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The Multiple Organ Dysfunction Score (MODS) versus the Sequential Organ Failure Assessment (SOFA) score in outcome prediction

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Abstract Objective: To compare outcome prediction using the Multiple Organ Dysfunction Score (MODS) and the Sequential Organ Failure Assessment (SOFA), two of the systems most commonly used to evaluate organ dysfunction in the intensive care unit (ICU). **Design:** Prospective, observational study.

Setting: Thirty-one-bed, university hospital ICU. **Patients and participants:** Nine hundred forty-nine ICU patients. **Measurements and results:** The MODS and the SOFA score were calculated on admission and every 48 h until ICU discharge. The Acute Physiology and Chronic Health Evaluation (APACHE) II score was calculated on admission. Areas under receiver operating characteristic (AUROC) curves were used to compare initial, 48 h, 96 h, maximum and final scores. Of the 949 patients, 277 died (mortality rate 29.1%). Shock was observed in 329 patients (mortality rate 55.3%). There were no significant differences between the two

scores in terms of mortality prediction. Outcome prediction of the APACHE II score was similar to the initial MODS and SOFA score in all patients, and slightly worse in patients with shock. Using the scores' cardiovascular components (CV), outcome prediction was better for the SOFA score at all time intervals (initial AUROC SOFA CV 0.750 vs MODS CV 0.694, $p < 0.01$; 48 h AUROC SOFA CV 0.732 vs MODS CV 0.675, $p < 0.01$; and final AUROC SOFA CV 0.781 vs MODS CV 0.674, $p < 0.01$). The same tendency was observed in patients with shock. There were no significant differences in outcome prediction for the other five organ systems. **Conclusions:** MODS and SOFA are reliable outcome predictors. Cardiovascular dysfunction is better related to outcome with the SOFA score than with the MODS.

Keywords Mortality · Cardiovascular system · Scoring systems · Organ dysfunction

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Introduction

Multiple organ failure (MOF) is the leading cause of morbidity and mortality in patients admitted to the intensive care unit (ICU), and can be characterized by different degrees and combinations of organ dysfunction or failure. Studies of patients with MOF have been hampered by the lack of objective criteria for defining the clinical syndrome, although the ICU mortality rate has been correlat-

ed with the number of failing organs and with the degree of organ dysfunction [1, 2]. Quantification of organ dysfunction/failure is important for several reasons, including: to facilitate the description of severity of illness in different ICUs and different groups of patients, enabling comparison over time or among groups; for use in clinical trials, to classify patients for enrolment, to compare treatment groups and to evaluate the effects of experimental treatments and procedures on morbidity [3].

Table 1 The Multiple Organ Dysfunction Score (MODS) [5] (PAR pressure adjusted heart rate calculated as the product of the heart rate multiplied by the ratio of the right atrial pressure to the mean arterial pressure)

Organ system	Score				
	0	1	2	3	4
Respiratory: PO ₂ /FIO ₂ ratio (mmHg)	>300	226–300	151–225	76–150	≤75
Renal: serum creatinine (mg/dl)	≤1.1	1.2–2.2	2.3–3.9	4–5.6	≥5.7
Hepatic: serum bilirubin (mg/dl)	≤1.2	1.3–3.5	3.6–7	7–14	>14
Cardiovascular: PAR	≤10	10.1–15	15.1–20	20.1–30	>30
Hematologic: platelet count (×10 ³ /mm ³)	>120	81–120	51–80	21–50	≤20
Neurologic: Glasgow Coma Score	15	13–14	10–12	7–9	≤6

Table 2 The Sequential Organ Failure Assessment (SOFA) [4]

	0	1	2	3	4
Respiratory: PaO ₂ /FIO ₂ (mmHg)	>400	≤400	≤300	≤200 ^b	≤100 ^b
Renal: creatinine (mg/dl) or urine output	<1.2	1.2–1.9	2.0–3.4	3.5–4.9 or <500 ml/d	≥5.0 or <200 ml/d
Hepatic: bilirubin (mg/dl)	<1.2	1.2–1.9	2.0–5.9	6.0–11.9	≥12.0
Cardiovascular: hypotension	No hypotension	MAP <70 mmHg	Dopamine ≤5 or dobutamine (any dose) ^a	Dopamine >5 or epinephrine ≤0.1 or norepi- nephrine ≤0.1 ^a	Dopamine >15 or epinephrine >0.1 or norepi- nephrine >0.1 ^a
Hematologic: platelet count (×10 ³ /mm ³)	>150	≤150	≤100	≤50	≤20
Neurologic: Glasgow Coma Score	15	13–14	10–12	6–9	<6

