

Cytokine absorption in critically ill old COVID-19 patients with renal failure: A retrospective analysis of 503 intensive care unit patients

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Abstract.

BACKGROUND: COVID-19 is associated with cytokine release in critical disease states. Thus, cytokine absorption has been proposed as a therapeutic option. This study investigated the influence of cytokine absorption on mortality in old critical patients with COVID-19 and renal failure admitted to intensive care units (ICU).

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METHODS: This retrospective analysis of a prospective international observation study (the COVIP study) analysed ICU patients ≥ 70 years with COVID-19. Data on Sequential Organ Failure Assessment (SOFA) score, clinical frailty scale (CFS), ICU therapy details including renal replacement therapy (RRT) with/without cytokine absorption were collected. The cytokine absorption group was compared to patients receiving RRT without cytokine absorption.

RESULTS: Among 3927 patients, 503 received RRT; among them 47 patients were treated with cytokine absorption. Mortality rates were high in both groups with increased rates in the cytokine group for ICU mortality and 30-day mortality, but not for 3-month mortality. Logistic regression analysis indicated that SOFA-score, but not cytokine absorption was associated with mortality.

CONCLUSIONS: Critical COVID-19 patients with renal failure treated with cytokine absorption showed higher short term mortality rates when compared to patients with renal replacement therapy alone. Mortality is associated with disease severity, but not cytokine absorption in a multivariate analysis.

Keywords: Cytokine absorption, COVID-19, critically ill, ICU, mortality, renal replacement therapy

1. Background

The COVID-19 pandemic has led to many millions confirmed cases and over 6 million associated deaths. Various therapeutic tools have been studied to improve outcomes of critically ill patients with COVID-19 [1, 2]. Pharmacological approaches ranged from hydroxychloroquine or anti-retroviral agents to “antibody cocktails“, such as REGN-COV-2, or corticosteroids like dexamethasone [1, 3, 4]. Pro-inflammatory markers such as C-reactive protein or D-dimer have been associated with severe courses of COVID-19 and poor outcome [5–7]. Moreover, an excessive release of cytokines, such as Interleukin 1 (IL-1), Interleukin 6 (IL-6) or tumor necrosis factor alpha (TNF- α), resulting in an excessive immune response has been described to cause a severe course of disease including acute respiratory distress syndrome (ARDS) [8, 9]. This uncontrolled release of cytokines leads to extensive systemic effects, such as vasodilatation and hyperinflammation, resulting in haemodynamic instability, endothelium and glycocalyx damages, and capillary leakage [10, 11]. Thus, cytokine level modulation became the focus of research as a potential treatment option to prevent severe disease courses and to reduce mortality in patients with a COVID-19 disease [9]. Besides pharmacological approaches, cytokine absorption therapy aiming to reduce the burden of immunological responses were tested as a promising therapeutic alternative, especially for severely ill patients [8, 12–14].

The rationale for the use of such devices is the immunomodulation by an amplified transmembrane clearance and an unselective or selective absorption of potentially harmful agents such as cytokines [15]. The filters consist of specific polymers or contain particular polycationic layers and can be applied in patients with renal failure receiving renal replacement therapy (RRT) by being added to the dialysis setting [16]. So far, a few clinical studies and two randomised controlled trials investigating cytokine filters as a possible treatment option in critically ill COVID-19 patients are available [14, 17–21].

The aim of the present study was to evaluate cytokine absorption use and its association with clinical outcomes in a real-world older multinational patient cohort, suffering from severe COVID-19 disease with renal failure.

2. Methods

2.1. Design and settings

This study was part of the Very old Intensive care Patients (VIP) project, which is registered on ClinicalTrials.gov (ID: NCT04321265). Furthermore, it was endorsed by the European Society of

72 Intensive Care Medicine (ESICM, <https://www.vipstudy.org>). The goal of this international multicentre
73 project was to gather knowledge about the course of COVID-19 cases in very old patients in intensive
74 care unit (ICU) settings, and to detect specific risk factors for mortality and adverse events in this
75 cohort to improve the outcome of these vulnerable patients. In all participating centres, prior ethical
76 approval was obligatory before recruitment of the patients.

