Incidence of contrast-induced nephropathy in intensive care patients undergoing computerised tomography and prevalence of risk factors

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SUMMARY

Computerised tomography (CT) with contrast is frequently used in intensive care. Contrast-induced nephropathy (CIN) is an important complication largely studied in stable cardiology patients and can lead to acute renal failure. The aim of this study was to determine the incidence of CIN in an intensive care unit (ICU) setting and describe the prevalence of associated risk factors. We performed a retrospective analysis by review of electronic laboratory database and manual chart review of all patients in two tertiary intensive care units in Newcastle, New South Wales who underwent CT with intravenous contrast during their ICU stay in 2006. CIN was defined as an absolute increment in serum creatinine of 44.2 µmol/l or a relative increment of 25% from baseline at 48 to 72 hours following intravenous contrast. Patients' demographic, biochemical and contrast media data, physiological parameters, fluid and drug administrations and previously described as well as ICU specific risk factors were analysed. We compared CIN positive and CIN negative patients to identify risk factors associated with CIN. In total, 2043 patients were admitted to ICU during 2006 and 509 CT studies were performed. One hundred and forty-one of these included administration of intravenous contrast and 139 charts were reviewed. Sixteen out of 139 patients developed CIN (11.5%). More than 70% of patients had two or more risk factors. Age was the only risk factor found to be significantly associated with the development of CIN in a multivariate analysis (P value 0.04, OR 1.041, 95% confidence interval 1.002 to 1.081). Mortality was higher in CIN positive patients (31 vs 13%, P value 0.068). ICU and hospital length of stay was not significantly different in CIN positive and negative patients and persisting renal impairment was not found in CIN positive survivors. Based on this study, we cannot predict who will develop CIN in ICU using the described risk factors. Further prospective studies are needed to evaluate the incidence and outcomes of CIN in an ICU setting.

Key Words: nephropathy, contrast-induced, intensive care, incidence, risk factors

Computerised tomography (CT) is a frequently used investigation for hospitalised patients, including those in intensive care. The intravascular contrast media (CM) commonly administered during these examinations is a well recognised cause of acute renal dysfunction, known as contrast-induced nephropathy (CIN)'. Although CIN is usually transient, permanent renal injury has been reported in around 30%24.

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Iodinated radio-contrast is the third most common cause of hospital-acquired acute renal failure, responsible for around 11% of cases²⁻⁴.

Acute renal failure in critically ill patients is an important problem associated with increased hospital resource use and increased morbidity and mortality^{5,6}. A mortality of 64% at one year was reported recently in adult intensive care unit (ICU) patients requiring renal replacement therapy⁶.

CIN has been studied largely in stable cardiology patients receiving contrast during percutaneous coronary intervention749. It remains controversial whether risk factors for CIN described in these settings can be extrapolated to the ICU population. The incidence of CIN reported in the literature varies from 5 to 50% depending on the definition used, type of CM and the age of the study⁹. The incidence of CIN in ICU patients remains uncertain and there are no published data for Australian ICUs.

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The aim of this study is two-fold: 1) to determine the incidence of CIN in an Australian ICU setting and 2) to describe the prevalence of risk factors that might be used to predict susceptibility to CIN in ICU.

METHODS

We performed a retrospective chart and medical notes review of all patients in two ICUs in the Hunter region who underwent CT with intravenous contrast during their ICU stay in the study period of 2006. The CM given was Ultravist 300. John Hunter hospital has a 14-bed mixed adult and paediatric level III ICU. Calvary Mater has a six-bed mixed ICU.

Study patients were identified within the local radiology database indicating the date and type of contrast CT scan performed. Where patients were exposed to multiple CT scans during ICU or hospital admission, this was noted but data was extracted pertaining only to the first scan in ICU to minimise potential bias.

A case report form was designed to record physiological variables and risk factors for each patient. Data was transferred into an electronic database.

