

The Effect of Critical Illness on Drug Distribution

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Abstract: The complexity of managing critically ill patients has increased since the early establishment of intensive care units in the 1950s. Despite of the fact that the number of drugs available to clinicians has increased, the understanding of the pharmacokinetics of individual drugs in specific disease states is still a matter of concern. Among the pharmacokinetic processes which may be affected in this patient population, drug distribution is a very important one. Changes in drug distribution may cause inadequate drug exposure at the infection site and consequently influence clinical outcome. Since drug distribution is dependent on a plethora of factors, including the physicochemical characteristics of the drug, we will focus on the most common mechanisms responsible for altered tissue distribution. These include changes in protein binding, fluid shifts, and pH changes. Although less common, alterations in organ perfusion may also play a role, particularly in heart failure patients. Despite great advances in understanding the distribution of antibacterial drugs, further studies are needed to define the consequences of changed drug distribution in critically ill patients on dosing regimens and clinical outcome.

Keywords: Critical Illness, protein binding, pharmacokinetics, pharmacodynamics, antibiotics.

INTRODUCTION

The management of critically ill patients is both complex and challenging for a variety of reasons. Critically ill patients are often suffering from several life-threatening conditions, which may be associated with multiple organ failure. As a result, dysfunction in the organs involved in drug elimination may influence the pharmacokinetic properties of a drug and make dosing more complex. Organ impairment or failure may include changes in the absorption, distribution, metabolism, and excretion of the drug(s). Moreover, multiple drugs are often needed to manage the underlying condition(s) as well as provide supportive care. Thus, the critically ill are particularly susceptible to drug-drug interactions and adverse drug reactions that are caused by pharmacokinetic changes in the drugs being used.

The distribution of drugs is dependent on several factors, including physicochemical properties of the drug, the degree of binding to plasma and tissue proteins, permeability of the tissues, organ perfusion, and the involvement of drug transporters [1]. In general, alterations in tissue distribution resulting from a critical illness are more likely to be clinically significant for hydrophilic drugs which do not display useful intracellular penetration, and thus have a relatively low volume of distribution [2]. Ultimately, both drug specific properties and disease related changes will determine whether or not changes in a drug's volume of distribution (V_d) occur Fig. (1).

MECHANISMS INVOLVED IN ALTERED TISSUE DISTRIBUTION

Several mechanisms may be involved in altered tissue distribution in severely ill patients. The most common mechanisms are alterations in protein binding, fluid shifts, and changes in pH [1, 3]. Less common is a reduction in cardiac output as a result of heart failure. Often times it is a combination of these mechanisms which is responsible for the change in the tissue distribution of a drug. For example, renal failure may result in alterations in protein binding as well as result in fluid retention, thus altering total body water [4].

Protein Binding Changes

Many drugs bind to plasma proteins and are available in both a protein bound and unbound form in plasma. It is only the unbound drug which is able to diffuse into tissues, reach the site of action (assuming the site of action is located extravascularly), and bind to its receptor. The two most common plasma proteins involved in drug binding are albumin and α -1 acid glycoprotein (AAG) [5]. Alterations in protein binding can thus impact a drug's pharmacokinetics and pharmacodynamics [5, 6]. Some examples of antibiotics with a high degree of protein binding include ceftriaxone [2, 7], oxacillin, ertapenem [8], and daptomycin [9].

When protein concentrations in the blood are altered, the observed change often involves decreased levels of albumin (hypoalbuminemia) or elevated levels of AAG [10-14]. Several conditions (e.g. kidney and liver disease) in critically ill patients can affect protein concentrations by altering synthesis, catabolism, or promoting the movement of protein from the plasma to an extravascular site [11-18]. Altered protein binding may also be the result of an alteration in the binding affinity for its protein.

