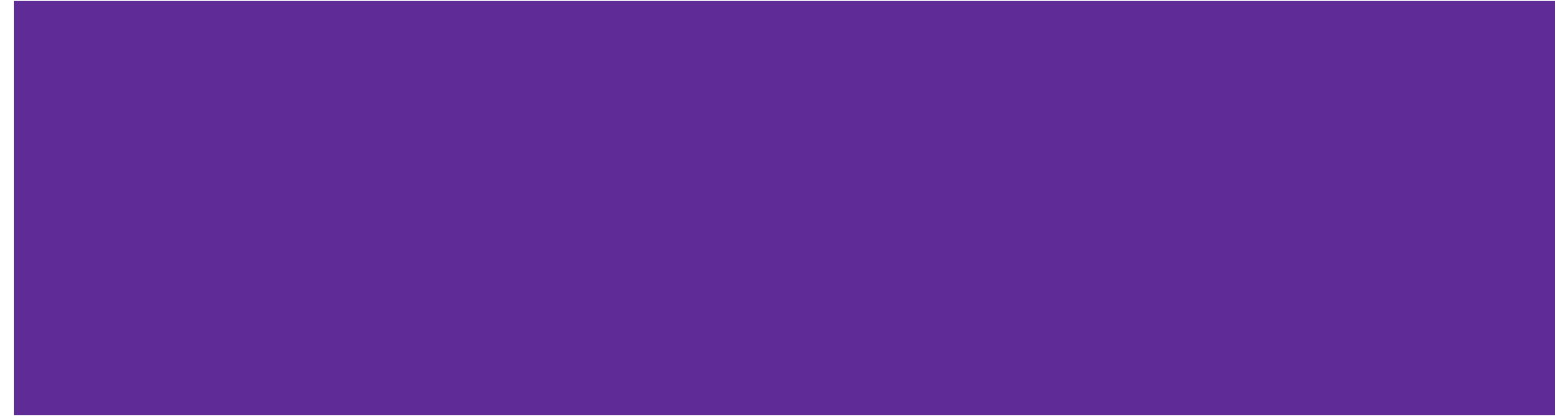


# Acute Care Pearls

A Primer on the Updated UTI Guidelines  
By: Larissa Ostfeld, PharmD



# Disclosures

Dr. Ostfeld has no relevant financial relationships with any ineligible companies to disclose.

The off-label use of medications will not be discussed during this presentation.

# Learning Objectives

*At the completion of this activity, learners will be able to:*

- 1. Define the key changes introduced in the 2023 Urinary Tract Infection (UTI) guidelines.**
- 2. Discuss strategies for implementing the new UTI guidelines into your current professional practice.**
3. Develop a comprehensive approach to diabetic ketoacidosis (DKA) treatment by synthesizing knowledge of pathophysiology, laboratory parameters, and treatment pathways to optimize patient care.
4. Review the pharmacology of paralytics.
5. Discuss acceptable sedation strategies post-rapid sequence intubation (RSI).

# Definitions- IDSA

## Old

Uncomplicated UTI: Infection in the bladder old in healthy, non pregnant females

Acute Pyelonephritis: Infection that has spread from the bladder to the kidneys

Complicated UTI: Everything else

## New

Complicated UTI: Infection beyond the bladder including pyelonephritis, febrile or bacteremic UTI, and catheter associated UTI (CAUTI)

Uncomplicated UTI: Everything else (in men and women)

# How to apply to practice



# Uncomplicated UTI Agent Selection

- Patient's previous microbial results
- Stewardship concerns
  - Narrower agents
  - Patient and institution affordability
  - Policies on challenging penicillin allergies
- Local antibiograms can be considered
  
- **Avoid fluoroquinolones!**

# Complicated UTI Agent Selection

Sepsis (with or without shock) per defined per the Surviving Sepsis Campaign	Third or fourth generation cephalosporins, piperacillin-tazobactam, fluoroquinolones, carbapenems
Without sepsis	Third or fourth generation cephalosporins, piperacillin-tazobactam, fluoroquinolones