Definition of CIN

We defined CIN as an absolute increment in serum creatinine of 44.2 μ mol/l or a relative increment of 25% from baseline at 48 to 72 hours following contrast CT². This incorporates the definition of the European Society of Urogenital Radiology^{3,4} and the original definition of Barrett and Parfrey⁴.

Biochemical data was accessed from the electronic laboratory results system. Fluid balance, haemodynamic and oxygenation variables at baseline and following CT were obtained by chart review. Baseline and 12 to 72 hours values were recorded. Patients' admission Acute Physiology and Chronic Health Evaluation (APACHE) II scores and diagnoses were drawn from the ICU database. We also noted the presence of sepsis at the time of CT, defined as per the Society of Critical Care Medicine Consensus⁵. Any specific preventive measures undertaken to avoid CIN, such as administration of fluid boluses or acetylcysteine, were also recorded. Volumes, route of administration and type of CM given during CT were analysed.

Risk factor selection and identification

We reviewed the available CIN literature to identify previously described risk factors. These 'conventional' risk factors comprised: documented history of pre-existing hypertension, diabetes (type 1 or 2), renal impairment, concurrent administration of diuretics and nephrotoxic medications, age >75 years, contrast volume >1 ml/kg, intra-arterial injection and multiple studies. In an attempt to identify ICU specific risk factors, we collected data on fluid balance, haemodynamic and oxygenation variables at baseline and post CT. These variables have not been described previously in non-ICU settings and provided information regarding patients' volume status, haemodynamic stability and oxygen delivery peri-CT.

Outcomes

The main outcome was incidence of CIN and risk factor identification. Secondary outcomes were ICU and hospital length of stay, ICU and hospital mortality and requirement for renal replacement therapy.

A submission to the area health service research and clinical ethics committee was made. The study was authorised and a formal informed consent waived.

Statistical analysis

To evaluate the possible association between a risk factor and CIN, all categorical independent variables with more than two values were analysed with Fisher's exact and chi-square test. The t-test was used to analyse all continuous independent variables. A P value of less than 0.05 was considered statistically significant. Binary logistic regression analysis (odds ratio [OR], 95% confidence interval [CI]) was used to test for any significant association between CIN and risk factors. Decision tree and linear discriminant analysis were performed with SAS v6 and Mathematica v9 for Windows to test for risk factor and CIN association.

RESULTS

During the 2006 study period, a total of 2043 patients were admitted to the intensive care units and 509 CT studies (contrast and non-contrast) were performed. We identified 141 patients who received contrast for CT and located and examined the charts of 139 of these patients (Figure 1). The patients' baseline characteristics are shown in Table 1. A total of 16 out of 139 patients developed CIN, giving an incidence of CIN of 11.5% (95% CI 6.2 to 16.8).

The risk factors for CIN commonly described in the literature in non-ICU studies were often present in this ICU population (Figure 2). Multiple risk factors were identified in the majority of ICU patients. More than 70% of patients had two or

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non-discrete data and	non-discrete data and percentages/ranges of data.				
	mean ± SD	%/(range)			
Gender					
Male	85	61.10%			
Female	54	38.90%			
Age	57 ± 19.2	(3-87)			
Body mass index	27.0±6.9	(13.7-53)			
APACHE II	19.8±8.7	(4-52)			
Admission diagnosis					
Surgical	77	55.30%			
Medical	62	44.70%			
Haemodynamics					
24 h fluid balance (ml)*	1513 ± 2309	(-4050-12000)			
Vasopressors (µg/kg/min)	0.03 ± 0.16	(0-0.14)			
Inotropes (µg/kg/min)	0.19±1.1	(0-6.5)			
MAP (mmHg)#	82.6±15.7	(20-140)			
CVP (mmHg)#	11.2±4.9	(3-24)			
Urinary output (ml/kg/h)**	1.3 ± 1.4	(0-11.7)			
Pre-study Rx					
Fluid bolus (ml)	104.3 ± 430.9	(0-4000)			
Acetylcysteine	1	0.80%			
Oxygenation#					
FiO,	0.41 ± 0.14	(0.21-1.0)			
S O	96.9±2.2	(90-100)			
$PEEP (cmH_O)$	4.4 ± 3.5	(0-15)			
Laboratorv#					
Haemoglobin (g/l)	104.1 ± 21.3	(68-170)			
Creatinine (µmol/l)	115.3 ± 112.3	(19-730)			
Contrast dose		(
>1 m!/kg	85	61 10%			
<1 ml/kg	54	38.90%			
Total volume (ml)	863+276	(40-300)			
Renal impoirment	0000-2710	(40-500)			
10/101 ////////////////////////////////	27	19 40%			
yea# #	 [12	80.60%			
Humantansion	112	00.00 %			
uppertension	48	24 50%			
yes	40	55.50%			
Diabatas mallitus	31	05.50%			
Diabeles meunus	10	12 6007			
усь	120 -	13.00%			
IIU Discussion theory mu	120	00.40%			
Duarenc merapy	17	10 000/			
yes	1/	12.20%			
no	122	87.80%			