^a Adrenergic agents administered for at least 1 h (doses given are in µg/kg/min)

^b With ventilatory support

Several organ dysfunction scores have been developed for use in the critically ill [4, 5, 6, 7, 8]. The most commonly used organ dysfunction scoring systems are the multiple organ dysfunction score (MODS) (Table 1) [5], and the sequential organ failure assessment (SOFA) (Table 2) [4]. The main difference between the MODS and the SOFA is the evaluation of cardiovascular function. In the MODS, cardiovascular assessment is based on the so-called “pressure-adjusted heart rate” (PAR), defined as the product of the heart rate (HR) multiplied by the ratio of the right atrial pressure (RAP) to the mean arterial pressure (MAP). Although relatively simple, PAR still requires computation. The SOFA score uses the MAP and therapeutic interventions with vasopressors to quantify cardiovascular function. However, being therapy-dependent, this method carries the risk of some variability depending on physicians’ drug preferences and local protocol. Although the MODS and SOFA were developed primarily to describe organ dysfunction, several studies have demonstrated the relationship between organ failure and mortality [9, 10, 11, 12].

The aim of our study was to compare the accuracy of the two scores in terms of outcome prediction in a general ICU population and in patients with circulatory shock, with particular emphasis on the cardiovascular score.

Patients and methods

Demographic, laboratory and clinical data were collected for all patients admitted during three distinct periods: April–July 1999, October–November 1999 and July–September 2000. The Acute Physiology and Chronic Health Evaluation (APACHE) II score was calculated using the worst values for the first 24 h following ICU admission. The MODS and the SOFA score were calculated on admission and every 48 h until discharge. To calculate the MODS, we recorded the first morning values as recommended by Marshall et al. [5]. For the SOFA we recorded the worst value over 24 h, as recommended [9]. For a single missing value, a replacement was computed as the mean of the variables that preceded and followed the missing one. The MODS cardiovascular component was scored as 0 if a central venous pressure line was not in situ. The pre-sedation Glasgow Coma Score was used to evaluate the neurologic status in patients under sedation [13].

The two scores were compared at four time intervals: initial (first 24 h), at 48 h, 96 h and final (discharge or death). The maximum score was also recorded as the highest score obtained for a 24h period. Scores from patients with shock, defined according to the ACCP-SCCM consensus conference as hypotension or the need for vasopressors/inotropes to maintain blood pressure despite adequate fluid resuscitation and the presence of perfusion abnormalities [14], were analyzed separately. The results are presented as means ± standard deviation. Areas under receiver operating characteristic curves (AUROC) were calculated in order to analyze the discrimination of the scores using mortality as an independent variable. All statistical tests were two-tailed and a *p* value less than 0.05 was considered as significant.

Results

Of the 949 patients included in the study, 439 were admitted for at least 48 h and 236 for at least 96 h. Two

hundred seventy-seven patients (29.1%) died. Shock was present in 329 patients [septic (118), cardiogenic (93), hypovolemic (67), hemorrhagic (40) and anaphylactic (11)], of whom 182 (55.3%) died. Forty-two patients developed shock during the ICU stay. The characteristics of the patients are presented in Table 3.

Table 3 Main characteristics of the patients

	Study population (n=949)	Patients with shock (n=329)
Age (years) ^a	58±17	58±16
Gender M/F	588/361	201/128
Type of admission		
Medical/surgical	518/431	177/152
Length of stay (days) ^b	2 (1–29)	4 (1–29)
APACHE II score ^a	14.4±7.7	18.2±8.5
Mortality	277 (29.1%)	182 (55.3%)

^a Values expressed as means ± SD

^b Value expressed as median (range)

There was no significant difference between the MODS and the SOFA in terms of mortality prediction (Tables 4 and 5) and, as expected, the MODS and the SOFA were significantly higher in the non-survivors than in the survivors (Table 6). In 90% of cases, the maximum scores for both scoring systems were recorded on the same day. For both scores the best outcome predictor was the maximum value, followed by the final value (Table 4). The maximum cardiovascular SOFA was a better predictor of mortality than the maximum cardiovascular MODS in the whole population and in the subgroup of patients with shock (Tables 4 and 5). There were no differences between the two scores for the other

