

Clinical guidelines

-what's up and what's new?

Jon Henrik Laake

SSAI Clinical Practice Committee
and Rikshospitalet – Oslo University Hospital

SSAI

The Scandinavian Society of Anaesthesiology
and Intensive Care Medicine







Evidence based

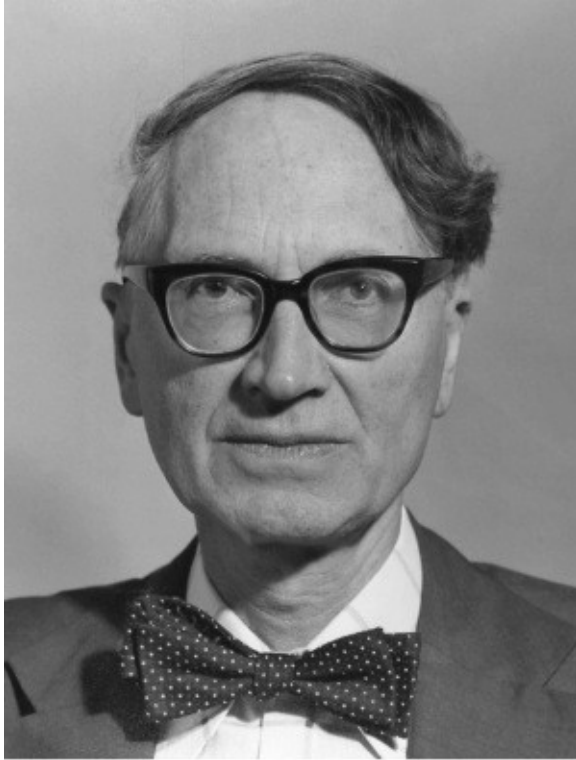
Elegance based

VIEWPOINT

Specialty Society Clinical Practice Guidelines Time for Evolution or Revolution?

“Most specialty societies cannot afford the financial expense to replicate the **ACC/AHA or American Cancer Society experience**, and the need for a more economic and streamlined process with a succinct work product suggests another pathway is clearly called for. That pathway is likely to be successful through partnerships with other organizations that have expertise in implementation science, multistakeholder perspectives, and transparency regarding COIs.”

“the Clinical Practice Guideline development process should continue to be led by specialty societies *but* **with a new model that integrates other stakeholders, including patients**”



Fred Walberg

*” There was
never a lack of
good ideas! ”*

Fred Walberg 1921- 2005

A grayscale chest X-ray showing bilateral infiltrates, consistent with Acute Respiratory Distress Syndrome (ARDS). The lung fields are hazy, and there is a visible consolidation in the lower lung zones. The heart and mediastinum are visible in the center.

Severe ARDS

Berlin definition:
p/f ratio < 13.3 with PEEP > 5 cm H₂O

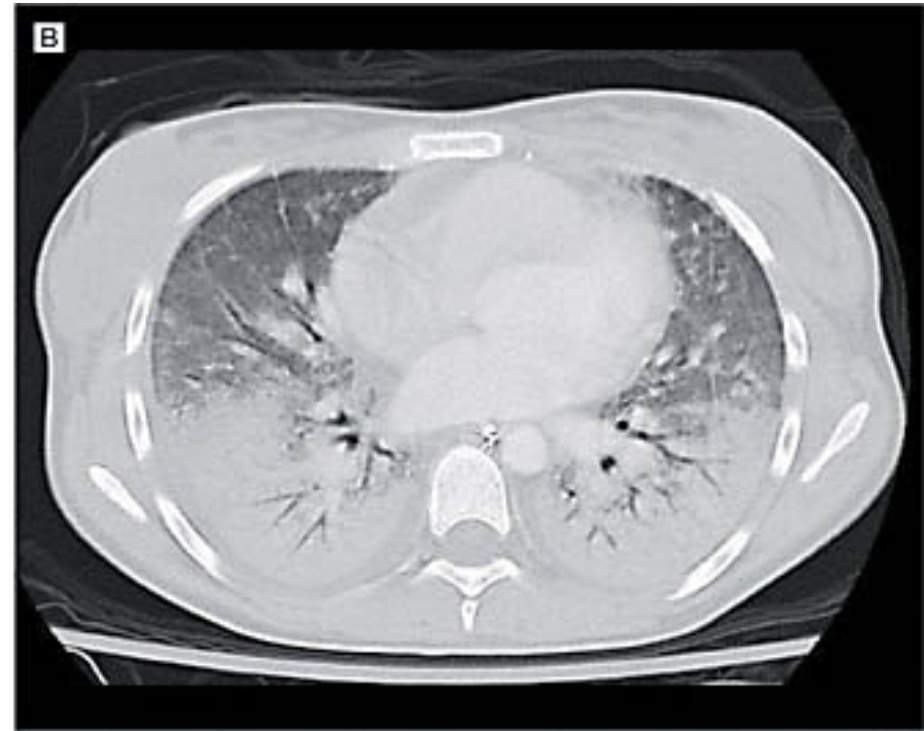
Pathophysiology

- Oxygenation failure
- Ventilation failure
- Inflammation
- Coagulopathy
- Pulmonary oedema
- V/Q disturbances
- Pulmonary hypertension
- Extrapulmonary organ failure

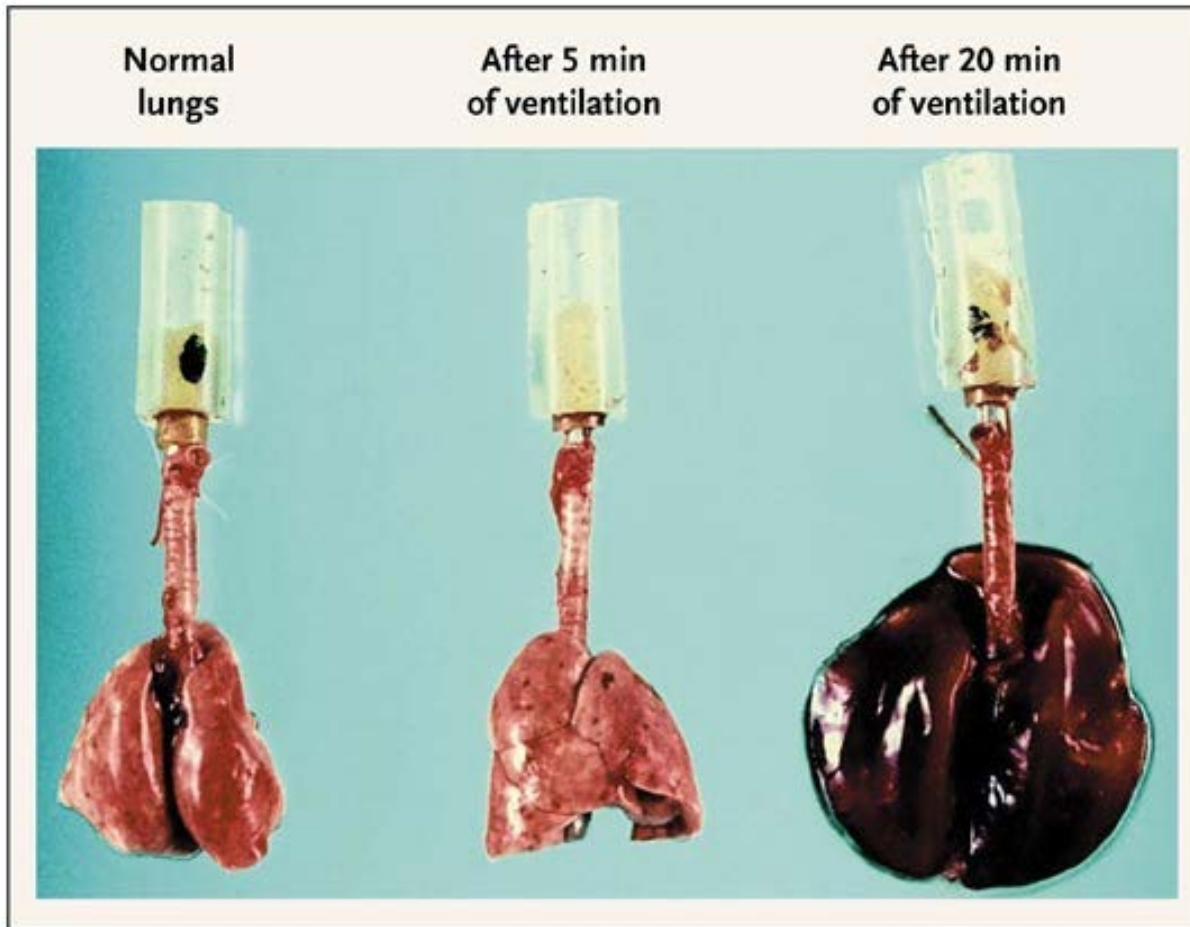


Therapy ?

