Crystalloid solutions

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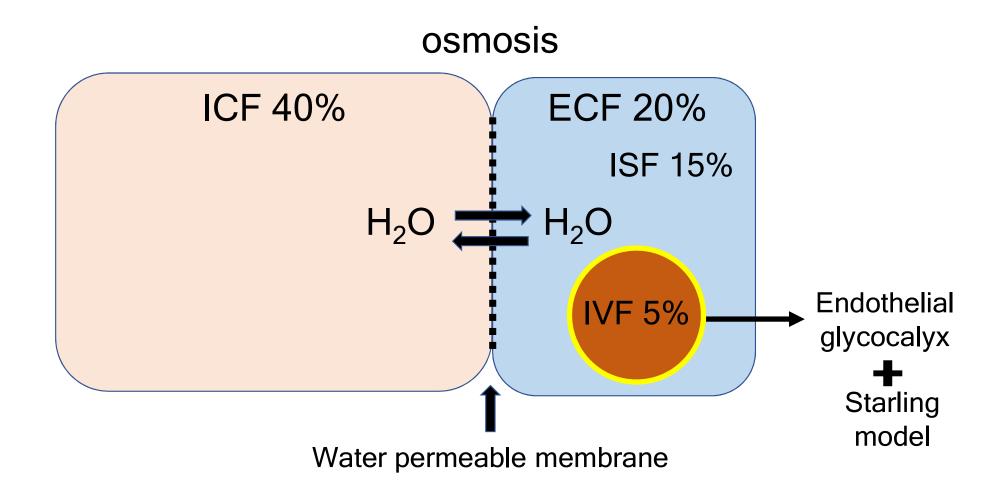
Outline

- Basic science related to fluid therapy
- Principle of fluid therapy
- Crystalloid vs Colloid
- NSS vs BSS

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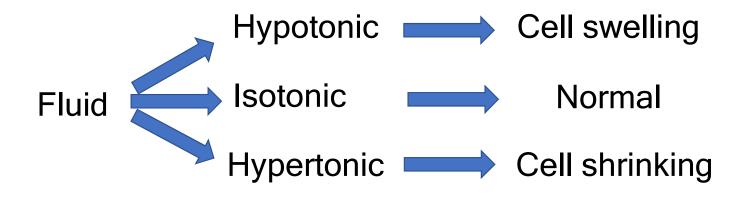
Total body water = 60% of BW



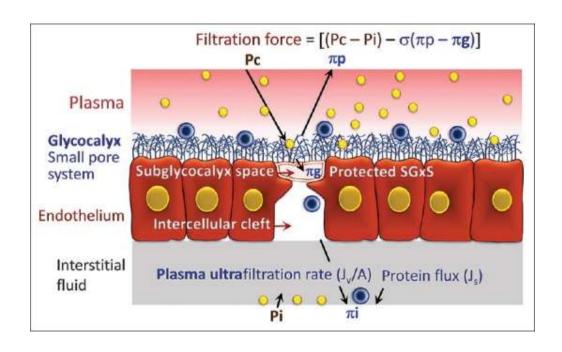
Serum osmolality

Normal range 285-305 mOsm/L

Effective serum osmolality "Tonicity"



Endothelial glycocalyx

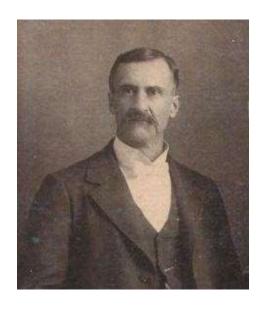


Nature Reviews Nephrology volume 14, pages541-557 (2018)

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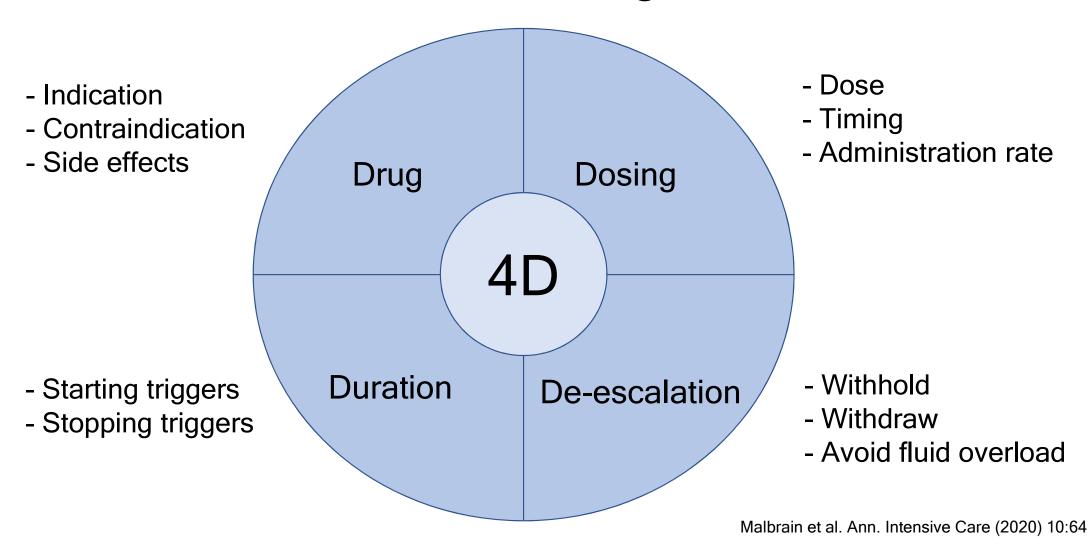




"injecting a weak saline solution into the veins of the patient [had] the most wonderful and satisfactory effect..."

