胆囊癌接受以肝胆外科和肿瘤科为主的多学科评估, 权衡手术风险和长期获益后作出合理的临床决策; 同时, 门静脉/肝动脉切除重建难度大、大范围肝切除后耐受性差或同时伴有8/13组淋巴结转移和肝动脉/门静脉侵犯的局部进展期胆囊癌患者R₀切除率大幅降低, 应优先考虑转化手术。1996年, Bismuth等^[15]研究伴有肝转移的不可切除结肠癌患者时, 创新性地提出“转化手术”的概念, 其含义是通过化疗将不可切除肿瘤降期后完成根治性切除, 从而实现患者生存获益。2013年, Kato等^[16-18]首次报道了晚期胆囊癌患者转化手术的成功实施, 后续也有不少晚期胆囊癌患者接受转化手术后生存期改善的报道。基于ABC-02研究结果, 吉西他滨联合顺铂被美国国立综合癌症网络(National Comprehensive Cancer Network, NCCN)指南推荐为包含晚期胆囊癌在内的胆道恶性肿瘤一线化疗方案, 其转化手术率达28.6%, 但一般状况差的患者难以耐受^[18-20]。此外, 2020年版《中国临床肿瘤学会(CSCO)胆道恶性肿瘤诊疗指南》^[21]推荐将免疫抑制剂卡瑞利珠单抗联合GEMOX(吉西他滨联合奥沙利铂)化疗方案作为包含胆囊癌在内的胆道恶性肿瘤一线治疗方案中的II级选择, 且国内一项II期研究^[22]结果显示该联合治疗方案的客观缓解率可达54%。值得注意的是, 厄洛替尼和西妥昔单抗等靶向药物联合化疗被认为是具有前景的晚期胆囊癌治疗方案, 且疗效优于单纯化疗^[23]。但实现肿瘤降期后, 影像学评估的肿瘤完全缓解或部分缓解并非病理学意义上的无瘤状态, 应及时行根治性切除。

2 IGC外科治疗关键点和争议

2.1 IGC的手术切除时机

IGC患者接受延迟根治术的时间差异较大, 中位时间为2~3个月, 范围在1~11个月之间^[24]。国内外尚未就实施胆囊癌延迟根治术的最佳时间间隔达成共识, 但已有相关的研究进行了探索。Shah等^[25]指出, 尽管接受延迟根治术的IGC患者总体生存率均有所提高, 但4周内接受再切除术患者的总

体生存率更差。Ethun等^[26]认为初次手术后4~8周内是IGC患者接受延迟根治术的最佳时间,并解释了这一组患者存活率更好的原因。4周前接受再次手术,手术区域尚未消退的炎症会影响影像评估和肿瘤分期的准确性,而8周后再次手术会增加肿瘤播散的风险。但Agopian等^[27]对上述研究的评论指出,由于再手术的选择偏差、单一机构中相对较少的患者人数和可能影响再手术时间的其他未知因素(如转诊时间),4~8周内接受延迟根治术与更好的临床结局相关,而并非最佳时间间隔。此外,Patkar等^[27]的研究表明,基于T分期(即胆囊切除标本的T分期)的倾向性评分匹配分析后,在10~14周内接受延迟根治术的患者有更好的总体生存期和无病生存期。

值得注意的是,许多研究^[28-30]指出,IGC患者的预后主要取决于肿瘤分期和残余病灶的存在与否,与接受初次胆囊切除术和延迟根治术间的时间间隔无关。因此,在手术时机选择上,应综合考虑肿瘤分期和手术难度后作出合理决策。首先,初次手术后2周内接受延迟根治术,术区急性炎症降低CT和MRI对重要解剖结构成像的准确率,不利于肿瘤分期和制定合理的手术方案;其次,鉴于胆囊癌的高度侵袭性,超过8周接受延迟根治术的患者,残余病灶发生腹腔转移的风险将增加^[25],且致密纤维结缔组织构成的晚期炎性粘连难以分离,使得手术难度和术中器官损伤风险明显增加。因此,经过充分术前评估明确肿瘤分期和排除转移病灶后,多数专家认为,应在初次手术后2~8周内实施IGC的延迟根治术。

2.2 IGC的手术切除范围

Tis和T1a期胆囊癌患者接受单纯胆囊切除术后,5年生存率可达100%,术后复发转移率<2%,淋巴结转移发生率<2.5%^[31-33]。因此,胆囊管切缘阴性、术中无胆囊破损和胆汁渗漏的Tis和T1a期IGC无需行延迟根治术已达成共识。