Baby lung



Gattinoni et al.



Normal Rat Lungs and Rat Lungs after Receiving High-Pressure Mechanical Ventilation at a Peak Airway Pressure of 45 cm of Water.

Dreyfuss D, Saumon G. Ventilator-induced lung injury: lessons from experimental studies. Am J Respir Crit Care Med 1998;157:294-323.

The New England Journal of Medicine

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VOLUME 342

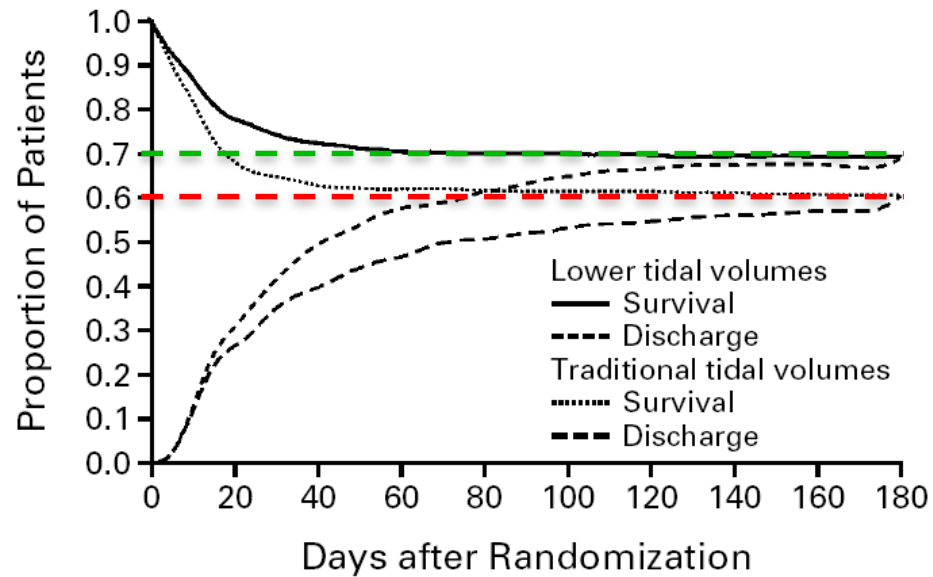
MAY 4, 2000

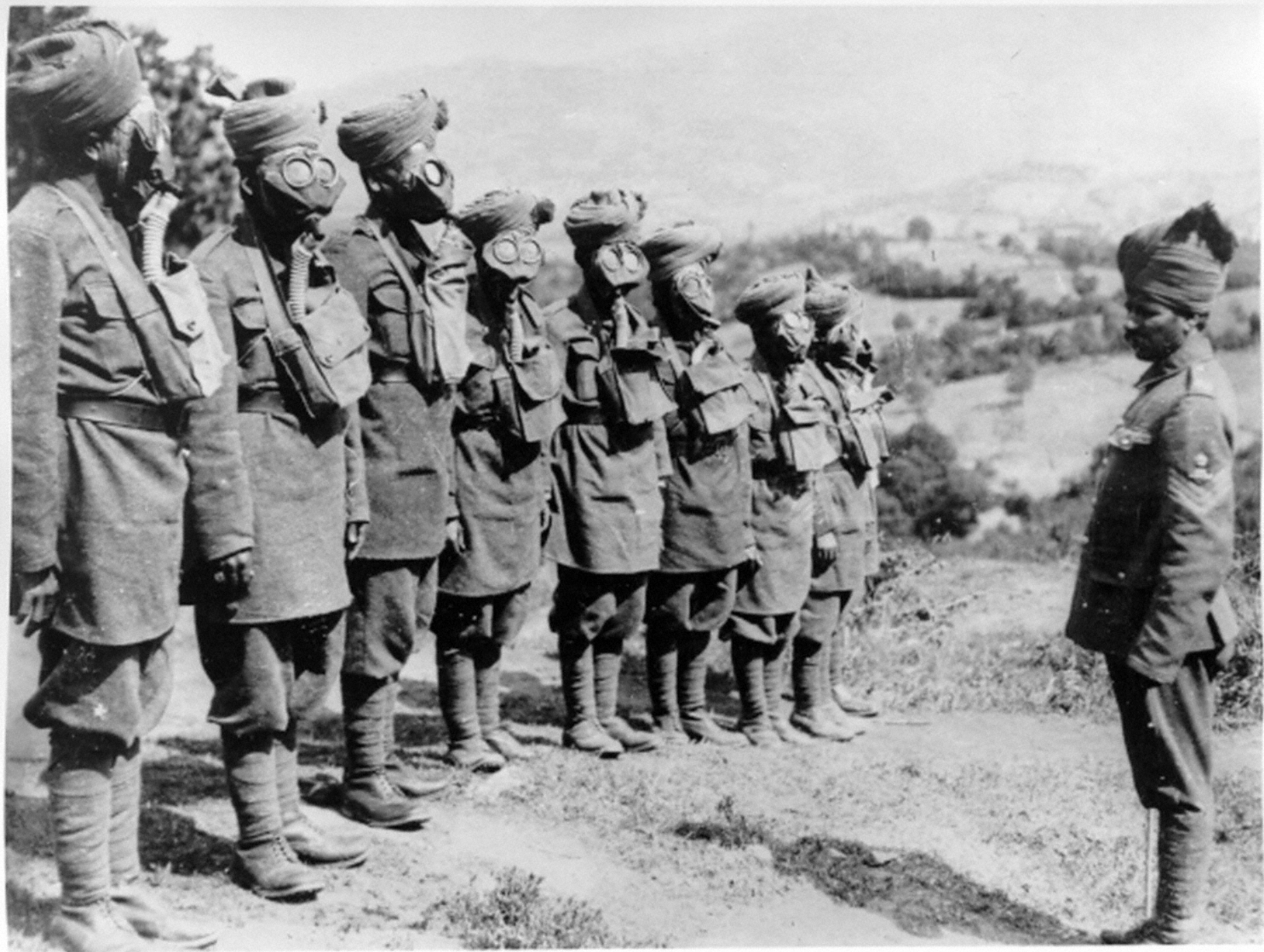
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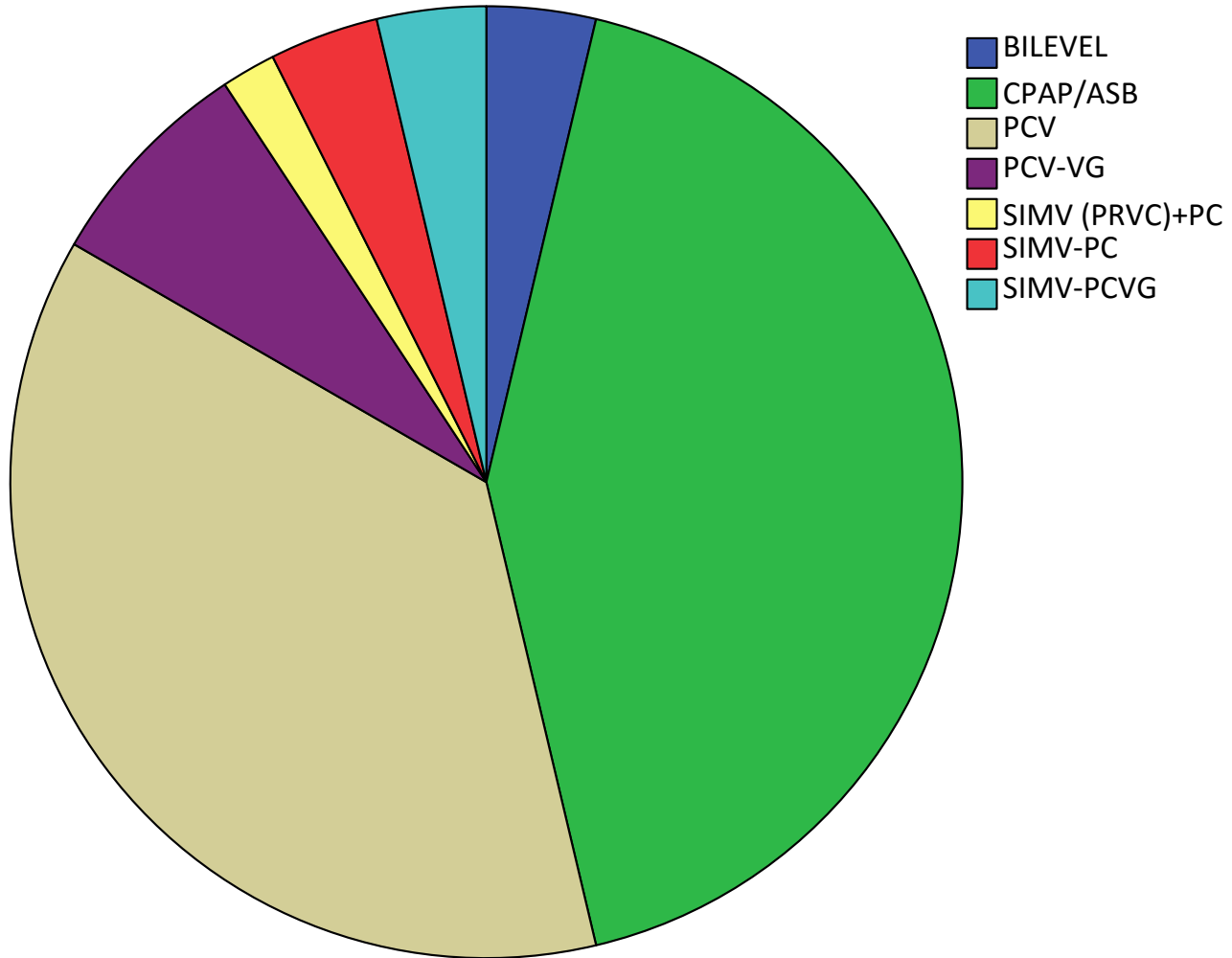
VENTILATION WITH LOWER TIDAL VOLUMES AS COMPARED WITH TRADITIONAL TIDAL VOLUMES FOR ACUTE LUNG INJURY AND THE ACUTE RESPIRATORY DISTRESS SYNDROME