TABLE 1
Baseline characteristics. Mean ± standard deviation (SD) for
non-discrete data and percentages/ranges of data.

Nephrotoxic medications 31 ves### 22.30% 108 77.70% no Arterial contrast 4 2.80% yes 97.20% 135 no Multiple studies 58 41.70% yes 81 58.30% no CIN yes 16 11.50% 88.50% 123 no Renal replacement therapy 7.10% yes 10 129 92.90% no Age >75 y 23 yes 16.50% 83.50% nо 116 Sepsis yes 39 28.00% 100 72.00% no Length of stay (days) ICU 10.1 ± 9.7 (1-50) 34.3 ± 41.7 Hospital (1-262)ICU mortality 21/139 15.10% Hospital mortality 40/139 28.70%

APACHE II=Acute Physiology and Chronic Health Evaluation 11 score, MAP=mean arterial pressure, CVP=central venous pressure, PEEP=positive end-expiratory pressure, CIN=contrastinduced nephropathy, ICU=intensive care unit. * 24 hour fluid balance on the day of contrast CT, # baseline measurement at/ closest to time of CT, ** urine outputs averaged over six hours, ## renal impairment-creatinine at baseline 1.5×normal or urine output 0.5 ml/kg/h for six hours (pre-contrast administration). ### nephrotoxics considered included non-steroidals, aminoglycosides, cyclosporin, amphoteracin and ACE inhibitors.

more risk factors. A large proportion of risk factors constitute 'non-modifiable' patient related factors, such as age >75 years (16.5%), sepsis (28%) and preexisting conditions such as diabetes mellitus (13.6%), renal impairment (19%) and hypertension (34.5%). However, an important number of 'modifiable' or procedure related factors were also found, such as dose of CM >1 ml/kg (61%) and multiple studies (41%) (Figure 3).

Comparison of these risk factors in CIN positive and negative patients showed no statistically significant difference in conventional risk factors between these two groups. When examining ICU specific risk factors, CVP at baseline was statistically



FIGURE 1: Patient flow diagram.

significantly higher in CIN positives $(13.6\pm7.4 \text{ mmHg}, P=0.04)$. However, there was no difference in baseline 24 hour fluid balance between CIN positive and CIN negative patients. No difference was found in oxygenation indices and haemoglobin at baseline or 24 hours (Table 2).

Multivariate analysis using logistic regression methods failed to identify any combination of conventional and ICU specific risk factors predictive for the development of CIN using this dataset. Risk factors included in the analysis were gender, admission diagnosis, age, weight, APACHE II, preexisting renal impairment, volume of contrast of more than 1 ml/kg, background of hypertension, diabetes, co-administration of nephrotoxic medications, intraarterial contrast administration, multiple studies, age, sepsis diagnosed at the time of the study, use of



FIGURE 2: Conventional risk factors: percentages shown.





