

The reverse shock index multiplied by the Glasgow Coma Scale score can predict the need for initial resuscitation in patients suspected of sepsis

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Abstract: For patients suspected of sepsis, early recognition of the need for initial resuscitation is key in management. This study evaluated the ability of a modified shock index — the reverse shock index multiplied by the Glasgow Coma Scale score (rSIG) — to predict the need for initial resuscitation in patients with sepsis. This retrospective study involved adults with infection who were admitted to a Japanese tertiary care hospital from an emergency department between January and November 2020. The rSIG, modified Early Warning Score (MEWS), quick Sequential Organ Failure Assessment (qSOFA), and original shock index (SI) values were recorded using initial vital signs. The primary outcome was the area under the receiver-operating characteristic curve (AUROC) for the composite outcome consisting of vasopressor use, mechanical ventilation, and 72-h mortality. Secondary outcomes were the AUROCs for each component of the primary outcome and 28-day mortality. As a result, the primary outcome was met by 67 of the 724 patients (9%). The AUROC was significantly higher for the rSIG than for the other tools (rSIG 0.84 [0.78 – 0.88]; MEWS 0.78 [0.71 – 0.84]; qSOFA 0.72 [0.65 – 0.79]; SI 0.80 [0.74 – 0.85]). Compared with MEWS and qSOFA, the rSIG also had a higher AUROC for vasopressor use and mechanical ventilation, but not for 72-h mortality or in-hospital mortality. The rSIG could be a simple and reliable predictor of the need for initial resuscitation in patients suspected of sepsis.

Keywords: shock index, sepsis, early warning score, emergency department, resuscitation, triage

Introduction

Early recognition is key in the management of sepsis because initial resuscitation for sepsis or septic shock, namely, a sepsis bundle, should be recommended to start immediately. Japanese clinical practice guidelines recommend initial assessment based on vital signs when sepsis is suspected (1). However, although vital signs can be measured quickly, it remains unclear how they should be evaluated when used to determine the need for early resuscitation.

Because qSOFA — a simply predictive tools for sepsis using vital signs — have low sensitivity, international guidelines recommend using an early warning method when screening for sepsis, such as the modified Early Warning Score (MEWS) (2). However, the MEWS is time-consuming and difficult to implement unless trained medical staff and well-equipped facilities are available. Furthermore, although the MEWS is a good predictor of in-hospital mortality (3-5), admission to an intensive care unit (ICU) (4,5), and a diagnosis of sepsis (6,7), it is unclear whether it is a good predictor of the need for initial resuscitation.

Adherence to the sepsis bundle is low worldwide (8-19) because it requires significant medical resources to achieve adherence. Achieving a bundle in all patients with sepsis places a high burden on medical staff, so it makes sense to prioritize high-risk sepsis patients for initial resuscitation.

The shock index (SI) or a modified SI has also been used for the initial assessment of sepsis (20-24). The SI is considered useful for identifying patients with sepsis who require initial resuscitation because it is a hemodynamic assessment. Among the modified SIs in use, a simple modified SI developed for trauma patients, the reverse shock index multiplied by the Glasgow Coma Scale score (rSIG), has been reported to be superior to conventional scoring systems in predicting short-term mortality (25-31), need for massive transfusion (28,32), and need for early intervention (28,33,34). Despite its simplicity, we hypothesized that the rSIG would be better than conventional tools for identifying patients with sepsis who require intensive organ support in the early phase. Therefore, in this study, we evaluated whether the rSIG would be a better predictor of the need for vasopressor use, the need for mechanical ventilation,

or of death within the initial 72 h after triage when compared with the MEWS, quick Sequential Organ Failure Assessment (qSOFA), and SI.

Materials and Methods

Ethical approval and informed consent

The study was approved by the ethics committee at our hospital (approval number: NCGM-S-004384-00) and followed the principles of the Declaration of Helsinki. Informed consent was obtained using the opt-out method via the hospital website.