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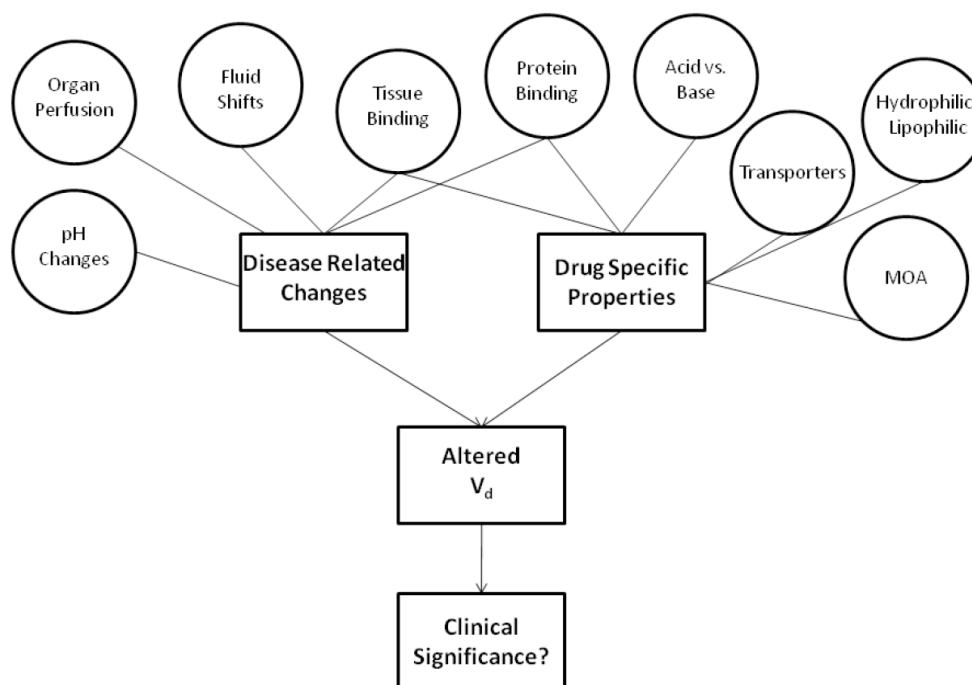


Fig. (1). Summary of disease and drug related factors which may be important in altered drug distribution. MOA= Mechanism of action, V_d =Volume of distribution

Changes in the binding affinity of the albumin molecule can be caused by chemical modification and include glycation (addition of carbohydrate groups) or carbamylation (nonenzymatic binding of cyanate) [19]. Conformational changes in the protein may also occur as a result of pH changes triggered by a disease state [19, 20]. For some disease states, an alteration in the protein binding may be caused by accumulation of endogenous substances (e.g. bilirubin, free fatty acids) which can compete with the drug for a binding site [19-22]. A decreased albumin-binding capacity may also be caused by changes in the amino acid composition and variations in the protein content as has been shown in uremic patients [23].

Binding of drugs to proteins can occur both in plasma as well as in the extracellular and intracellular compartments. For a highly bound drug, changes of a drug's V_d caused by a reduced plasma protein binding depend on the degree of protein binding in the tissues (both outside and inside cells). In critically ill patients, the degree of protein binding which occurs in extracellular and intracellular compartments may also change, or conversely, it may remain unaffected. Thus, it is the ratio of fraction unbound in plasma and tissues, f_{up}/f_{uT} , which will determine the V_d .

Fluid Shifts

Critical illnesses can affect the distribution of drugs by promoting a significant shift of body fluids into the interstitium. Often these shifts occur due to increased capillary permeability, fluid retention, decreased oncotic pressure, and endothelial damage caused by the release of endogenous inflammatory mediators [1, 2, 24]. Since plasma proteins serve as the major source of oncotic pressure for the vascular

space, hypoalbuminemia may promote movement of fluid into the extravascular space [12]. Disease states which can cause fluid shifts include liver cirrhosis, congestive heart failure, renal failure, trauma, and fluid resuscitation [13]. Mechanical ventilation may also trigger regulatory mechanisms which increase the intra- and extravascular volume as a result of an increase in the intrathoracic pressure [2, 3, 25]. Fluid shifts can manifest as edema, ascites, and pleural effusion [1]. Hydrophilic drugs (e.g. aminoglycosides, β -lactams, glycopeptides) which normally have a small V_d now have an additional "compartment" into which they can distribute, a manifestation often referred to as "third spacing" [1, 26]. An increased V_d has been observed for several antibiotics in critically ill patients [27-30]. A change in the apparent V_d may be clinically relevant for concentration dependent antibiotics (e.g. aminoglycosides), since the maximal concentration (C_{max}) may be decreased with an increase in V_d [1].