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no

as mean	1 ± standard deviation			
	CIN positive (n=16)	CIN negative (n=123)	P value	
Gender				
Male	9	76	0.786	
Female	7	47		
Age	66.5 ± 12.8	59.8 ± 19.4	0.181	
Body mass index	26.9 ± 5.0	27.0 ± 7.3	0.957	
APACHE II	22.5 ± 11.9	19.4±8.1	0.177	
Admission diagnosis				
Surgical	8	69	0.790	
Medical	8	54		
Haemodynamics				
24 h fluid balance (ml)*	1621.2.4± 1770.6	1497.9± 2384.7	0.842	
Vasopressors (µg/kg/min)	0.02±0.07	0.04±0.16	0.623	
Inotropes (µg/kg/min)	0.62 ± 1.9	0.13 ± 0.91	0.085	
MAP (mmHg)#	80.3 ± 29.7	83.0 ± 13.3	0.525	
CVP (mmHg)#	13.6 ± 7.4	10.9 ± 4.5	0.040	
Urinary output (ml/kg/h)**	0.92 ± 1.3	1.43±1.4	0.169	
Pre-study				
Fluid bolus (ml)	0.0 ± 0.0	117.0 ± 451.5	0.303	
Oxygenation				
FiO ₂ #	0.46 ± 0.23	0.41 ± 0.13	0.194	
S _a O ₂	96.8 ± 2.3	96.9 ± 2.2	0.865	
PEEP (cmH,O)	3.7±3.5	4.5±3.5	0.391	
Laboratory				
Haemoglobin (g/l)#	100.5 ± 23.4	104.6 ± 21.0	0.469	
Baseline creatinine (µmol/!)	105.0 ± 74.3	116.6±117.2	0.700	
Creatinine 48 h (µmol/l)	201.8 ± 160.0	101.8±92.8	< 0.001	
Contrast dose				
>1 ml/kg	13	72	0.103	
<1 ml/kg	3	51		
Total volume (ml)	90.6 ± 23.4	85.7 ± 29.0	0.517	
Renal impairment				
yes##	3	24	1.00	
no	13	99		
Hypertension				
yes	8	40	0.175	
no	8	83		
Diabetes mellitus				
yes	t	18	0.697	
no	15	105		

TABLE 2
Analysis of risk factors for contrast-induced nephropathy expressed
as mean \pm standard deviation

Diuretic therapy 18 0 0.130 yes no 16 105 Nephrotoxic medications yes### 3 28 1.00 95 no 13 Arterial contrast 3 0.390 1 yes 15 120 no Multiple studies 5 53 0.428 yes 11 70 no Age >75 y 5 18 0.143 yes 11 105 no Sepsis 0.235 2 37 yes

CIN=contrast-induced nephropathy, APACHE II=Acute Physiology and Chronic Health Evaluation II score, MAP=mean arterial pressure, CVP=central venous pressure, PEEP=positive end-expiratory pressure. * 24 hour fluid balance on the day of contrast CT, # Baseline measurement at/closest to time of CT, ** urine outputs averaged over six hours, ## renal impairment-creatinine at baseline 1.5×normal or urine output 0.5 ml/kg/h for six hours (pre-contrast administration), ### nephrotoxics considered were non-steroidals, aminoglycosides, amphoteracin, cyclosporine and ACE inhibitors.

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TABLE 3
Outcomes of CIN positive and negative patients
\pm standard deviations

	CIN positive	CIN negative	P value
Length of stay (days)			
ICU	10.3±8.4	10.1±9.9	0.938 (95% CI 8.9-11.7)
Hospital	48.7±77.3	32.5±34.7	0.144 (95% CI 35.8-61.5)
ICU mortality (%)			
yes	5 (31)	16 (13)	0.068
no	11	107	
Hospital mortality (%)			
yes	8 (50)	32 (26)	0.074
Renal replacement therapy (%)			
yes	3 (19)	7 (6)	0.091
no	13	116	

CIN=contrast-induced nephropathy, ICU=intensive care unit, CI=confidence interval.