Study design and settings

This retrospective single-center study was performed at an urban tertiary care hospital in Japan. About 20,000 patients visit its emergency department each year, and more than half arrive by ambulance. This study included patients admitted to the hospital for infections from the emergency department. All patients with infection were evaluated for sepsis and initially treated in accordance with national and international guidelines by emergency physicians. Exclusion criteria were transfer from another hospital, less than 18 years of age, a definitive diagnosis of COVID-19, and missing data for vital signs at triage.

Data collection

Information was collected on age, sex, site of infection, vital signs, initial Sequential Organ Failure Assessment (SOFA) score, and 28-day and in-hospital mortality. Vital signs included the first values recorded in the hospital. The SOFA score was assessed at the time of admission to the ICU or a ward.

The primary outcome was the area under the receiver-operating characteristic curve (AUROC) for the composite events consisting of vasopressor use, mechanical ventilation, and 72-h mortality. Secondary outcomes were each component of the composite events of primary outcome and 28-day mortality.

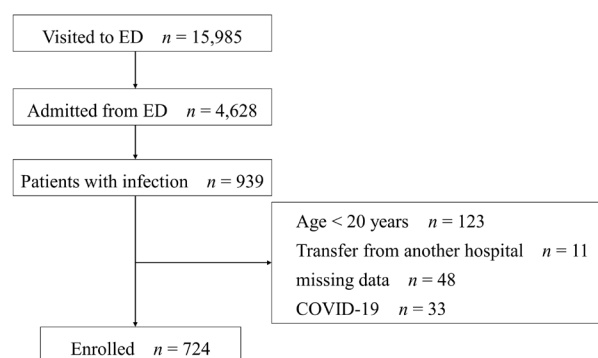


Figure 1. Flow of participants through the study. ED, emergency department

Statistical analysis

Categorical variables were examined using Fisher's exact test and continuous variables using the Mann–Whitney *U* test. Receiver-operating characteristic curves (ROC) were generated to visualize the impact of shifting the positive cutoff value on true-positive (sensitivity) and false-positive (1 – specificity) rates. The AUROCs were compared using the technique described by DeLong *et al.* (35). Statistical significance was set at $p < 0.05$ in all analyses. Sensitivity analyses were performed based on age < 80 years, without treatment limitation, and optimal cut-off values. The optimal cut-off values were defined by the value when the AUROC of each score was maximum. All statistical analyses was performed using R version 3.4.1 (R Foundation for Statistical Computing, Vienna, Austria) and JMP Pro version 15 (SAS Institute Inc., Cary, NC). We were not able to impute missing data for vital signs because they were probably not random.

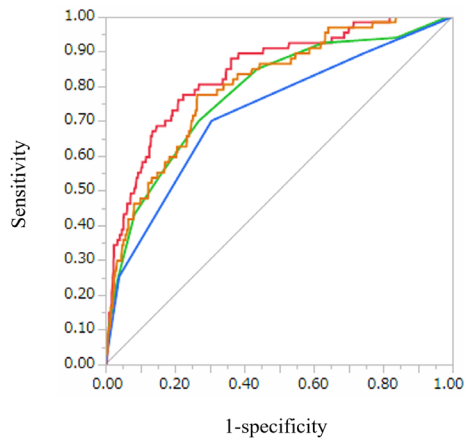
Results

A total of 724 patients were enrolled between January and November 2020 (Figure 1). Most patients were elderly and one third had a treatment limitation, such as a do-not-attempt resuscitation or intubation order (Table 1). Overall, 455 patients (63%) were diagnosed with sepsis