Table 4 Comparison between the total Multiple Organ Dysfunction Score (MODS) and Sequential Organ Failure Assessment (SOFA) score, and between their cardiovascular (CV) components (AUROC area under receiver operator characteristic curve)

Time	MODS ^a	MODS (AUROC)	SOFA ^a	SOFA (AUROC)	p value
Initial	4.3±3.5	0.856	5.2±3.9	0.872	NS
48 h	5.5±4.2	0.834	6.5±4.8	0.844	NS
96 h	5.6±4.4	0.861	7.0±5.0	0.847	NS
Final	4.1±4.0	0.869	5.1±4.5	0.897	NS
Maximum	5.6±4.0	0.900	7.2±4.3	0.898	NS
	MODS CV ^a	MODS CV (AUROC)	SOFA CV ^a	SOFA CV (AUROC)	p value
Initial	1.1±1.1	0.694	1.0±1.3	0.750	0.0002
48 h	1.4±1.3	0.675	1.2±1.5	0.732	0.0209
96 h	1.1±1.1	0.690	1.6±1.6	0.739	NS
Final	1.5±1.3	0.674	1.3±1.5	0.781	0.0001
Maximum	1.6±1.1	0.750	1.7±1.3	0.821	0.0001

^a Values expressed as means ± SD

Table 5 Comparison between the total Multiple Organ Dysfunction Score (MODS) and Sequential Organ Failure Assessment (SOFA) score, and between their cardiovascular (CV) components

in the subgroup of patients with shock (AUROC area under receiver operator characteristic curve)

Time	MODS ^a	MODS (AUROC)	SOFA ^a	SOFA (AUROC)	p value
Initial	6.8±3.8	>0.852	8.4±4.1	0.869	NS
48 h	7.7±4.5	0.868	9.2±5.0	0.861	NS
96 h	7.3±5.0	0.923	9.2±5.4	0.910	NS
Final	6.9±4.9	0.888	8.3±5.4	0.898	NS
Maximum	8.2±4.4	0.908	9.7±4.8	0.906	NS
	MODS CV ^a	MODS CV (AUROC)	SOFA CV ^a	SOFA CV (AUROC)	p value
Initial	1.9±1.0	0.557	2.5±1.1	0.694	NS
48 h	2.0±1.3	0.709	2.6±1.0	0.768	NS
96 h	1.4±1.2	0.749	2.5±1.5	0.833	0.05
Final	2.5±1.1	0.662	3.1±0.9	0.846	NS
Maximum	2.6±1.5	0.640	3.2±1.1	0.806	0.01

^a Values expressed as means ± SD

Table 6 Multiple Organ Dysfunction Score (*MODS*) and Sequential Organ Failure Assessment (*SOFA*) scores in survivors and non-survivors. Values are expressed as means \pm SD, and *p* is less than 0.01 for all comparisons between survivors and non-survivors

Time	MODS		SOFA	
	Survivors	Non-survivors	Survivors	Non-survivors
Initial	2.9 \pm 2.2	7.7 \pm 3.7	3.5 \pm 2.4	9.1 \pm 4.1
48 h	3.3 \pm 2.5	8.5 \pm 4.1	4.0 \pm 2.8	10.0 \pm 4.7
96 h	3.1 \pm 2.3	8.5 \pm 4.4	4.2 \pm 2.8	10.1 \pm 5.0
Final	2.5 \pm 1.9	8.2 \pm 4.4	3.1 \pm 1.9	9.8 \pm 4.9
Maximum	3.4 \pm 2.4	9.3 \pm 3.9	4.3 \pm 2.6	10.7 \pm 4.6
Patients with shock				
Initial	4.3 \pm 2.3	8.8 \pm 3.6	5.5 \pm 2.3	10.7 \pm 3.9
48 h	4.5 \pm 3.1	10.1 \pm 3.8	5.7 \pm 3.5	11.9 \pm 4.3
96 h	3.2 \pm 2.4	10.5 \pm 4.1	4.9 \pm 2.8	12.5 \pm 4.5
Final	3.2 \pm 2.6	9.8 \pm 4.4	4.2 \pm 2.5	11.6 \pm 4.8
Maximum	4.8 \pm 2.6	10.9 \pm 3.7	6.1 \pm 2.8	12.7 \pm 4.1

five organ systems at any time during the ICU stay (data not shown). For the first 24 h, in the whole study group, the AUROC for the APACHE II score (0.880) was only slightly better than that for the SOFA (0.872) and the MODS (0.856). In the patients with shock, the MODS and the SOFA score were slightly better mortality predictors than the APACHE II score (AUROC 0.852 and 0.869 vs 0.825).

