Hyperkalemia and Dialysis in the Deployed Setting

Part of the Joint Trauma System (JTS) Clinical Practice Guideline (CPG) Training Series
This CPG provides evidence–based guidelines for the treatment of acute kidney injury and its complications to include hyperkalemia.
Agenda

1. Summary
2. Background
3. Evaluation
4. Medical Management
5. Treatment
6. Performance Improvement (PI) Monitoring
7. References
8. Appendices
9. Contributors
Summary

- Patients with acute kidney injury may require renal replacement therapy for life threatening sequela such as hyperkalemia.

- Austere locations need to be prepared to use medical management in addition to renal replacement therapies.
Background

- Acute kidney injury (AKI) and its complications are associated with combat trauma.
  - 34.3% of most critically injured have AKI within 2 days.
  - Hyperkalemia associated with AKI can be life threatening.

- Robust renal replacement therapies are often available at higher roles of care, but temporizing measures may be required at lower levels of care if evacuation is not possible.

- Approximately 1/3 of patients with oliguric renal failure develop life threatening hyperkalemia.
Patients at risk for AKI and hyperkalemia should be monitored closely.

- Hourly urine output
- Serum creatinine checks
- Serum potassium checks

AKI is classified by relative changes in creatinine or a decrease in urine output.

- Severe AKI is characterized by oliguria and doubling of serum creatinine and may require renal replacement therapy (RRT).
- More minor AKI can generally be treated with supportive care.
Initial Medical management for hyperkalemia includes:

- **Cardiac membrane stabilization**: IV calcium chloride or calcium carbonate
- **Shifting Potassium intracellularly**: insulin, β-2 adrenergic agonist, or sodium bicarbonate
- **Remove Potassium**: binding resins and diuretics
  May be limited by hemodynamic status, anuria, and bowel injuries.

Shifting potassium intracellularly should be done when potassium is greater than 5.5 meq/L.

Cardiac stabilization should be done if evidence of altered cardiac conduction (peaked T waves, widened QRS, flatted P waves) and empirically if potassium concentration > 6 meq/L.
# Treatment: Hyperkalemia

## Initial Medical Management for Hyperkalemia

<table>
<thead>
<tr>
<th>Drug/Treatment</th>
<th>Dose &amp; Route of Administration</th>
<th>Mechanism of Action</th>
<th>Time to Onset</th>
<th>Duration of Effect</th>
<th>Caution/Contraindication</th>
<th>Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stabilize Cardiac Membranes</strong></td>
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<tr>
<td>Calcium gluconate</td>
<td>1000mg=one 10ml “amp” of 10% (100mg/mL) solution; infused IV over 2-3 mins</td>
<td>Stabilizes myocyte membrane electrical activity</td>
<td>Immediate</td>
<td>30-60 mins</td>
<td>Caution if pre-existing hypercalcemia</td>
<td>Can be administered via peripheral IV; repeat in 5 mins for persistent EKG changes</td>
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<tr>
<td>Calcium chloride</td>
<td>1000mg=one 10ml “amp” of 10% (100mg/mL) solution; infused IV over 2-3 mins</td>
<td>Stabilizes myocyte membrane electrical activity</td>
<td>Immediate</td>
<td>30-60 mins</td>
<td>Administration via central line preferred (can damage small vessels, cause tissue necrosis); caution if pre-existing hypercalcemia</td>
<td>Repeat in 5 mins for persistent EKG changes</td>
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<td><strong>Shift Potassium Intracellularly</strong></td>
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<td>Insulin, regular</td>
<td>10 units by IV bolus; if blood glucose &lt;250 mg/dL give 50 mL 50% dextrose immediately after insulin</td>
<td>Shifts potassium intracellularly by way of Na-K ATPase pump</td>
<td>10-20 mins</td>
<td>4-6 hr</td>
<td>Caution if hypoglycemia</td>
<td>Check blood glucose within one hour of administration</td>
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<tr>
<td>Albuterol</td>
<td>10 mg nebulized, over 10 mins</td>
<td>Shifts potassium intracellularly by way of Na-K ATPase pump</td>
<td>20-30 mins</td>
<td>1-2 hr</td>
<td>Can cause tachycardia</td>
<td>Has additive effect with insulin tx</td>
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<tr>
<td>Sodium Bicarbonate</td>
<td>150 meq in 1L of D5W over 2-4 hr</td>
<td>Shifts potassium intracellularly by increasing blood pH</td>
<td>~4 hr</td>
<td>Variable</td>
<td>Can decrease ionized calcium and destabilize cardiac membranes; caution in setting of volume overload</td>
<td>Minimally effective and should not be used unless pH&lt;7.2</td>
</tr>
<tr>
<td>Drug/Treatment</td>
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<tr>
<td>Sodium polystyrene sulfonate (Kayexalate®)</td>
<td>30 grams PO</td>
<td>Exchanges sodium for potassium in the large intestine</td>
<td>&gt;2 hours</td>
<td>Variable</td>
<td>Case reports of colonic necrosis; avoid in setting of bowel obstruction or following bowel injury or surgery; may be of limited utility in setting of severe hyperkalemia</td>
<td>Can repeat every 4-6 hours; consider initial dose of 45-60 grams in body weight &gt;80 kg</td>
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<tr>
<td>Furosemide</td>
<td>40mg IV</td>
<td>Impairs renal potassium reabsorption</td>
<td>5 mins</td>
<td>2 hours</td>
<td>Avoid if sulfa allergy; caution in volume depletion, hypotension</td>
<td>May require larger does (up to 200mg) or be ineffective in setting of acute kidney injury</td>
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</table>

