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· 临床研究 ·

线型联合手工缝合关闭 overlap 吻合共同开口在全腹腔镜全胃切除术中的应用价值

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摘要

背景与目的: 腹腔镜下食管空肠吻合是全腹腔镜全胃切除术 (TLTG) 的关键技术环节和操作难点, 其吻合方式直接影响术后并发症发生率及患者生活质量。传统 overlap 吻合共同开口关闭方式在防止食管残端回缩及吻合口狭窄方面仍存在一定局限。本研究基于自牵引后离断 (SPLT) 技术, 探讨采用线型+手工 (L+H) 方式关闭 overlap 吻合共同开口在 TLTG 中的安全性、可行性及其对术后生活质量的影响。

方法: 回顾性分析 2024 年 5 月 1 日—2025 年 6 月 1 日江苏省扬中市人民医院胃肠外科行 TLTG+D₂ 淋巴结清扫的胃癌患者 61 例, 根据 overlap 吻合共同开口关闭方式不同分为 L+H 关闭组 ($n=43$) 和传统关闭组 ($n=18$)。比较两组患者术前临床及病理特征、术中相关指标、术后恢复情况、并发症发生率、消化道造影吻合口长径及术后 3 个月胃癌特异性生活质量量表 (QLQ-STO22) 评分。

结果: 两组患者在年龄、性别、基础疾病、美国麻醉医师协会分级、Siewert 分型及病理分期等基线临床及病理特征方面差异均无统计学意义 (均 $P>0.05$)。两组手术均顺利完成, 均获得 R₀ 切除且无中转开腹。L+H 关闭组与传统关闭组在总手术时间、食管空肠吻合时间、术中出血量、淋巴结清扫数目、流质饮食开放时间、术后住院时间方面差异均无统计学意义 (均 $P>0.05$)。术后并发症发生率差异亦无统计学意义 (均 $P>0.05$)。与传统关闭组相比, L+H 关闭组消化道造影显示吻合口长径更大 [(32.2 ± 7.23) mm vs. (28.4 ± 6.34) mm, $P<0.05$]。术后 3 个月随访中, L+H 关闭组在 QLQ-STO22 量表的吞咽困难、反流、饮食受限维度评分及总评分均明显低于传统关闭组 (均 $P<0.05$)。

结论: 在 SPLT-TLTG 中, 采用 L+H 方式关闭 overlap 吻合共同开口在不增加手术难度和围手术期并发症发生风险的前提下, 可有效扩大吻合口长径, 减轻术后吞咽困难、反流及饮食受限症状, 显著改善患者术后生活质量, 是一种安全、可行且具有推广价值的改良吻合技术。

关键词

全胃切除术; 腹腔镜; 食管空肠吻合术; 生活质量

中图分类号: R656.6

Clinical value of linear stapler combined with hand-sewn closure of the common entry site in overlap esophagojejunostomy during totally laparoscopic total gastrectomy

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Abstract

Background and Aim: Esophagojejunostomy is a critical and technically challenging step in totally laparoscopic total gastrectomy (TLTG), and the method used for closure of the overlap anastomotic common opening has a direct impact on postoperative complications and quality of life. Conventional closure techniques may be associated with difficulties in preventing esophageal stump retraction and anastomotic stenosis. Based on the self-pulling and latter transection (SPLT) technique, this study aimed to evaluate the safety, feasibility, and effect on postoperative quality of life of a lineal stapler plus hand sewn (L+H) method for closing the overlap anastomotic common opening in TLTG.

Methods: A retrospective analysis was performed on 61 patients with gastric cancer who underwent TLTG with D2 lymphadenectomy between May 1, 2024, and June 1, 2025. According to the closure method of the overlap anastomotic common opening, patients were divided into the L+H closure group ($n=43$) and the conventional closure group ($n=18$). Preoperative clinicopathologic characteristics, intraoperative variables, postoperative recovery, complication rates, anastomotic diameter measured by contrast study, and postoperative 3-month quality of life assessed using the QLQ-STO22 scale were compared between the two groups.