Fluid shifts can also be caused by the supportive care given to the patient. For example, one study compared the pharmacokinetics of amikacin in critically ill patients receiving parenteral nutrition versus fluid therapy only [31]. Patients receiving total parenteral nutrition had a significantly increased V_d and lower C_{max} . This greater V_d may be attributed, at least in part, to a significantly greater fluid input in this patient group. Since amikacin is an aminoglycoside and its antimicrobial effect is concentration dependent, such a change in peak concentration, may warrant an increase in its dose. Unfortunately, clinical studies that correlate changed distribution of antibiotics to clinical outcome are scarce.

pH Changes

The disposition (distribution and clearance) of a drug may be affected by changes in pH caused by critical ill-

nesses. Acidosis and alkalosis may be caused by conditions such as respiratory failure, shock states, renal failure, and central nervous system dysfunction [2, 3]. Alterations in pH affect membrane permeability and thus, the tissue distribution of drugs by altering the degree of ionization of the drug. The extent to which pH changes are relevant will be dependent on the pKa of the drug and the degree to which pH changes. The influence of pH on the ionization and the distribution of antibacterial drugs was shown in an early study that examined the permeability of the blood-CSF barrier for sulfonamide drugs with different pKa values [32].

DISEASE STATES RESPONSIBLE FOR ALTERED TISSUE DISTRIBUTION

Renal Failure

Among the factors that affect the V_d , total body water, blood pH, plasma protein binding, and tissue protein binding (extra- and intra-cellular compartments) may be altered in patients with renal failure. Acute renal failure (ARF), which is characterized by fluid retention [33, 34], causes a change in total body water and thereby may alter the V_d of drugs. Another manifestation of ARF is metabolic acidosis [35], which can modify the ionized fraction of some drugs in the blood. Since ionized molecules, and more specifically, those with a large molecular weight, do not diffuse across the lipid-based cellular membrane as easily, an alteration in the ionized state may affect the extent of drug distribution.

In chronic kidney disease, where both the glomeruli and tubules are affected, an excessive filtration of protein can result in a marked loss of albumin from the body [36]. In end stage renal disease (ESRD) patients who are treated with hemodialysis, additional mechanisms are reported to cause hypoalbuminemia. Albumin synthesis is regulated in part by nutrition [12], but malnutrition itself does not seem to be the preponderant factor responsible for hypoalbuminemia in this population. Some authors suggest that the hypoalbuminemia in hemodialysis patients, where dialyzer membranes are not extensively used, is probably a consequence of an inflammatory response. Indeed, the increase in the levels of acute phase proteins (APP), such as AAG, was positively correlated with albumin catabolic rate in patients on hemodialysis [37].

The degree to which acidic drugs bind to albumin is usually decreased in ESRD patients, but the observed reduction is often greater than can be explained by hypoalbuminemia alone. Competition between drugs and their accumulated metabolites [38, 39], and/or drugs and accumulated protein-bound uremic substrates [40, 41], may decrease the plasma protein binding. The latter deserves special consideration given that removal of protein-bound uremic compounds with conventional hemodialytic strategies is suboptimal [42, 43]. As discussed earlier, structural changes to albumin, such as carbamylation, appear to be an interesting secondary contribution for decreased binding of acidic drugs in uremia [23, 44]. A reduction in plasma protein binding in patients with chronic kidney disease has been reported for dicloxacillin, sulfamethoxazole [45], ceftriaxone [46], cefazolin and other cephalosporins [47]. Conversely, it appears that the effect of renal failure on plasma protein binding of basic and neutral drugs is heterogeneous. Basic drugs such as erythromycin

often display saturable binding to AAG, which has been reported to be significantly higher in uremic patients [37, 48, 49].

Hepatic Failure

The major factors which influence drug distribution in patients with hepatic failure are an increase in total body water and a decrease in plasma protein binding. Patients with edema and ascites, both physical signs of advanced chronic hepatic disease, have an increase in extravascular volume. Drugs that are distributed in total body water or extracellular fluid, hence, will distribute into a larger volume, and peak levels with conventional doses are likely to be subtherapeutic. Aminoglycosides, for instance, are able to pass into ascitic fluid; as a result, an increased V_d has been observed in this patient population [50-52].