Initial Medical Management for Hyperkalemia *(continued)*

Treatment: HyperKalemia
Treatment: AKI

- Patients that have a potassium greater than 6 meq/L despite medical management should have renal replacement therapy (RRT).

- NxStage System One and acute peritoneal dialysis are two current therapies in theater.
NxStage System One must have central venous access with a dialysis catheter, a functional machine, appropriate setup, and a prescription.

Setup of NxStage System One should be displayed on the initial computer screen and are straightforward.

Central Venous Hemodialysis Catheter (12-14 French size) recommendations include:

- 1st choice location: right internal jugular vein (15 cm catheter)
- 2nd choice location: femoral vein (20-25 cm catheter)
- 3rd choice location: left internal jugular (20 cm catheter)
- Avoid subclavian placement
Continuous Renal Replacement Therapy

5 Elements of Continuous Renal Replacement Therapy (CRRT) Prescription:

1. **Mode**
   - Option of continuous venovenous hemofiltration (CVVH) or hemodialysis (CVVHD)
   - Suggest CVVH for those unfamiliar with machine, but if familiar CVVHD more efficient.

2. **Blood flow rate**
   - Minimum flow rate is 200 ml/min but rate should be 400 ml/min if possible to decrease likelihood of blood clotting filter.
   - Main reason for lack of flow is pressure required to draw blood out. To correct:
     • Manipulate catheter by spinning 180 degrees.
     • Reverse line connections on dialysis catheter.
     • Final option is placing line at new location.
5 Elements of CRRT prescription (continued)

3. Replacement fluid
   - Two options: 0 meq/L potassium (0K) and 4 meq/L potassium (4K)
   - Use 0K fluid until potassium < 5.5 meq/L.

4. Replacement fluid rate
   - Start at 3 L/hr and if no improvement in potassium concentration, increase.
   - If unable to clear potassium at maximum rate, surgical re-evaluation appropriate for debridement of severe ongoing necrosis.
   - Final option is setup of second CRRT circuit.