Table 1. Patient characteristics

Variable	<i>n</i> = 724
Age, years, median [IQR]	81 [71, 88]
Male, <i>n</i> (%)	376 (52)
Vital signs	
Systolic blood pressure, mmHg, median [IQR]	131 [111, 150]
Heart rate, beats/min, median [IQR]	96 [82, 111]
Glasgow Coma Scale score, median [IQR]	15 [13, 15]
Respiratory rate, beats/min, median [IQR]	20 [18, 24]
Body temperature, °C, median [IQR]	37.7 [36.9, 38.6]
Initial SOFA score, median [IQR]	3 [1, 4]
Main sites of infection, <i>n</i> (%)	
Respiratory	322 (44)
Urinary	161 (22)
Abdomen	133 (18)
Soft tissue	49 (7)
Other	59 (8)
Sepsis, <i>n</i> (%)	455 (63)
Septic shock, <i>n</i> (%)	33 (5)
Treatment limitation, <i>n</i> (%)	256 (35)
Composite outcome	
Any, <i>n</i> (%)	67 (9)
Vasopressor use within 72 h, <i>n</i> (%)	44 (6)
Mechanical ventilation within 72 h, <i>n</i> (%)	31 (4)
Death within 72 h, <i>n</i> (%)	22 (3)
Death at day 28, <i>n</i> (%)	61 (8)
In-hospital death, <i>n</i> (%)	85 (12)

*Categorical variables were analyzed by Fisher's exact test and continuous variables by the Mann–Whitney *U* test. Sepsis and septic shock were diagnosed based on the Sepsis-3 definitions. SOFA, Sequential Organ Failure Assessment.



	AUROC	Lower 95%	Upper 95%
rSIG	0.84	0.78	0.88
MEWS	0.78	0.71	0.84
qSOFA	0.72	0.65	0.79
SI	0.80	0.74	0.85

	Chi square	p value
rSIG vs. MEWS	5.95	0.015
rSIG vs. qSOFA	0.17	< 0.001
rSIG vs. SI	5.33	0.021

Figure 2. Comparisons of receiver operating characteristic (ROC) curves for the composite outcome consisting of vasopressor use, mechanical ventilation, and 72-h mortality. rSIG, reverse shock index multiplied by Glasgow Coma Scale score; MEWS, modified Early Warning Score; qSOFA, quick Sequential Organ Failure Assessment; SI, shock index; AUROC, area under ROC. Red, green, blue and yellow lines indicate rSIG, MEWS, qSOFA and SI respectively.

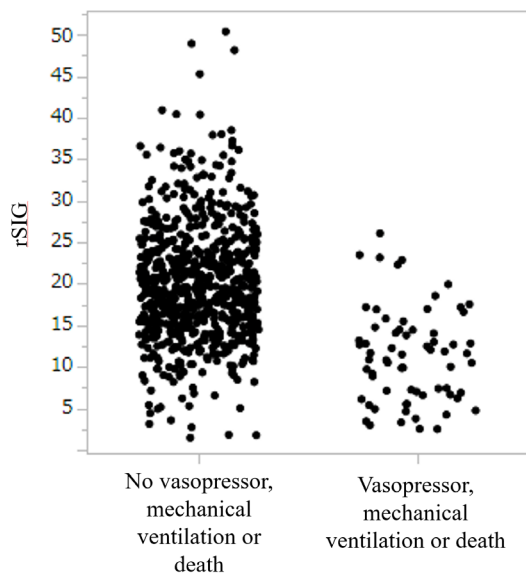


Figure 3. Distribution of rSIG values according to whether or not the composite events of primary outcome was met. rSIG, reverse shock index multiplied by the Glasgow Coma Scale score. The composite events included vasopressor use, mechanical ventilation, and 72-h death.

and 33 (5%) with septic shock according to the SEPSIS-3 criteria. In total, 67 patients (9%) required treatment with a vasopressor or mechanical ventilation or died within 72 h of triage.

Primary outcome

In terms of the primary outcome, the AUROCs for the rSIG, MEWS, qSOFA, and SI were 0.84 (0.78 – 0.88), 0.78 (0.71 – 0.84), 0.72 (0.65 – 0.79), and 0.80 (0.74 – 0.85), respectively (Figure 2). The AUROC for the rSIG was significantly higher than that of MEWS ($p = 0.015$), qSOFA ($p < 0.001$) and SI ($p = 0.021$). Figure 3 shows the distribution of rSIG values according to whether or not the composite events of primary outcome were met.

