

7D'S OF FLUID THERAPY AND STEWARDSHIP

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Administration of intravenous fluids is one of the most frequent therapeutic options in critical care. However, it is about time that fluids should be treated as drugs. A conceptual framework of the 7 D's is presented with a focus on definitions (fluid status, preload, fluid responsiveness), diagnosis (hypo- eu- and hypervolemia, organ and tissue perfusion), drug (type of fluids, indications, contraindications, adverse effects, rate, objectives and limits), dose, duration, de-escalation, and discharge. The 4 indications for fluid administration will be discussed: resuscitation, maintenance, replacement and nutrition. The 4 questions: when to start IV fluids, when to stop them, when to start fluid evacuation and when to stop fluid removal. The 4 phases and the ROSE concept: resuscitation, optimization, stabilization and evacuation. The 4 hits, the 4 compartments and much more. It is time for fluid stewardship, defined as a series of coordinated interventions, introduced to select the optimal fluid, dose and duration of therapy that results in the best clinical outcome, prevention of adverse events and cost reduction...