T1b及以上分期IGC患者残余病灶发生率较高,需接受延迟根治术以改善患者预后^[34]。一项欧洲研究^[35]表明,T2~T3期IGC的残余病灶发病率高达82%;而另一项研究^[36]指出,T1b、T2和T3期IGC的残余病灶发生率分别为35.7%、48.3%、70%。通过延迟根治术清除残余病灶,IGC患者5年生存率提高到41%,远高于未接受二次手术的患者,其5年生存率仅为15%^[23,29,35,37]。此外,与初次

手术即实现R₀切除的患者比较,接受延迟根治术患者的长期生存获益并无明显差别^[38-39]。IGC患者残余病灶所在部位主要为肝(27%)、淋巴结(24%)和胆囊管(9%)^[40],延迟根治术内容包括肝切除和淋巴结清扫,必要时联合周围器官切除或血管切除重建。此外,在胆囊管切缘阳性的情况下,需联合肝外胆管切除重建,但不推荐常规实施穿刺孔切除,因为这无益于改善生存率或减少复发^[41-42]。

然而,实施胆囊癌根治术时肝切除范围仍存在争议。胆囊癌主要通过淋巴途径和静脉途径发生肝转移。在原发或转移肿瘤堵塞淋巴管、引起淋巴液逆流时,才会发生经淋巴途径的肝转移^[43]。胆囊的静脉回流部分经胆囊颈部汇入肝外胆管周围静脉丛,再经门静脉入肝;另一部分经胆囊床直接回流,进入肝血窦或IV、V段的肝内门静脉分支^[44-45]。Goetze等^[33]认为,T1b和T2期IGC患者实施肝楔形切除是合适的,然而接受肝IVb/V段切除的T2期患者5年生存率更高。但Araida等^[46]认为,接受肝楔形切除和肝段切除的T2期胆囊癌患者拥有相似的生存率。Endo等^[47]发现,胆囊癌患者易发生早期肝转移,且70%的肝内微转移发生在IVb和V段,据此认为,肝IVb/V段切除是浆膜下浸润胆囊癌患者适宜的肝切除范围。Yoshikawa等^[42]通过临床病理结果进一步发现,肝IVb/V段切除可能对胆囊床浸润深度<20 mm的胆囊癌患者有益。Ogura等^[48]测量了肝内远处转移灶与肝切除平面间的距离,结果表明此距离在肝楔形切除术、肝IVb/V段切除和扩大肝切除中分别为12~20 mm、16~35 mm和28~58 mm,而Scheingraber等^[49]发现77%的IVb/V段切除可以实现30 mm的距离。基于以上研究结果,且术前难以通过影像学检查精准区分T1b、T2a和T2b期胆囊癌,即使是术中冷冻切片病理检查结果也不能完全明确肿瘤具体侵犯的解剖层次,因而建议T1b~T2期IGC患者接受肝IVb/V段切除术,以保证肝切缘阴性^[50]。

淋巴结转移是影响胆囊癌预后的独立危险因素之一^[51]。T1a期胆囊癌患者淋巴结转移发生率为0~4%,目前尚无证据表明淋巴结清扫能改善此类患者预后^[12,52]。但国内外指南均建议T1b及以上分期胆囊癌患者接受区域淋巴结清扫,包括胆囊颈部(12c组)、胆总管旁(12b组)、门静脉后方(12p组)、肝固有动脉(12a组)、肝门部(12h组)、肝总动脉旁(8组)、胰头后上方(13a组)淋巴

结,且淋巴结清扫数量应不少于6枚,否则将低估肿瘤分期,从而影响后续治疗方案和患者预后^[12,53-54]。主动脉旁淋巴结(16组)被认为是胆囊区域淋巴引流的最后一站^[55],若快速冷冻病理学结果提示阳性,表明存在远处转移,应放弃根治手术。但国内有学者^[50]认为,一般状况良好的T3及以上胆囊癌患者于“海德堡三角”区清扫主动脉旁(16组)、肠系膜上动脉周围(14组)、腹腔动脉(9组)淋巴结可使患者获益。