5. Ultrafiltration rate
   - Rate at which volume is removed.
   - Absent overt hypervolemia, initial setting should be 0 or equal to all the patient’s hourly fluid input.
## Treatment: AKI

### Suggested starting prescriptions and dosage

<table>
<thead>
<tr>
<th><strong>Mode</strong></th>
<th><strong>Recommendation</strong></th>
<th><strong>Notes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blood Flow Rate</strong></td>
<td>200-400 ml/min</td>
<td>The blood flow rate should be increased as much as tolerated by the access pressures and machine alarms to avoid clotting. We suggest maintaining flows of at least 200 cc/min</td>
</tr>
</tbody>
</table>

| **Replacement Fluid Type** | **OK** | For use with hyperkalemia. Change to 4K when potassium <5.5 meq/L. If neither of these fluids are available, CRRT can be performed using lactated ringer, Plasmalyte or the improvised solutions for peritoneal dialysis (See table on slide 20). Note that if a solution with 0 Ca is used, the ionized calcium should be closely monitored and replaced as needed. |

| **Replacement Fluid Rate** | 3L per hour | Increase if needed for further clearance of potassium. |

| **Ultrafiltrate Rate** | 0 ml/min | If desired, fluid can be removed via ultrafiltration. In the acute setting, barring overt hypervolemia, fluid removal should be avoided. However, consider setting the ultrafiltration rate to the patient’s hourly “In’s” to avoid hypervolemia. |
Peritoneal Dialysis

- If NxStage System One is not available, consider acute peritoneal dialysis (PD).
  - Use generally supplanted by CRRT, but it is an established treatment.
  - May be only option if medical management fails.

- PD relies on diffusion and convection of solutes from the blood into a fluid across the peritoneal membrane.
  - Fluid must be exchanged periodically to maintain clearance.
  - Recent laparotomy is considered a relative contraindication, but if no other option, in can be considered if recent laparotomy performed in combat casualties.
Peritoneal Dialysis

4 Elements of PD

1. Catheter Placement
   - Specialized catheters are generally not available.
   - Nasogastric tubes, pediatric chest tubes, and Jackson-Pratt drains have been used.
   - Recommend tunneling of catheter to prevent peritonitis.

2. Fluid Type
   - Specialized fluids often not available in deployed setting.
   - For Hyperkalemia use a solution with potassium concentration of 0.
4 Components to PD (continued)

3. Exchange Volume
   - The volume of fluid infused into the peritoneal space is “exchange volume” and removing and replacing the fluid after the dwell is the “exchange.”
   - Recommend starting with 1 L per exchange and increasing to 2 L if tolerated
   - Patients must be kept supine and there may be leakage around the surgical site.

4. Dwell Time
   - The length of time the fluid is allowed to sit in the peritoneal space.
   - Initial dwell time of 2 hours and exchanges should be done every 2 hours until therapeutic goal has been achieved.
   - After therapeutic goal is achieved, dwell time can be extended to 4 hours with close monitoring.
## Examples of improvised fluid solutions