THE ACUTE RESPIRATORY DISTRESS SYNDROME NETWORK*



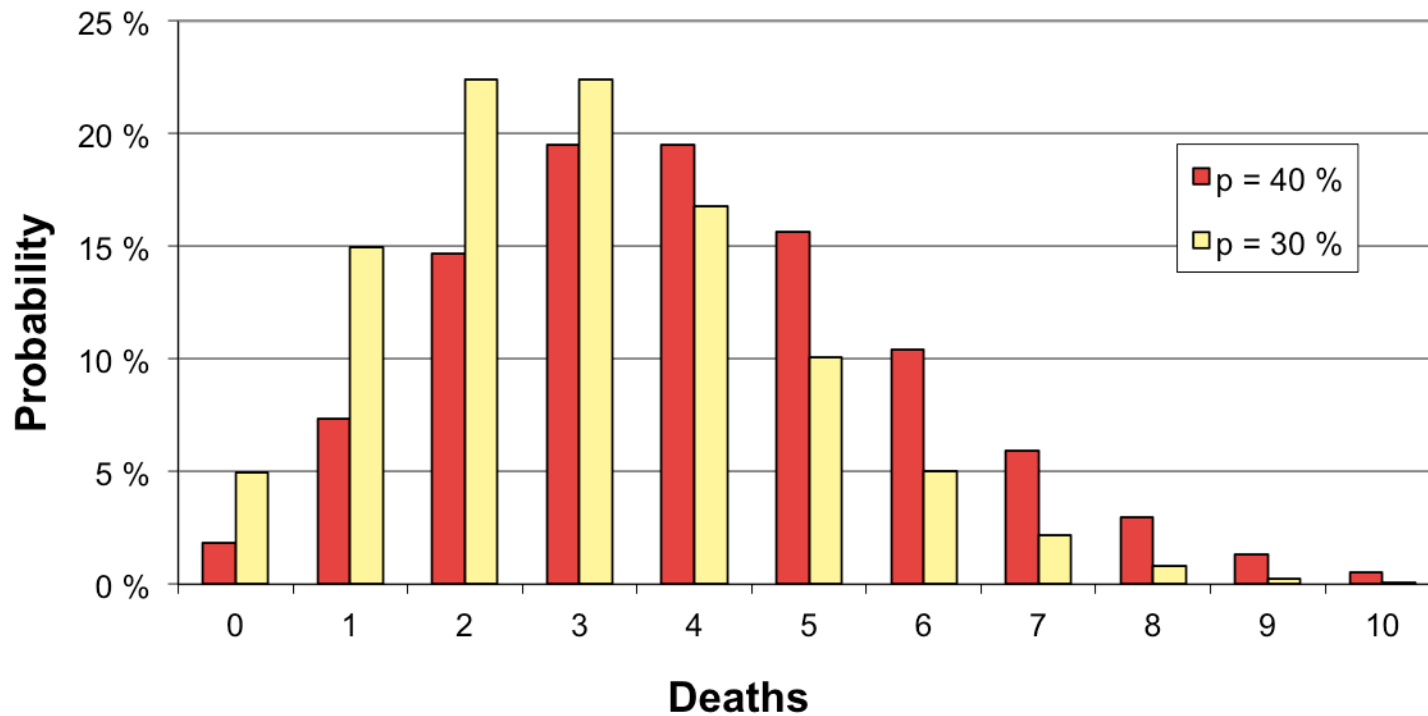


Ventilator mode in ARDS



” In my experience... ”

Frequency distribution of death with PVL vs ”control”



SSAI

The Scandinavian Society of Anaesthesiology and Intensive Care Medicine

Organization

Acta

Education

Guidelines

Research

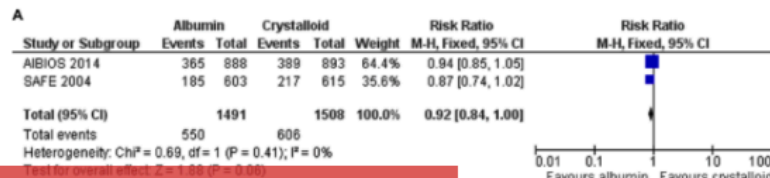
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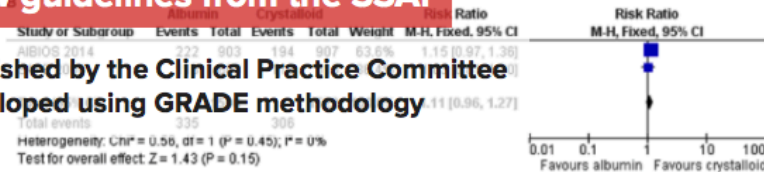
SSAI.info

News



New guidelines from the SSAI

published by the Clinical Practice Committee developed using GRADE methodology.



The world sepsis day September 13th, 2015 – a call for action!

September 1, 2015

The non-profit organization Global sepsis alliance (an alliance of several other non-profit organizations like WFSICCM) announces a call for action to raise public and professional awareness of sepsis and to increase survival. Please find more information here. You can sign the world sepsis declaration and follow the webinar September 13th!

[Read more](#)

esicm.org is safe and can be used as usual

August 25, 2015

Today (26/8-15), ESICM provided proof that the issue of potential cyber attack of the provider of the website is solved. You can therefore use esicm.org as usual and especially the registration site for the congress! Message to the Norwegian healthcare authorities is sent and hopefully access to esicm.org from...

[Read more](#)

About SSAI

The mission of SSAI is to promote safe, modern and effective care for our patients.

In SSAI the five Nordic nations with shared values and preferences, work together to harmonize the work of the five national societies, based on high Nordic ambitions and expectations in health care and our specialties.

