Is restrictive fluid strategy beneficial in septic shock?

The CLASSIC trial

#NephJC

Open label RCT

N = 1554

8 countries, 31 ICUs

Adults with septic shock

Onset within 12 hours prior to screening

Plasma lactate >2mmol/L

1L IVF in 24 hours before screening

Median: 1798 ml (500 - 4366 ml)

Restrictive fluid group

N = 770

90 days

N = 784

Standard fluid group

Median: 3811 ml (1861- 6762 ml)

	Restrictive fluid group	Standard fluid group	Adjusted RR
Primary outcome			
Mortality	42.3%	42.1%	**1.00** (0.89-1.13)
Secondary outcomes			
Serious adverse events	29.4%	30.8%	**0.95** (0.77-1.15)
Severe AKI	23.1%	24.5%	No difference
Days alive			
*Without life-support	50 days	51 days	No difference
*Out of hospital	33 days	35 days	

Conclusions: Among adult patients with septic shock in the ICU, intravenous fluid restriction did not result in fewer deaths at 90 days than standard intravenous fluid therapy.

Meyhoff TS, et al. **Restriction of Intravenous Fluid in ICU Patients with Septic Shock.** *N Engl J Med.* 2022

Visual abstract by @SayaliBThakare