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CC –BY A randomized controlled trial of  
the impact of dopamine on out-  
come of asphyxiated neonates

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**Abstract:** *Background:* Vasoac-  
tive drugs such as low dosage  
dopamine are often used in the  
intensive care of asphyxiated term  
neonates but there is insufficient  
evidence to support the practice.

*Aims:* To evaluate the impact of  
low dose dopamine on the clinical  
course and outcome of newborns  
with severe perinatal asphyxia and  
to determine factors that predict  
survival.

*Methods:* This was a randomized  
controlled trial. Term asphyxiated  
newborns were alternately re-  
cruited into ‘dopamine’ and ‘no-  
dopamine’ sub groups. Asphyxia  
was defined as Apgar score  $\leq 3$  at  
one minute or  $\leq 5$  at five minutes,  
and/or clinical evidence of hy-  
poxic ischemic encephalopathy  
(HIE). The intervention com-  
prised dopamine infusion at  
3.0mcg/kg/minute. Primary out-  
come was death or survival till  
discharge while secondary meas-  
ures were apnoea, oliguria, sei-  
zures and other clinical morbidi-  
ties. The Student t-test was used  
to compare outcomes between the

subgroups.

*Results:* A total of fifty five as-  
phyxiated infants took part in the  
study: 27 in the intervention group  
while 28 were in the control group.  
The subgroups were similar in  
mean gestational age, Apgar  
scores, age at admission and  
modes of delivery ( $p > 0.05$ ). HIE  
occurred in over a half of the sub-  
jects. The frequency of apnoea,  
oxygen requirement, duration of  
anticonvulsant treatment and urine  
outputs were similar between the  
subgroups ( $p > 0.05$ ). The mean  
durations of admission (days) were  
5.13 $\pm$ 3.0 and 5.3 $\pm$ 3.0 for the inter-  
vention and non-intervention sub-  
groups respectively ( $t=0.183$ ,  
 $p=0.856$ ). Likewise, survival rates  
were similar ( $\chi^2 = 1.261$ ,  $p =$   
0.948). Selected perinatal events-  
did not influence outcome  
( $p > 0.05$ ).

*Conclusion:* Low-dosedopamine  
has no impact on the short term  
outcome of asphyxiated infants.

**Key words:** hypoxic ischemic  
encephalopathy, clinical course,  
outcome, dopamine

## Introduction

Perinatal asphyxia manifests with adverse systemic effects in newborn infants. The nervous, cardiovascular and renal systems are often affected.<sup>1</sup> Several interventions have been attempted to minimize organ damage in asphyxiated neonates. These include cardiovascular support using inotropes, reduction of reperfusion injuries and neuroprotection.<sup>2,3</sup> Available evidence suggest that prophylactic barbiturate has no significant impact on the outcome of perinatal asphyxia but the neuro protective effects of cooling therapies have been clearly proven in recent years.<sup>4</sup> In a meta-analysis of 11 randomized controlled trials, Jacobs *et al*<sup>5</sup> found that therapeutic hypothermia is beneficial in term and late preterm asphyxiated newborns, reducing their mortality without increasing neuro developmental deficits.

In contrast, the use of inotropic agents such as dopa-

mine in asphyxiated infants is widespread among clinicians but the only available clinical trial on the impact of dopamine on mortality and neurocognitive development of asphyxiated term infants found no benefit compared to placebo. The study is however, limited by the small number of subjects- only seven neonates were recruited into each cohort.<sup>6</sup> Treatment of asphyxiated infants with dopamine is often done based on the theoretical reasoning that it can prevent hypotension and hence enhance tissue perfusion.<sup>2</sup> Dopamine has been shown to significantly improve splanchnic blood flow but it does not improve splanchnic oxygen consumption.<sup>7</sup> When infused at a low dose ( $< 5 \mu\text{g/kg}$  per minute), dopamine dilates the afferent and efferent renal arterioles. The net effect is a relatively large increase in renal blood flow without significant increase in creatinine clearance.<sup>8</sup> Hence, the utility of low dose dopamine in clinical practice remains doubtful. Hunt *et al*<sup>9</sup> in a recent systematic review

concluded that there was insufficient data to make comments on the benefits of dopamine infusion in perinatal asphyxia.