3 IGC的微创治疗

3.1 IGC微创治疗的进展

20世纪80年代以来,腹腔镜胆囊切除术逐步成为各级医院常规开展的、胆囊良性疾病的标准治疗术式。然而,首次将腹腔镜技术应用于胆囊癌治疗的报道^[56]称,穿刺孔转移的发生率高达47%。既往研究^[57]指出,腹腔镜手术导致穿刺孔转移或发生腹腔播散的原因可能是术中胆囊穿孔和气腹的“烟窗效应”“气溶胶效应”。但随着取物袋的广泛使用和胃肠道恶性肿瘤微创手术经验的积累,腹腔镜胆囊癌手术的穿刺孔转移发生率下降至10.3%(2000—2014年),而开放手术穿刺孔转移发生率稳定在7%,两者的差异并无统计学意义^[41]。其他研究^[58-59]进一步表明,保持胆囊壁完整的情况下,腹腔镜手术并不会增加穿刺孔转移的发生率,而肿瘤突破胆囊壁和胆汁渗漏将使穿刺孔转移发生率提高2倍以上。因此,预防穿刺孔转移的关键在于术中谨慎操作、保持胆囊壁的完整性和取物袋的常规使用,实现全过程预防胆汁渗漏。对于穿刺孔转移的担忧不应被视为腹腔镜技术应用于胆囊癌治疗的障碍^[60]。

在腹腔镜胆囊癌根治术的初步探索阶段,由于腹腔镜技术用于胆囊癌治疗的手术安全性和肿瘤根治效果未得到充分证实,外科医生通常将腹腔镜用于胆囊癌分期,防止不必要的剖腹手术,从而提高根治性切除率^[61]。或者通过制定严格的手术治疗策略筛选早期胆囊癌患者,以确保患者从腹腔镜手术中获益^[62-63]。

从肿瘤根治效果来看,腹腔镜延迟胆囊癌根治术实现R₀切除的关键在于足够的淋巴结清扫范围和阴性肝切缘。随着肝门板解剖、Glisson鞘入路的解剖性肝段切除和腹腔镜下肝离断止血技术

日益成熟,腹腔镜胆囊癌根治术中肝切除的范围和安全性得到了保障^[64-65]。此外,研究^[66]表明,腹腔镜和开放式胆囊癌根治术中均可实现6枚以上的淋巴结清扫数量,能够满足准确分期和指导预后的需要。2015年首次详细报道了为T1b期IGC患者实施腹腔镜肝IVb/V段切除和肝门淋巴结清扫的手术技术^[67]。后续研究^[41,68-72]进一步证实,与开放手术相比,接受腹腔镜肝楔形切除或肝段切除术联合淋巴结清扫的可切除胆囊癌患者,在淋巴结清扫数量、切缘阴性率、穿刺孔/远处转移发生率和3年/5年总体生存期等预后指标上无显著差异。腹腔镜延迟胆囊癌根治术预后不良的主要预测因素是4~6枚阳性淋巴结、超过500 mL的出血和残余病灶,接受腹腔镜和开放式延迟胆囊癌根治术患者间的总体生存期和无病生存期并无明显差异^[63,72]。

从手术安全性的角度出发,相较于开放式再切除,IGC的腹腔镜再切除在90 d病死率、并发症发生率、手术时间和术中出血量等评估手术安全性的重要指标方面并不逊色^[72]。并且,得益于视野放大和小切口的优势,腹腔镜手术能够实现更加精细的术中解剖,更好地满足快速康复外科的要求,因而在术中出血量、住院时间和引流管拔除时间等方面均优于开放手术^[73-74]。既往IGC的腹腔镜手术中,一半以上中转为开腹手术,这主要是由于炎症粘连影响了全面探查和淋巴结切除^[75],但最近的研究^[72]表明,在渡过学习曲线后,中转为开腹的发生率将明显下降。

目前,尽管仍然推荐由熟练掌握腹腔镜肝切除、腹腔淋巴结清扫和消化道重建技术的外科医生谨慎地选择早期IGC患者(T1b~T2期)开展腹腔镜延迟根治术,但T3期IGC接受腹腔镜手术的可行性已得到证实^[76]。值得注意的是,尽管目前倾向于在早期患者中实施腹腔镜胆囊癌根治术,但这并不能用以解释腹腔镜手术相较于开放手术存在优势^[77]。越来越多经验丰富的肝胆外科医生对胆囊癌微创治疗的价值持积极态度,预计未来将会有更多的胆囊癌患者接受微创手术^[78]。

3.2 IGC的荧光腹腔镜手术

2022年Anselmo等^[79]首次将吲哚菁绿应用于T2b期IGC患者的腹腔镜延迟根治术中,并被证实是可行的。他们将吲哚菁绿溶液注射到胆囊床漏斗部和近胆囊管残端的肝十二指肠韧带中,以显示肝内淋巴回流途径和沿胆囊管、胆管以及胆囊