IDSA does not offer an order of preference for these medications. Individual patient factors and stewardship concerns persist, however

# Choice of Empiric Therapy in CAUTI

- Sepsis or no sepsis? Lesser emphasis on stewardship in sepsis due to slimmer margin of error
- Review previous microbial results and exposure to fluoroquinolones
  - Fluoroquinolone use in the past 12 months is associated with higher rates of antimicrobial resistance (not true for other antimicrobials)
- Consider antibiogram **ONLY** in patients with sepsis
  - Limited evidence that antibiograms **EMPIRICALLY** improve clinical outcomes
  - Aim for >90% in patients with shock and >80% in patients without shock
  - Look at the most relevant bacteria in antibiogram (usually E. coli but can adjust based on patient specific factors)



# Assess for Clinical Improvement

- Afebrile or reduction in fever curve
- Hemodynamic stability
- Source control achieved

At this point, can consider a switch to orals using culture directed therapy assuming the agent selected achieves adequate levels in urine, tissue, and blood and the patient is able to take medications PO

Treat for 7 days (5 days if using a fluoroquinolone)

# Conclusion

- New definitions for complicated vs uncomplicated UTI
- Evaluate patient's sepsis status
- Consider previous cultures
- Narrow therapy and switch to orals as able

# References:

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# Diabetic Ketoacidosis (DKA) Reimaging

*ASHRAF A AMADOU PHARMD  
PHARMACIST  
ESSENTIA HEALTH*



# DISCLOSURES

Dr. Amadou has no relevant financial relationships with any ineligible companies to disclose.

The off-label use of medications will not be discussed during this presentation.



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4. Review the pharmacology of paralytics.
5. Discuss acceptable sedation strategies post-rapid sequence intubation (RSI).



# Goals for this session

- Describe pathophysiology of diabetic ketoacidosis with abnormal laboratory parameters
- Examine the why behind the treatment pathways



# What is DKA?

- A life-threatening complication of diabetes and usually seen in type-1 diabetes but can also occur in type-2 diabetes
- It is a state of absolute deficiency in insulin worsened by hyperglycemia, dehydration, and acidosis

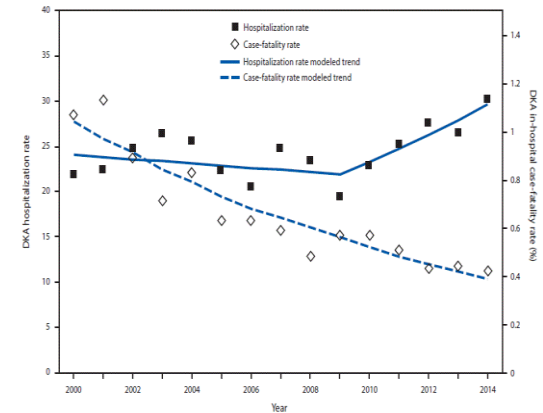




# Epidemiology

- 5,376 people in North Dakota are diagnosed with diabetes yearly
- $\geq 6\%$  of hospital admissions are from DKA
- Mortality rate has declined

FIGURE. Age-adjusted diabetic ketoacidosis hospitalization rate per 1,000 persons with diabetes and in-hospital case-fatality rate — United States, 2000–2014\*



CDC trends in diabetic ketoacidosis hospitalizations

North Dakota 2022 Diabetic Reports

# Etiology of DKA

## Insulin deficiency

- Medication nonadherence

## Increase insulin demand

- Infections
- Myocardial infarction, neurovascular accident, alcohol usage, pancreatitis
- Stress
- Medications (dobutamine, thiazides, corticosteroids, lithium, second-generation antipsychotics, SGLT-2 inhibitors )