Considering the forgoing and diverse opinions on the usefulness of low-dose dopamine, we evaluated the impact of this intervention on the clinical course and outcome of infants with severe perinatal asphyxia. Also, we determined factors that predict survival in the cohort.

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## Methods

### *Study Setting and Participants*

The study was carried out at the level II Neonatal Intensive Care Units (NICUs) of two Mother and Child Hospitals (MCHs) in Ondo State, which are public facilities providing specialized free healthcare services to people in the State and communities in neighboring states. The two hospitals were the busiest in the State with over 10,000 deliveries per year at MCH Akure.<sup>10</sup>

The study population was all asphyxiated term normal birth weight inborn infants admitted into the NICUs from October 2014 to March 2015. Asphyxia was defined as Apgar score  $\leq 3$  at one minute or  $\leq 5$  at five minutes, and/ or clinical evidence of hypoxic ischemic encephalopathy (HIE) in the neonate.<sup>11,12</sup>

### *Ethical considerations*

Ethical clearance was obtained from the Research and Ethics Committee of the MCH, Akure. Informed consent was obtained from parents of the participants, having explained to them the purpose of the study, the safety profile of low dosage dopamine and that participation was entirely voluntary. No participant was deprived of any necessary medication throughout the study; bedside labeling of infant's study group was not done to avoid observer bias and inadvertent influence of NICU staff.

The minimum sample size was determined using the formula for detection of a difference between two proportions proposed by Bonita *et al.*<sup>13</sup> A total of 55 neonates were recruited consecutively from the MCHs during the study period: 27 of them into the intervention (dopamine) group and 28 into the control (no-dopamine) group.

### *Study design*

This was an interventional study using a randomized controlled trial design. Participants were coded and recruited into alternate study groups (dopamine vs. no-dopamine) consecutively; there was no bedside labeling of participants' study groups.

### *Intervention*

Dopamine infusion at 3.0mcg/kg/minute was administered to the asphyxiated infants in the interventional group for 48 hours, alongside routine maintenance intravenous fluids and other relevant medications. Incom-

patible drugs such as sodium bicarbonate were not mixed with dopamine to avoid deactivation. Participants in the control group received maintenance intravenous fluids and other relevant medications except dopamine. This did not preclude the use of adrenaline during resuscitation of any of the participants, when necessary, as per standard guidelines.<sup>15</sup>

### *Data Collection*

Data on each asphyxiated infant was extracted using a structured questionnaire comprising biodata, clinical features at presentation, clinical course and outcome. Primary outcome was death or survival till discharge while secondary measures were apnea, oliguria, seizures and other clinical morbidities. Hypotension was diagnosed based on absent peripheral pulses and prolonged capillary refill time  $> 3$ secs and was managed according to unit protocols. Clinical evaluation of the participants was done at admission into NICU and repeated 12 hourly thereafter by the researchers/ attending paediatricians. The clinical notes of the infants were reviewed to ascertain the frequency of evolving morbidities as well as their outcome. Participants that were discharged/ referred were considered to have a good outcome while death or leaving against medical outcome (LAMA) was described as a poor outcome.

### *Data Analysis*

The data were analyzed using SPSS version 20.0 statistical software for Windows (IBM, Armonk, N.Y., United States). Fisher's Exact test or Chi-square was used to compare categorized data (*gender, modes of delivery, outcome and presence of maternal systemic illness*) between the intervention and control groups. The Student t-test determined any significant difference between the mean gestational ages, Apgar scores and durations of therapies/ admission of the cohorts. Binary analysis was done to identify factors associated with good outcome among the asphyxiated infants. The level of significance of each test was set at  $p < 0.05$ .

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## Results

### *Baseline characteristics of the participants*

A total of fifty five asphyxiated inborn infants took part in the study: 27 in the intervention group while 28 in the control group. The overall male: female ratio was 1.8:1; the gender distribution was similar in both groups ( $p > 0.05$ ). Mean gestational age (weeks) at delivery, Apgar scores and age at admission (hours) were similar in both groups ( $p > 0.05$ ). Likewise, mode of delivery was similar between the groups ( $\chi^2 = 1.344$ ,  $p = 0.81$ ), with caesarian section (40%) being the commonest route. In addition, the pattern of maternal systemic illnesses was comparable in both groups ( $p > 0.05$ ; Table 1).

