Effectiveness of Less Invasive Surfactant Administration in Preterm with Respiratory Distress Syndrome

Muneera Ali¹, Mustansir Ali Khan², Razia Sultana³, Muhammad Azhar⁴, Nuzhat Yasmeen⁵, Sadia Riaz⁶

Consultant Pediatrics, Department of Pediatrics, Regional Head Quarter Hospital, Gilgit Pakistan
Child Specialist, Department of Pediatrics, Pakistan Institute of Medical Sciences, Islamabad Pakistan
Child Specialist, Department of Pediatrics, DHQ Hospital, Nager Pakistan
Child Specialist, Department of Pediatrics, DHQ Hospital, Skardu Pakistan
Head of Department of Pediatric Onclogy, Pakistan Institute of Medical Sciences, Islamabad Pakistan
Associate Professor, Department of Pediatrics, Pakistan Institute of Medical Sciences, Islamabad Pakistan

Background: Neonatal respiratory distress syndrome due to surfactant deficiency is associated with high morbidity and mortality in preterm infants. While studies have shown that early treatment with surfactant therapy has markedly reduced mortality. There are certain methods by which surfactant can be given, the most common initially used was intubation and mechanical ventilation which itself is also associated with many complications. LISA i.e. less invasive surfactant administration is an emerging technique in which surfactant is given via soft tube without intubation and oxygen support given with nasal CPAP, which has been internationally studied and preferred with significantly reduced need of mechanical ventilation.

Objective: To determine the effectiveness of Less Invasive Surfactant Administration (LISA) in preterm neonates with respiratory distress syndrome.

Study Design: Descriptive, case series.

Settings: Department of neonatology of children hospital, PIMS Hospital, Islamabad Pakistan.

Duration: Total 6 months duration from 31st August 2019 to 28th February 2020.

Methods: A total of 85 preterm babies with respiratory distress 2 syndrome fulfilling the following criteria were selected. Extremely and very low birth weight i.e. <1.5kg and extremely sick were excluded. Patients were given surfactant through the soft nasotracheal tube and put on CPAP and the children’s condition was assessed during 72 hours of procedure for improvement and related complications like pneumothorax, need of mechanical ventilation and mortality.

Neonates having earlier clinical improvement with no prolonged need of mechanical ventilation and having fewer complications were considered effective.

Results: Mean gestational age was 33.08 ± 1.35 weeks. Out of the 85 patients, 46 (54.12%) were male and 39 (45.88%) were females with male to female ratio of 1.2:1. Mean birth weight was 2.50 ± 0.73 kg. The effectiveness of LISA in preterm neonates with respiratory distress syndrome was found in 63 (74.12%) patients.

Conclusion: This study concluded that the effectiveness of LISA in preterm neonates with respiratory distress syndrome is quite high.

Keywords: Preterm birth, Respiratory distress syndrome, LISA.

INTRODUCTION

Prematurity is defined as a birth that occurs before 37 completed weeks (fewer than 259 days) of gestation. Worldwide, the estimated rates of the preterm birth is about 11.¹ Nearly 70 to 80 percent of preterm births happen without apparent external influence and are related to preterm labor (40-50%) or preterm rupture of membranes (20-30%). The rest of preterm births (i.e. 0-30%) are due to medical reasons related to maternal or fetal problems. The mortality risk from prematurity is greater in low- and moderate-income countries.²,³

Respiratory distress is one of the most common reasons a neonate is admitted to the neonatal intensive care unit, 15% of term infants and 29% of late preterm infants admitted to the neonatal intensive care unit develop significant respiratory morbidity, this is even higher for
infants born before 34 weeks’ gestation. Neonatal respiratory distress syndrome due to surfactant deficiency is associated with high morbidity and mortality in preterm infants. While studies have showed that early treatment with surfactant therapy has markedly reduced the mortality. There are certain methods by which surfactant can be given, most common initially used was intubation and mechanical ventilation which itself is also associated with many complications. Second is LISA i.e. less invasive surfactant administration which is emerging technique in which surfactant is given via soft tube through trachea without intubation and oxygen support given with nasal CPAP, which has been internationally studied and preferred with significantly reduced need of mechanical ventilation.