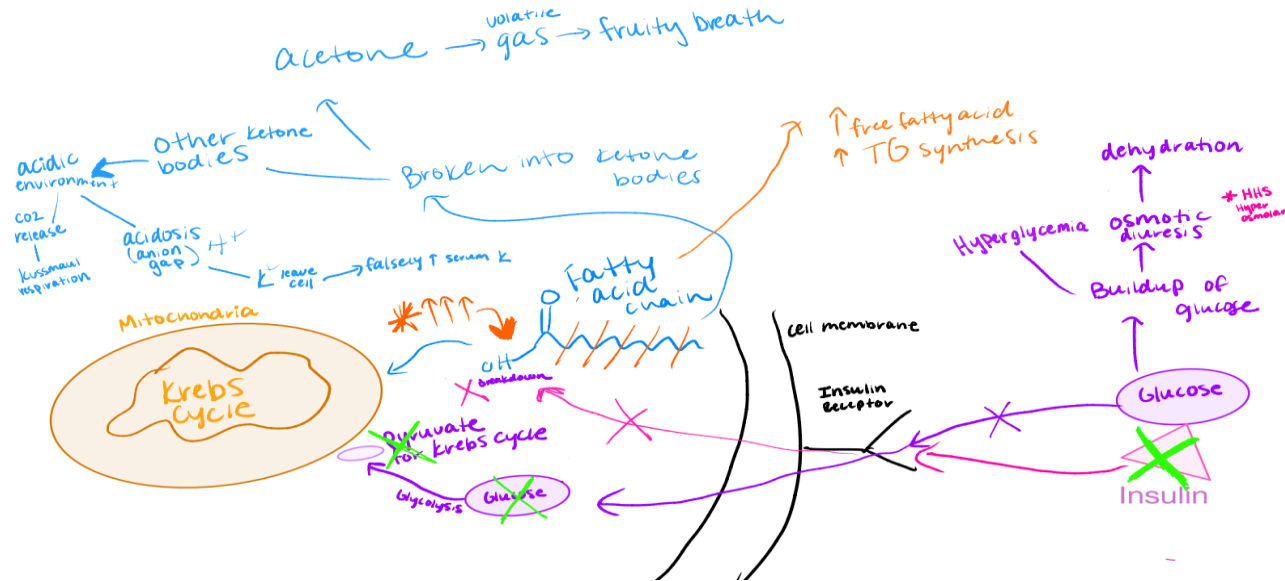
Hassan EM, Mushtaq H, Mahmoud EE, et al. Overlap of diabetic ketoacidosis and hyperosmolar hyperglycemic state. *World J Clin Cases*. 2022;10(32):11702-11711.

# Interactive learning activity



- What is the most efficient nutrient that cells use to produce energy?
  - A: Protein
  - B: Lipid
  - C :Glucose
  - D: All the above

# Pathophysiology



# Presentation

polydipsia

Polyurea

Blurry vision

Weight loss

Fruity  
breathy

Nausea

Kussmaul  
breathing

Confusion or  
drowsiness



# Diagnosis

- Key lab values are the following:

Biochemical diagnostic criteria	Values
Blood glucose (mg/dL)	>250
Arterial or venous pH	7-7.30
Serum bicarbonate (mEq/L)	< 10-18
Serum osmolality ( mOsm/kg)	Variable
Serum ketone or beta hydroxybutyrate ( mmol/L)	>3
Urine ketones	Positive
Anion gap: $(\text{Na}^+) - (\text{Cl}^- + \text{HCO}_3^-)$ (mEq/L).	>12



