A randomised trial to assess whether the addition of a beta blocker infusion (landiolol) to standard treatment in patients with septic shock, requiring prolonged (>24 hours) support with high-dose vasopressor agents, improves organ failure (the STRESS-L trial)

Submission date	Recruitment status	[X] Prospectively registered			
04/12/2017	No longer recruiting	[X] Protocol			
Registration date	Overall study status	Statistical analysis plan			
18/12/2017	Completed	[X] Results			
Last Edited	Condition category	[] Individual participant data			
29/01/2025	Infections and Infestations				

Plain English summary of protocol

Background and study aims

Septic shock (blood poisoning) is a life-threatening condition caused by severe infection. For reasons still poorly understood, in some patients, their immune system remains excessively activated. Instead of fighting the infection, an ongoing inflammatory state results in widespread injury and failure of normal functioning of the body's vital organs, such as the lungs, heart, brain and kidneys. A hallmark of septic shock is a very low blood pressure that does not improve with an intravenous fluid drip. Despite huge research efforts over the last 20-30 years the survival rate has remained stubbornly unchanged. Outcomes have improved for sepsis in general through earlier recognition and intervention with antibiotics, however once septic shock takes hold, the risk of dying remains very high. This research project wants to see if infusing a very short-acting beta-blocker in addition to standard treatment improves organ failure in patients with septic shock. Beta-blockers are widely used to counteract the stressful long-term actions of the hormones adrenaline and noradrenaline, for example in high blood pressure, chronic heart failure, abnormally fast heart rates and cardiac rhythms, and tremor. Recently, an Italian group gave a beta-blocker to reduce, and then maintain, heart rates of patients with septic shock at between 80-95 beats per minute. They found this treatment strategy to be safe and associated with improvements in survival and reduced time in intensive care. However, their study was relatively small and recruitment occurred at a single centre so did not provide enough information to make the use of beta-blockers a mainstream recommendation. This trial aims to repeat the Rome study in approximately 35 ICUs in the UK to see if the safety and benefits that were seen can be confirmed and will also investigate the way in which beta blockers act in septic shock patients.

Who can participate?

Adults aged 18 and older who are have septic shock.

What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group receive the usual care. Those in the second group receive the usual care with the addition of landiolol. For participants in the landiolol group, the rate of the drug is adjusted until their heart rate is controlled at 80-95 beats per minute and the infusion is stopped when they are able to control their heart rate themselves. Landiolol is given intravenously (IV) as an infusion whilst a participant's heart rate is too high. This drug may be used for up to 2 weeks within the ICU where the treating team are able to monitor the participant closely. After discharge from ICU, or if the heart rate remains high after 14 days, ongoing treatment will be the decision of the treating doctor. One of the aims of this study is to better understand the biological mechanisms that are altered by beta-blockade in septic shock. As part of standard clinical care blood will be taken from a cannula (a thin tube inserted into a vein or body cavity to administer medication). Additional blood samples will be taken at study entry, on days 0, 1, 2, 4 and 6 and at the end of noradrenaline treatment (if not a sampling day). Routinely collected clinical data will be recorded for the trial. However the progress of participants will be followed at day 28 and day 90 after trial entry, at these time points the local research team will call the participant and their GP to find out how they are. The trial will not follow participants beyond 90 days.

What are the possible benefits and risks of participating?

As landiolol is an exceptionally short-acting drug, switching off the infusion is expected to reverse any possible side effects. Beta blockers are not confirmed to be useful in septic shock and it is possible that landiolol has the potential for toxicity. Full information on the possible side effects are available on request from local treating teams. The main risks are the heart could go too slowly or blood pressure could lower if a participant is sensitive to the drug. Trial participants will be closely monitored within the ICU and should they experience any side effects from the study drug, the hospital staff will take measures to stop the infusion as with any other inpatient treatment.

Where is the study run from?

This study is being run by Warwick Clinical Trials Unit (University of Warwick) and takes place in hospitals in the UK.

When is the study starting and how long is it expected to run for? June 2017 to October 2023.