动脉的肝外淋巴回流途径,有效避免了肝十二指肠韧带的过度骨骼化和胆管缺血,实现了最佳淋巴清扫。国内学者^[80]通过胆囊动脉注射吲哚菁绿,沿胆囊静脉回流区域确定肝切除范围,从而在IGC患者中实现了更加精准的肝切除,并有效避免肝切除范围不足导致的肝内微转移灶遗漏。Luján等^[81]通过二次静脉注射吲哚菁绿识别肝切除后缺血的肝实质区域,并再次切除缺血肝实质,减轻了术后炎症反应。此外,吲哚菁绿被证实是一种简单实用的胆肠吻合质量检测工具^[82]。

在IGC的二次手术中,吲哚菁绿引导的荧光腹腔镜技术通过清晰显示胆管、肝实质内病灶和淋巴回流途径,从而实现更精准的淋巴结清扫和肝切除,避免胆管缺血所致术后胆汁漏、胆管狭窄和肝内病灶残留。但仍需进一步研究来阐明吲哚菁绿在腹腔镜胆囊癌延迟根治术中的最佳给药技术(剂量和注射位置等)、适应证和安全性^[83]。

4 PH路径IGC延迟根治性切除的探索

4.1 PH路径的定义

肝门解剖和肝十二指肠韧带骨骼化是肝切除和淋巴结清扫的关键。胆囊癌延迟根治术中,在胆囊床炎性组织的牵拉下,网膜组织、胃、十二指肠和横结肠更加贴近肝门,使得术区解剖结构复杂和操作空间狭小,分离解剖难度增加。此外,由于胆囊癌倾向于淋巴脉管转移的生物学特性,IGC患者的肝门和肝十二指肠韧带区往往炎症粘连和肿瘤侵犯混合发生,甚至发展为“冰冻样肝门”,导致肝十二指肠韧带骨骼化难度提升,术中发生胆管、肝动脉和门静脉意外损伤的风险极大增加。国内专家共识^[40]建议参照初次手术中淋巴结清扫和肝切除流程实施腹腔镜胆囊癌延迟根治术,这忽略了术区炎症粘连对解剖和肿瘤播散的影响。由于IGC患者胆囊床和胆囊管残端残余病灶发生率高,合理地处理术区的炎症粘连组织,在实现R₀切除的同时,防止再次手术引起肿瘤播散,对患者预后至关重要。建立规范的手术流程不仅有利于规避术中意外损伤和保障肿瘤根治效果,还可增强外科医生探索腹腔镜延迟胆囊癌根治术的信心。

在此背景下,基于肿瘤外科原则,笔者提出了三维(3D)腹腔镜下PH路径的胆囊癌延迟根治

术,其核心理念是以门静脉(P)和肝动脉(H)为解剖轴心,完成肝组织连同胆囊床周围粘连组织和淋巴结的整块切除。鉴于可能涉及腹腔镜肝切除、高位胆管空肠吻合和门静脉修补重建等内容,建议在大容量中心由熟练掌握腹腔镜肝切除、血管和胆管切除重建的肝胆外科医师,选择无血管侵犯和远处转移的T1b~T2期IGC患者实施3D腹腔镜PH路径的延迟胆囊癌根治术,以保障手术安全性和肿瘤根治效果。

4.2 PH路径的操作技巧

4.2.1 患者体位和布孔 患者采取头高脚低、分腿位,根据术中操作需要调整为略左倾或右倾。兼顾患者体型、肝切除范围和是否行胆肠吻合等因素,决定建立脐上或脐下观察孔(10 mm),同时建议使用低气腹压(10~12 mmHg, 1 mmHg=0.133 kPa)预防穿刺孔转移。2个5 mm和2个12 mm操作孔分别位于左右上腹部。

4.2.2 术中操作技巧 (1)腹腔镜探查:建立观察孔后,全面探查腹腔以排除腹腔转移,建议积极对可疑转移病灶行术中快速冷冻病理学检查(图1),不推荐常规切除穿刺孔。(2)术区周围组织分离:以胃窦部大弯侧为起点,从左向右、由浅至深逐层分离牵拉向肝门的结肠和大网膜(图2A),应注意保持解剖路径在正常腹膜内、远离胆囊床炎性粘连组织,并且在无肿瘤侵犯的情况下避免损伤结肠。充分显露胃和十二指肠降部后(图2B-C),探查见胆囊床炎性包裹组织与胃窦部、十二指肠球部上缘由疏松腹膜组织连接,容易分离(图2D-E);若为紧密的纤维粘连,紧贴胃窦部和十二指肠分离,同时建议对粘连组织行术中快速冷冻病理学检查,非肿瘤侵犯则行胃肠道修补,若为肿瘤侵犯需行联合器官切除,建议及时中转开腹手术(图2F)。(3)第一阶段PH轴右侧解剖要点:充分下降右侧横结肠和结肠肝曲后实施Kocher操作。游离十二指肠和胰头,显露下腔静脉和左肾静脉后,切除主动脉旁(16组)淋巴结行术中冷冻病理学检查(图3A),若结果提示阳性则放弃根治性手术;若结果提示阴性,继续清除胰头后方(13a组)(图3B)和胆管后方(12b)淋巴结,显露胆总管中上段,紧贴胆总管汇入胰腺处离断(图3C)。胆管切缘行快速冷冻病理学检查,若结果提示阴性,则以门静脉前中线为界,完整分离门静脉前方和右侧淋巴结缔组织(图3D),后续分离胆管。至