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Quicklinks



Scandinavian clinical practice guideline on choice of fluid in resuscitation of critically ill patients with acute circulatory failure

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³Anaesthesiology and Intensive Care Medicine, Umeå University, Umeå, Sweden

⁴Department of Anaesthesiology and Intensive Care Medicine, Landspítali University Hospital, Reykjavik, Iceland

⁵Department of Intensive Care, Haukeland University Hospital, Bergen, Norway

⁶Department of Medicine, Innlandet Hospital Trust-Division Gjøvik, Norway and Norwegian Knowledge Centre for the Health Services, Oslo, Norway

Scandinavian clinical practice guideline on mechanical ventilation in adults with the acute respiratory distress syndrome

J. Claesson¹, M. Freundlich², I. Gunnarsson³, J. H. Laake⁴, P. O. Vandvik^{5,6}, T. Varpula⁷ and T. A. Aasmundstad⁴

¹Department of Intensive Care, Surgical Division, Umeå University Hospital, Umeå, Sweden

²Clinic for Anaesthesiology, Aalborg University Hospital, Aalborg, Denmark

³Department of Anaesthesiology and Intensive Care Medicine, Landspítali University Hospital, Reykjavik, Iceland

⁴Department of Anaesthesiology, Division of Critical Care, Oslo University Hospital, Oslo, Norway

⁵Department of Medicine, Innlandet Hospital Trust-Division Gjøvik, Gjøvik, Norway

⁶Norwegian Knowledge Centre for the Health Services, Oslo, Norway

⁷Department of Intensive Care Medicine, Helsinki University Hospital, Helsinki, Finland

What is **GRADE** ?

The Grading of Recommendations Assessment, Development and Evaluation



G Guyatt, McMaster, Canada



PO Vandvik, UiO

GRADE working group

- Home
- Introduction
- Toolbox
- Publications
- Member login
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Organizations



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Organizations that have endorsed or that are using GRADE*

Some organizations in their enthusiasm to use GRADE, have modified the GRADE approach. We recommend against such modifications because the elements of the GRADE process are interlinked, because modifications may confuse some evidence and guideline users, and because such changes compromise the goal of a single system with which clinicians, policy-makers and patients can become familiar.



World Health Organization - International

Example



Endocrine Society - USA

Example



American College of Chest Physicians - USA

Example



UpToDate - Putting Clinical Information Into Practice - USA

UTD GRADE tutorial



Agenzia sanitaria regionale, Bologna - Italia



Health Quality Ontario, Ontario - Canada

Example



Surviving Sepsis - International

The guideline process in GRADE

P – Population/Problem	Mechanically ventilated adults with ARDS																																																																																																															
I – Intervention	Pressure and Volume limitation (PVL)																																																																																																															
C – Comparator	Conventional ventilation																																																																																																															
O – Outcome (s)	Mortality , Ventilator(-free) days, LOS, O2-efficiency, Barotrauma																																																																																																															
Evidence <ul style="list-style-type: none"> •Importance •Effect size •Bias •Inconsistency •Imprecision •Indirectness 	<table border="1"> <thead> <tr> <th rowspan="2">Study or Subgroup</th> <th colspan="2">Protective ventilation</th> <th colspan="2">Control</th> <th rowspan="2">Weight</th> <th colspan="2">Risk Ratio</th> <th rowspan="2">Year</th> <th rowspan="2">Risk Ratio M-H, Fixed, 95% CI</th> </tr> <tr> <th>Events</th> <th>Total</th> <th>Events</th> <th>Total</th> <th>M-H, Fixed, 95% CI</th> <th>Year</th> </tr> </thead> <tbody> <tr> <td>Stewart 1998</td> <td>30</td> <td>60</td> <td>28</td> <td>60</td> <td>10.0%</td> <td>1.07</td> <td>[0.74, 1.55]</td> <td>1998</td> <td rowspan="6"> </td> </tr> <tr> <td>Brochard et al 1998</td> <td>27</td> <td>58</td> <td>22</td> <td>58</td> <td>7.8%</td> <td>1.23</td> <td>[0.80, 1.89]</td> <td>1998</td> </tr> <tr> <td>Amato et al 1998</td> <td>11</td> <td>29</td> <td>17</td> <td>24</td> <td>6.6%</td> <td>0.54</td> <td>[0.31, 0.91]</td> <td>1998</td> </tr> <tr> <td>Brower 1999</td> <td>13</td> <td>26</td> <td>12</td> <td>26</td> <td>4.3%</td> <td>1.08</td> <td>[0.62, 1.91]</td> <td>1999</td> </tr> <tr> <td>ARDS network 2000</td> <td>133</td> <td>452</td> <td>170</td> <td>429</td> <td>62.0%</td> <td>0.74</td> <td>[0.62, 0.89]</td> <td>2000</td> </tr> <tr> <td>Villar et al 2006</td> <td>17</td> <td>50</td> <td>25</td> <td>45</td> <td>9.4%</td> <td>0.61</td> <td>[0.38, 0.98]</td> <td>2006</td> </tr> <tr> <td>Total (95% CI)</td> <td></td> <td>675</td> <td></td> <td>642</td> <td>100.0%</td> <td>0.80</td> <td>[0.70, 0.92]</td> <td></td> <td></td> </tr> <tr> <td>Total events</td> <td>231</td> <td></td> <td>274</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="10">Heterogeneity: Chi² = 11.38, df = 5 (P = 0.04); I² = 56%</td> </tr> <tr> <td colspan="10">Test for overall effect: Z = 3.16 (P = 0.002)</td> </tr> </tbody> </table>	Study or Subgroup	Protective ventilation		Control		Weight	Risk Ratio		Year	Risk Ratio M-H, Fixed, 95% CI	Events	Total	Events	Total	M-H, Fixed, 95% CI	Year	Stewart 1998	30	60	28	60	10.0%	1.07	[0.74, 1.55]	1998		Brochard et al 1998	27	58	22	58	7.8%	1.23	[0.80, 1.89]	1998	Amato et al 1998	11	29	17	24	6.6%	0.54	[0.31, 0.91]	1998	Brower 1999	13	26	12	26	4.3%	1.08	[0.62, 1.91]	1999	ARDS network 2000	133	452	170	429	62.0%	0.74	[0.62, 0.89]	2000	Villar et al 2006	17	50	25	45	9.4%	0.61	[0.38, 0.98]	2006	Total (95% CI)		675		642	100.0%	0.80	[0.70, 0.92]			Total events	231		274							Heterogeneity: Chi ² = 11.38, df = 5 (P = 0.04); I ² = 56%										Test for overall effect: Z = 3.16 (P = 0.002)									
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Quality of evidence	High, Moderate , Low, Very Low																																																																																																															
Benefits vs risks	”Large effect on mortality vs low risk of barotrauma, LOS etc”																																																																																																															
Values and preferences	”Reserved for patients with reasonable life prognosis”																																																																																																															
Strength of recommendation	Strong OR Weak																																																																																																															

ONLINE FIRST

Acute Respiratory Distress Syndrome

The Berlin Definition

ARDS is characterized by the following four criteria:

- Lung injury of acute onset, within 1 week of an apparent clinical insult and with progression of respiratory symptoms
- Bilateral opacities on chest imaging not explained by other pulmonary pathology (e.g. pleural effusions, lung collapse, or nodules)
- Respiratory failure not explained by heart failure or volume overload
- Decreased arterial PO₂/FiO₂ ratio:
 - mild ARDS: ratio is 201 - 300 mmHg (≤ 39.9 kPa)
 - moderate ARDS: 101 - 200 mmHg (≤ 26.6 kPa)
 - severe ARDS: ≤ 100 mmHg (≤ 13.3 kPa)

(a minimum PEEP of 5 cmH₂O is required; it may be delivered noninvasively with CPAP to diagnose mild ARDS).

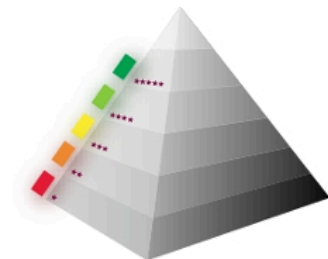
ARDS Definition Task Force, Ranieri VM, Rubenfeld GD, Thompson BT, Ferguson ND, Caldwell E, Fan E, Camporota L, Slutsky AS. Acute respiratory distress syndrome: the Berlin Definition. JAMA, June 20, 2012—Vol 307, No. 23 pages 2526–33.