77 2.2. Study population

78 All recruited patients were 1) aged ≥ 70 years, 2) proven COVID-19 positive, and 3) admitted to an
79 ICU due to the severity of the disease. The day of ICU admission reflected day one of data acquisition.
80 The dataset contains patients from 19th of March 2020 until the 15th of July 2021.

81 2.3. Data collection

82 In order to facilitate statistical analyses and to ensure comparability of all participating centres, the
83 usage of an online electronic case report form (eCRF) was mandatory. For this specific study, only
84 patients with a renal replacement therapy (RRT) during ICU stay were included for further analyses
85 since cytokine absorption was applied as part of RRT.

86 All included patients received RRT due to renal failure at the discretion of the treating physician.
87 47 of them were treated with an additional cytokine absorption due to local protocols. No RRT was
88 implemented for cytokine absorption therapy alone.

89 The Clinical Frailty Scale (CFS) [22, 23] prior to acute hospital admission was rated as well as the
90 Sepsis-related organ failure assessment score (SOFA score) at the time of ICU admission. Moreover,
91 pre-existing comorbidities such as chronic renal failure, arterial hypertension, pulmonary disease, and
92 chronic heart failure were assessed. Body mass index (BMI) was calculated and its potential role as
93 a mortality predictor was evaluated. Additionally, hospitalisation days prior to ICU admission and
94 the number of days with symptoms were registered. During ICU stay, clinical variables describing
95 the course of the disease were documented. Besides the need for an intubation, non-invasive venti-
96 lation (NIV) therapy, vasopressor use, prone positioning as well as insertion of a tracheostomy was
97 recorded.

98 Withholding or withdrawal of treatment was documented. Mortality during ICU stay, after 30 days,
99 and after 3 months was assessed.

100 2.4. Data storage

101 The eCRF was created using the REDCap software [24]. Data storage was performed on a protected
102 server at Aarhus University in Denmark. The servers were operated by the Information Technology
103 Department and the Department of Clinical Medicine at Aarhus University, Denmark.

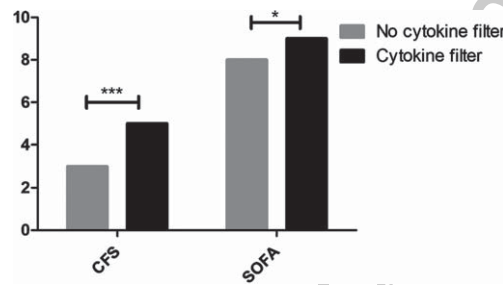
104 2.5. Statistical analysis

105 Continuous data are described as median \pm interquartile range (IQR) and were checked for normal
106 distribution. Differences between independent groups with non-normal distributions were calculated
107 using Mann Whitney U-tests. Categorical data are expressed as percentages. For calculating differences
108 between groups, the chi-square test was applied. Univariable and regression analyses were performed
109 to assess association of cytokine absorption with mortality. We report (adjusted) odds ratios (OR) with
110 respective 95% confidence intervals (CI). All tests were two-sided. A p -value of < 0.05 was considered

Table 1

Patient characteristics. Categorical variables are displayed as % (n), continuous variables as median (IQR)

	No cytokine filter (n = 456)	Cytokine filter (n = 47)	p-value
Male sex (n)	78% (354)	70% (33)	0.25
Age in years	74 (72-78)	75 (72-78)	0.43
Age <80 years (n)	86% (390)	79% (37)	
Age >79 years (n)	14% (66)	21% (10)	
BMI	28 (25-31)	29 (26-32)	0.38
SOFA score	8 (5-10)	9 (7-13)	0.02
CFS	3 (2-5)	5 (3-6)	<0.001
Comorbidities			
Chronic renal failure	33% (150)	37% (17)	0.58
Arterial hypertension	76% (346)	76% (35)	0.98
Pulmonary comorbidity	19% (86)	43% (20)	<0.001
Chronic heart failure	20% (91)	9% (4)	0.058

Abbreviations: BMI – Body Mass Index (kg/m²); CFS – Clinical Frailty Scale; SOFA – Sequential Organ Failure Assessment.Fig. 1. Initial assessment on ICU admission. Abbreviations: CFS – Clinical Frailty Scale; SOFA – Sequential Organ Failure Assessment. *= $p < 0.05$; ***= $p < 0.001$.