### Clinical features and diagnoses

There were several multi-systemic manifestations of asphyxia among the participants at admission. The commonest symptoms were cyanosis (40.0%), respiratory distress (34.0%), convulsion (18.0%) and hypotonia (18.0%). The frequency of cardiovascular, nervous and respiratory system involvement was similar in both subgroups at admission ( $p > 0.05$ ; Table 2). Hypoxic ischaemic encephalopathy (HIE) occurred in over a half of the participants: *mild* (8.0%), *moderate* (18.0%) and *severe* (26.0%). Co-morbid disorders such as sepsis (54.0%) and meconium aspiration syndrome (6.0%) had similar incidence in both groups ( $p > 0.05$ ; Table 2).

**Table 1:** Baseline characteristics of the asphyxiated infants

Characteristics	Study groups		Tests ( $\chi^2$ , t)	p-value
	Dopamine	No-Dopamine		
<i>Gender</i>				
Male	16(59.3)	19(67.9)	0.439 <sup>a</sup>	0.508
Female	11(40.7)	9(32.1)		
<i>Gestational age (wks.)</i>				
Mean $\pm$ SD	38.67 $\pm$ 3.21	37.2 $\pm$ 4.15	0.520 <sup>b</sup>	0.622
<i>Age at admission (hrs.)</i>				
Mean $\pm$ SD	0.83 $\pm$ 0.55	0.74 $\pm$ 0.38	0.649 <sup>b</sup>	0.519
<i>Apgar Score</i>				
1 minute	2.46 $\pm$ 0.95	2.29 $\pm$ 0.90	0.700 <sup>b</sup>	0.486
5 minutes	5.05 $\pm$ 1.53	5.00 $\pm$ 1.51	0.100 <sup>b</sup>	0.920
10 minutes	6.14 $\pm$ 2.67	4.88 $\pm$ 1.46	1.162 <sup>b</sup>	0.266
<i>Mode of Delivery</i>				
Breech	4(15.4)	4(14.8)	1.029 <sup>c</sup>	0.862
Emergency CS	11(42.3)	20(37.0)		
Forceps	1(3.8)	3(11.1)		
SVD	10(38.5)	10(37.0)		
<i>Maternal Illness</i>				
Eclampsia	4(28.6)	3(27.3)	0.273 <sup>a</sup>	0.697
APH	2(14.3)	3(27.3)	0.142 <sup>a</sup>	1.000
Malaria	5(35.7)	0(0.0)	6.019 <sup>a</sup>	1.000
Others	6(42.9)	6(54.5)	0.025 <sup>a</sup>	0.874

aChi -square-test; bStudent t-test; CS = caesarian section, SVD = spontaneous vertex delivery, APH= antepartum haemorrhage

**Table 2:** Clinical features and diagnoses of the asphyxiated infants

Clinical Features/ Diagnosis	Study groups		Test ( $\chi^2$ ) <sup>*</sup>	p-value
	Dopamine	No-dopamine		
<i>Clinical Features</i>				
Convulsion	2(15.4)	7(38.9)	2.922	0.142
Hypertonia	2(15.4)	2(11.1)	0.007	1.000
Hypotonia	2(15.4)	7(38.9)	2.922	0.142
Coma	3(23.1)	1(5.6)	1.270	0.340
Respiratory distress	7(53.8)	10(55.6)	0.480	0.559
Cyanosis	7(53.8)	13(72.2)	2.257	0.159
Apnea	0(0.0)	3(16.7)	2.946	0.236
Bleeding	3(23.1)	1(5.6)	1.270	0.340
Cephalohaematoma	5(38.5)	3(16.7)	0.802	0.456
Pallor	3(23.1)	3(16.7)	0.011	1.000
Shock	0(0.0)	2(11.1)	1.923	0.491
<i>Diagnosis</i>				
Severe Perinatal Asphyxia/HIE	27(100.0)	28(100.0)	-----	-----
Sepsis/ DIC	11(45.8)	16(61.5)	1.239	0.266
Meconium Aspiration Syndrome	3(12.5)	0(0.0)	3.457	0.103
Others	4(16.7)	0(0.0)	4.473	0.051

HIE= hypoxic ischaemic encephalopathy; DIC= disseminated intravascular coagulopathy; others include neonatal jaundice and skull fracture. \*Fishers Exact for expected frequency <5.