# Goal of treatment



Restore circulatory volume and tissue perfusion



Correct hyperglycemia, acidosis and electrolyte abnormalities



Monitor for and manage any complication of DKA or its treatment



Identify the precipitating event

# Treatment algorithm



Fluid repletion



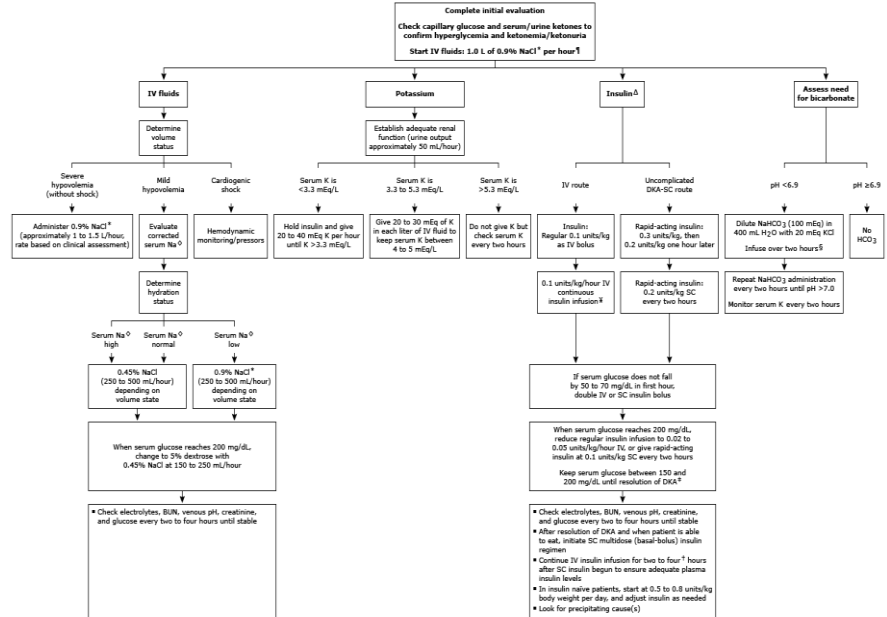
Electrolyte correction  
(Potassium)