111 statistically significant. Stata 16 was used for all statistical analyses (StataCorp LLC, 4905 Lakeway
 112 Drive, College Station, Brownsville, Texas, USA).

113 3. Results

114 3.1. Initial assessment on ICU admission

115 Patient characteristics are presented in Table 1. Among 3927 included in COVID, 503 received RRT
 116 during their ICU stay (13%), 47 patients received an additional cytokine absorption (9%). The median
 117 age was 74 years [72–78 years] in the RRT only group and 75 years [72–78 years] in the cytokine
 118 group ($p = 0.43$). Patients receiving cytokine absorption therapy had a higher SOFA-score (9 [7–13]
 119 vs. 8 [5–10]; $p = 0.02$) at admission and were more frail prior to hospitalisation (CFS 5 [3–6] vs. 3
 120 [2–5]; $p < 0.001$, Fig. 1). Moreover, they suffered from pulmonary comorbidity more frequently (43%
 121 vs. 19%; $p < 0.001$, Fig. 2). The onset of COVID-19 was shorter in the cytokine group with fewer prior
 122 hospitalisation days (1 [1–3] vs. 2 [1–5]; $p = 0.023$) and the duration of symptoms was shorter before
 123 ICU admission (4 [2–7] vs. 6 [3–9] days; $p = 0.022$).

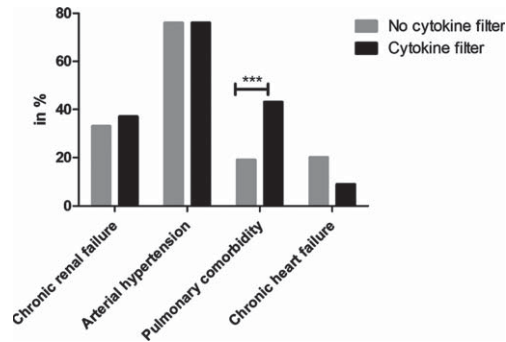


Fig. 2. Preexisting comorbidities prior to COVID-19 disease. ***= $p < 0.001$.

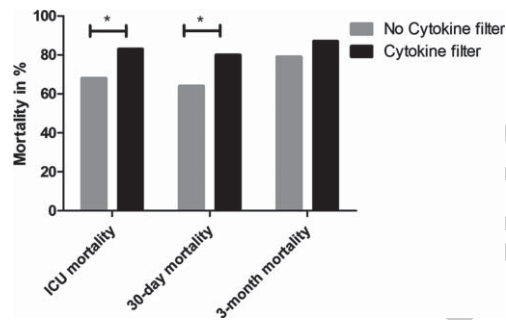


Fig. 3. ICU mortality, 30-day mortality, and 3-month mortality. *= $p < 0.05$.

124 3.2. Continuous assessment during ICU stay

125 All 503 patients included for further analyses received RRT. No differences could be detected in
 126 terms of tracheostomy (28% vs. 32%; $p = 0.57$), vasopressor use (96% vs. 93%; $p = 0.53$), or prone
 127 positioning (49% vs. 62%; $p = 0.18$). Patients receiving cytokine absorption were intubated more
 128 frequently (100% vs. 92%; $p = 0.049$) and received NIV therapy prior to intubation more often (43%
 129 vs. 23%; $p = 0.002$).

130 3.3. Withholding or withdrawal of treatment and mortality

131 Withholding or withdrawal of treatment occurred less frequently in the cytokine group (4% vs.
 132 28%; $p < 0.001$; 7% vs. 23%; $p = 0.01$, respectively). Mortality rates were high in both groups with
 133 increased rates in the cytokine absorption group both for ICU mortality (83% vs. 68%; $p = 0.037$),
 134 30-day-mortality (80% vs. 64%; $p = 0.028$), but not for 3-month mortality (87% vs. 79%; $p = 0.2$;
 135 Fig. 3).