Since the liver synthesizes most plasma proteins, hepatic impairment, especially chronic disease, can result in reduced protein levels in the body. Cirrhosis, for example, may alter the binding of drugs in plasma by decreasing albumin and/or AAG concentrations [53-55]. An increase in unbound plasma concentrations was reported for alfentanil [56], lidocaine [53], tolbutamide [57, 58], diazepam [57,59], phenytoin and morphine [60] when administered to patients with hepatic disease.

Cardiac Failure

Among the multiple factors which can influence drug distribution in patients with cardiac failure, reduced cardiac output and regional blood flow deserve special consideration. The decline in blood flow to the renal, hepatic, and peripheral vascular beds, a consequence of the compensatory peripheral vasoconstriction, is proportional to the decrease in cardiac output; on the other hand, perfusion of the heart and brain is maintained by autoregulation and these organs may receive a relative increased proportion of the cardiac output [61]. As a consequence, the V_d of drugs that are rapidly distributed to the peripheral tissues, such as lidocaine [62, 63], is decreased. Higher plasma concentrations in combination with preferential flow, make the myocardium and central nervous system more susceptible to toxic effects; indeed, a single dose of lidocaine administered during acute cardiac failure has been reported to cause seizures in patients [64].

Heart failure, the end stage of a number of cardiovascular disorders, has been reported to be associated with albuminuria [65, 66] and microalbuminuria [67]. Albuminuria may occur in cardiac failure as a manifestation of widespread vascular damage induced by common cardiovascular risk factors [68]. Conversely, an increase in AAG can occur in those patients with congestive heart failure. An increase in binding has been observed for pindolol [69] and disopyramide [70].

Systemic Inflammatory Response Syndrome

Trauma, localized or generalized infection, thermal injury, and sterile inflammatory processes may trigger a host systemic inflammatory response syndrome (SIRS) [71], which is induced and sustained by a cascade of inflammatory mediators. The local and systemic release of pro-

inflammatory cytokines induces an acute phase reaction in the liver, resulting in an enhancement of tissue protective mechanisms. The synthesis of positive APP in hepatocytes, such as AAG is increased, whereas the production of negative APP, such as albumin, is reduced [72]. Activation of neutrophils, monocytes/macrophages, and lymphocytes produce injury to the endothelium, with a consequent increase in endothelial permeability. This then leads to hypovolemia, which causes a drop in cardiac output, tissue hypoperfusion, and leakage of plasma proteins into the interstitial space. Thus, the V_d can be altered by both a change in the plasma protein binding as well as a result of fluid shifts. In a study involving head trauma patients, hypoalbuminemia was evident after 2-3 days, with levels normalizing within 1 month Fig. (2) [73].

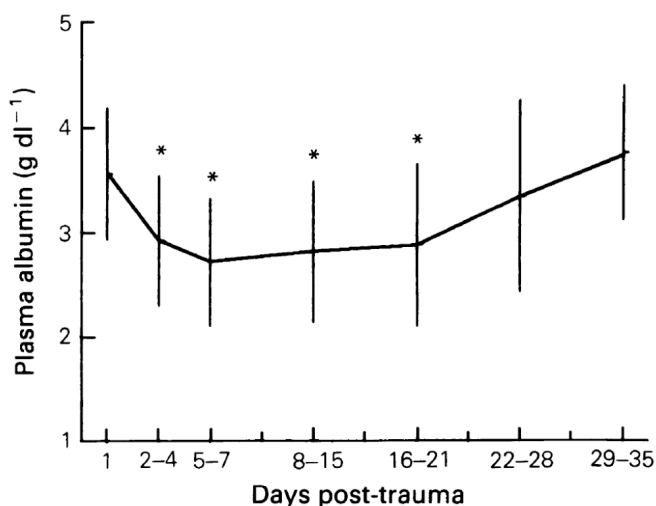


Fig. (2). Alteration in mean (\pm s.d.) plasma albumin concentration after head injury ($n = 130$). *Statistically significant ($p < 0.05$, ANOVA and Dunnet's multiple comparison test (reference 73). *Permission to reuse this figure has been obtained and payment organised through Mr. Mahmood Alam.*