Results: There were no significant differences between the two groups in baseline clinicopathologic characteristics, including age, sex, comorbidities, American Society of Anesthesiologists classification, Siewert type, and pathological stage (all $P>0.05$). All procedures were successfully completed with R_0 resection and without conversion to open surgery. No significant differences were observed between the L+H closure group and the conventional closure group in total operative time, esophagojejunostomy time, intraoperative blood loss, number of harvested lymph nodes, time to liquid diet, postoperative hospital stay, or incidence of postoperative complications (all $P>0.05$). Compared with the conventional closure group, the L+H closure group demonstrated a significantly larger anastomotic longitudinal diameter on postoperative contrast imaging [(32.2 ± 7.23) mm vs. (28.4 ± 6.34) mm, $P<0.05$]. At 3 months after surgery, patients in the L+H closure group showed significantly lower (better) scores for dysphagia, reflux, eating restrictions, and total QLQ-STO22 score (all $P<0.05$).

Conclusion: In SPLT-based TLTG, closure of the overlap anastomotic common opening using the L+H technique effectively enlarges the anastomotic diameter and alleviates postoperative functional symptoms without compromising surgical safety or efficiency, thereby improving postoperative quality of life. This technique is safe, feasible, and worthy of wider clinical application.

Key words

Gastrectomy; Laparoscopes; Esophagojejunostomy; Quality of Life

CLC number: R656.6

胃癌发病率和病死率分别居我国恶性肿瘤第 5 位和第 3 位^[1], 虽然近年在国家和卫生机构的重视下呈现下降趋势, 但整体形势依然严峻^[2-3]。随着腔镜设备和操作技术的进步, 全腹腔镜全胃切除术 (totally laparoscopic total gastrectomy, TLTG) 已逐渐成为胃癌外科治疗领域的重要术式^[4-5]。国内 CLASS02 以及国外 KCLASS03 等临床试验也证实了在熟练外科医生操作下 TLTG 手术安全可行, 而且具

有创伤小、恢复快等优势^[6-8]。腹腔镜下食管空肠吻合是该手术的关键环节, 也是 TLTG 手术操作的难点, 其成功与否直接影响患者术后并发症发生率及生活质量^[9-10]。

2010 年 Inaba 等^[11]报道了 overlap 吻合技术用于 TLTG 的食管空肠吻合。该技术因其在狭小空间易操作、吻合后张力均匀、符合消化道顺应性而被广泛应用。但在实际操作中也存在一些不足: (1) 食

管先离断后残端回缩入纵隔，造成后续食管空肠吻合困难；(2) 共同开口关闭需要良好的缝合技术，否则容易造成吻合口漏或狭窄。为解决这些问题，本研究团队在 Hong 等^[12]提出的自牵引后离断 (self-pulling and latter transection, SPLT) TLTG 的基础上对 overlap 吻合共同开口的吻合方式进行改良：采用线型+手工 (lineal stapler plus hand sewn, L+H) 关闭方法。通过自牵引避免食管残端回缩入纵隔、线性切割闭合器离断食管+手工缝合关闭空肠侧共同开口等改良措施，旨在提高吻合安全性与便捷性。本研究回顾性分析 61 例行 TLTG 胃癌患者临床病理资料，探讨 L+H 关闭法在 SPLT-TLTG 的临床实际应用价值。

1 资料与方法

1.1 一般资料

回顾性收集 2024 年 5 月 1 日—2025 年 6 月 1 日江苏省扬中市人民医院胃肠外科收治的行 TLTG 胃癌患者的临床病理资料。纳入标准：(1) 患者年龄 18~80 岁；(2) 病理检查结果证实为腺癌且未接受新辅助治疗；(3) 临床分期为 cT1~4aN0~3M0 期；(4) 预计施行 TLTG+D₂ 淋巴结清扫可获得 R₀ 手术结果；(5) 临床病理资料完整。排除标准：(1) 既往有恶性肿瘤病史、重复癌、合并转移；(2) 联合脏器切除；(3) 残胃癌；(4) 急诊手术治疗胃癌合并症 (梗阻、穿孔、消化道出血)；(5) 经内镜治疗后的补救性手术；(6) 术中转开腹手术。共纳入 61 例患者，其中男 42 例，女 19 例。61 例患者均成功实施 TLTG+D₂ 淋巴结清扫术，其中 43 例行 L+H 关闭法 (L+H 关闭组)，18 例行传统关闭法 (传统关闭组)。本研究通过我院伦理委员会审批 (批号：J202508)，并