### Clinical course and outcome

Table 3 shows the clinical course and outcome of the dopamine and no-dopamine subgroups. The frequency of apnoea, oxygen requirement, duration of anticonvulsant treatment and urine outputs were similar between the cohorts ( $p > 0.05$ ). Also, oral feeding was tolerated after a similar length of stay (days) on admission (2.9 $\pm$ 1.0 vs. 3.0 $\pm$ 0.8;  $t = 0.336$ ,  $p = 0.739$ ). Mean hematocrits (39.5 $\pm$ 6.9 vs. 43.5 $\pm$ 7.3) and mean random blood glucose levels (5.4 $\pm$ 2.6 vs. 6.8 $\pm$ 3.8mMol/L) were similar on admission ( $p > 0.05$ ). Mean durations of admission (days) were 5.1 $\pm$ 3.0 and 5.3 $\pm$ 3.0 in the treatment and non-treatment subgroups respectively ( $t = 0.183$ ,  $p = 0.86$ ). The survival outcomes of both subgroups were also similar ( $\chi^2 = 1.261$ ,  $p = 0.948$ ).

**Table 3:** Clinical course and outcome of the asphyxiated infants

Clinical course/ outcome	Study groups		Test (t, $\chi^2$ ) <sup>*</sup>	p-value
	Dopamine	No-Dopamine		
<i>Clinical course</i>				
Episodes of apnea	2.50 $\pm$ 1.29	3.00 $\pm$ 1.41	0.547 <sup>a</sup>	0.601
Duration of oxygen therapy (days)	2.00 $\pm$ 1.34	1.60 $\pm$ 0.99	5	0.946 <sup>a</sup>
Duration of anti-convulsant use (days)	3.50 $\pm$ 2.20	2.75 $\pm$ 1.96	0.798 <sup>a</sup>	0.435
Day of life oral feeding tolerated	2.90 $\pm$ 1.04	3.00 $\pm$ 0.78	0.336 <sup>a</sup>	0.739
Oliguria (urine < 1ml/kg/hour)	3 (11.1)	0 (0.0)	3.291	0.111
Duration on admission (days)	5.13 $\pm$ 2.98	5.28 $\pm$ 2.95	0.183 <sup>a</sup>	0.856
<i>Outcome</i>				
Discharge	17(73.1)	16(66.7)	1.261 <sup>b</sup>	0.948
Died	4(15.4)	4(16.7)		
LAMA	3(11.1)	3(12.5)		
Referred	0(0.0)	1(4.2)		

<sup>a</sup>Student t-test, <sup>b</sup>Chi -square-test; LAMA = leaving against medical advice; \*Fishers Exact test for expected frequency <5

### Factors influencing survival

Bivariate analysis for possible factors associated with outcome of the asphyxiated infants is shown on Table 4. Participants' gender did not influence survival ( $\chi^2 = 2.00$ ,  $p = 0.156$ ). Also, perinatal events (mode of delivery, Apgar score), clinical course and therapies were not significantly associated with outcome in this study ( $p > 0.05$ ).

**Table 4:** Bivariate analysis of possible factors influencing outcome of the infants

Factors	Outcome		Test ( $\chi^2$ )*	p-value
	Bad	Good		
<i>Gender</i>				
Male	25(69.4)	7(50.0)	1.654	0.198
Female	11(30.6)	7(50.0)		
<i>Mode of Delivery</i>				
EMCS	12(34.3)	6(42.9)	0.316	0.574
Others	23(65.7)	8(57.1)		
<i>Apgar score (5min)</i>				
1-3	4(14.3)	3(25.0)	0.668	0.410
>3	24(85.7)	9(75.0)		
<i>Episode of Apnea</i>				
1-2	0(0.0)	3(62.5)	1.406	0.444
>2	1(100.0)	5(37.5)		
<i>Convulsion</i>				
Yes	5(13.9)	3(21.4)	0.426	0.514
No	31(86.1)	11(78.6)		
<i>Dopamine infusion</i>				
Yes	19(52.8)	7(50.0)	0.031	1.000
No	17(47.2)	7(50.0)		
<i>Days on Oxygen</i>				
1-2 days	11(64.7)	10(90.9)	2.446	0.191
>2days	6(35.3)	1(9.1)		
<i>Oral feeding</i>				
≤3days	23(71.9)	3(50.0)	1.119	0.357
>3days	9(28.1)	3(50.0)		