136 3.4. Regression analysis

137 An additional regression analysis with 430 patients indicated that 30-day mortality was associated
 138 with SOFA-score (95% CI 1.04 to 1.17, $p = 0.002$), but not with cytokine absorption (95% CI 0.66 to
 139 3.94, $p = 0.291$, Table 2).

Table 2
Logistic regression analysis for 30-day mortality ($n = 430$)

Mortality 30 days	Odds ratio	Standard error	Z	$P > z $	[95% confidence interval]
Cytokine absorption	1.616634	0.7357914	1.06	0.291	0.6625179 3.944807
Age	1.000447	0.0249066	0.02	0.986	0.9528031 1.050474
Gender	1.3827	0.3649277	1.23	0.220	0.8242811 2.319425
SOFA	1.100309	0.0343625	3.06	0.002	1.034979 1.169762
CFS	1.035227	0.0667712	0.54	0.591	0.9122921 1.174728
Constant	0.4797031	0.8796371	-0.40	0.689	0.013186 17.45141

Abbreviations: SOFA – Sequential Organ Failure Assessment; CFS – Clinical Frailty Scale.

4. Conclusions

In the present subgroup analysis of critically ill COVID-19 patients aged ≥ 70 years, we investigated the impact of cytokine absorption, in addition to standard RRT, on ICU- and mid-term mortality.

The knowledge that cytokines contribute to a more critical course of disease in ARDS patients is not new; several studies highlight the role of cytokine release in immuno-pathological processes involved in severe lung injuries [25, 26]. Therefore, it is not surprising that recent studies described a potential role of cytokine release in COVID-19 and found an association between the level of cytokines and disease severity [27]. At first, mostly case reports and small case series have investigated the potential benefits of cytokine absorption in extenuating the burden of a threatening cytokine release [14, 17–19]. In a case series, published by Zhang et al., the authors described the disease course of five COVID-19-patients treated with a cytokine filter. The authors stated that cytokine absorption led to reduced levels of overexpressed cytokines, stabilised haemodynamics, and overall improved organ function [17]. These results were supported by a case series by Nassiri et al., who investigated 26 patients admitted to an ICU with moderate ARDS. They found significantly decreased levels of procalcitonin (PCT), ferritin, lactate, D-dimer as well as decreases in SOFA score and need for vasopressors as a marker for haemodynamic stabilisation post cytokine absorption treatment. Moreover, they assumed that an early initiation of cytokine absorption favored a benign outcome [19]. However, these uncontrolled studies included significantly younger patients, which makes an adequate comparison less robust. A recently published case-control study examined the effects of cytokine absorption on laboratory markers, SOFA scores, and mortality. Although the authors demonstrated decreases in C-reactive protein and fibrinogen, no clinical benefit or decreased mortality rates could be found [28].

Supporting these findings, the first randomised controlled trial investigating the effects of cytokine absorption in terms of IL-6 levels and 30-day survival in 34 COVID-19 patients requiring venovenous extracorporeal membrane oxygenation (ECMO) showed negative results. The authors not only showed a lack of reduction in IL-6 in the cytokine absorption group when compared to the control group, but also demonstrated a significantly higher mortality in the cytokine absorption group. Therefore, despite the promising case reports and theoretical considerations, they concluded that cytokine absorption should not be initiated in the first days of ECMO in severely ill COVID-19 patients [20]. Another randomised controlled trial by Stockmann et al. investigated the influence of cytokine absorption in COVID-19 patients in vasoplegic shock and multiple organ failure. They could neither demonstrate a faster resolution of shock nor significant effects on inflammatory markers, catecholamine requirements, or mortality [21].

In line with these trials, in our study, we were unable to show associations between cytokine absorption and improved outcomes in old COVID-19 ICU patients. Moreover, patients receiving an additional cytokine absorption had statistically worse outcomes regarding ICU mortality and 30-day mortality.

175 A number of reasons may explain our findings. We recorded significantly higher SOFA scores
176 at ICU admission and higher baseline CFS scores prior to hospitalisation for the cytokine group as
177 well as significantly increased rates of preexisting pulmonary diseases. Therefore, one could argue that
178 cytokine absorption was applied in more frail patients with a higher burden of preexisting comorbidities
179 as a last resort therapy approach. This assumption is underlined by the performed regression analysis,
180 showing that higher SOFA scores are a marker for worse outcomes. In contrast, cytokine filter use was
181 not associated with outcome in this multivariable model.