- 1832 : Cholera epidemic, Thomas Latta, Robert Lewins
- 1900 : Identical blood group transfusion
- 1936-1939 : Spanish Civil War, blood transfusion program
- 1939-1945 : Second World War, plasma for volume expansion
- 1941 : attack on Pearl Harbor, human albumin

Fluid = drug



Indications

Resuscitation

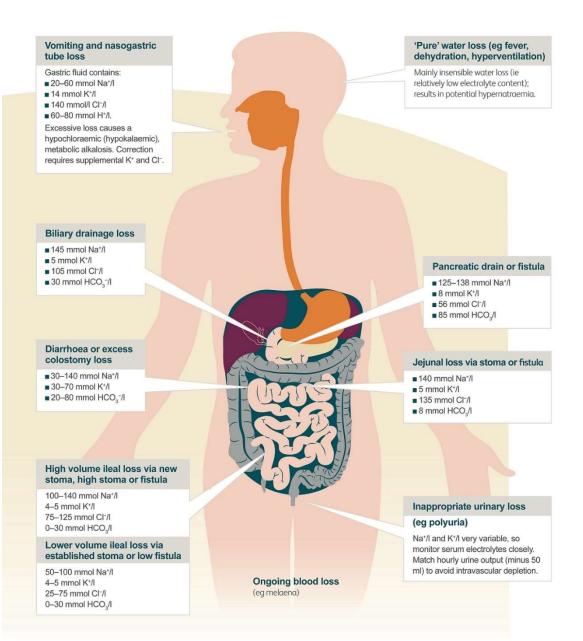
- Correct an intravascular volume deficit or acute hypovolemia
- Focus on rapid restoration of circulating volume

Maintenance

- Hemodynamically stable patients that are not able/allowed to drink water in order to cover daily requirement of water and electrolytes
- Deliver basic electrolytes and glucose for metabolic needs

Replacement

- Correct existing or developing deficits that cannot be compensated by oral intake alone
- Mimic the fluid that has been lost



Replacement fluids

- Correct existing or developing deficits that cannot be compensated by oral intake alone
- Mimic the fluid that has been lost

Maintenance Intravenous Fluids in Acutely Ill Patients

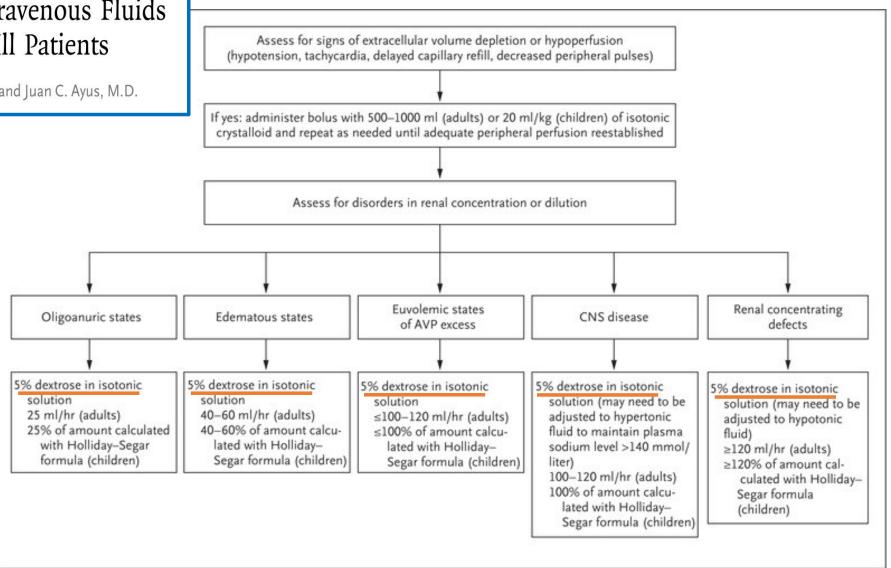
Michael L. Moritz, M.D., and Juan C. Ayus, M.D.

Benefit

Prevention of hospital acquired hyponatremia

Risk

- Volume excess
- Hyperchloremia



Resuscitation Fluids

John A. Myburgh, M.B., B.Ch., Ph.D., and Michael G. Mythen, M.D., M.B., B.S.

Crystalloid (isotonic)

The ideal

- Predictable and sustainable
- Similar chemical composition to ECF
- Metabolized and excreted without accumulation
- Not produce adverse metabolic or systemic effects
- Cost-effective in terms of improving patient outcomes

Colloid

Blood

Outline

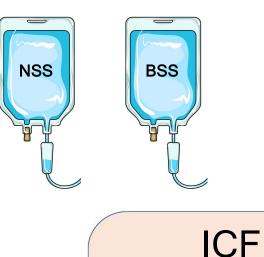
- Basic science related to fluid therapy
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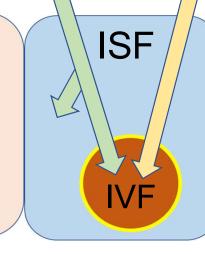
- Solutions of ions
- capable of passing through semipermeable membranes

Crystalloid (isotonic)

Colloid

- Suspensions of molecules within a carrier solution
- incapable of crossing the intact semipermeable capillary membrane









