



ICU Research Newsletter

September 2008

We are pleased to issue our first ICU monthly newsletter, which will keep you updated with all research related activities that take place in the ICU department.



Who is the champion recruiter in 2008??

2008 Champion Recruiter – King Fahad National Guard Hospital

The King Fahad National Guard Hospital in Riyadh, KSA have been champion recruiter for Decompressive Craniectomy (DECRA) in 2008. They have enrolled 7 patients since January and now have a total of 10 enrolled patients (DECRA study Newsletter, July, 2008)

DECRA is a multicentre, prospective randomised controlled trial in patients with severe Traumatic Brain Injury and refractory ICP, comparing early decompressive craniectomy with best current management.

Congratulations to the ICU Research Team...& Keep up the good work!!!





PROTECT is an international, multi-center, prospective, concealed, randomized controlled trial among medical-surgical critically ill patients evaluating the effect of low molecular weight heparin (LMWH) to unfractionated heparin on the primary outcome of proximal lower limb deep venous thrombosis and the secondary outcomes of pulmonary embolism, bleeding, heparin-induced thrombocytopenia and thrombosis at any site.

Dr. Sultan is the site investigator of this study. There were **17** patients recruited since the beginning of the study.



I. **Achievements:**

- a) Dr. Arabi, Dr. Ousama. Dabbagh, Dr. Tamim, Dr. Al-Shimemeri, Dr. Memish, Dr Haddad, Dr. Rishu, Dr. Sofia, Dr. Hema, Dr. Al-Daker, S.Kahoul, Riette, Maram. **“Intensive Vs Conventional insulin therapy in medical and surgical critically ill patients”** (Randomized control trial which included 523 pts) a full article is accepted in Critical Care Medicine, in press.
- b) The same study was used in a meta-analysis as a reference, recently published in JAMA. 2008; 300(8): 933-944, 963-965.
- c) Dr.Al-Qahtani, Dr. Arabi, Dr. Tamim. **“Impact of intensive insulin therapy on septic patients in a medical surgical ICU”**. Abstract is accepted
- d) Dr. Elkady, Dr. Arabi, Dr.Al-Qahtani, Dr. Gouda, Fong. **“Rapid Response Team the most common trigger criteria associated with the highest ICU admission rate”**. Abstract is accepted in (CHEST).
- e) Dr. Al-Tarifi, Dr. Abouchala, Dr. Arabi, Dr. Rishu, & Dr. Tamim. **“What should be the target blood glucose level in the Intensive care unit”**. Abstract is accepted in (CHEST).
- f) Dr. Haddad, Dr. Arabi, Philip McArdle. **“Protocol-Directed Sedation Management for Mechanical Ventilation”**. Letter to the editor (accepted and published in Critical Care Medicine, in press.
- g) Dr. Haddad. **“Tachyphylaxis to Cisatracurium: A report of three cases and review of the literature”**. Published in M.EJ ANESTH 2008; 19(5):1079-1092.

- h) Dr. Arabi, Dr. Alhashemi, Dr. Tamim, Dr. Esteban, Dr. Haddad, Dr. Al Dawood, Dr. Shirawi, Dr. Al-Shimemeri. **“The Association of Time-To-Tracheostomy and Mechanical Ventilation Duration, Length of Stay and Mortality in Intensive Care Unit Patients”**. Accepted in the Journal of Critical Care, in press.
- i) Dr. Al-Dawood, Dr. Arabi, Dr. Haddad. **“Safety of Percutaneous Tracheostomy In Obese Critically Ill Patients: A Prospective Cohort Study”**. Published in Anesthesia and Intensive Care 2008 (January); 36:69-73.

Submitted Articles:

- a) **“Near - Target Caloric Intake in Critically Ill Medical and Surgical Patients Is Associated with Adverse Outcomes”**. Dr. Arabi, Dr. Haddad, Dr. Tamim, Dr. Rishu, Maram, S.Kahoul, Riette Submitted to Clinical Nutrition.
- b) **“Hypoglycemia In Medical and Surgical Critically Ill Patients: Predisposing Factors and Association With Mortality”** Dr. Arabi, Dr. Tamim, Dr. Rishu, S.Kahoul, Riette, Brintha, Monica, Maram. Submitted to Critical Care Medicine.
- c) **“Glycemic Fluctuation Predicts Mortality In Critically Ill Patients”**. Dr. Dorzi, Dr. Arabi, Dr. Tamim. Submitted to Intensive Care Medicine.

II.

Opportunities:

Databases available for ideas:

- 1) Hypocaloric Intake (240 pts).
- 2) Cirrhosis Study (75 pts).
- 3) Intensive Insulin Study (523 pts).