Scandinavian clinical practice guideline on mechanical ventilation in adults with the acute respiratory distress syndrome

Jonas Claesson, Morten Freundlich, Ivar Gunnarsson, Jon Henrik Laake, Per Olav Vandvik, Tero Varpula, Tor Aksel Aasmundstad

Informal clinical question	PICO Question			
	Population (P)	Intervention (I)	Comparator (C)	Outcomes (O)
1. Should pressure and volume limitation (PVL) be used in patients with ARDS? <ul style="list-style-type: none"> Should small tidal volumes always be used in ARDS? Should plateau pressure always be kept low? (i.e. < 31 cm H₂O) 	Mechanically ventilated adults with acute respiratory distress syndrome (ARDS)	Pressure and volume limitation (PVL) <ul style="list-style-type: none"> Small tidal volumes (5-8 mL/kg) Plateau pressure < 31 cm H₂O 	Conventional ventilation* <ul style="list-style-type: none"> Large tidal volumes (10-12 mL/kg) Plateau pressure => 31 cm H₂O 	Mortality <ul style="list-style-type: none"> 28/30 days 60-180 days ICU Hospital Duration of study
2. Should PEEP be set to a high or low level?		High PEEP <ul style="list-style-type: none"> > 5 cm H₂O 	Low PEEP <ul style="list-style-type: none"> <= 5 cm H₂O 	
3. Should mechanical ventilation be spontaneous or controlled?		Ventilator modes that allow spontaneous breathing	Fully controlled ventilation	Barotrauma
4. Should mechanical ventilation be pressure controlled or volume controlled?		Pressure controlled ventilation	Volume controlled ventilation	LOS in ICU
5. Should patients be ventilated in the prone position?		Prone ventilation during => 50 % of each ICU-day	Ventilation in the supine position only	Ventilator free days
6. Should lung recruitment manoeuvres be utilised in ARDS?		Lung recruitment manoeuvres	No lung recruitment manoeuvres	Days of mechanical ventilation
7. Should high frequency oscillatory ventilation (HFOV) be used in ARDS?		HFOV	Conventional mechanical ventilation	Use of rescue therapies

Utvalgte nye studier



6S model explained
Criteria for articles in **PLUS**

Oppslagsverk ★★★★★

UpToDate
Best Practice

Oppsummerte oversikter ★★★★★

ACP Journal Club (via PLUS)
DARE

Systematiske oversikter ★★★★★

PLUS Syntheses

Oppsummerte enkeltstudier ★★★★★

ACP Journal Club (via PLUS)

Enkeltstudier ★★★★★

PLUS Studies

Non-Appraised ★★★★★

PubMed Clinical Queries
PubMed

Historikk

Mechanical ventilation AND ARDS

Current PLUS Database:

Søk

Avansert søk

Oppslagsverk ★★★★★

UpToDate

Mechanical ventilation of adults in acute respiratory distress syndrome

Mechanical ventilation of adults in the emergency department

More Results...

Best Practice

Assessment of respiratory alkalosis

Assessment of respiratory acidosis

More Results...

Oppsummerte oversikter ★★★★★

ACP Journal Club (selected via PLUS)

Review: Lower rather than higher tidal volume benefits ventilated patients without ARDS

DARE

Pressure-controlled versus volume-controlled ventilation for acute respiratory failure due to acute lung injury (ALI) or acute respiratory distress syndrome (ARDS)

Neuromuscular blocking agents for patients with acute respiratory distress syndrome

More Results...

Systematiske oversikter ★★★★★

PLUS Syntheses

Corticosteroid Therapy for Patients Hospitalized With Community-Acquired Pneumonia: A Systematic Review and Meta-analysis. *(Systematic Review)*

High-frequency ventilation does not provide mortality benefit in comparison with conventional lung-protective ventilation in acute respiratory distress syndrome: a meta-analysis of the randomized controlled trials. *(Systematic Review)*

More Results...

Oppsummerte Enkeltstudier ★★★★★

ACP Journal Club (selected via PLUS)

Prone positioning for 16 h/d reduced mortality more than supine positioning in early severe ARDS

48 hours of cisatracurium reduced 90-day mortality in patients with early, severe ARDS

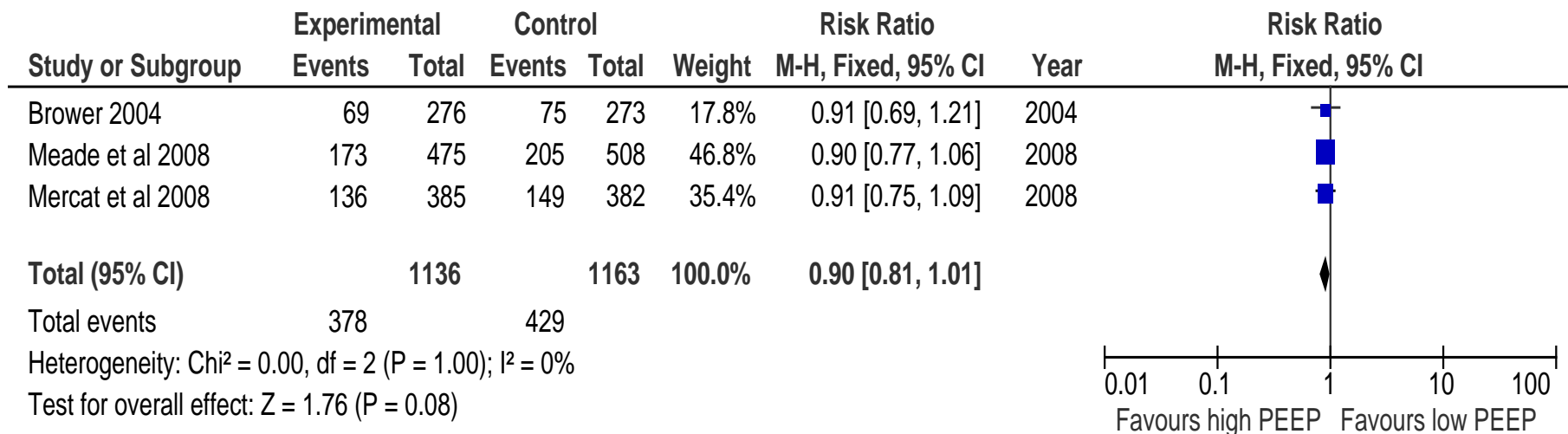
More Results...

Enkeltstudier (pre-appraised by these criteria) ★★★★★

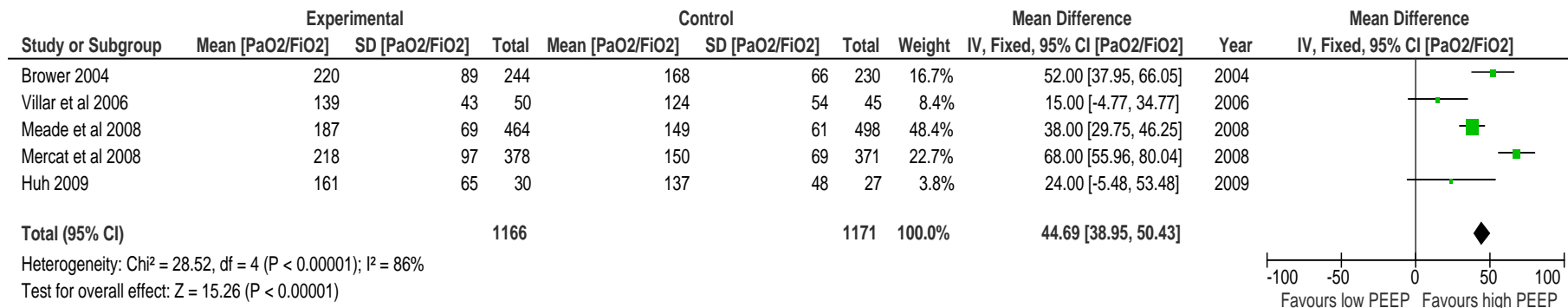
PLUS Studies

The Adult Calfactant in Acute Respiratory Distress Syndrome Trial. *(Original Study)*

Forest plot of comparison: High PEEP vs Low PEEP, outcome: Hospital mortality [death before discharge].