HES

Gelatin

Dextran

Volume sparing effect 1:3 ratio

Evidence from studies 1:1.4 ratio

Crystalloid vs Colloid

	A	Albumin		HES		Colloid
Study	SAFE	ALBIOS	VISEP	6S	CHEST	CRISTAL
Author Year	Finfer S 2004	Caironi P 2014	Brunkhorst FM 2008	Perner A 2012	Myburgh JA 2012	Annane D 2013
Design	Multicenter RCT	Multicenter RCT	Multicenter, 2-by-2 RCT	Multicenter, blinded RCT	Multicenter, blinded RCT	Multicenter, pragmatic RCT
Population	ICU	Severe sepsis	Severe sepsis	Severe sepsis	ICU	ICU
Intervention (N)	4% albumin (3,497)	20% albumin + crystalloid (910)	10% HES (275)	6% HES 130/0.42 (398)	6% HES 130/0.4 (3,358)	Colloid, 70% use HES (1,414)
Comparison (N)	NSS (3,500)	Crystalloid (908)	Ringer's lactate (262)	Ringer's acetate (400)	NSS (3,384)	Crystalloid (1,413)
Renal outcome	N/A	21.9% vs 22.7% (p=0.71)	34.9% vs 22.8% (p=0.002)	Doubling Scr 41% vs 35% (p=0.08)	RIFLE-R: 54% vs 57.3% (p=0.007) RIFLE-I: 34.6% vs 38% (p=0.005) RIFLE-F: 10.4% vs 9.2% (p=0.12)	N/A
RRT	Duration RRT 0.48 vs 0.39 (p=0.41)	Use of RRT 24.6% vs 21.4% (p=0.11)	Use of RRT 31% vs 18.8% (p=0.001)	Use of RRT 22% vs 6% (p=0.04)	Use of RRT 7% vs 5.8% (p=0.04)	11.3% vs 11.94% (p=0.90)
Mortality	28 days: 20.9% vs 21% (p=0.87)	28 days: 31.8% vs 32% (p=0.94)	28 days: 26.7% vs 24.1% (p=0.48)	90 days: 51% vs 43% (p=0.03)	90 days: 18% vs 17% (p=0.26)	28 days: 25.4% vs 27% (p=0.26)

Colloids versus crystalloids for fluid resuscitation in critically ill people (Review)



Cochrane Database of Systematic Reviews

Lewis SR, Pritchard MW, Evans DJW, Butler AR, Alderson P, Smith AF, Roberts I

Analysis 1.1. Comparison 1 Starches vs crystalloid, Outcome 1 Mortality at end of follow-up.

Study or subgroup	Starch	Crystalloid	Risk Ratio	Weight	Risk Ratio
	n/N	n/N	M-H, Random, 95% CI	N	1-H, Random, 95% CI
Annane 2013	181/645	372/1107	•	16.71%	0.84[0.72,0.97]
Bechir 2013	8/23	6/22	-	1.72%	1.28[0.53,3.08]
Brunkhorst 2008	107/261	93/274	+	12.81%	1.21[0.97,1.51]
Cifra 2003	1/11	3/16		0.31%	0.48[0.06,4.08]
Du 2011	1/21	2/21	•	0.26%	0.5[0.05,5.1]
Oubin 2010	3/12	7/13		1.13%	0.46[0.15,1.4]
Guidet 2012	31/100	24/95	+	5.37%	1.23[0.78,1.93]
Heradstveit 2010	2/10	2/9		0.47%	0.9[0.16,5.13]
James 2011	12/58	6/57		1.62%	1.97[0.79,4.88]
lie 2015	18/44	24/40	-	5.68%	0.68[0.44,1.05]
Kumar 2017	8/55	9/52		1.75%	0.84[0.35,2.01]
Li 2008	14/30	20/30		5.26%	0.7[0.44,1.11]
u 2012	7/22	12/20		2.55%	0.53[0.26,1.08]
McIntyre 2008	9/21	6/19		1.94%	1.36[0.59,3.1]
Myburgh 2012	597/3315	566/3336	•	19.2%	1.06[0.96,1.18]
Nagy 1993	2/21	2/20		0.41%	0.95[0.15,6.13]
Perner 2012	201/398	172/400	+	16.7%	1.17[1.01,1.36]
Rackow 1983	5/9	6/8		2.56%	0.74[0.36,1.5]
/an der Heijden 2009	4/12	3/12	-	0.87%	1.33[0.38,4.72]
lachou 2010	2/12	2/11		0.45%	0.92[0.15,5.44]
Vills 2005	0/129	0/128			Not estimable
ounes 1998	2/12	3/11		0.56%	0.61[0.12,3]
Zhao 2013	5/80	5/40		0.99%	0.5[0.15,1.63]
Zhu 2011	3/90	4/45	-	0.66%	0.38[0.09,1.6]
Total (95% CI)	5391	5786	•	100%	0.97[0.86,1.09]
Fotal events: 1223 (Starch), 1349	(Crystalloid)				
Heterogeneity: Tau ² =0.02; Chi ² =3	33.27, df=22(P=0.06); I ² =3	3.86%			
est for overall effect: Z=0.5(P=0.	.62)				

Analysis 1.4. Comparison 1 Starches vs crystalloid, Outcome 4 Transfusion of blood product.