\*Fishers Exact test for expected frequency <5

## Discussion

The current study found no difference between the clinical course of asphyxiated infants in the experimental group and the controls, consistent with a prior report by DiSessa *et al*<sup>6</sup> in 1981 that dopamine infusion did not influence the clinical course of asphyxiated infants. There is paucity of data on the utility of dopamine infusion compared to 'no inotrope' in asphyxiated term and preterm neonates. Osborn *et al*<sup>16</sup> found in a systematic review that there was no significant difference in the incidence of renal impairment, pulmonary haemorrhage and neurologic complications among hypotensive preterm infants treated with dopamine when compared to controls that received other inotropes. This shows that low dose dopamine may not prevent organ injuries in critically ill infants.<sup>2,17</sup>

Dose-dependent response to dopamine infusion has been described. Its neurotransmission effect is dopaminergic at the low dosage used in the current study; beta-adrenergic at an intermediate dosage (5-15µg/kg/minute) and alpha-adrenergic at a high dosage.<sup>18</sup> Hence, high dose dopamine should be administered with caution to avoid adverse systemic effects such as tachycardia and increased myocardial oxygen consumption.<sup>18</sup> The cardiovascular effect of dopamine is not superior to other inotropes and does not significantly influence neonatal survival.<sup>6,16</sup> Although cardiovascular complications including hypotension can occur in nearly one half of asphyxiated infants especially in those with HIE stage III,<sup>19</sup> clinical evidence of cardiovascular compromise

was rare among our participants.

Low dose dopamine infusion has a predominant reno-vascular effect, shown by an improved renal blood flow without associated improved creatinine clearance.<sup>17</sup> The few cases of oliguric acute kidney injury (AKI) requiring a fluid challenge/furosemide in this trial occurred in the intervention group. This study did not find any improvement in urine output attributable to low dose dopamine. Nonetheless, neonatal AKI is often non-oliguric and serial creatinine measurement is required for its diagnosis.<sup>20</sup> Serum creatinine level is highly variable in newborns and it is a late marker of neonatal AKI.<sup>21</sup> Determination of participants' serum creatinine level was not included in the current trial.

The overall outcome was similar in both subgroups consistent with the earlier findings by DiSessa *et al*<sup>6</sup> that dopamine infusion did not significantly improve the long term outcome of asphyxiated infants, despite its transient cardiovascular effects. This corresponds with the essentially similar clinical course of participants in both the intervention and control groups throughout the current study. Early neonatal deaths of asphyxiated infants occur less in developed settings due to the use of advanced respiratory supports,<sup>9</sup> as well as therapeutic hypothermia.<sup>5</sup> Only short term outcome was assessed in the current study. Long term neurodevelopmental outcome are often similar among asphyxia survivors, as reported by Hunt *et al*<sup>9</sup> and Osborn *et al*.<sup>16</sup> Hence, the usefulness of low dose dopamine in the management of severely asphyxiated infants remains unproven.

Electroencephalograph (EEG) is the "gold standard" for predicting outcome of perinatal asphyxia.<sup>22</sup> It is non-invasive, detecting subclinical seizure and has early predictive value if normal. Other prognostic tools include acid-base balance, Apgar score and temporal neurologic manifestations but these may not strongly predict long-term outcome.<sup>22</sup> In a retrospective study in Osogbo southwestern Nigeria, Adebami *et al*<sup>14</sup> found that more babies with respiratory distress, apnoea, feed intolerance, oliguria, bleeding, seizures and coma died than those without multi-systemic complications. Also, Kuti *et al*<sup>23</sup> associated seizures with neonatal mortality. None of these clinical variables significantly predict adverse outcome in this trial, perhaps due to its relatively smaller sample size.

The strength of the current study includes its experimental design and the baseline clinical-demographic similarity of the participants.

## Conclusion

The current study confirms that a low dose dopamine infusion does not influence the short term outcome of asphyxiated infants. A longitudinal study of the impact of moderate dosage dopamine on the long-term outcome of asphyxiated infants is desirable.

**Authors' Contribution**

This work was carried out in collaboration among the authors. Author MTA and BD designed the study; MTA wrote the protocol, and wrote the first draft of the manuscript. Author ROO participated in the literature searches, data collection and critical review of the manuscript. All authors approved the final manuscript.

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