Insulin



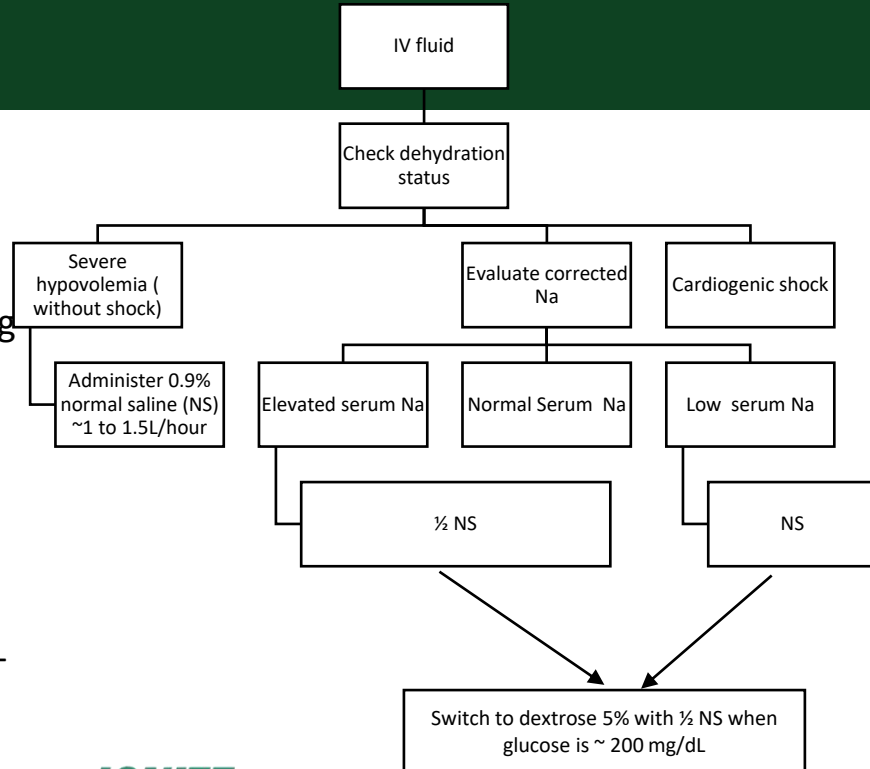
Assess the need  
for bicarbonate





# Treatment: Fluids

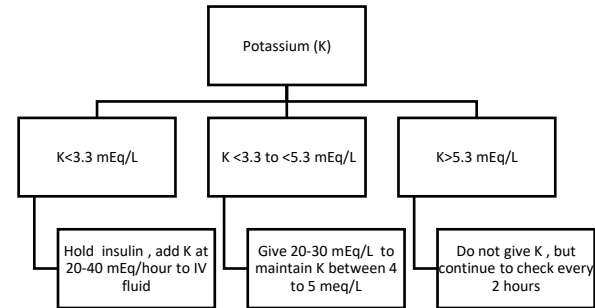
- Treat the dehydration
- Correction of the fluid deficit based on dehydration status
  - Goal 15-20 mL/kg (or 1-1.5L) during the first hour in those without cardiac compromise
    - Isotonic solution
  - Take into consideration the corrected sodium level due to glucose
  - Add potassium to fluids as needed- important for insulin introduction



Adapted from Up To Date- Treatment of DKA

# Treatment: Potassium

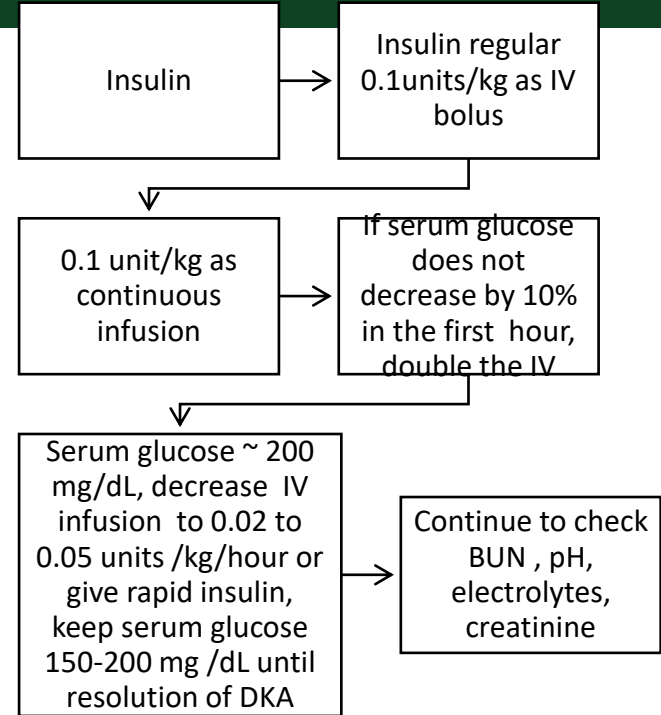
- Can be falsely elevated
- Insulin causes a shift of potassium intracellular
  - Goal: K to maintain a serum level of 4 to 5 mEq/L
- Check every 1-2 hours until stable with close cardiac monitoring



Adapted from UpToDate- Treatment of DKA

# Treatment - Insulin with IV route

- Cornerstone of the treatment of hyperglycemia in DKA
  - Drive the glucose to be used in ATP
  - Do not start insulin until  $K > 3.3$  mEq/L
- Two insulin therapy options
  - 0.1 U/kg/h IV infusion after a 0.1 U/kg IV bolus or 0.14 U/kg/h without bolus
- Step down from IV to subcutaneous can occur when the anion gap is closed
- Continue IV infusion 2-4 hours after initiation of subcutaneous Insulin to avoid rebound