Study or subgroup	Starch	Crystalloid	Risk Ratio	Weight	Risk Ratio
	n/N	n/N	M-H, Random, 95% CI		M-H, Random, 95% CI
Brunkhorst 2008	199/262	189/275		61.33%	1.11[1,1.23]
Cifra 2003	1/10	3/13	•	0.53%	0.43[0.05,3.57]
Guidet 2012	29/100	20/96	-	8.66%	1.39[0.85,2.29]
McIntyre 2008	10/21	5/19	+	2.98%	1.81[0.75,4.35]
Nagy 1993	11/21	10/20	-	6.14%	1.05[0.58,1.91]
Perner 2012	84/397	59/400	-	19.89%	1.43[1.06,1.94]
Vlachou 2010	0/12	0/14			Not estimable
Wills 2005	1/129	3/128	- 18. ·	0.47%	0.33[0.03,3.14]
Total (95% CI)	952	965	•	100%	1.19[1.02,1.39]
Total events: 335 (Starch), 289	(Crystalloid)				
Heterogeneity: Tau ² =0.01; Chi ²	=6.95, df=6(P=0.33); I ² =13.	53%			
		Favours starches 0.0	1 0.1 1 10 1	.00 Favours crystalloids	

Analysis 1.5. Comparison 1 Starches vs crystalloid, Outcome 5 Renal replacement therapy.

Study or subgroup	Starch	Crystalloid		Risk Ra	atio		Weight	Risk Ratio
	n/N	n/N		M-H, Randor	n, 95% CI			M-H, Random, 95% CI
Bechir 2013	6/23	6/22					1.79%	0.96[0.36,2.52]
Brunkhorst 2008	81/261	51/272					17.91%	1.66[1.22,2.25]
Guidet 2012	22/100	17/96		-	•		5.22%	1.24[0.7,2.19]
James 2011	2/56	3/53	•	*		-	0.55%	0.63[0.11,3.63]
Mahrous 2013	13/30	10/26					4.17%	1.13[0.6,2.13]
McIntyre 2008	3/21	1/19			•	\rightarrow	0.36%	2.71[0.31,23.93]
Myburgh 2012	235/3352	196/3375		H	-		49.97%	1.21[1,1.45]
Perner 2012	87/398	65/400		-	•		20.03%	1.35[1.01,1.8]
Vlachou 2010	0/12	0/11						Not estimable
Total (95% CI)	4253	4274			*		100%	1.3[1.14,1.48]
Total events: 449 (Starch), 349 (Crystalloid)							
Heterogeneity: Tau ² =0; Chi ² =4.7	77, df=7(P=0.69); I ² =0%							
Test for overall effect: Z=3.93(P-	<0.0001)		7	,				
		Favours starches	0.2	0.5 1	2	5	Favours crystalloids	

Cochrane Database Syst Rev. 2018 Aug 3;8(8)

Colloids versus crystalloids for fluid resuscitation in critically ill people (Review)



Cochrane Database of Systematic Reviews

Lewis SR, Pritchard MW, Evans DJW, Butler AR, Alderson P, Smith AF, Roberts I

Analysis 4.1. Comparison 4 Albumin or FFP vs crystalloid, Outcome 1 Mortality at end of follow-up.

Study or subgroup	Natural colloid	Crystalloid	Risk Ratio	Weight	Risk Ratio
	n/N	n/N	M-H, Random, 95% CI		M-H, Random, 95% CI
Annane 2013	28/80	346/1035		4.93%	1.05[0.77,1.43]
Caironi 2014	365/888	389/893	-	28.16%	0.94[0.85,1.05]
Cooper 2006	3/19	1/23		0.11%	3.63[0.41,32.13]
Finfer 2004	726/3473	729/3460	-	34.79%	0.99[0.91,1.09]
Goodwin 1983	11/15	3/14		0.46%	3.42[1.2,9.76]
Jelenko 1979	1/7	3/12		0.12%	0.57[0.07,4.49]
Lowe 1977	3/57	3/84	,	0.21%	1.47[0.31,7.05]
Lucas 1978	7/27	0/25	-	0.06%	13.93[0.84,231.93]
Maitland 2005	2/56	11/61	<u> </u>	0.24%	0.2[0.05,0.85]
Maitland 2011	137/1063	135/1063		9.13%	1.01[0.81,1.27]
Martin 2005	7/20	9/20 -		0.85%	0.78[0.36,1.68]
Metildi 1984	12/20	13/26	- 1	1.8%	1.2[0.71,2.03]
O'Mara 2005	3/16	4/15	•	0.29%	0.7[0.19,2.63]
Park 2015	30/50	31/60	- 	4.32%	1.16[0.83,1.62]
Philips 2015	87/154	95/154		12.38%	0.92[0.76,1.1]
Pockaj 1994	0/36	0/40			Not estimable
Quinlan 2004	4/10	4/10	•	0.44%	1[0.34,2.93]
Rackow 1983	6/9	6/8		1.33%	0.89[0.48,1.64]
Shah 1977	2/9	3/11	•	0.21%	0.81[0.17,3.87]
Van der Heijden 2009	2/12	3/12	•	0.2%	0.67[0.13,3.3]
Total (95% CI)	6021	7026	+	100%	0.98[0.92,1.06]
Total events: 1436 (Natural co	olloid), 1788 (Crystalloid)				
Heterogeneity: Tau²=0; Chi²=1	.9.27, df=18(P=0.38); l ² =6.61	%			
Test for overall effect: Z=0.48(P=0.63)				

Analysis 4.4. Comparison 4 Albumin or FFP vs crystalloid, Outcome 4 Transfusion of blood product.

