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《特发性膜性肾病中医临床实践指南(2021)》专家笔谈

特发性膜性肾病(IMN)多发于中老年人,是原发肾小球疾病常见的病理类型之一,临床多表现为大量蛋白尿、高度水肿等。国内报道显示,IMN占肾小球疾病的24.9%,且局部地区占比高达51%。近年来,我国IMN的发病率以每年13%的速度递增,严重影响患者的生活质量。

IMN的自然预后差别较大,约1/3的患者能自行缓解;1/3的患者虽有蛋白尿,但肾功能保持稳定;还有1/3的患者会发展为终末期肾病。因此,现代医学指南〔如改善全球肾脏病预后组织(KDIGO)指南〕根据IMN的不同风险程度列出诊治建议,针对低、中风险的IMN,给予支持治疗;针对高危、极高危风险的患者,需要启动免疫抑制治疗。但问题在于,仅给予支持治疗,病情缓解较慢,而免疫抑制治疗所导致的不良反应较多,如感染、骨髓抑制、性腺毒性等。

中医药防治肾脏疾病历史悠久,应用中医药治疗膜性肾病(MN)有助于促进病情缓解、改善临床症状、防止复发等。目前已有较多中医药治疗IMN的临床研究发表,但其在理法方药认识上尚未达成一致,疗效水平也存在差异,亦未整合形成良好的经验推广使用。因此,依据循证指南规范制订IMN中医实践指南非常必要。《特发性膜性肾病中医临床实践指南(2021)》按照国际指南制订的方法与步骤,基于对国医大师访谈结果和现有中西医肾病指南、权威教材以及临床研究文献的系统梳理和回顾确定了10项临床问题,再通过全面检索文献、严格评价证据和召开全国专家共识会议形成10条推荐意见。

中医临床实践指南是中医行业规范化的核心,其制订与推广可更有效地提高治疗效果,发挥中医药的特色和优势。该指南的制订可为各级从事中医/中西医结合医疗相关的医务工作者开展临床实践提供指导和决策依据,补充现有西医指南诊疗推荐方面的一些不足。

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