LISA has being associated with less complication even in susceptible preterm. Recently meta-analysis has being done which adds that less invasive surfactant administration is safe, easy to administer and reduces composite outcome of mortality. Difficulties associated with LISA were surfactant reflux, desaturation and Bradycardia but non-significant and observer dependent. The effectiveness of LISA studied keeping in view the outcomes as need for mechanical ventilation, occurrence of a pneumothorax requiring chest tube insertion in the first 3 days, duration of non-invasive ventilation (NIV) has being studied which are significantly lower in LISA.

The rationale of my study was to consider the importance of LISA and its efficacy in our population as very limited studies has done on effectiveness of LISA in our population and no data is available. The objective of the study was to determine the effectiveness of LISA in preterm neonates with respiratory distress syndrome.

METHODS

A Descriptive case series was conducted at the Department of neonatology children hospital, PIMS, Islamabad. After taking the approval from ethical committee and research department was taken,

Inform consent was taken selected. The total duration of 6 months from 31st August 2019 to 28th February 2020. The sample size was calculated by W.H.O calculator taking a confidence interval at 195%, absolute precision period as 10% and anticipated population as 32.3% our sample size was i.e. n= 85. The non-probability, consecutive sampling technique was used. All preterm with respiratory distress syndrome fulfilling the inclusion criteria i.e. Neonates > 30 weeks and < 36+6 weeks, breathing spontaneously, no anomalous baby, and no underlying congenital heart disease were enrolled.

Children’s name, gestational age, sex, clinical condition at presentation was recorded by on duty doctor. Patients were given surfactant through soft nasotracheal tube and put on CPAP and children condition was assessed during 72 hours of procedure for improvement and related complications like, pneumothorax, need of mechanical ventilation and mortality. Neonates having earlier clinical improvement with no prolong need of mechanical ventilation and having less complications were considered effective. Data was collected through a structured proforma. Data was analyzed using statistical program by latest version of IBMSPSS. The quantitative variable like age, weight and height were presented by calculating mean and standard deviation. The qualitative variable like sex and effectiveness were presented by calculating frequency and percentages. Effect modifiers like age, gender and grades of RDS were controlled by stratification. Post stratification chi-square test was applied; p value < 0.05 was significant

RESULTS

Mean gestational age was 33.08 ± 1.35 weeks (Table VII). Out of the 85 patients, 46 (54.12%) were male and 39 (45.88%) were females with male to female ratio of 1.2:1. Mean birth weight was 2.50 ± 0.73 kg. Majority of the patients have grade 2 RDS, 35(41.18%), followed by grade 3 21(24.71%), Grade-2 20(22.53%) and Grade 1 9(10.58%). The effectiveness of LISA in preterm neonates with respiratory distress syndrome was found in 63 (74.12%) patients. Table 1

Table 1: Baseline characteristics of patients according to gestational age (n=85)
DISCUSSION

Non-invasive strategies in neonatal care of preterm infants are becoming increasingly important. However, a significant proportion of preterm infants with respiratory distress syndrome (RDS) fail non-invasive respiratory support alone and need exogenous surfactant (SF) replacement therapy. Recent studies show that LISA might be associated with a higher survival rate in preterm babies. The use of LISA is effective in reducing mechanical ventilation, as shown by Navarro et al. and also by Ramos-Navarro et al. observed in LISA group (43.3%), while it was 73% in control group and less need for O2 supplementation at 28 days, 30% vs. 45% with p=0.031.

CONCLUSION

This study concluded that effectiveness of LISA in preterm neonates with respiratory distress syndrome is quite high in a sense that it’s associated with less complications such as less need of ventilation, pneumothorax, and have greater chance of first successful attempt.

LIMITATIONS

The limitation of study was a single centered study and smaller sample size.

SUGGESTIONS / RECOMMENDATIONS

It is recommended that less invasive surfactant administration should be used routinely in our practice in preterm neonates with respiratory distress syndrome in order to improve the survival rate of preterm neonates.

CONFLICT OF INTEREST / DISCLOSURE

Authors declare no conflict of interest.

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REFERENCES

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