Study or subgroup	Natural colloid	Crystalloid			Risk Ratio			Weight	Risk Ratio	
140.0	n/N	n/N		М-Н, І	Random, 9	5% CI			M-H, Random, 95% CI	
Cooper 2006	1/19	3/23		8	i l	-		2.16%	0.4[0.05,3.57]	
Lowe 1977	31/57	34/84						82.88%	1.34[0.95,1.91]	
Pockaj 1994	11/54	8/53						14.96%	1.35[0.59,3.09]	
	Favou	rs natural colloids	0.01	0.1	1	10	100	Favours crystalloids		
Total (95% CI)	130	160			•			100%	1.31[0.95,1.8]	
Total events: 43 (Natural coll	oid), 45 (Crystalloid)									
Heterogeneity: Tau ² =0; Chi ² =	1.17, df=2(P=0.56); I ² =0%									
Test for overall effect: Z=1.65	(P=0.1)									
	Favou	rs natural colloids	0.01	0.1	1	10	100	Favours crystalloids		

Analysis 4.5. Comparison 4 Albumin or FFP vs crystalloid, Outcome 5 Renal replacement therapy.

Study or subgroup	Natural colloid	Crystalloid			Risk Ratio			Weight	Risk Ratio
	n/N	n/N		M-H,	Random, 95	% CI			M-H, Random, 95% CI
Caironi 2014	222/903	194/907						66.05%	1.15[0.97,1.36]
Finfer 2004	113/603	112/615			+			33.95%	1.03[0.81,1.3]
Total (95% CI)	1506	1522			•			100%	1.11[0.96,1.27]
Total events: 335 (Natural co	lloid), 306 (Crystalloid)								
Heterogeneity: Tau ² =0; Chi ² =	=0.56, df=1(P=0.45); I ² =0%								
Test for overall effect: Z=1.45	i(P=0.15)		,				-		
		Favours colloids	0.01	0.1	1	10	100	Favours crystalloids	

Recommendation

- No benefit of colloid over crystalloid in reducing mortality rates
- HES increase AKI, rate of RRT
- High cost of albumin



Crystalloid as initial fluid resuscitation

SSC guideline 2016

F. FLUID THERAPY

- 1. We recommend that a fluid challenge technique be applied where fluid administration is continued as long as hemodynamic factors continue to improve (BPS).
- 2. We recommend crystalloids as the fluid of choice for initial resuscitation and subsequent intravascular volume replacement in patients with sepsis and septic shock (strong recommendation, moderate quality of evidence).
- 3. We suggest using either balanced crystalloids or saline for fluid resuscitation of patients with sepsis or septic shock (weak recommendation, low quality of evidence).

- 4. We suggest using albumin in addition to crystalloids for initial resuscitation and subsequent intravascular volume replacement in patients with sepsis and septic shock when patients require substantial amounts of crystalloids (weak recommendation, low quality of evidence).
- 5. We recommend against using hydroxyethyl starches (HESs) for intravascular volume replacement in patients with sepsis or septic shock (strong recommendation, high quality of evidence).
- 6. We suggest using crystalloids over gelatins when resuscitating patients with sepsis or septic shock (weak recommendation, low quality of evidence).

Ongoing studies - Albumin in septic shock

ALBumin Italian Outcome Septic Shock-BALANCED Trial (ALBIOSS-BALANCED) (ALBIOSS-BAL)

The safety and scientific validity of this study is the responsibility of the study sponsor and investigators. Listing a study does not mean it has been evaluated

♠ by the U.S. Federal Government. Know the risks and potential benefits of clinical studies and talk to your health care provider before participating. Read our disclaimer for details.

ClinicalTrials.gov Identifier: NCT03654001

Recruitment Status ①: Recruiting
First Posted ①: August 31, 2018
Last Update Posted ①: April 23, 2021

See Contacts and Locations

ALBIOSS-BALANCED

Sponsor:

Fondazione IRCCS Ca' Granda, Ospedale Maggiore Policlinico

Albumin Replacement Therapy in Septic Shock (ARISS)

The safety and scientific validity of this study is the responsibility of the study sponsor and investigators. Listing a study does not mean it has been evaluated

♠ by the U.S. Federal Government. Know the risks and potential benefits of clinical studies and talk to your health care provider before participating. Read our disclaimer for details.

Sponsor:

Jena University Hospital

ClinicalTrials.gov Identifier: NCT03869385

Recruitment Status ①: Recruiting
First Posted ①: March 11, 2019
Last Update Posted ①: June 29, 2021