豁免患者知情同意。

1.2 手术方法

手术由同一外科手术团队及护理团队实施。患者取头高足低位，术者位于患者左侧，采用常规 5 孔法布置 Trocar：于腹正中线距脐上 3 cm 置入直径 10 mm 的 Trocar 作为观察孔；左腋前线肋缘下 2 cm 置入 12 mm Trocar 作为主操作孔 (术者)；主操作孔和观察孔连线中点置入 5 mm Trocar 作为副操作孔 (术者)；右侧腋前线肋缘下 2 cm 置入 5 mm Trocar 作为副操作孔 (助手)；右侧副操作孔和观察孔连线的中点置入 12 mm Trocar 作为主操作孔 (助手)。全胃切除术参照《腹腔镜胃癌手术操作指南 (2023 版)》^[13]，所有淋巴结清扫均至其第 2 站。手术主要步骤包括腹腔探查，腹腔灌洗液体脱落细胞检测，粘连松解，大网膜切除，胃周血管及相应淋巴结的清扫，全胃切除，体外 Roux-en-Y 空肠袢预置 (取距屈氏韧带 25 cm 空肠，离断系膜及血管后游离空肠袢行体外 Roux-en-Y 吻合)，食管空肠 overlap 吻合，共同开口关闭。(1) 传统关闭法：于游离空肠袢对系膜缘开口，用 60 mm 腹腔镜直线切割吻合器经左上腹 12 mm Trocar 于结肠前行食管右后壁-空肠对系膜缘侧侧 (overlap) 吻合术，后经右侧腹部 12 mm Trocar (助手右手) 用 60 mm 腹腔镜直线切割吻合器 (钉高 15 mm) 2 钉关闭共同开口的同时离断食管和空肠。(2) L+H 关闭法：食管空肠 overlap 吻合同传统关闭法，后经右侧腹部 12 mm Trocar (助手右手) 用 60 mm 腹腔镜直线切割吻合器 (钉高 15 mm) 1 钉确保离断食管，关闭食管侧共同开口，空肠侧共同开口 3-0 倒刺线手工关闭，同时倒刺线缝合加强共同开口 (图 1)。

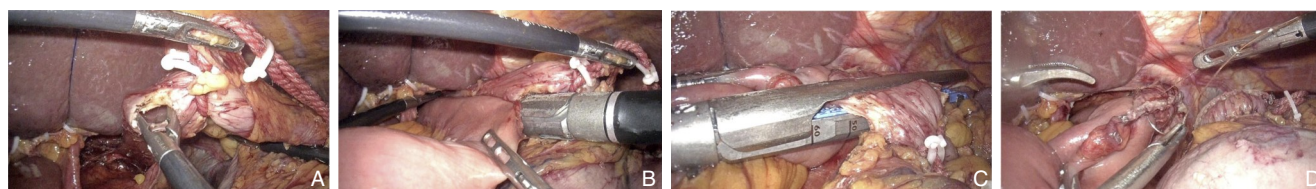


图1 L+H关闭法关闭 overlap 吻合共同开口 A: 在自牵引下食管右侧打孔；B: 在自牵引下行食管空肠吻合；C: 在自牵引下离断食管 (保证食管小肠交界处黏膜完整性)，保留小肠侧开口；D: 关闭小肠开口并加强共同开口

Figure 1 L+H closure technique for the overlap anastomotic common opening A: Creating an opening on the right side of the esophagus under self-traction; B: Performing esophagojejunostomy under self-traction; C: Transecting the esophagus under self-traction (ensuring mucosal integrity at the esophagojejunal junction) while preserving the jejunal opening; D: Closing the jejunal opening and reinforcing the common entry site

1.3 观察指标

手术时间、食管空肠吻合重建时间、术中出血量、淋巴结清扫数目、造影吻合口长径（定义：食管吻合口远端至空肠吻合口起始端的距离）、术后恢复（包括留置胃管时间、开放饮食时间、术后住院时间）、术中及术后并发症发生情况、胃癌患者生活质量 QLQ-STO22 评分^[14]。并发症分级依据 Clavien-Dindo 并发症分级^[15]。

1.4 统计学处理

所有研究数据均采用 SPSS 27.0 软件进行统计学分析。正态分布的计量资料以均数 ± 标准差 ($\bar{x} \pm s$) 描述，组间比较采用独立样本 *t* 检验；非正态分布的计量资料用中位数（四分位间距）[*M* (*IQR*)] 或 *M*（范围）表示，组间比较采用 Mann-Whitney *U* 检验；计数资料以例数（百分比）表示，组间比较采用 χ^2 检验；等级资料比较采用 Mann-Whitney *U* 检验。*P* < 0.05 为差异有统计学意义。