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vasopressors and inotropes, mean arterial pressure, inspired oxygen fraction, creatinine level and urinary output. Only age analysis showed a P value of 0.04. (OR 1.041, 95% CI 1.002 to 1.081). Using age as the significative variable, the best single decision variable was age, with a 'splitting value' of 42.5 in a decision tree analysis.

The overall mortality of 139 patients undergoing contrast CT was 15.1% (Table 1). This was comparable with crude mortality of the general intensive care population admitted to these two hospitals in the Hunter region in 2006 (16.9%) (Figure 1).

CIN was associated with a higher ICU and hospital mortality (31% and 50%, respectively) compared to those who were CIN negative (13% and 26%, respectively) and the overall ICU population (16.9%). This difference trended towards statistical significance. CIN was not associated with increased ICU and hospital length of stay or need for renal replacement therapy (Table 3).

CIN in ICU is transient. All surviving CIN positive patients had complete recovery of renal function as measured by recent creatinine values and no patient is receiving long-term renal replacement therapy.

DISCUSSION

CIN has been well described in non-ICU patients, in particular those undergoing interventional cardiology procedures^{2,7}. But there is little known of its incidence in the ICU population¹⁰⁻¹² and the clinical importance of small transient changes of creatinine is uncertain. However, interpretation of the CIN literature is already difficult in the non-ICU population, notwithstanding trying to extrapolate the findings to ICU patients. Some of the problems include a lack of a consensus definition of CIN, the use of diverse types of CM with differing nephrotoxicity and the use of a variety of preventive therapies employed to potentially avoid CIN.

Prevention of iatrogenic renal injury (which includes CIN) is an important part of ICU care. Recent large retrospective studies based on the new RIFLE classification of acute renal failure clearly show renal injury is associated with increased ICU and hospital resource use in critically ill patients and higher mortality¹³⁻¹⁶. Potentially important in relation to CIN, the RIFLE studies also highlight that small to moderate degrees of acute kidney injury are also associated with an increased risk of death.

This is the first Australian study of CIN in ICU patients. It shows an incidence of CIN of 11.5% (95% CI 6.2 to 16.8) in our general ICU population. This incidence falls between the reported incidence

range of 5 to 50% in non-ICU settings^{24,7,9}. This latter incidence range is too wide to allow the estimation of sample size for future studies in CIN. Our more refined estimation of the incidence of CIN in general ICU should assist future studies in this population. However, our CIN incidence rate is higher than those reported in the only three other published studies of CIN in the ICU setting. Haveman et al¹⁰ reported an incidence of only 1.4% in a retrospective study of 321 surgical ICU patients, of similar age and APACHE II scores to ours, over a nine-year period. They performed routine pre- and post-CT hydration in order to prevent CIN. Later in their study, they also added prophylaxis with acetylcysteine to their protocol. In comparison, our ICU patients received iso-osmolar, non-ionic CM for CT and no specific preventive treatments. Only one of our patients was given acetylcysteine and the mean fluid bolus given to our patients was only 104 ml. It is tempting to conclude that the disparate incidences between their and our studies were due to their use of CIN prophylaxis. Instead, their low incidence may be due to the fact that Haveman's study used a different definition of CIN that excluded patients with a creatinine increase in the two days prior to the CT examination. When the original definition of Barrett and Parfrey¹ was applied as it was in our study, their ICU incidence of CIN rose to 13%. This is clearly similar to our incidence, despite their use of a CIN prevention protocol. This demonstrates the problem of using different definitions of CIN and suggests that their preventive protocols may not have been as effective as they suggest.

In the other reported studies of CIN in the ICU setting, Huber et al^{11,12} set out to demonstrate the beneficial use of peri-contrast theophylline prophylaxis. They prospectively studied a series of 78 medical ICU patients, stratified for risk of CIN according to the presence of accompanying risk factors. They demonstrated a remarkably low overall incidence of CIN of 2% defined according to Barrettt and Parfrey's criteria. Even in patients classified as high risk, the incidence of CIN was only 3%. They implied that this proved the efficacy of their intervention. However they seemed to use a control incidence chosen from the literature. Although the profile of risk factors described was similar to those shown within our study, comparison of the two is difficult because they provided only of very limited baseline information about their patients. In a follow-up prospective randomised study, Huber¹² attempted to simultaneously compare three different peri-contrast prophylactic regimens. This study showed an overall incidence of CIN of

6%, ranging from 2 to 12% depending on which treatment patients received. The study was however methodologically flawed due to cross-over between patient groups, lack of proper randomisation and no intention to treat analysis.