See Contacts and Locations

ARISS

REVIEW Open Access

Resuscitation Fluid Choices to Preserve the Endothelial Glycocalyx

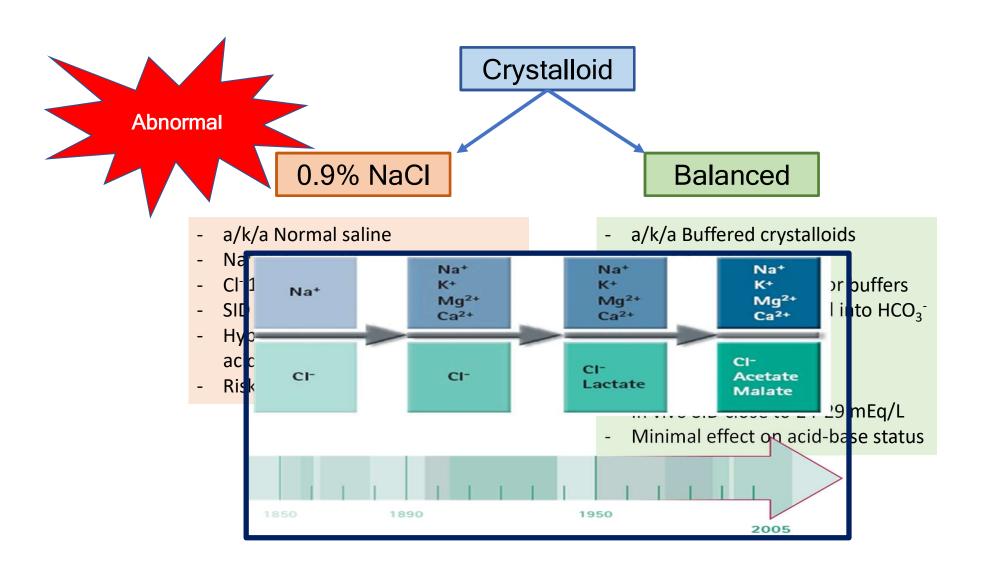


Elissa M. Milford^{1,2*} and Michael C. Reade^{3,4}

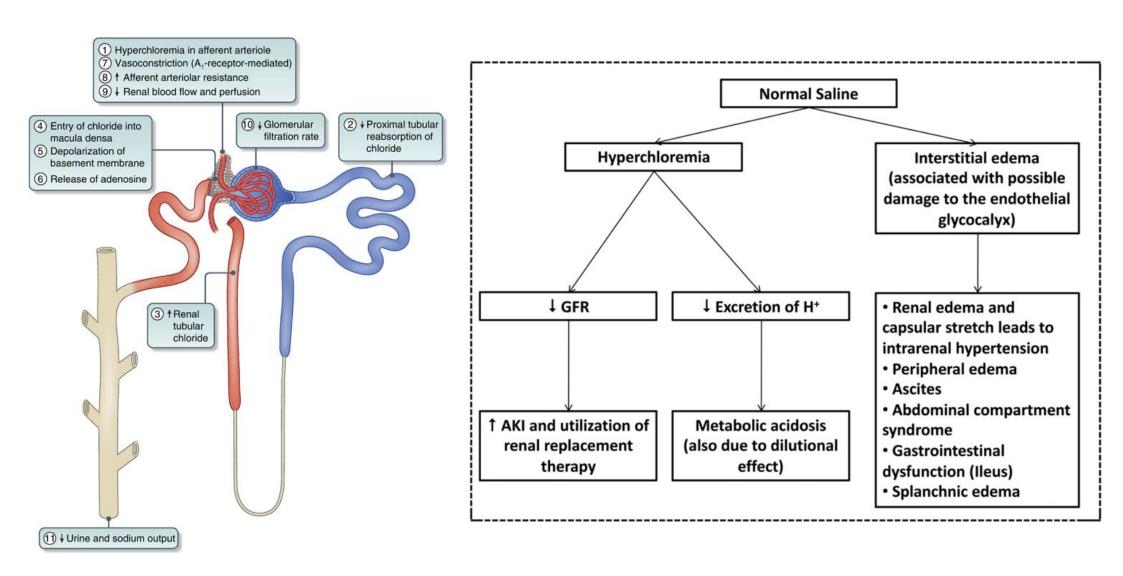
- While FFP has been identified as the most effective, further work is needed to establish the mechanisms, and to determine whether glycocalyx repair improves clinical outcomes.
- A fluid resuscitation strategy that protects and repairs the endothelial glycocalyx may prove to be the most effective

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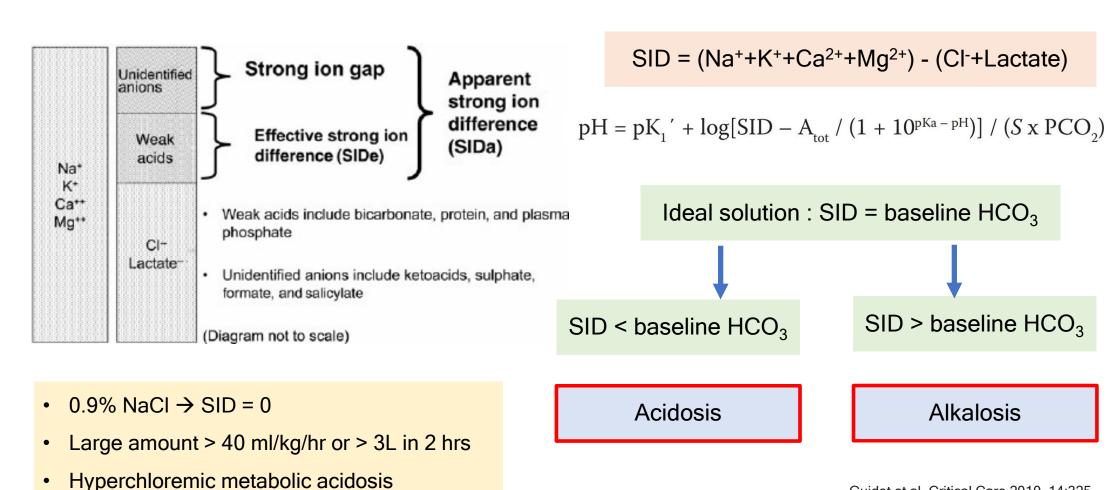


Solute (mmol/L)	Plasma	0.9% NaCl	RLS	Acetar	Sterofundin ISO®	Plasmalyte 148®
Na⁺	136 - 145	154	130	130	145	140
K+	3.5 - 5.0		4	4	4	5
Mg2+	1.0 - 2.0				1	1.5
Ca2+	2.2 - 2.6		3	2.7	2.5	
CI-	98 - 106	154	109	109	127	98
Gluconate						23
Acetate				28	24	27
Lactate			28			
Malate					5	
eSID	42	0	28	28	25.5	50
Theoretical osmolarity (mOsm/L)	291	308	273	273	309	295
Measured osmolality (mOsm/kg H ₂ O)	287	286	256	256	287	271
рН	7.35-7.45	4.5-7.0	5.0-7.0	6.7-7.0	5.1-5.9	4.0-8.0