Severe burn injury is a classical etiology of non-septic SIRS. Among the studies examining the pharmacokinetics of β -lactams in burn patients, ceftazidime has received the most attention. Different authors reported a greater V_d in adult burn patients than in healthy subjects [74-76]. Similarly, for aminoglycosides, such as gentamicin, tobramycin and amikacin, a larger V_d was reported in burn patients [77-79]. The significance of taking protein binding into account when evaluating the pharmacokinetics of drugs that are highly bound to proteins in burn patients was seen with alfentanil. In burn patients, a two-fold decrease in the V_d was correlated with the significant decrease in the free fraction of alfentanil due to increase in the concentration of AAG [80].

SIRS can also occur in patients who are septic [71]. The increased V_d of aminoglycosides observed in patients with sepsis or septic shock has been attributed to increased capillary permeability and consequent extravascular fluid sequestration, especially following vigorous fluid resuscitation [81-87]. Therefore, higher peak serum concentrations, balanced against a potential increase in toxicity, must be considered in order to treat this condition effectively. An increase in V_d

was observed for cefpirome when administered in septic patients [88]; similar to aminoglycosides, cefpirome is a hydrophilic and low protein-bound antibiotic, which distributes throughout the extracellular water. Ceftriaxone, which is $>90\%$ protein-bound in non-critically ill patients, had a 50% increase in V_d in critically ill patients with severe sepsis; however, it was associated to the marked hypoalbuminemia observed in those group of patients [89]. The difference in protein binding between patients with normal renal function and renally impaired subjects, as well as the concentration dependent binding of this drug were observed in this study Fig. (3).

Patients Requiring Fluid Resuscitation

Aggressive fluid resuscitation and consequent expansion of the extracellular water may result in an increased V_d for some drugs used in critically ill patients. For lipophilic drugs which are taken up intracellularly, a decrease in the interstitial fluid concentrations is expected to be temporary since this decrease would trigger a redistribution process between the intra- and intercellular compartments until a new equilibrium state be achieved. Nevertheless, this re-equilibration does not occur for hydrophilic drugs because their distribution is limited to the extracellular compartment. Since the interstitial space is the target site for most bacterial infections, this issue may be of clinical relevance for hydrophilic antimicrobial agents, such as β -lactams, aminoglycosides and glycopeptides. In fact, a study assessing the tissue distribution of piperacillin by microdialysis showed that the target site concentrations of the drug were markedly lower in cardiac surgical patients when compared to healthy subjects, possibly due to the administration of large amount of fluids Fig. (4) [90]. This reduction in target site concentrations could promote the development of resistant strains. The reduced tissue concentrations were observed despite a decrease in protein concentrations, which is likely attributed to the low protein binding of piperacillin ($\sim 30\%$) and the overwhelming effect of fluid shifting. A case report describing a post-trauma critically ill patient receiving extended amikacin treatment showed that the administration of copious quantities of intravenous fluid resulted in an increased V_d of the antibiotic with extensive daily fluctuations in drug concentrations [91]. Similarly, a large V_d for vancomycin was observed in critically ill infants receiving an aggressive fluid resuscitation, which helped confirm the importance of therapeutic drug monitoring [92].

CONCLUSIONS

Several mechanisms may be responsible for altered drug distribution in critically ill patients. Changes in protein binding, fluid shifts, and pH changes are the most common. These changes will be most relevant for hydrophilic drugs, which in healthy subjects, have a relatively low V_d . The significance of changes in protein binding, either by alteration in protein concentrations or binding affinity, will depend on the degree to which a drug is protein bound, the number of binding sites on the protein, the equilibrium dissociation constant, and the total drug concentration. As one would expect, changes in protein binding would be most relevant for highly bound drugs. Fluid shifts are observed in several