The other aim of our study was to identify risk factors that might assist in the ability to predict those patients at risk of developing CIN in the ICU population. These, together with our more accurate incidence measure, should aid the future assessment into the usefulness of CIN preventive measures. We employed a set of conventional risk factors as identified in the literature and also attempted to identify more ICU specific risk factors. The latter were applied for the first time in our study. It is important to note that the majority of patients reviewed had multiple risk factors for the development of CIN. Conventional risk factors are commonly present in ICU patients. None of these risk factors was useful in predicting an increased risk of developing CIN. Among the ICU specific risk factors only the level of CVP prior to the CT examination demonstrated a statistically significant association to the development of CIN. Unfortunately we are unclear as to this risk factor's usefulness in clinical practice, as the other variables usually associated with achieving different CVP level, such as 24-hour fluid status and the requirement for vasopressors and inotropes, did not differ between CIN positive and negative patients.

Risk-scoring schemes to predict CIN have been devised in large studies of patients undergoing percutaneous coronary intervention¹⁸, but none has been evaluated prospectively in intensive care. Our results suggest that conventional risk factors may not be helpful to predict CIN in ICU. The ICU specific variables we selected unfortunately did not predict the risk of developing CIN in ICU patients either, except possibly the level of CVP. This suggests that either our assumption that the patients' volume status, haemodynamic stability and oxygen delivery could be used as predictors of risk for developing CIN was incorrect, or that the measurements we selected to estimate these were not suitable. In addition, failure to identify risk factors predictive of CIN in this study is likely due to the small sample size and low event rate.

This study has important methodological limitations as follows. The use of retrospective analysis may have failed to identify patient selection biases. Medical records do not describe the decisions made by practitioners for the investigation of specific clinical problems. It is conceivable that patients deemed to be at high risk of CIN may have been denied contrast. Also, patients considered too unstable to be transported to the CT scanner may not have been captured in this study. It might be quite informative to study these two patient groups as they may represent a sicker group of ICU patients, with a higher prevalence of the risk factors, both conventional and ICU specific. The other major problem is the small sample size (patients who had contrast CT) and the low event rate (those who developed CIN). Multivariate analysis of risk factors associated with CIN failed to reveal variables predictive of CIN in our dataset, which may be due to some missing data in a setting of retrospective collection and the low event rate.

Taking the above into consideration, we have shown that CIN may be associated with an increase in ICU (31%) and hospital (50%) mortality that trended towards statistical significance in this small series. However, this study was not powered to assess secondary outcomes. In a large retrospective study of over 16,000 inpatients undergoing procedures with contrast media, the risk of death was 34% in those who developed CIN. Even after matching for co-morbidities, those who developed CIN had a 5.5-fold increased risk of death3.19. The numbers of CIN positive patients in this study are small. The five CIN positive patients who died in ICU represent only 4% of the 139 who received contrast and less than 1% of the total 509 CT scans performed in 2006.

Although our study is essentially hypothesisgenerating, we believe it provides important information which should aid in the development of a larger prospective, randomised study of CIN in ICU including incidence, outcomes, relevant risk factors and preventive strategies.

CONCLUSION

In this first Australian study of CIN in ICU patients, we describe an incidence of CIN of 11.5% in a general ICU population. We cannot however, predict who will develop CIN in the ICU based on the use of described risk factors. Therefore we cannot recommend any change in the way we manage patients requiring CT with contrast. Further prospective studies are needed in the ICU to more clearly define the incidence of CIN and relevant risk factors. Only then may the efficacy of CIN prophylaxis in the ICU be assessed.

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