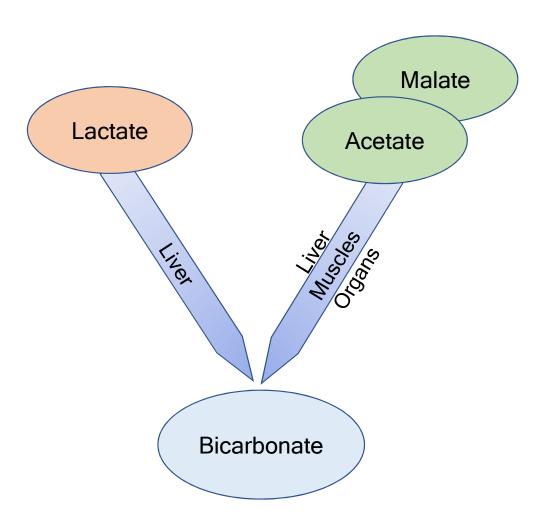
Kidney International advance online publication, 9 April 2014; doi:10.1038/ki.2014.105

Strong ion difference (SID)



Guidet et al. Critical Care 2010, 14:325 Malbrain et al. Ann. Intensive Care (2020) 10:64

Bicarbonate precursors



	Acetate	Lactate
Metabolism	Fast (min)	slow
Tissue (normal)	All	Liver
Tissue (shock)	All	-
RQ	0.5	0.67
Oxygen consumption (mol O ₂ /mol)	2	3
Myocardial depression, vasodilatation	++	-
Hyperglycemia	*	†
Lactate assay	**	

Study	SPLIT	SALT	SALT-ED	SMART
Author Year Country	Paul Y 2015 New Zealand	MW Semler 2015 USA	WH Self 2018 USA	MW Semler 2018 USA
Design	Multicenter RCT Double blind	Single center RCT	Single center, crossover RCT	Single center, crossover RCT
Population	Mixed ICU	Medical ICU	ER + Ward (Non-ICU)	ICU
Intervention (N) Volume	Plasma-Lyte148 (1,067) 2,000 ml (1,000-3,500)	LRS or Plasma-Lyte A (520) 1,617 ml (500-3,628)	LRS or Plasma-Lyte A (6,708) 1,089 ml (1,000-2,000) > 2,000 ml = 32.9%	LRS or Plasma-Lyte A (7,942) 1,000 ml (0-3,210)
Comparison (N) Volume	0.9% NaCl (1,025) 2,000 ml (1,000-3,250)	0.9% NaCl (454) 1,424 ml (500-3,377)	0.9% NaCl (6,639) 1,071 ml (1,000-2,000) > 2,000 ml = 32.4%	0.9% NaCl (7,860) 1,020 ml (0-3,500)
Composite outcome		MAKE-30* 24.6% vs 24.7% (p=0.98)	MAKE-30 4.7% vs 5.6% (p=0.01) OR 0.82 (0.70-0.95)	MAKE-30 14.3% vs 15.4% (p=0.04) OR 0.90 (0.82-0.99)
Renal outcome	Incidence of AKI 9.6% vs 9.2% (p=0.77)	AKI stage 2 or greater 26% vs 28.4% (p=0.39)	AKI stage 2 or greater 8.0% vs 8.6% (p=0.14)	AKI stage 2 or greater 10.7% vs 11.5% (p=0.09)
RRT	Use of RRT 3.3 vs 3.4 (p=0.91)	Use of RRT 4.6% vs 3.1% (p=0.22)	Use of RRT 0.3% vs 0.5%	Use of RRT 2.5% vs 2.9% (p=0.08)
Mortality	28 days: 7.6% vs 8.6% (p=0.40)	30 days: 13.8% vs 15% (p=0.62)	30 days: 1.4% vs 1.5%	30 days: 10.3% vs 11.1% (p=0.06)

^{*}MAKE-30 : death at 30 days, new RRT, final creatinine > 200% of baseline

Ongoing trial: Balanced solutions vs 0.9% NaCl

Plasma-Lyte 148® versUs Saline Study (PLUS)

The safety and scientific validity of this study is the responsibility of A the study sponsor and investigators. Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our disclaimer for details.

Sponsor:

The George Institute

Australian and New Zealand Intensive Care Society Clinical Trials Group Baxter Healthcare Corporation

ClinicalTrials.gov Identifier: NCT02721654

Recruitment Status 1 : Active, not recruiting

First Posted 1 : March 29, 2016 Last Update Posted 1 : April 22, 2021

PLUS

Balanced Solution Versus Saline in Intensive Care Study (BaSICS)

The safety and scientific validity of this study is the responsibility of the study sponsor and investigators. Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our disclaimer for details.

Sponsor:

Hospital do Coracao

Information provided by (Responsible Party):

Hospital do Coração

ClinicalTrials.gov Identifier: NCT02875873

Recruitment Status 1 : Completed First Posted 1: August 23, 2016 Last Update Posted 1: April 19, 2021 **BaSICS**

Perioperative administration of buffered versus non-buffered crystalloid intravenous fluid to improve outcomes following adult surgical procedures (Review)



Cochrane Database of Systematic Reviews

Bampoe S, Odor PM, Dushianthan A, Bennett-Guerrero E, Cro S, Gan TJ, Grocott MPW, James MFM, Mythen MG, O'Malley CMN, Roche AM, Rowan K, Burdett E

Author's conclusion

- Moderate-quality evidence to support the safety of buffered fluids in terms of their low risk of precipitating electrolyte disturbance.
- Perioperative buffered fluid resuscitation is associated with hyperchloremic metabolic acidosis
 in a reduced proportion of patients when compared with non-buffered fluid resuscitation.
- Buffered fluids are appropriate for fluid replacement during surgery and should be considered especially for patients with, or at risk of, metabolic derangement

Cochrane Database of Systematic Reviews 2017, Issue 9. Art. No.: CD004089.