Table 2. Results of sensitivity analyses

Variable	AUROC	95% CI	p value
Age < 80 years, $n = 319$			
rSIG	0.87	0.79 – 0.92	
vs. MEWS	0.75	0.66 – 0.83	0.005
vs. qSOFA	0.75	0.66 – 0.83	< 0.001
vs. SI	0.79	0.69 – 0.86	0.008
Without treatment limitation, $n = 468$			
rSIG	0.86	0.79 – 0.91	
vs. MEWS	0.77	0.68 – 0.84	0.003
vs. qSOFA	0.73	0.65 – 0.81	< 0.001
vs. SI	0.81	0.73 – 0.86	0.004
Optimal cut-off value*			
rSIG ≤ 15	0.77	0.72 – 0.82	
vs. MEWS ≥ 5	0.72	0.66 – 0.77	0.028
vs. qSOFA ≥ 2	0.70	0.64 – 0.75	0.013
vs. SI ≤ 0.9	0.71	0.65 – 0.77	0.027

*Optimal cut-off values were defined by the value when each AUROC was maximum. rSIG, reverse shock index multiplied by Glasgow Coma Scale score; MEWS, modified Early Warning Score; qSOFA, quick Sequential Organ Failure Assessment; SI, shock index.

Table 2 showed the results of the sensitivity analyses. In subgroups of patients with age < 80 years ($n = 319$) and patients without treatment limitation ($n = 468$), The AUROC for the rSIG was significantly higher than that of the other tools.

The optimal rSIG, MEWS, qSOFA, and SI cut-off values were 14.8, 5, 2, and 0.87, respectively. Sensitivity and specificity of $rSIG \leq 15$ were 0.78 and 0.77, respectively. When individual optimal cutoff values were used, the AUROCs for the $rSIG \leq 15$, $MEWS \geq 5$, $qSOFA \geq 2$ and $SI \leq 0.9$ were 0.77 (0.72 – 0.82), 0.72 (0.66 – 0.77), 0.70 (0.64 – 0.75), and 0.71 (0.65 – 0.77), respectively (Table 2). The AUROC for the rSIG was significantly higher than that of MEWS ($p = 0.028$), qSOFA ($p = 0.013$) and SI ($p = 0.027$).

Secondary outcomes

Table 3. Results for secondary outcomes

Variable	AUROC	95% CI	p value
Vasopressor use within 72 h			
rSIG	0.85	0.78 – 0.90	
vs. MEWS	0.78	0.70 – 0.84	0.017
vs. qSOFA	0.73	0.64 – 0.81	< 0.001
vs. SI	0.83	0.76 – 0.88	0.26
Mechanical ventilation within 72 h			
rSIG	0.82	0.73 – 0.88	
vs. MEWS	0.74	0.65 – 0.82	0.052
vs. qSOFA	0.67	0.58 – 0.74	< 0.001
vs. SI	0.77	0.68 – 0.84	0.07
Death at 72 h			
rSIG	0.86	0.76 – 0.93	
vs. MEWS	0.86	0.77 – 0.91	0.87
vs. qSOFA	0.86	0.78 – 0.91	0.88
vs. SI	0.82	0.70 – 0.90	0.11
Death at 28 d			
rSIG	0.75	0.68 – 0.81	
vs. MEWS	0.71	0.64 – 0.77	0.07
vs. qSOFA	0.71	0.63 – 0.78	0.13
vs. SI	0.72	0.65 – 0.78	0.06

rSIG, reverse shock index multiplied by Glasgow Coma Scale score; MEWS, modified Early Warning Score; qSOFA, quick Sequential Organ Failure Assessment; SI, shock index.