2 结 果

2.1 患者一般资料

L+H 关闭组与传统关闭组患者的年龄、性别、基础疾病史、美国麻醉医师协会（ASA）分级、Siewert 分型、腹部手术史、是否接受新辅助治疗、病理 TNM 分期的临床病理资料差异均无统计学意义（均 *P* > 0.05）（表 1）。

2.2 患者术中及术后各项指标

两组患者均顺利完成手术，获得 R₀ 切除，无中转开腹。与传统关闭组相比，L+H 关闭组在手术总体时间、术中胃食管吻合时间、术中出血量、淋巴结清扫数目、流质开放时间及住院时间方面差异无统计学意义（均 *P* > 0.05）（表 2）。L+H 关闭组 7 例发生术后并发症（Clavien-Dindo 并发症分级 ≥ II 级），包括 1 例淋巴漏（II 级）、4 例肺部感染（II 级）、1 例吻合口出血（II 级）、1 例吻合口漏（III 级）。传统关闭组 4 例发生术后并发症（Clavien-Dindo 并发症分级 ≥ II 级），包括 2 例肺部感染（II 级）、2 例吻合口漏（1 例 II 级、1 例 III 级），两组差异无统计学意义（均 *P* > 0.05）。所有术后并发症均经治疗后好转，患者最终顺利出院。

表 1 L+H 关闭组与传统关闭组患者临床病理资料比较

Table 1 Comparison of clinicopathologic characteristics between the L+H closure group and the conventional closure group

资料	L+H 关闭组 (<i>n</i> =43)	传统关闭组 (<i>n</i> =18)	<i>P</i>
性别[<i>n</i> (%)]			
男	29(67.4)	13(72.2)	0.713
女	14(32.6)	5(27.8)	
年龄(岁, $\bar{x} \pm s$)	71.2±9.71	68.5±9.52	0.317
基础疾病史[<i>n</i> (%)]			
有	26(62.8)	15(83.3)	0.083
无	17(37.2)	3(16.7)	
ASA 分级[<i>n</i> (%)]			
I	36(83.7)	14(77.8)	0.717
II	7(16.3)	4(22.2)	
Siewert 分级[<i>n</i> (%)]			
II	11(25.6)	5(27.8)	1.000
III	32(74.4)	13(72.2)	
临床分期[<i>n</i> (%)]			
I	7(16.3)	3(16.7)	0.894
II	17(37.2)	6(33.3)	
III	19(43.5)	9(50.0)	
病理分期[<i>n</i> (%)]			
I	10(23.2)	4(22.2)	0.316
II	12(27.9)	2(11.1)	
III	21(48.8)	12(66.7)	
腹部手术史[<i>n</i> (%)]			
有	5(11.6)	1(5.6)	0.660
无	38(88.4)	17(94.4)	

表 2 L+H 关闭组与传统关闭组术中及术后各项指标比较

Table 2 Comparison of intraoperative and postoperative outcomes between the L+H closure group and the conventional closure group

项目	L+H 关闭组 (<i>n</i> =43)	传统关闭组 (<i>n</i> =18)	<i>P</i>
手术时间(min, $\bar{x} \pm s$)	211.4±35.63	211.1±47.58	0.982
食管空肠吻合时间(min, $\bar{x} \pm s$)	12.1±2.62	11.8±2.04	0.627
术中出血量(mL, $\bar{x} \pm s$)	47.9±29.96	43.9±16.85	0.510
淋巴结清扫数目(枚, $\bar{x} \pm s$)	22.3±6.05	22.7±6.73	0.821
流质开放时间[d, <i>M</i> (<i>IQR</i>)]	2(2~8)	2(2~21)	0.103
术后住院时间[d, <i>M</i> (<i>IQR</i>)]	14(9~25)	15(9~28)	0.450
术后并发症[<i>n</i> (%)]			
有	7(16.3)	4(22.2)	0.717
无	36(83.7)	14(77.8)	
造影吻合口长径(mm, $\bar{x} \pm s$)	32.2±7.23	28.4±6.34	0.044