REVIEW Open Access

Intravenous fluid therapy in the perioperative and critical care setting: Executive summary of the International Fluid Academy (IFA)



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- Balanced solutions → avoid fluid-induced metabolic acidosis and excessive chloride loading
- Excessive chloride → detrimental effect on renal function, even at low doses.
- The use of balanced solutions, particularly in patients that potentially need a significant amount of intravenous fluids, seems to be a reasonable pragmatic choice.
- Saline → considered in hypovolemic hyponatremia or hypochloremic metabolic alkalosis
- The patient's serum Cl⁻ is an important factor to determine the appropriate type of fluids

CONCISE CLINICAL REVIEW



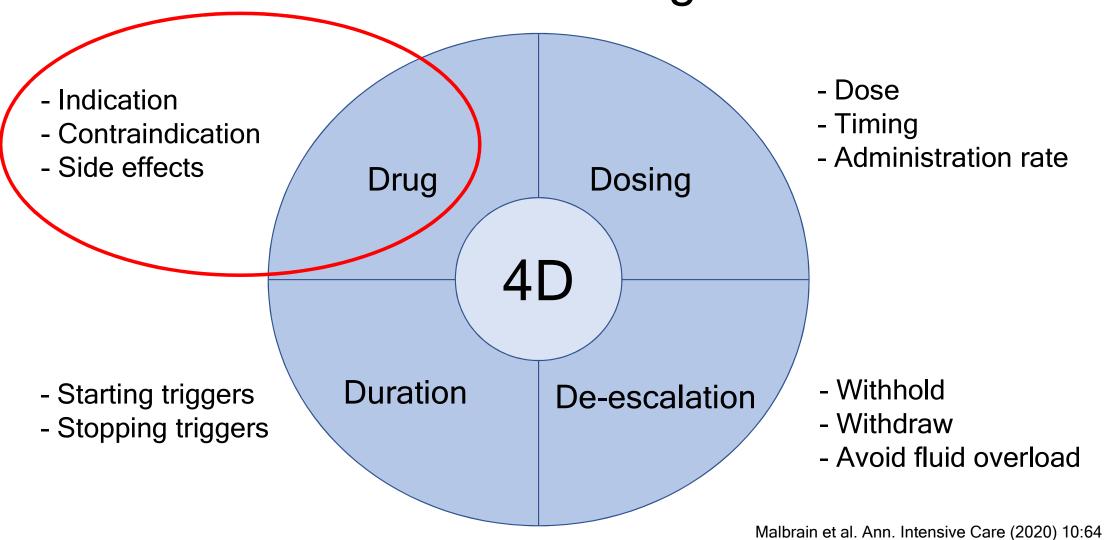
Balanced Crystalloid Solutions

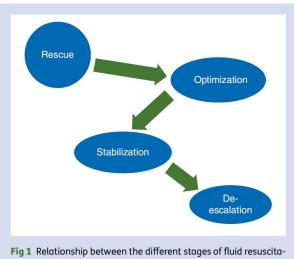
Matthew W. Semler¹ and John A. Kellum²

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- Balanced crystalloids rather than saline may have the potential to reduce morbidity and mortality for critically ill patients.
- For patients undergoing major surgery, randomized trials have found that balanced crystalloids cause less hyperchloremic metabolic acidosis and reduce the need for vasopressors
- Among acutely ill adults in the ED or ICU, data from several recent large randomized trials suggest that using balanced crystalloids decreases the risk of death or severe kidney dysfunction.







tion. Reproduced with permission from ADQI (www.ADQI.org).

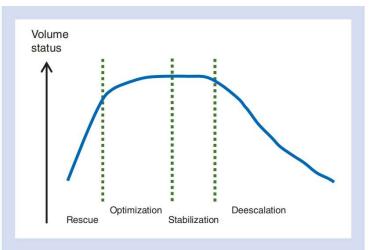


Fig 2 Patients' volume status at different stages of resuscitation. Reproduced with permission from ADQI (www.ADQI.org).

Phases of fluid therapy

Table 1 Characteristics of different stages of resuscitation: 'Fit for purpose fluid therapy'. GDT, goal directed therapy; DKA, diabetic keto acidosis; NPO, nil per os; ATN, acute tubular necrosis; SSC, surviving sepsis campaign

	Rescue	Optimization	Stabilization	De-escalation
Principles	Lifesaving	Organ rescue	Organ support	Organ recovery
Goals	Correct shock	Optimize and maintain tissue perfusion	Aim for zero or negative fluid balance	Mobilize fluid accumulated
Time (usual)	Minutes	Hours	Days	Days to weeks
Phenotype	Severe shock	Unstable	Stable	Recovering
Fluid therapy	Rapid boluses	Titrate fluid infusion conservative use of fluid challenges	Minimal maintenance infusion only if oral intake inadequate	Oral intake if possible Avoid unnecessary i.v. fluids
Typical clinical scenario	Septic shockMajor trauma	Intraoperative GDTBurnsDKA	 NPO postoperative patient 'Drip and suck' management of pancreatitis 	 Patient on full enteral feed in recovery phase of critical illness Recovering ATN
Amount		Guidelines, for example,	SSC, pre-hospital resuscitation, trauma	, burns, etc.

British Journal of Anaesthesia 113 (5): 740-7 (2014)