182 NIV-therapy and intubation were used more often in the cytokine group ($p = 0.002$ and $p = 0.0049$,
183 respectively). Combining these facts with the findings of significantly fewer days in hospital prior
184 to ICU admission, as well as fewer days of symptom recognition as compared to the RRT group,
185 one might suggest that this group suffered from a more severe and more acute course of COVID-
186 19. This assumption is supported by our findings that withholding or withdrawal of treatment were
187 significantly rarer in the cytokine group. Although this might be surprising at first, one could postulate
188 that a decision to withdraw therapy was ethically more challenging in the context of a shorter and
189 more fulminant course of COVID-19. Moreover, the ICU team might have wanted to wait for the
190 effects of cytokine absorption prior to making decisions regarding therapy limitation. Regardless,
191 these assumptions remain speculative.

192 The number of patients treated in the prone position was similar in both groups. Prone position-
193 ing has been shown to improve oxygenation in ARDS. In COVID-19 pneumonia benefits were
194 seen in both sedated and intubated patients, as well as in awake patients [29–31] and has been
195 declared as effective and safe [32, 33]. The combination of prone positioning and NIV-therapy was
196 a less common strategy previously [34] and its use has increased during the COVID-19 pandemic
197 [35, 36].

198 Our findings are in line with previous investigations emphasising the role of the SOFA score as a
199 predictor of severity of disease and mortality in COVID-19 pneumonia [37, 38]. The same applies
200 for the widely used CFS, which has been shown to positively correlate with mortality and adverse
201 outcome [39]. A recently published meta-analysis by Pranata et al. illustrated an increase in mortality
202 by 12% with every 1-point increase in the CFS [40]. Bearing these facts in mind, the significantly
203 increased mortality in the cytokine absorption group is less surprising, but still depicts the limits of
204 this treatment.

205 A limitation to our study is that we did not measure blood cytokine levels before and after cytokine
206 absorption. Therefore, we can only assume that cytokine absorption was effective. Whereas some
207 uncontrolled studies have proven the efficacy of cytokine absorption in decreasing the burden of
208 inflammatory markers [17, 19], both available randomised controlled trials could not show significantly
209 reduced interleukin levels after cytokine absorption in COVID-19 patients [20, 21]. One of these trials
210 investigated the effects of cytokine absorption on IL-6-levels and mortality in COVID-19 patients
211 receiving ECMO and did not only show a lack of reduction in IL-6, but also significantly increased
212 mortality rates in this group [20]. Therefore, these results are in line with our findings of higher
213 mortality in patients receiving an additional cytokine absorption and – at least – suggest a prudent use
214 of this therapeutic option.

215 In summary, our multicentre study shows an increased mortality in patients receiving cytokine
216 absorption in addition to regular RRT in the setting of old COVID-19 ICU patients during ICU
217 stay and at 30 days, but not at 3 months. However, these findings should be regarded in the con-
218 text of possible confounders, such as a more severe course of disease, higher frailty, and a lower
219 level of withholding or withdrawal of treatment in the cohort with an additional cytokine absorption
220 treatment.

221 However, combining our results with the available pre-existing literature [20, 21, 28], it might be
reasonable to question the potential benefits of cytokine absorption in COVID-19 patients.

4.1. Limitations

To the best of our knowledge, our study is the largest trial investigating the association of cytokine absorption with outcome in severe COVID-19 disease. However, our study has several limitations.

We did not measure pre- and post-cytokine absorption cytokine levels. Therefore, the success of cytokine absorption remains unclear. Also, there was no information regarding the haemodynamic response to cytokine absorption treatment and the kind of filters used. Secondly, we had some baseline biases in terms of pre-existing comorbidities, CFS, and SOFA scores. Thirdly, we have no information on why the cytokine therapy was chosen for these patients and when therapy was withdrawn or withheld.

Conflict of interest

There are no connections of the authors with any companies or industries. This study was conducted without any industrial funding.

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