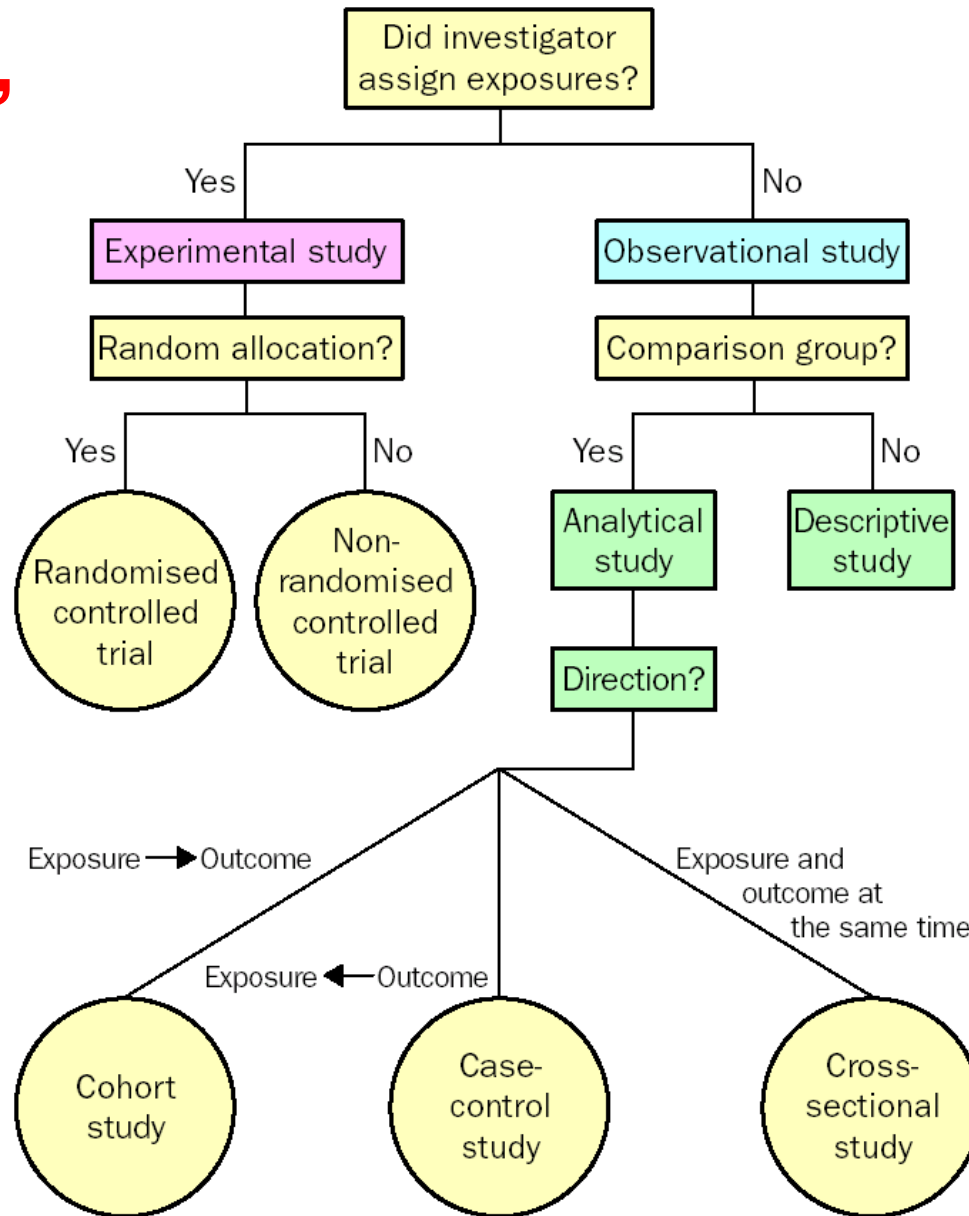
Forest plot of comparison: High PEEP vs Low PEEP, outcome: Oxygenation efficiency [PO₂/FiO₂].



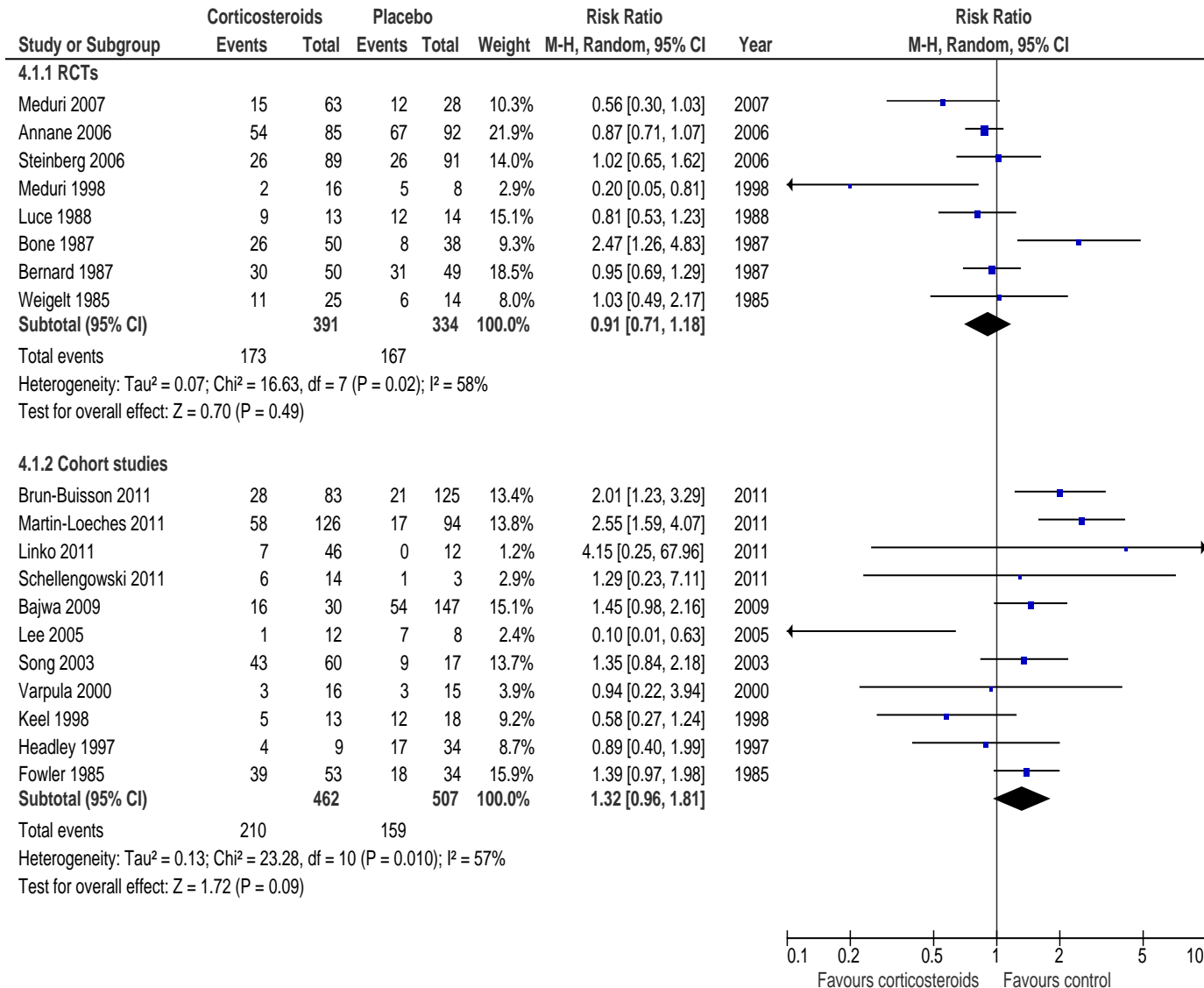
Downgrading

- Bias
 - Inconsistency
 - Imprecision
 - Indirectness
-
- Benefits vs harms
 - Values and preferences

"Bias"