Upcoming Abstracts/Papers:

- 1) Effect of low dose hydrocortisone on cirrhosis patients presenting with sepsis to ICU.
- 2) Hypocaloric intake in critically ill medical and surgical patients.
- 3) Dr. Haddad, Dr. Arabi, Dr. Tamim. "**Relationship between Propofol Infusion and Outcomes in Critically Ill Patients.** (Accepted as oral presentation to the 2008 ASA annual meeting, 18-22 October, 2008, Orlando, FL, USA).

III. **Upcoming Critical Care Conferences:**

1. 21-24 Sep 2008: 21 st ESICM Annual Congress. Lisbon, Portugal.
2. 25-30 Oct 2008: CHEST. Philadelphia, USA.
3. 31 Jan – 4 Feb 2009: Society of Critical Care Medicine: 38 th Critical Care Congress. Nashville, USA.
4. 24-27 Mar 2009: 29 th International Symposium on Intensive Care and Emergency Medicine. Brussels, Belgium.
5. 15-20 May 2009: ATS. San Diego, USA. Deadline for abstract submission: October 29, 2008.
6. 25-27 Jun 2009: 4 th World Congress Abdominal Compartment Syndrome. Dublin, Ireland.
7. 11-14 Oct 2009: 22 nd ESICM Annual Congress. Vienna, Austria. Expected Abstract deadline will be March 31, 2009.
8. 31 Oct – 5 Nov 2009: CHEST San Diego, USA. Expected Abstract and Case Report deadline will be April 30, 2009.
9. 9-13 Jan 2010: Society of Critical Care Medicine: 39 th Critical Care Congress. Miami Beach, USA. Expected Abstract Deadline will be August, 2009.

IV. **Invited Presentations:**

The following are invited presentations to the **Canadian Critical Care** forum, **Nov 2008**. For more information, Please visit the web site: www.criticalcarecanada.com

- 10:30 – 10:45 **Dr. Yaseen Arabi** Enteral Feeding – Less is More. With Editorial remarks by: **John Marshall.**
- 11:20 – 11:40 **Dr. Yaseen Arabi** Outcomes: Which Matters – Variability or Levels?
- 15:50 – 16:10 **Dr. Yaseen Arabi** Hydrocortisone for Cirrhotics with Sepsis (RCT)

V.

Critical Care Research Course:

The Critical Care Research Course will be offered once weekly on Wednesdays 2:00-4:00 PM starting October 15, 2008 and will cover the following topics:

Wednesday October 15, 2008

- Introduction: Goals of Critical Research Development at KAMC. Presenter: Hasan Al-Dorzi, MD. (10 minutes)
- Research overview and accomplishments of the Intensive Care Department at KAMC. Presenter: Yaseen Arabi, MD. (30 minutes)
- Ethics of Research. Presenter: To be announced. (40 minutes).
- Study designs, Part I. Presenter: Yaseen Arabi, MD. (40 minutes)

Wednesday October 22, 2008

- Study designs, Part II. Presenter: Yaseen Arabi, MD. (40 minutes)
- Hypothesis generation. Presenter: Hasan Al-Dorzi, MD. (40 minutes)
- Literature search. Presenter: Hasan Al-Dorzi, MD / Shaila Bhat, MBBS. (40 minutes)

Wednesday October 29, 2008

- Questionnaire / data abstraction form development. Presenter: Hani Tamim, PhD. (40 minutes)
- Statistical overview, Part I. Presenter: Hani Tamim, PhD. (40 minutes)
- Statistical overview, Part II. Presenter: Hasan Al-Dorzi, MD. (40 minutes)

Wednesday November 5, 2008

- Proposal writing. Presenter: Hasan Al-Dorzi, MD. (40 minutes)
- KAMC research proposal forms and examples of proposals. Yaseen Arabi, MD and Hasan Al-Dorzi, MD.
- Data collection. Presenter: Gousia Shifaat, MBBS (40 minutes)

Wednesday November 12, 2008

- Data entry. Presenter: Asgar Rishu MBBS
- Data analyses. Presenter: Hasan Al-Dorzi, MD and Hani Tamim, PhD. (40 minutes)
- Working with SPSS, Part I. Presenter: Hani Tamim, PhD. (40 minutes)

Wednesday November 19, 2008

- Working with SPSS, Part II. Presenter: Hasan Al-Dorzi, MD. (40 minutes)
- Data summarization / tabulation. Asgar Rishu, MBBS and Shaila Bhat, MBBS. (40 minutes)
- Manuscript writing. Yaseen Arabi, MD. (40 minutes)

Wednesday November 26, 2008

- Reference formatting. Presenter: Hani Tamim, PhD. (40 minutes)
- Manuscript submission. Presenter: Hasan Al-Dorzi, MD. (40 minutes)
- Replying to editorial review. Presenter: Yaseen Arabi, MD. (40 minutes)

Wednesday December 3, 2008

At the end of the course, a practical evaluation and a written test will be done to the critical care research team for competency assessment.

For more information, please e-mail us @ icu1@ngha.med.sa