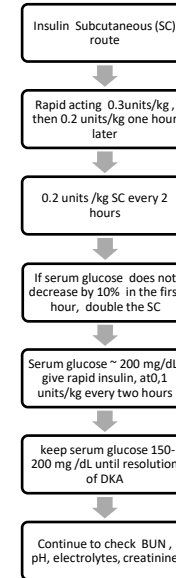
# Interactive learning activity



- Subcutaneous insulin can be used in the treatment of DKA
  - True or False

# Treatment: Insulin with subcutaneous (SC) route

- “There is no significant difference in outcomes for intravenous human regular insulin versus subcutaneous rapid-acting analogs when combined with aggressive fluid management for treating mild or moderate DKA”
  - Mild: anion gap >10 mEq/L and serum bicarbonate 15-18 mEq/L
  - Moderate: anion gap >12 mEq/L and serum bicarbonate 10-15 mEq/L
  - Severe: anion gap >12 mEq/L and serum bicarbonate <10 mEq/L

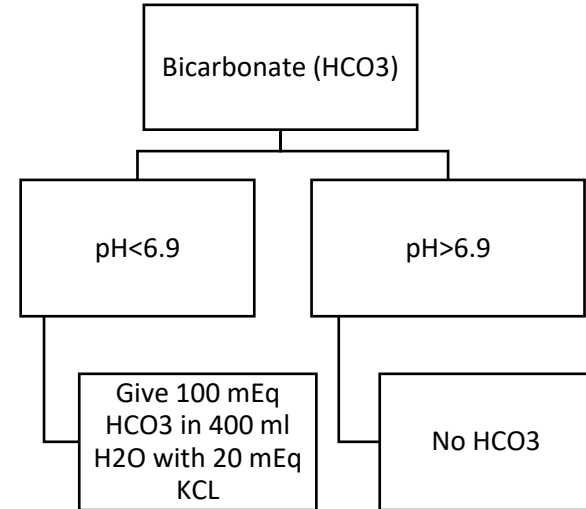


ADA Diabetes Care in the Hospital: Standards of Care in Diabetes 2023

Adapted from UpToDate- Treatment of DKA

# Treatment: Bicarbonate

- Remain controversial
  - Fluids and insulin should help to resolve the acidosis
  - Risk of cerebral edema



Adapted from Up To Date- Treatment of DKA  
Michael Fowler; Hyperglycemic Crisis in Adults:  
Pathophysiology, Presentation, Pitfalls, and Prevention. *Clin  
Diabetes* 1 January 2009; 27 (1): 19–23.

# Resolution of DKA

- Resolution of DKA
  - Blood glucose <200 mg/dL , Anion gap <12 , pH>7.3
- Timing of transition from IV insulin to subcutaneous insulin
  - At mealtime or evening
- Overlap the IV infusion for 2-4 hours after initiation of subcutaneous insulin



# Roles of interdisciplinary team members

## Pharmacist

Comprehensive medication education after the resolution of DKA

- Stress importance of medication adherence
- Identify barriers if any

## Nurse

Assessment of patient  
Monitor fluid and electrolyte balance, adjust insulin dose received



## Social work

Help with any support services  
Financial resources



# Summary



## Fluid replacement

Goal of 15-20 mL/kg/hr (or 1-1.5L)

- Examine the hydration status



## Electrolytes replacement

Potassium



## Insulin

Start insulin when  $K > 3.3$

0.1 U/kg/h IV infusion after a 0.1 U/kg IV bolus or 0.14 U/kg/h without the bolus

# Interactive learning activity



In the pathophysiology of DKA, the lack of insulin leads to

- A: Increased serum fatty acid
- B-Glucagon excess stimulates gluconeogenesis
- C: Triglyceride and amino acids to be metabolized for energy
- D: Acetone accumulation in serum and slowly disposed of through respiration



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Thank you!!



# Safe Sedation and Paralytic Practices

Megan Moore, PharmD, BCPS, BCCCP

Pharmacist

Sanford Medical Center Fargo



# Disclosures

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# Learning Objectives

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4. Review the pharmacology of paralytics.
5. Discuss acceptable sedation strategies post-rapid sequence intubation (RSI).