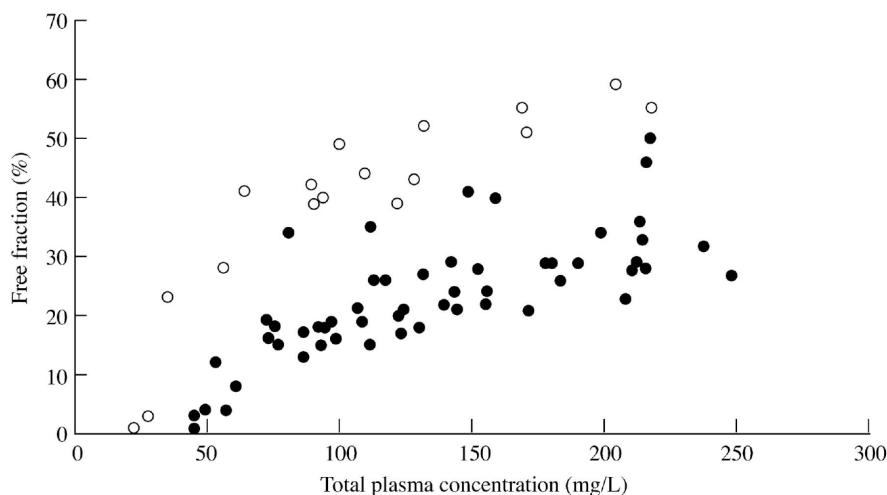


Fig. (3). Scatter graph which shows the relationship between ceftriaxone concentration (mg/L) and free fraction of the drug in subjects with normal renal function (closed circle) and impaired renal function (open circle) (reference 89). *Permission to reuse this figure has been obtained and payment organised through Mr. Mahmood Alam.*

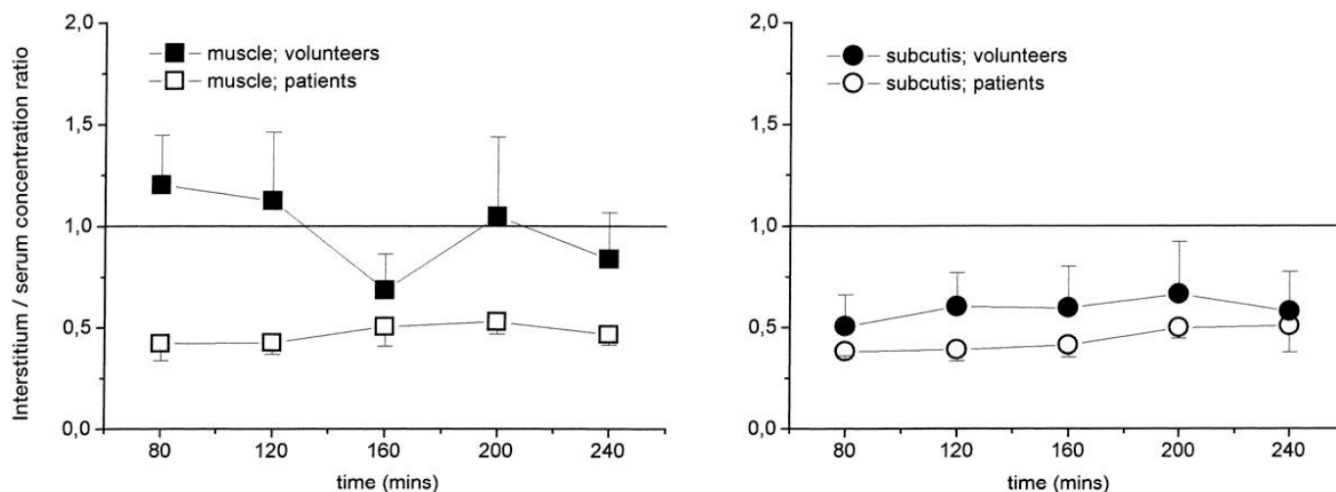


Fig. (4). Time-course for interstitium-to-serum concentration ratios of piperacillin for skeletal muscle (left) and adipose tissue (right) in healthy controls and in otherwise healthy subjects scheduled for aortic valve replacement (reference 90). *Permission to reuse this figure has been obtained and payment organised through Mr. Mahmood Alam.*

disease states, and can alter drug distribution by presenting a larger volume of fluid for the drug to distribute into. Ultimately, the relevance of these changes will depend on whether unbound drug concentrations change at the site of action and on the mechanism of action of the drug.

ACKNOWLEDGEMENT

D.J.C. would like to thank the financial support given by Conselho Nacional de Desenvolvimento Científico e Tecnológico (CNPq), Brasília, Brazil.

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