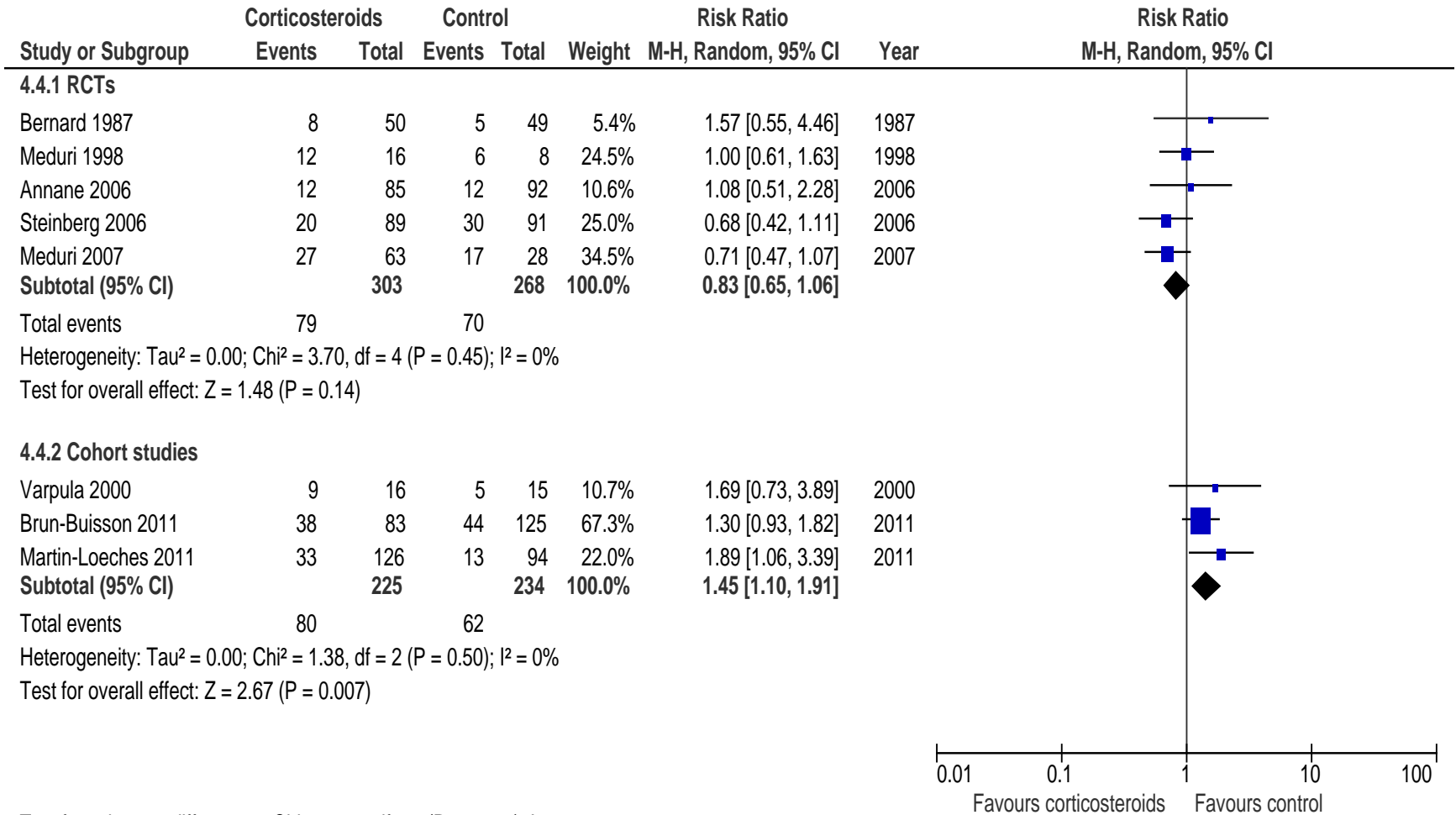


"Inconsistency" - Corticosteroids vs placebo; Outcome: Hospital- or 60-day mortality



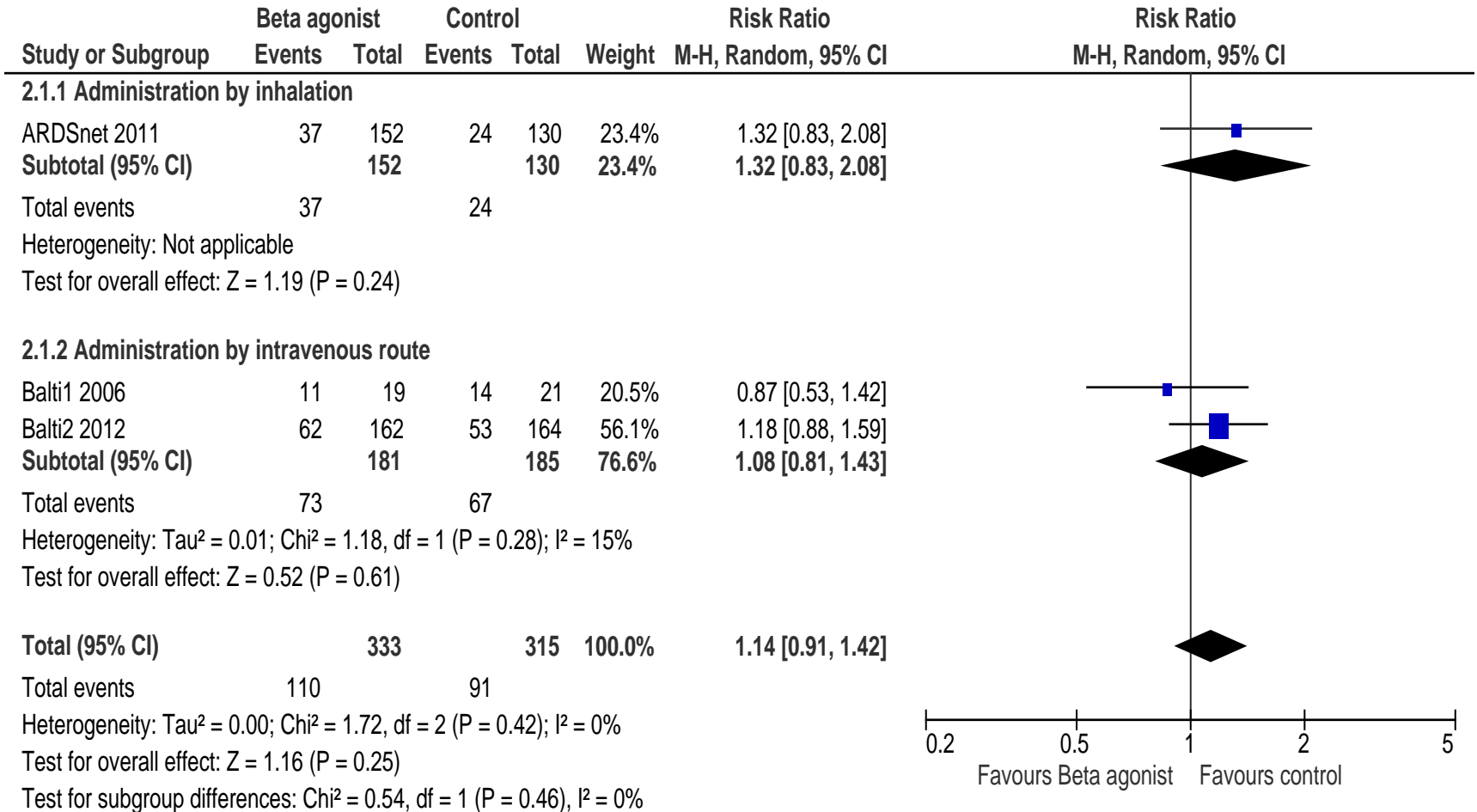
Test for subgroup differences: Chi² = 3.14, df = 1 (P = 0.08), I² = 68.1%

"Inconsistency" - Corticosteroids vs placebo; Outcome: Infectious complications



Test for subgroup differences: Chi² = 8.92, df = 1 (P = 0.003), I² = 88.8%

"Imprecision" - Beta-agonists vs placebo; Outcome: Mortality at end of follow-up for each trial