Discussion

Scoring systems can be useful to describe patient populations for ICU management, clinical trials and quality control. Traditional outcome prediction relies on measurements taken during the first 24 h of ICU stay and includes systems such as APACHE II [15] and III [16], Simplified Acute Physiology Score (SAPS) II [17] and Mortality Probability Models (MPM) II [18].

Although the ultimate outcome measure for any patient is survival (or mortality), death is not the only relevant measure of the success or failure of ICU care. The assessment of morbidity during an ICU stay may provide important information on a patient's illness and response to treatment and, in addition, may better describe patient populations for enrolment in clinical trials, for inter-ICU comparison and for cost-effectiveness studies. Techniques able to evaluate organ dysfunction serially in individual patients have therefore been developed. The MODS was based on a literature review of all studies related to MOF published between 1969 and 1993, to determine which characteristics had been used to define organ failure [5]. The chosen variables were then assessed for their ability to predict ICU mortality in a population of 336 surgical ICU patients, which represented the developmental set, and the validation was performed on a series of 356 patients.

The SOFA score was developed during a consensus conference organized by the European Society of Intensive Care and Emergency Medicine [4]. Originally

termed the "sepsis-related" organ failure assessment, it can be applied equally to all ICU patients. Initial validation was performed on a heterogeneous group of 1,449 critically ill patients [9]. The MODS and the SOFA allow the calculation of a summary value for the degree of dysfunction for six organs (respiratory, hematologic, liver, cardiovascular, central nervous system and renal). Four levels of dysfunction are identified for each of the organ systems for both the MODS and the SOFA score.

The logistic organ dysfunction system (LODS) score was developed in 1996 [6] using a multiple logistic regression technique on a large database of 13,152 admissions to 137 ICUs in 12 countries. However, the LODS combines the level of dysfunction of all organs in a single score and was designed to be calculated only for the first 24 h. It has not been validated for repeated use during the ICU stay and we therefore chose to limit our comparison to the MODS and the SOFA.

The MODS [19, 20, 21, 22, 23, 24, 25, 26] and the SOFA [27, 28, 29, 30, 31, 32, 33, 34] have been used in many clinical studies. The reliability of the MODS as an outcome predictor has been demonstrated [10, 25] and the correlation between a high degree of organ failure as assessed by the SOFA score and mortality is well established [9, 11, 12, 35, 36]. Our results show that the MODS and the SOFA score correlate well with outcome in terms of mortality prediction and with the APACHE II score. Interestingly, in the subgroup of patients with shock, the MODS and the SOFA score had better predictive values for mortality than the APACHE II score. When directly compared, there were no differences between the MODS and the SOFA score in outcome prediction.

The main difference between the two systems is the computation of the cardiovascular score. In the MODS system, the PAR is used, while the SOFA score uses the mean arterial pressure and takes into account the use of vasopressors. Both systems have their limitations. An ideal variable used to build an organ failure score should be treatment-independent, which is why Marshall and

colleagues chose to develop a more complex variable. Although not very complicated, the variable requires a computerized system, which limits the immediate bedside availability of the score. In addition, two patients may have the same PAR, but one may be receiving high doses of vasopressor agents, while the other is hemodynamically stable; these two patients will clearly not have the same degree of cardiovascular dysfunction. Thus although, ideally, a variable describing organ dysfunction/failure should be independent of therapeutic interventions, which can indeed be influenced by individual user preference and local protocol, our study shows that the SOFA therapy-related cardiovascular score was a better outcome predictor than the cardiovascular MODS. The same trend was observed in the subgroup of patients with shock.

Although there are some other differences between the two scores, for example, adding the daily diuresis to serum creatinine for the SOFA renal score and taking into account ventilatory support for the respiratory SOFA score, as well as slight variations in the cut-off ranges employed, there were no significant differences between the MODS and the SOFA for any organ system except the cardiovascular system.

In conclusion, the MODS and the SOFA score are reliable outcome predictors in critically ill patients, performing at least as well as the APACHE II score. Moreover, cardiac scores alone are good outcome predictors. The use of therapy-related variables to describe cardiovascular function may be better than variables derived in a more complicated manner, such as that used in the MODS.

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