2.3 患者出院前消化道造影情况

61 例患者均完成出院前消化道造影检查。检查结果显示，与传统关闭组比较，L+H 关闭组造

影吻合口长径较长[（32.2±7.23）mm vs.（28.4±6.34）mm， $P<0.05$]（图 2）。

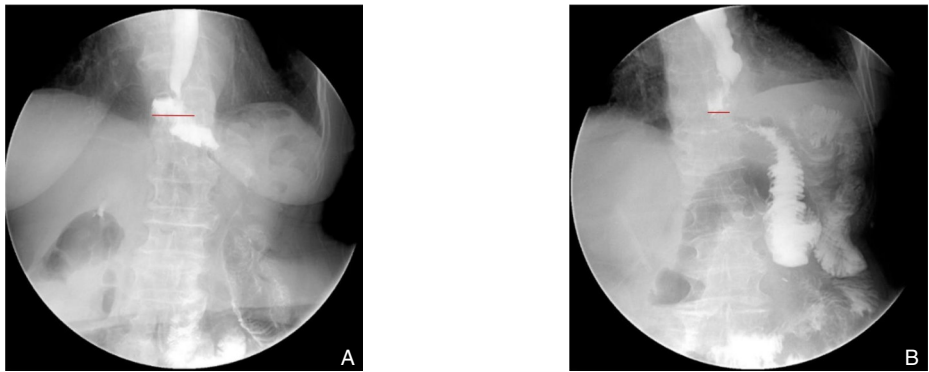


图2 患者术后上消化道造影典型图像（红色为吻合口长径测量线） A: L+H 关闭组；B: 传统关闭组

Figure 2 Typical postoperative upper gastrointestinal contrast images of patients (the red line indicates the measurement of the anastomotic longitudinal diameter) A: L+H closure group; B: Conventional closure group

2.4 术后3个月随访结果

共 57 例患者完成术后 3 个月 QLQ-STO22 评分，L+H 关闭组 39 例，传统关闭组 18 例。结果示，L+H 关闭组在术后出现吞咽困难[3（3~6）vs. 4（3~5）， $P<0.05$]、反流[3（3~6）vs. 4.5（3~7）， $P<0.05$]、饮食受限[3（3~6）vs. 4（3~5）， $P<0.05$]、评分总分[（25（21~33）vs. 27（23~35）， $P<0.05$]均明显低于传统关闭组（表 3）。雷达图展示了 L+H 关闭组和患者术后上消化道造影典型图像，红色为吻合口长径测量线关闭组在多个临床症状上的比较。通过图中的面积比较，L+H 关闭组的蓝色区域整体小于常规关闭组的红色区域，表明该组在症状控制方面较为优越（图 3）。

表3 L+H 关闭组和传统关闭组患者术后 3 个月 QLQ-STO22 评分比较[M（范围）]

Table 3 Comparison of QLQ-STO22 scores at 3 months after surgery between the L+H closure group and the conventional closure group [M (range)]

项目	L+H 关闭组(n=39)	传统关闭组(n=18)	P
吞咽困难	3(3~6)	4(3~5)	<0.001
上腹部疼痛	5(4~8)	5(4~8)	0.261
反流	3(3~6)	4.5(3~7)	0.003
饮食受限	3(3~6)	4(3~5)	0.006
焦虑	4(3~6)	3.5(3~5)	0.947
口干	1(1~2)	1(1~2)	0.300
味道改变	1(1~2)	1(1~2)	0.674
躯体形象	1(1~2)	1(1~2)	0.820
脱发	1(1~2)	1(1~2)	0.095
总分	25(21~33)	27(23~35)	0.001

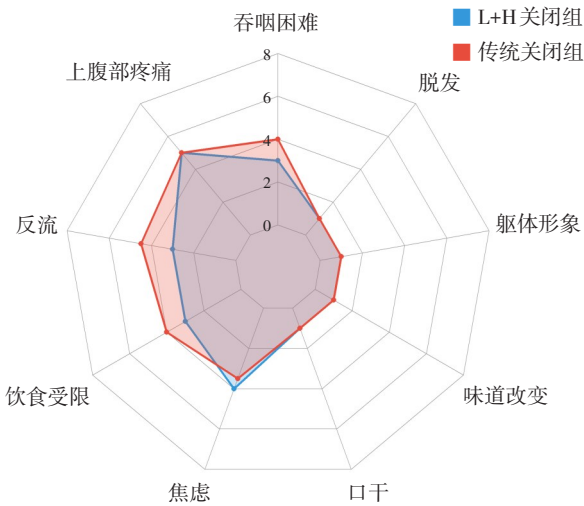


图3 L+H 关闭组和传统关闭组患者术后 3 个月 QLQ-STO22 评分比较的雷达图

Figure 3 Radar chart comparison of QLQ-STO22 scores between the L+H closure group and the conventional closure group at 3 months after surgery

