EVALUATION OF THE USE OF HYDROCORTISONE, VITAMIN C AND THIAMINE FOR THE TREATMENT OF SEPTIC SHOCK

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**BACKGROUND**

The combination of thiamine / vitamin C / hydrocortisone has recently emerged as an adjunctive therapy for patients with septic shock (SS).

To evaluate the use of the combination as a complementary treatment for septic shock.

**AIM AND OBJECTIVES**

To evaluate the use of the combination as a complementary treatment for septic shock.

**MATERIAL AND METHODS**

Retrospective, observational and cohort study

- **Cohort A**
  - Standard therapy
  - Intensive fluid
  - Empirically broad-spectrum antibiotic
  - Prevention of vein thrombosis
  - Vasopressor therapy

- **Cohort B**
  - Standard therapy + Cocktail
  - Vitamin C
  - Thiamine
  - Hydrocortisone

**RESULTS**

- **Demographic**
  - Age, Gender

- **Clinical**
  - Comorbidities, SAPS-III, origin of sepsis, mechanical ventilation, ECMO, baseline procalcitonin, acute renal failure, blood culture positive

- **Therapeutic**
  - dosage, duration of combination

- **30-day mortality** and length of stay

**CONCLUSION**

To add hydrocortisone/vitamin/thiamine to the standard treatment not reduces the mortality, LOS or duration of vasopressors. However, there is a tendency to treat the most vulnerable patients (immunosuppressed patients, refractory sepsis and RRT). Variable dosage was used, so that as a result of the study, a protocol was elaborated in the Unit to standardize the combination use.