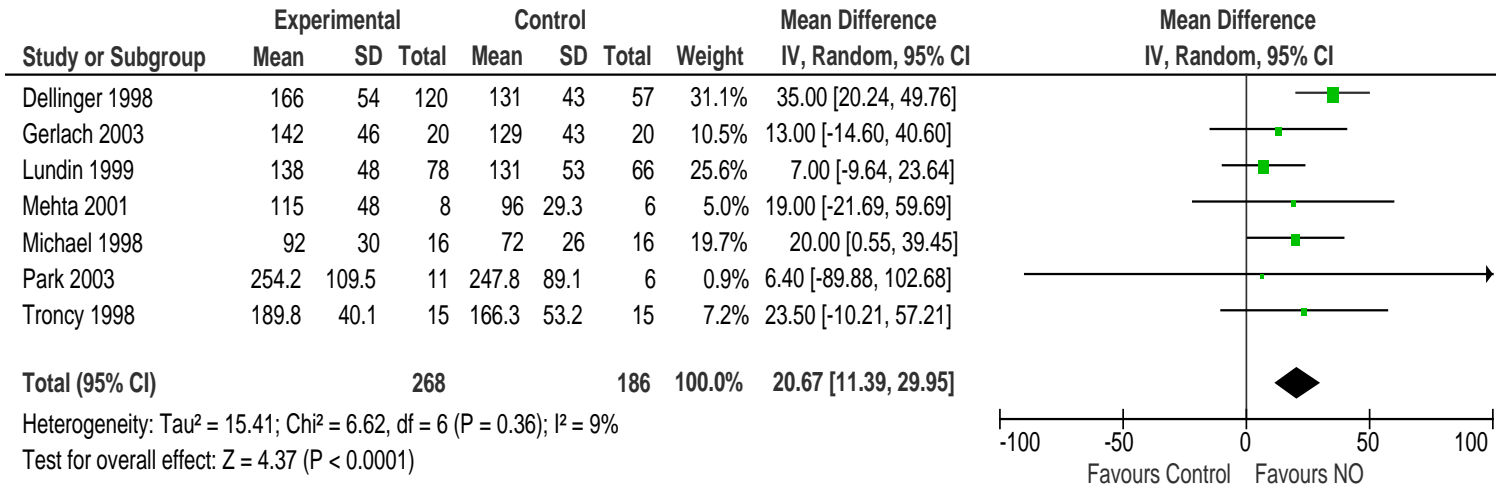


”Indirectness”

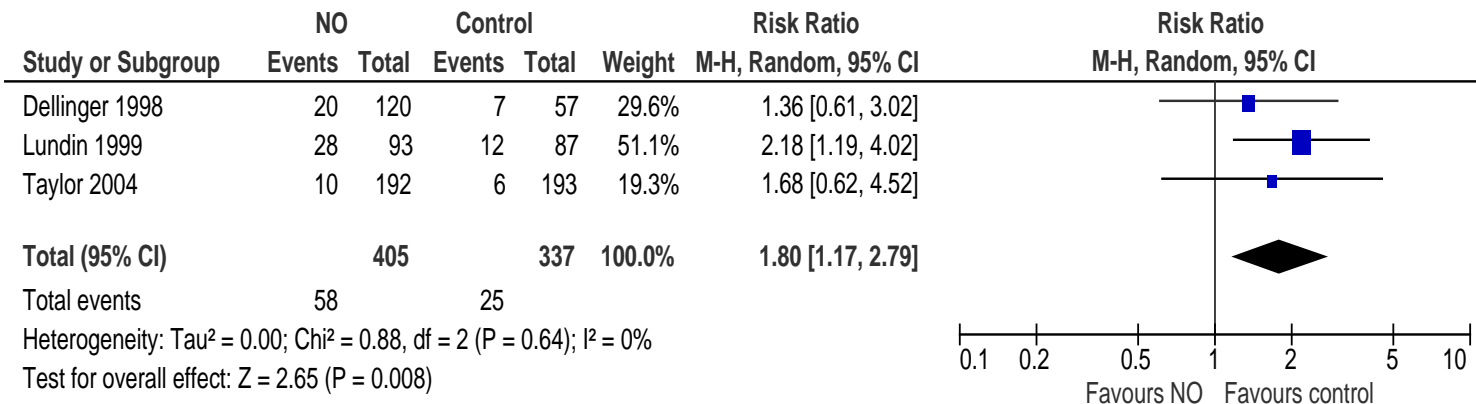
- Looking for data on children; all studies are with adults
- Your patients are ”medical” ARDS-patients; studies included large numbers of trauma patients
- Published studies are from US and south Europe; how to interpret these in a Nordic context?
- No hard end-points, only surrogates; e.g. oxygenation; your interest is survival

"Benefits vs harms"

Nitric oxide vs placebo; Outcome: p/f ratio



Nitric oxide vs placebo; Outcome: Acute kidney injury



”Values and Preferences”

- Reasonable expectancy of survival with acceptable quality of life?
- Age?
- Cause and Co-morbidity?
- Low income societies?
- Cultural and religious context (e.g. Blood transfusion)

Intervention	Recommendation	QoE	Outcome	Comment
Pressure and volume limitation (PVL)	Strong	Moderate	Death ↓	
PEEP > 5 cm	Weak	Low	O2 ↑ LOS ↑	
FiO2	None	Absent		No trials
Spontaneous breathing modes	None	Absent		No trials
Pressure vs volume control	Weak	Very low		Irrelevant with modern ventilators
Prone positioning	Weak	Very low	O2 ↑ Death ↓	Inconsistent results
Recruitment manoeuvres	Weak	Very low	O2 ↑	Rescue therapy
HFOV	Strong	High	LOS ↑ Death ↑	PVL better

QoE = Quality of evidence LOS = length of stay O2 = oxygenation



Sections Activity Messages

Add New Section

- About and background
- Lung protective ventilation
- Oxygenation
- Noninvasive ventilation
- Ventilator mode +
- Prone ventilation
- Recruitment manoeuvres
- High frequency oscillatory ventilation
- Discussion
- Conclusion
- Pooled together-sections +

References Evidence **Recommendations**

Search for recommendations Search

1 About and background Background Text **Add Recommendation**

2 Lung protective ventilation Background Text **Add Recommendation**

Pressure- and volume limitation

Strong recommendation Options

We recommend use of pressure limitation (plateau pressure < 31 cm H2O) and small tidal volumes (5-8 mL/kg predicted body weight) in patients with ARDS (strong recommendation, moderate quality evidence).

PEEP

Weak recommendation Options

We suggest using positive end-expiratory pressure (PEEP) to improve oxygenation and to prevent atelectasis in all mechanically ventilated patients with respiratory failure (weak recommendation, low quality evidence).

3 Oxygenation Background Text **Add Recommendation**

Practice statement Options

No recommendation (no relevant studies)

4 Noninvasive ventilation Background Text **Add Recommendation**

Practice statement Options

No recommendation (no relevant studies)



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Interested in updating an ACE review?

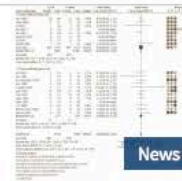
Latest News and Events

New review is out! Warming of intravenous and irrigation fluids for preventing inadvertent perioperative hypothermia



News

A new podcast has now been released



News

ACE Annual Report



News

Cochrane and other training events



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- ABOUT G-I-N

Regional Communities / G-I-N Nordic

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G-I-N Nordic

G-I-N Nordic is a regional group, formally established in 2013 to address the needs and provide collaboration opportunities among our members in the Nordic countries.

About G-I-N Nordic

Members & Governance

September 2015

MO	TU	WE	TH	FR	SA	SU
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
Sep 3, 2015	Board Meeting - ...					
Sep 16, 2015	Finance & Risks Telecon					
Sep 24, 2015	Executive ...					
Sep 25, 2015	Conference Committee ...					



- **Vasoactive agents in circulatory failure**
- **Drugs and fluids in ARDS**
- **Emergency anaesthesia**
- **Prehospital airway management**



- **Neuraxial blockade in disturbed haemostasis**
- **Acute pain**





Thank you!

Jon Henrik Laake

SSAI Clinical Practice Committee
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SSAI

The Scandinavian Society of Anaesthesiology
and Intensive Care Medicine