Table 3 shows the secondary outcomes. The AUROC for vasopressor use within 72 h was significantly higher for the rSIG (0.85 [0.78 – 0.90]) than for the MEWS (0.78 [0.70 – 0.84], $p = 0.017$) or qSOFA (0.73 [0.64 – 0.81], $p < 0.001$) but not for the SI (0.83 [0.76 – 0.88], $p = 0.26$). The AUROC for mechanical ventilation within 72 h was significantly higher for the rSIG (0.82 [0.73 – 0.88]) than for the qSOFA (0.67 [0.58 – 0.74], $p < 0.001$) but not for the MEWS (0.74 [0.65 – 0.82], $p = 0.052$) or SI (0.77 [0.68 – 0.84], $p = 0.07$). There was no significant difference in the AUROCs for 72-h or 28-day mortality between rSIG and the other tools (72-h mortality: rSIG 0.86 (0.76 – 0.93), MEWS 0.86 (0.77 – 0.91), qSOFA 0.86 (0.78 – 0.91), SI 0.82 (0.70 – 0.90), 28-day mortality: rSIG 0.75 (0.68 – 0.81), MEWS 0.71 (0.64 – 0.77), qSOFA 0.71 (0.63 – 0.78), SI 0.72 (0.65 – 0.78)).

Discussion

In this study, the rSIG was superior in predicting the need for intensive organ support and death in the early phase in patients with infection compared with the MEWS, qSOFA, and SI. Furthermore, the performance of the rSIG was similar to or better than the qSOFA and MEWS in terms of vasopressor use, mechanical ventilation and short-term mortality. Although the rSIG has been used mainly for trauma, the results of this study suggest that it may also be useful for patients with infection. The optimal rSIG cut-off value reported for trauma patients ranges from 9.5 to 14.8 (26-28,32), which is similar to that in our study. Considering that vital signs are not disease-specific parameters, we believe that our result is reasonable.

Interestingly, the rSIG was found to have a higher AUROC for need of mechanical ventilation, even without inclusion of the respiratory rate which is usually an important parameter in the clinical assessment. The respiratory rate is often difficult to measure accurately (36,37), therefore, it was suitable to be a factor in inadequate assessment. Body temperature can also lead to misjudgments: sepsis with fever has been shown to have a better outcome than sepsis without fever (38), in contrast with the MEWS, which scores higher for hyperthermia. Not including the respiratory rate and body temperature measurements in the rSIG may have contributed to its high predictive performance.

Japan is an aging society and most of our patients were elderly. Interpretation of vital signs is complicated in the elderly for several reasons, including underlying medical conditions and use of antihypertensive medications. For example, it has been reported that the relationship between vital signs and outcome in patients with sepsis differs between the elderly and non-elderly (39). Therefore, we performed a sensitivity analysis by subgroup, namely, for age < 80 years and presence of treatment limitations. The results were similar to the analysis of all patients, which increases the generalizability of our findings.

Given that the rSIG was significantly more predictive of vasopressor use than the MEWS or qSOFA, it may be better at predicting the need for initial resuscitation. Triggering initial resuscitation based on the rSIG value could lead to earlier management (e.g., antibiotic therapy, use of a vasopressor, or admission to the ICU). Although a matter of controversy in patients without shock, there is some evidence suggesting that every 1-h delay in administration of antibiotics increases the likelihood of mortality in patients with shock (40-42). Yet, adherence to the sepsis bundle is particularly low in patients with septic shock because of the time required to perform procedures such as intubation or insertion of a central venous catheter. Therefore, early recognition is particularly important in patients with septic shock.

This study has some limitations. First, screening was performed according to the final diagnosis because the study was retrospective in nature. Therefore, we were unable to include patients who were suspected of having an infection at triage but were ultimately determined to be free of infection. Second, we excluded patients with COVID-19 because the pattern of organ failure in COVID-19 may differ from that in conventional sepsis. Also, owing to local circumstances, it was not possible to enroll a sufficient number of patients with COVID-19 to be able to evaluate the triage tool in this cohort. However, international sepsis guidelines have been published for conventional sepsis and sepsis in patients with COVID-19 (2,43). Based on the above, we consider it appropriate to distinguish between conventional sepsis and COVID-19 at this time. Third, we included only hospitalized patients because we were unable to

investigate outcomes in patients who did not require hospitalization.

Conclusions

The rSIG was a significantly better predictor of the need for a vasopressor, the need for mechanical ventilation, and death within 72 h of triage in patients with infection at an emergency department. The rSIG could be a simple and reliable predictor of the need for initial resuscitation in patients with sepsis.

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Conflict of Interest: The authors have no conflicts of interest to disclose.

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