此，胆囊床炎性包裹组织、胆管和13a/12b/12p淋巴结缔组织作为一个整体与门静脉分离，仅在门静脉后方通过纤维结缔组织与左侧肝固有动脉(12a组)和肝总动脉(8组)淋巴结缔组织连接(图3E)。若胆管切缘阳性，应根据患者意愿和耐受性，建议及时行中转开腹肝胰十二指肠切除术或行姑息手术。(4) PH轴左侧解剖要点：打开小网膜囊，在胰腺上缘解剖游离肝总动脉和8组淋巴结后(图4A)，继续游离肝固有动脉和12a组淋巴结(图4B)，注意保护胃十二指肠动脉分支。将8组/12a组淋巴结缔组织作为一个整体在门静脉后方推向右侧，至此完成肝十二指肠骨骼化(图4C-D)。(5) 第二阶段PH轴右侧解剖要点：自胆管左侧向右侧游离胆管，仔细辨认胆囊管和肝总管，离断肝总管后，肝总管切缘送快检，确保肝总管切缘阴性。继续游离右肝管和右肝动脉入肝点(图5)。若胆囊管切缘阴性，无须行肝外胆管切除，且在剥离胆管周围淋巴结缔组织时应注意保护胆管血供。(6) 肝楔形切除：电凝棒标记肝切除线，以实现 ≥ 2 cm的肝组织切除为目标。肝楔形切除左侧界限为肝圆韧带和部分镰状韧带切除后所在位置，

右侧界限以右肝管入肝处为起点、距胆囊床右缘 ≥ 2 cm，肝膈面界限距肝前缘 ≥ 2 cm。肝切除过程中，注意左右并进、上下兼顾，逐步向肝膈面中点靠拢，保持肝创面平直(图6)，以防止肝切除过深损伤剩余右肝门脉系统，或过浅导致肝切除范围不足导致肝切缘阳性。肝创面胆管和血管予以缝合或Hem-o-lok压夹封闭。(7) 消化道重建：游离空肠经R孔进入结肠上方，比对空肠与肝门距离后，选择合适位置离断空肠，完成胆肠吻合和空肠空肠侧侧吻合。

