Abstract

Anaemia is almost a universal finding in patients who requires ICU care for more than a few days , the most effective transfusion practice in ICU patients is not always known.

Patients and method:-

This study was conducted on sixty intensive care unit patients with anaemia of critical illness , thirty patients for the restrictive RBCs transfusion strategy and thirty patients for the liberal transfusion strategy .

Results:-

-Comparison between the restrictive and liberal groups as regard the basic features before starting the study showed that the two groups were nearly had the same basic features .

- In the restrictive group ,Patients received RBC transfusion with a Hb transfusion trigger of ≤70g/L and the target Hb of 71-90g/L was reached , In the liberal group , patients received RBC transfusion with a Hb transfusion trigger of ≤90g/L and the target Hb of 91-110g/L was reached.

-ScvO2 Incresed in both groups but the incease reached a statistical significance in liberal group , p=.04

-Comparing the all cause mortality in the restrictive group (11/30-36.7%) with the liberal group (17/30-56.7%), it showed no significant statistical difference (P value = 0.195) , and on doing logistic regression analysis , Hb % before blood transfusion proved to be a significant factor in mortality (P value = 0.04) .

Conclusion:-

  We concluded that the use of restrictive transfusion strategy is as safe as the liberal strategy in the critically ill patients as proved by tissue perfusion parameters , adverse events and the mortality .

  Key words :- Anaemia - Blood transfusion – Restrictive - Liberal