# Goals for this session

- Compare sedatives for use in RSI
- Review the pharmacology of paralytics
- Develop adequate sedation strategies post-RSI
- Recognize the impact of sedation practices on long term patient care



# What should you review?

Reason for  
intubation/HPI

Weight

Allergies

Recent labs  
(K+, SCr)

Vitals

# Patient Case #1

- H.P. is a 25 yom who presented to the Emergency Department after a traumatic fall from multiple stories.
  - GCS 5
  - Extensive skull and facial fractures
  - Allergies: PCN
  - K+ 4.0mEq/L, SCr 0.6mg/dL

# Patient Case #2

- K.M. has been hospitalized for 17 days
  - Stay is complicated by development of hospital acquired pneumonia
  - Allergies: statins
  - Wt: 64kg
  - VBG: 7.04/69/45/17
  - K+ 5 mEq/L, SCr 1.88mg/dL (increased by 0.8mg/dL over last 48 hours)

# Shock Index

- Useful and easy to use tool to identify peri-intubation decompensation

$$\text{Shock index} = \frac{\text{HR}}{\text{SBP}}$$

Shock Index  $\geq 0.9$   
associated with  
cardiac arrest

# Sedation

# Etomidate



## Mechanism of Action

Indirect GABA agonism



## Dosing

0.3 mg/kg IV

0.2mg/kg IV in  
hemodynamically unstable

Max dose 40mg



## Onset of Action

5-15 seconds



## Duration of Action

5-15 minutes

# Etomidate

## Adverse effects

- Adrenal suppression
- Myoclonus (22-63%)

## Considerations for use

- Minimal cardiovascular effects
- Lowers ICP
- No histamine release

# Ketamine



## Mechanism of Action

NMDA antagonism

Antagonism of the NMDA receptor provides analgesia



## Dosing

1-2 mg/kg

1 mg /kg in  
hemodynamically unstable

Max dose 200mg



## Onset of Action

30-90 seconds



## Duration of Action

10-30 minutes



# Ketamine

## Adverse effects

- Hypertension
- Tachycardia
- Emergence reactions

## Considerations for use

- Use in reactive airway disease
- Avoid in:
  - Severe hypertension
  - Cardiac ischemia
  - Severe eye injury

# Propofol



## Mechanism of Action

GABA agonism



## Dosing

1-1.5 mg/kg

Max dose 200mg



## Onset of Action

15-30 seconds



## Duration of Action

5-10 minutes

# Propofol

## Adverse effects

- Hypotension
- Bradycardia

## Considerations for use

- Use in seizure, head injury
- Avoid in hemodynamically unstable

# Midazolam



## Mechanism of Action

GABA agonism



## Dosing

0.1-0.3 mg/kg

5-10 mg



## Onset of Action

1-3 min IV



## Duration of Action

10-30 minutes

# Midazolam

## Adverse effects

- Hypotension (dose dependent)

## Considerations for use

- Use in seizure, no IV access (IM)

# Patient Case #1

- H.P. is a 25 yom who presented to the Emergency Department after a traumatic fall from multiple stories.
  - GCS 5
  - Extensive skull and facial fractures
  - Weight: 98kg
  - Allergies: PCN
  - K+ 4.0mEq/L, SCr 0.6mg/dL

# Patient Case #1

- Select an appropriate induction agent and dose for H.P.
  - a. Propofol 200mg
  - b. Midazolam 2mg
  - c. Etomidate 20mg
  - d. Ketamine 100mg

- GCS 5
- Extensive skull and facial fractures
- Weight: 98kg
- Allergies: PCN
- K+ 4.0mEq/L
- SCr 0.6mg/dL
- SBP: 120mmHg
- HR: 110 bpm