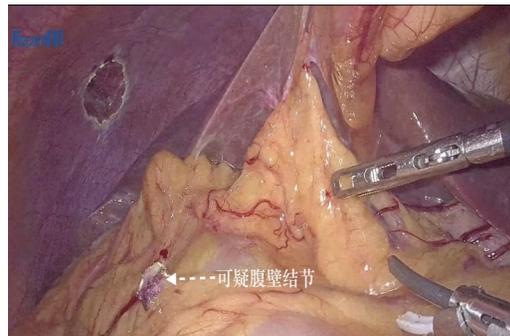


图1 术中发现可疑转移病灶

Figure 1 Suspicious metastatic lesions found during the operation

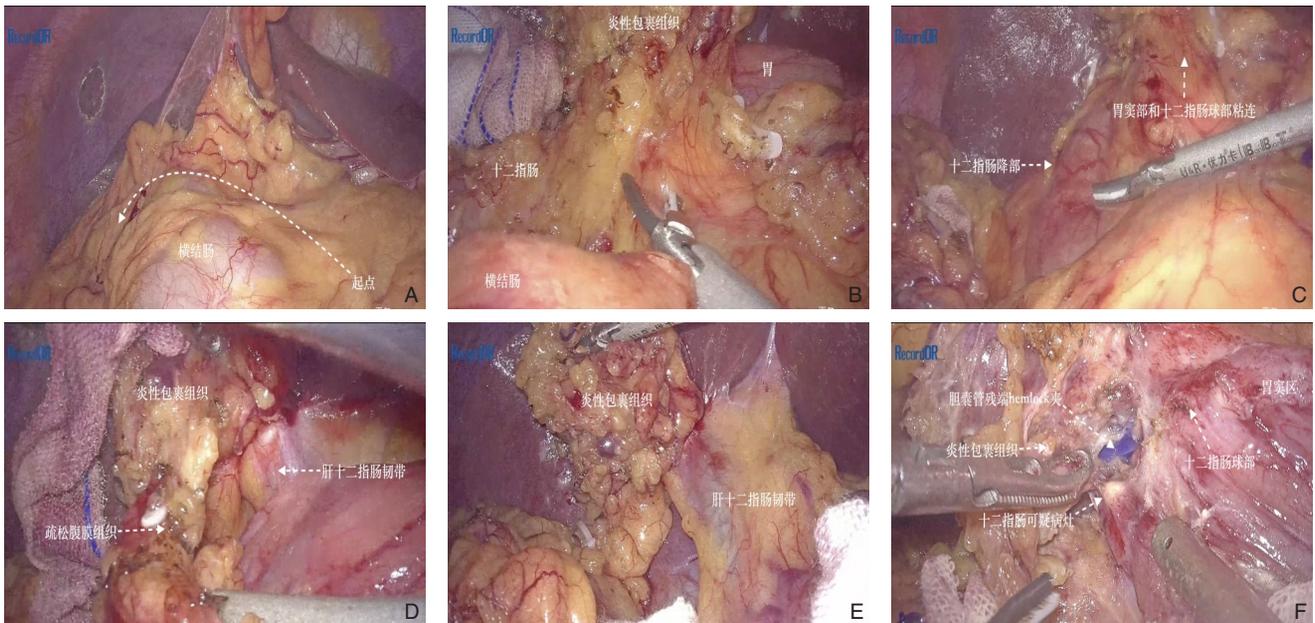


图2 术区周围组织分离 A: 逐层分离、牵拉向肝门的结肠和大网膜; B-C: 远离胆囊床炎性粘连组织, 充分显露胃和十二指肠降部; D-E: 胆囊床炎性包裹组织与胃窦部、十二指肠球部上缘由疏松腹膜组织连接; F: 胃窦区和十二指肠球部粘连/可疑病灶活检

Figure 2 Dissection of surrounding tissue in the operative area A: Layer-by-layer dissection and retraction of the colon and omentum toward the hepatic hilum; B-C: Dissection away from the inflammatory adhesions at the gallbladder bed, fully exposing the stomach and descending duodenum; D-E: The inflammatory encapsulating tissue at the gallbladder bed is connected to the loose peritoneal tissue at the upper edge of the gastric antrum and duodenal bulb; F: Adhesion/suspicious lesion biopsy in the gastric antrum and duodenal bulb area