3 讨论

TLTG 的消化道重建关系到手术安全性、术后并发症和患者的生活质量，是整个手术的关键环节^[7,16-19]。而 Roux-en-Y 吻合因手术操作简单、吻合口少等优势，成为全胃切除术后最常用的消化道重建方法^[20]。而取何种方式实施全腔镜下食管空肠吻合一直是胃外科领域争论的热点和焦点问

题^[7,19]。现阶段食管空肠吻合主要使用线型吻合器进行,而 overlap 吻合法因其可降低系膜张力,使吻合口位置更高,获得更佳吻合效果,成为腹腔内最受欢迎的重建方法之一^[21-23]。尽管如此,在狭小的空间里进行传统的 overlap 吻合对于防止食管回缩、避免吻合器钉砧误入食管“假道”以及共同开口的关闭等方面存在一定挑战性。因此,许多外科医师对传统 overlap 吻合法进行改良^[24-28]。针对食管残端回缩(牵拉食管造成机械损伤)、共同开口关闭困难(腔镜吻合技术要求高)等问题,Hong 团队^[29-30]提出 SPLT 技术:(1)通过无菌系带结扎后牵拉食管下端更好地暴露便于直视下行 overlap 吻合;(2)离断食管、空肠及关闭共同开口仅用1枚钉仓同时完成,简化手术操作。Sun 等^[31]采用线性吻合器和超声刀分两步离断食管以避免食管损伤,同时采用手工缝合避免吻合口狭窄。在此基础上笔者提出联合 L+H 关闭 overlap 吻合共同开口的改良吻合方式。传统法线型闭合食道一空肠吻合口时,因空间较小,视野范围有限及助手牵拉主刀技术等诸多因素,对于食道-空肠交汇处黏膜在线型吻合下是否能够完全对齐存在一定风险。而在 L+H 关闭法应用后,优先保证食道-空肠交汇处黏膜完全对齐,线型闭合食道,空肠侧是否完全闭合不做硬性要求。对于未完全闭合的空肠采用倒刺线连续关闭的方法进行,并且在缝合时先从食道-空肠交汇处加固,进一步保证交汇处黏膜的整齐,然后逐步缝合空肠。这种 L+H 关闭的组合策略旨在保证直视下安全实施食管空肠 overlap 吻合的同时避免吻合口狭窄,既利用了线性吻合器的高效性,又通过手工缝合提高了空肠侧黏膜对合的精准度,避免吻合口漏的发生。

本研究中,L+H 关闭组相较于传统关闭组在术中胃食管吻合时间、手术总体时间、术中出血量、淋巴结清扫数目、术后并发症发生率方面差异无统计学意义。提示该改良方法并不会增加手术难度或者相关围手术期并发症,且降低了对助手的要求。然而,雷达图上表现为 L+H 关闭组的整体症状面积显著小于常规关闭组,表明该治疗方法在缓解多个症状上表现更好。尤其是在吞咽困难、反流和饮食受限上,L+H 关闭组的症状评分更低。上述结果表明,传统关闭法可能因钉仓压迫导致吻合口局部瘢痕挛缩,而手工缝合的空肠侧开口可形成更平滑的吻合缘,降低食物通过

阻力,进而减少了吻合口相关功能障碍。从消化道造影上也可观察到 L+H 关闭组吻合口直径平均为 32.2 mm,较传统关闭组的 28.4 mm 更宽($P<0.05$),这为改善吞咽功能提供了形态学基础。

本研究存在一定局限性。首先,样本量较小,可能导致部分结果差异无统计学意义(如 QLQ-STO22 量表专项评分等),需扩大样本进一步验证。其次,随访时间仅3个月,缺乏长期数据,无法评估两种术式对远期吻合口及生活质量的影响。此外,研究为单中心回顾性设计,存在选择偏倚,未来需多中心前瞻性研究证实结果。

综上所述,本研究在基于 SPLT-TLTG 应用 L+H 关闭 overlap 吻合共同开口方式,既保证食管残端存在持续牵引力、防止食管残端回缩,又通过独创的 L+H 共同开口关闭技术改善了吻合口功能障碍相关的生活质量,故而是一种安全、可行、值得临床推广的吻合方法。

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