*Further guidance in Appendix C.*

<table>
<thead>
<tr>
<th>Starting Fluid</th>
<th>Addition(s)</th>
<th>Ending Concentrations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potassium Free Solutions</strong></td>
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<tr>
<td>1 Liter ½ Normal Saline Na 77, Cl 77</td>
<td>40ml of 8.4% Bicarbonate 35ml of 50% Dextrose 60ml of 3% Saline</td>
<td>Na 130, K 0, Ca 0, Cl 95, bicarbonate 35, Osm 338, Dextrose 1.54%</td>
</tr>
<tr>
<td>1 Liter ½ Normal Saline Na 77, Cl 77</td>
<td>40ml of 8.4% Bicarbonate 60ml of 50% Dextrose 65ml of 3% Saline</td>
<td>Na 129, K 0, Ca 0, Cl 95, bicarbonate 34, Osm 388, Dextrose 2.57%</td>
</tr>
<tr>
<td>1 Liter ½ Normal Saline Na 77, Cl 77</td>
<td>43ml of 8.4% Bicarbonate 105ml of 50% Dextrose 75ml of 3% Saline</td>
<td>Na 130, K 0, Ca 0, Cl 94, bicarbonate 35, Osm 476, Dextrose 4.29%</td>
</tr>
<tr>
<td><strong>Potassium Containing Solutions</strong></td>
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<tr>
<td>1Liter Lactated Ringers Na 130, K 4, Ca 2.7, Cl 109, Lactate 28, Osm 273</td>
<td>30ml 50% Dextrose</td>
<td>Na 126, K 3.9, Ca 2.6, Cl 106, Lactate 27, Osm 339, Dextrose 1.46%</td>
</tr>
<tr>
<td>1Liter Lactated Ringers Na 130, K 4, Ca 2.7, Cl 109, Lactate 28, Osm 273</td>
<td>53ml of 50% Dextrose 10ml of 3% Saline</td>
<td>Na 127, K 3.8, Ca 2.5, Cl 107, Lactate 26, Osm 392, Dextrose 2.49%</td>
</tr>
<tr>
<td>1Liter Lactated Ringers Na 130, K 4, Ca 2.7, Cl 109, Lactate 28, Osm 273</td>
<td>95ml of 50% Dextrose 25ml of 3% Saline</td>
<td>Na 128, K 3.6, Ca 2.4, Cl 109, Lactate 25, Osm 481, Dextrose 4.24%</td>
</tr>
</tbody>
</table>

*1L fluid bags may contain extra fluid (40-60ml), this additional volume is not included in these calculations as it will not make a significant clinical difference.*
Use of PD can be complicated by fluid leakage, especially if abdomen has to be left open and development of abdominal compartment syndrome.

- Complicating factors limit the amount of fluid that can be infused and dwell.
- The fluid can be continuously exchanged to mitigate this by instilling fluid from one site and removing from another.
- Ports for continuous exchange should be as physically distant as possible.
Treatment: Miscellaneous

- Improvised PD can improve hyperkalemia, acidemia, and hypervolemia, but does not significantly improve azotemia or uremia.

- Additional reasons for renal replacement therapy (RRT) include acidemia and fluid overload and these can be temporized the same as with hyperkalemia.
PI Monitoring

■ Intent (Expected Outcomes)
  - Rapidly institute medical management for patients with AKI and/or serum potassium >5.5 meq/L and/or EKG changes consistent with hyperkalemia.
  - Consider prompt initiation of RRT for patients with AKI and serum potassium values persistently greater than 6meq/L, despite medical management. To include prompt initiation of evacuation to a facility with RRT capability.

■ Performance/Adherence Measures
  - Rapidly institute medical management for patients with AKI and/or serum potassium >5.5 meq/L and/or EKG changes consistent with hyperkalemia.
  - Consider prompt initiation of RRT for patients with AKI and serum potassium values persistently greater than 6meq/L, despite medical management. To include prompt initiation of evacuation to a facility with RRT capability.

■ Data Source
  - Patient Record
  - Department of Defense Trauma Registry (DoDTR)
References


Appendices

- **Appendix A**: Initial Medical Management for Hyperkalemia
- **Appendix B**: Continuous Renal Replacement Therapy Using the NxStage System One
- **Appendix C**: Improvised Solutions for Peritoneal Dialysis
- **Appendix D**: Additional Information Regarding Off-Label Uses in CPGs
Contributors

- MAJ Ian Stewart, USAF, MC
- LCDR Jonathan Bolanos, MC, USN
- MAJ Dustin Little, MC, USA
- LTC Kevin Chung, MC, USA
- LtCol Jonathan Sosnov, USAF, MC
- LCDR Nancy Miller, MC, USN
- MAJ Mark Poirier, MC, USAR
- LtCol Kristin Saenz, USAF, MC
- LCol Vivian McAlister, RCMS
- LCol Soraya Moghadam, RCMS
- CAPT Ray Kao, RCMS
- CAPT Zsolt Stockinger, MC, USN

Slides: Maj Andrew Hall, MC, USAF
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