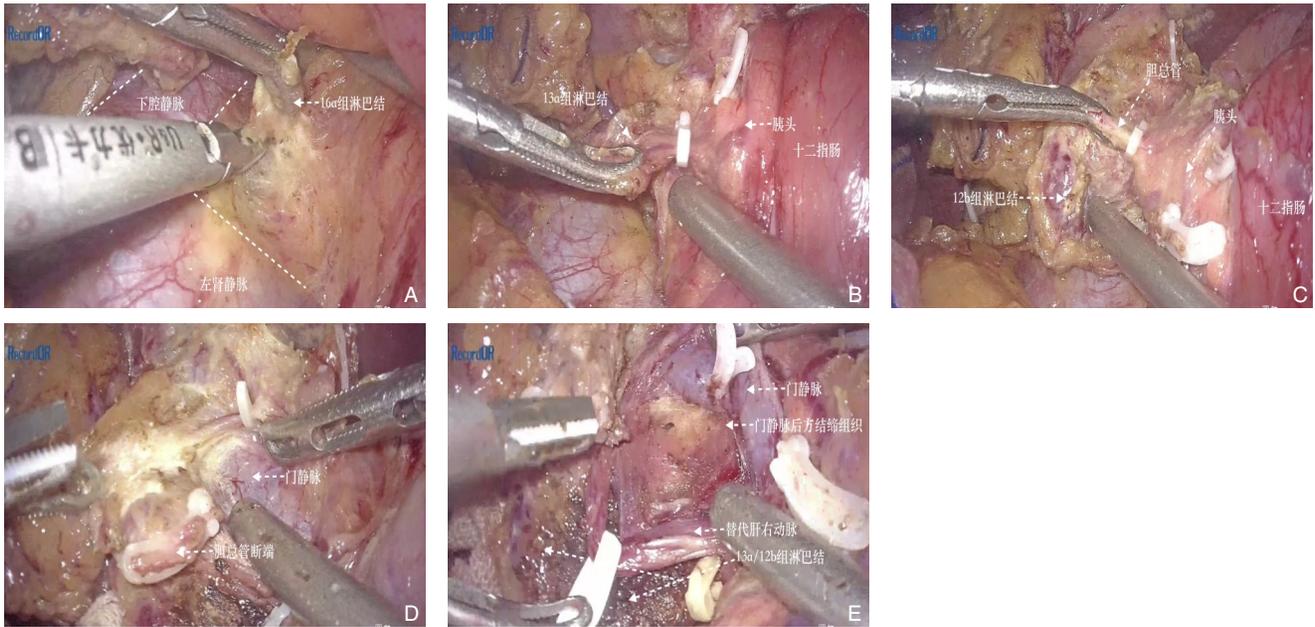


图3 第一阶段PH轴右侧解剖 A: 显露下腔静脉和左肾静脉后, 切除主动脉旁(16组)淋巴结; B-C: 术中冷冻病理学检查阴性, 则继续清除胰头后方(13a组)和胆管后方(12b组)淋巴结, 显露胆总管中上段, 紧贴胆总管汇入胰腺处离断; D: 胆管切缘快速冷冻病理学检查结果阴性, 以门静脉前中线为界, 完整分离门静脉前方和右侧淋巴结缔结组织; E: 胆囊炎性包裹组织、胆管和13a/12b/12p淋巴结缔结组织作为一个整体与门静脉分离, 仅在门静脉后方通过纤维结缔组织与左侧肝固有动脉(12a组)和肝总动脉(8组)淋巴结缔结组织连接

Figure 3 First stage right PH axis dissection A: After exposing the inferior vena cava and left renal vein, excise the para-aortic (group 16) lymph nodes; B-C: Intraoperative frozen section pathology is negative, continue to remove lymph nodes behind the pancreatic head (group 13a) and behind the bile duct (group 12b), expose the middle and upper segments of the common bile duct, and sever the bile duct close to its junction with the pancreas; D: Frozen section pathology of the bile duct margin is negative, and the anterior portal vein line is used as the boundary to completely separate the connective tissue in front of the portal vein and the right lymph node tissue; E: The inflammatory encapsulating tissue at the gallbladder bed, bile duct, and 13a/12b/12p lymph node tissue are separated as a whole from the portal vein, with only fibrous connective tissue at the posterior portal vein connecting them to the left hepatic artery (group 12a) and common hepatic artery (group 8) lymph node tissue

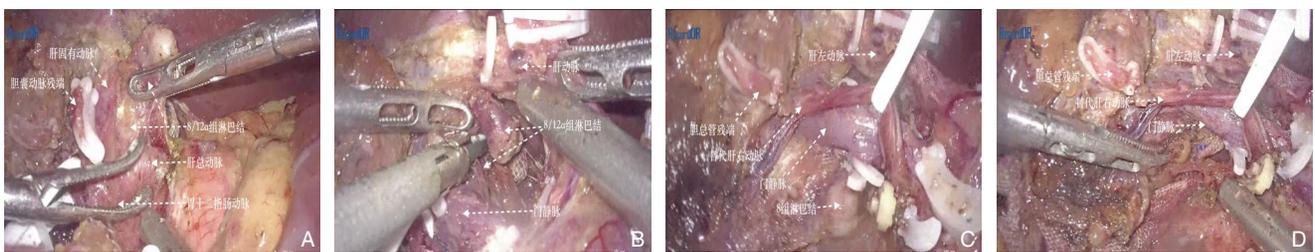


图4 PH轴左侧解剖 A: 打开小网膜囊, 在胰腺上缘解剖游离肝总动脉和第8组淋巴结; B: 游离肝固有动脉和第12a组淋巴结; C-D: 将第8组/12a组淋巴结缔结组织作为一个整体在门静脉后方推向右侧

Figure 4 Left PH axis dissection A: Open the lesser omental sac and dissect the common hepatic artery and group 8 lymph nodes along the superior margin of the pancreas; B: Free the proper hepatic artery and group 12a lymph nodes; C-D: Move the group 8/12a lymph node connective tissue as a whole to the right behind the portal vein