# Neuromuscular Blocking Agents



# Succinylcholine



Mechanism of Action

Depolarizing NMBA



Dosing

1-1.5 mg/kg



**Onset of Action**

30-45 seconds



Duration of Action

5-15 minutes

# Succinylcholine

## Adverse Effects

- Hyperkalemia
- Malignant hyperthermia

## Considerations for Use

- Use if needing a neurological exam after intubation
- Avoid in:
  - Hyperkalemia
  - History of malignant hyperthermia
  - Spinal cord injury, burn or crush injury >24h, muscular dystrophy, demyelinating neuromuscular disease, severe immobility, sepsis >7 days

# Rocuronium



Mechanism of Action

Non-depolarizing NMBA



Dosing

0.6-1.2 mg/kg

Max dose 150mg (use IBW)



Onset of Action

60-90 seconds



Duration of Action

45-120 minutes

# Rocuronium



## Adverse Effects

Inadequate sedation leading to awareness with paralysis

Ensure sedation is ordered to achieve RASS – 5 for duration of paralysis



## Considerations for Use

Use when succinylcholine not appropriate

Longer duration of paralysis necessary

# Patient Case #2

- K.M. has been hospitalized for 17 days
  - Stay is complicated by development of hospital acquired pneumonia
  - Allergies: statins
  - Wt: 64kg
  - VBG: 7.04/69/45/17
  - K+ 5 mEq/L, SCr 1.88mg/dL (increased by 0.8mg/dL over last 48 hours)

# Patient Case #2

- Select an appropriate paralytic for K.M.
  - a. Vecuronium 6mg
  - b. Rocuronium 70 mg
  - c. Succinylcholine 70mg
  - d. Rocuronium 30 mg

- Allergies: statins
- Wt: 64kg
- VBG: 7.04/69/45/17
- K+ 5 mEq/L
- SCr 1.88mg/dL  
(increased by 0.8mg/dL over last 48 hours)
- HR: 110 bpm
- SBP:

# Post-Intubation Sedation

# Awareness During Paralysis

The ED-AWARENESS Study. Pappal RD, et al. *Ann Emerg Med*, 2021.

- Prospective cohort study from 2019-2022 in St. Louis MO
- 383 mechanical ventilated patients in the ED
- 10 patients (2.6%) recalled awareness with paralysis

Recall of Awareness During Paralysis Among ED Patients Undergoing Tracheal Intubation. Driver BE, et al. *Chest*, 2023.

- Prospective observational study from 2018-2021 at Hennepin County Medical Center
- 866 patients in the ED undergoing emergency intubation
- 66 patients (7.4%) experienced and recalled awareness of paralysis



# Early Sedation Goals

SPICE study. Shehabi Y, et al. *Am J Respir Crit Care Med.* 2012.

- Multicenter prospective longitudinal study
- 251 critically ill patients
- Deep sedation within 4 hours of intubation was an independent negative predictor of time to extubation, hospital death, and 180-day mortality

ED-SED. Fuller BM, et al. *Crit Care Med.* 2019.

- Multicenter, prospective cohort study
- 324 intubated patients in the ED
- Deep sedation in the ED resulted in lower RASS scores in the ICU on day 1 and day 2 compared to light sedation in the ED

## Patient Case #2

- K.M. received etomidate 20mg and rocuronium 70mg during his RSI. Please select an appropriate sedation regimen immediately following his intubation.
  - a. Dexmedetomidine and fentanyl infusions titrated to RASS goal -1
  - b. Dexmedetomidine and fentanyl infusions titrated to RASS goal -5
  - c. PRN midazolam and fentanyl if patient becomes agitated
  - d. Propofol and fentanyl infusions titrated to RASS goal -5 until residual paralysis is absent then decrease RASS goal to 0 to -1

# Summary

## Selection of induction agent

- Hemodynamics
- Patient specific factors

## Selection of paralytic agent

- Duration of effect

## Post-intubation sedation

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Thank you!

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