图5 第二阶段PH轴右侧解剖
Figure 5 Second stage right PH axis dissection

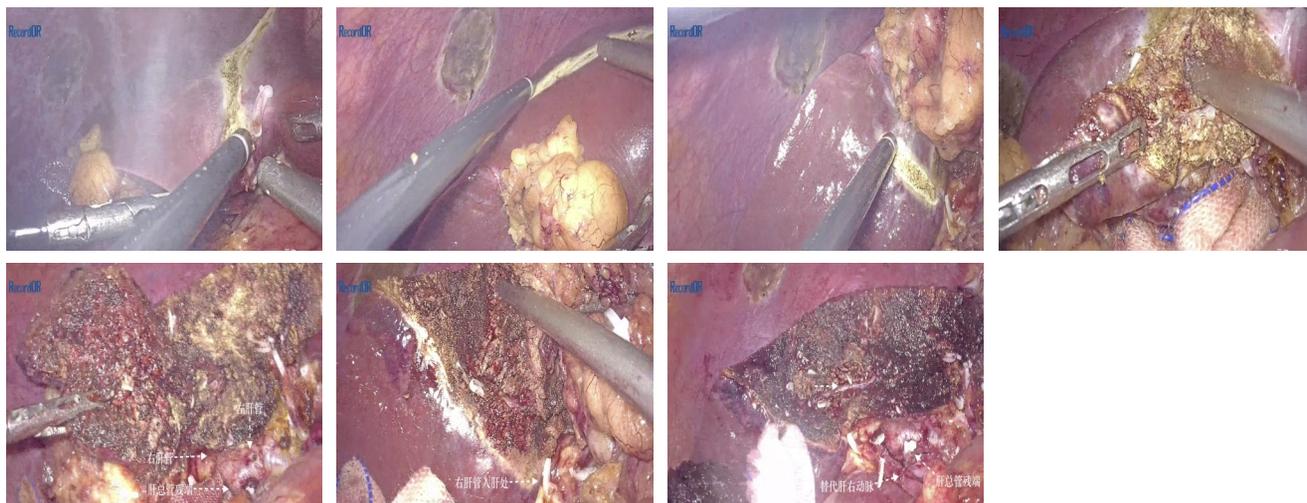


图6 肝楔形切除
Figure 6 Wedge resection of liver

2018年1月1日—2024年12月31日，笔者团队共完成3D腹腔镜PH路径延迟胆囊癌根治术20例。该组患者男女比例为1:3；中位年龄57（51~66）岁；距初次手术时间间隔20（14.00~23.75）d；延迟根治术手术时间250（195.50~283.75）min；术后住院时间11.5（10.25~16）d；术后初次化疗间隔时间47（37.5~60.0）d；淋巴结清扫数目5.5（4.00~9.25）枚，10例（50%）患者淋巴结清扫数目 ≥ 6 枚；残余病灶发生率45%，残余病灶所在部位分别为胆囊管（35%）、淋巴结（30%）、肝（10%）和术区粘连组织（5%）；术后2例患者发生国际肝脏外科研究小组（International Study Group of Liver Surgery, ISGLS）A级胆瘘，其余患者均未发生术后并发症；4例患者失访，3例患者分别在术后9、22、24个月发生复发转移，转移部位分别为肝、肺和腹膜后淋巴结，其余患者随访未见肿瘤复发转移证据（末次随访日期：2025年1月20日）。这些结果表明3D腹腔镜PH路径延迟胆囊癌根治术除了恢复快、创伤小等传统腹腔镜手术的优点外，还具有较好的围手术期安全性和肿瘤根治效果，

但仍然需要大样本研究进一步证实上述结论。

5 结语及展望

胆囊癌具有高度恶性的生物学行为，易复发和转移，预后较差。应重视具有高危癌变因素的胆囊疾病患者的术前评估，减少漏诊误诊，防止IGC的发生。IGC患者残余病灶发生率高，T1b~T2期等早期IGC患者建议接受延迟根治术以改善预后，但部分局部进展期胆囊癌患者接受转化手术可能是更好的选择。由于胆囊癌总体发病率不高，国内外关于腹腔镜胆囊癌根治术的研究多为小型回顾性队列研究。因此，国内外指南仍推荐谨慎地在早期胆囊癌患者中开展腹腔镜根治手术，且建议积极中转开腹手术以保障肿瘤根治效果和手术安全。但鉴于腹腔镜技术应用于其他消化系统肿瘤的成果，大部分经验丰富的肝胆外科医生仍然肯定了腹腔镜胆囊根治术的价值。随着病例数量的积累，预期未来会有更多的多中心回顾性研究提供关于腹腔镜胆囊癌根治术的高质量证据。

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利益冲突:所有作者均声明不存在利益冲突。

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