Who is funding the study?
National Institute for Health Research (UK)

Who is the main contact? STRESS-L@warwick.ac.uk

Study website

http://www2.warwick.ac.uk/fac/med/research/hscience/ctu/trials/stressl

Contact information

Type(s)

Scientific

Contact name

Dr Study Team

Contact details

Warwick Clinical Trials Unit The University of Warwick Gibbet Hill Road Coventry United Kingdom CV4 7AL +44 (0)2476572905 STRESS-L@warwick.ac.uk

Additional identifiers

EudraCT/CTIS number

2017-001785-14

IRAS number

213669

ClinicalTrials.gov number

Nil known

Secondary identifying numbers

CPMS 35229

Study information

Scientific Title

STudy into the REversal of Septic Shock with Landiolol (Beta Blockade)

Acronym

STRESS-L

Study objectives

A reduction in heart rate using landiolol infusion in patients with septic shock and tachycardia improves organ failure during the 14 days after the patient is started in the trial. This study is investigate whether the changes are through a reduction in cardiac and immune dysfunction.

Ethics approval required

Ethics approval required

Ethics approval(s)

Approved 09/11/2017, East of England – Essex Research Ethics Committee (The Old Chapel, Royal Standard Place, Nottingham, NG1 6FS, United Kingdom; +44 207 104 8107; NRESCommittee.EastofEngland-Essex@nhs.net), ref: 17/EE/0368

Study design

Randomised; Interventional; Design type: Treatment, Drug

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details to request a patient information sheet STRESS-L@warwick.ac.uk

Health condition(s) or problem(s) studied

Septic shock

Interventions

Current interventions as of 28/02/2019:

Participants are randomised to receive standard treatment with the addition of a beta blocker infusion (landiolol) or standard treatment alone.

For those in the landiolol group, the rate of drug are adjusted until the heart rate is controlled between 80-94 beats per minute. Landiolol may be used for up to 14 days within the ICU. Follow up continues for up to 90 days following randomisation.

One of the aims of this study is to better understand the biological mechanisms that are altered by beta-blockade in septic shock. As part of standard clinical care blood will be taken from a cannula (a thin tube inserted into a vein or body cavity to administer medication). Additional blood samples will be taken at study entry, on days 0, 1, 2, 4 and 6 and at the end of noradrenaline treatment (if not a sampling day). These samples will be sent to University of Birmingham and University Hospitals Birmingham NHS Foundation Trust and will be used in laboratory research to help define the mechanisms involved in treating sepsis with beta blockade. These samples will be destroyed once analysis has been completed.

Routinely collected clinical data will be recorded for the trial. However the progress of participants will be followed at day 28 and day 90 after trial entry, at these time points the local research team will call the participant and their GP to find out how they are. The trial will not follow participants beyond 90 days.

Previous interventions:

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Intervention Type

Drug

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Landiolol

Primary outcome measure

Organ failure is measured using the mean SOFA score over the first 14 days from entry to the trial and whilst in ICU. Measurement of the SOFA score will cease if the patient dies or is discharged from the ICU.

Secondary outcome measures

Current secondary outcome measures as of 12/11/2019:

- 1. Mortality is measured using patient records and telephone visits at day 28 and day 90
- 2. Length of ICU and hospital stay are measured using patient notes up to 90 days
- 3. Reduction in dose and duration of vasopressor treatment is measured using patient notes for up to 14 days following randomisation

Exploratory Outcome Measures:

4. Myocardial dysfunction and inflammation are measured using assays on blood samples taken on days 0, 1, 2, 4, 6 and the End of Noradrenaline Treatment Visit

Previous secondary outcome measures:

- 1. Mortality is measured using patient records and telephone visits at day 28 and day 90
- 2. Length of ICU and hospital stay are measured using patient notes up to 90 days
- 3. Individual organ failure-days in 28 day survivors is measured using medical tests (recording SOFA score parameters oxygenation, renal, hepatic and coagulation function) at day 28
- 4. Reduction in dose and duration of vasopressor treatment (total doses of adrenaline, dobutamine, phosphodiesterase inhibitors) is measured using patient notes for up to 14 days following randomisation
- 5. Cardiovascular safety outcomes are measured using hospital notes for the first 14 days

Exploratory Outcome Measures:

6. Myocardial dysfunction and inflammation are measured using assays on blood samples taken on days 0, 1, 2, 4, 6 and the End of Noradrenaline Treatment Visit

Overall study start date

01/06/2017

Completion date

05/10/2023

Eligibility

Key inclusion criteria

Current inclusion criteria as of 14/08/2020:

- 1. Aged 18 years or above
- 2. Being treated on an ICU
- 3. Septic shock according to internationally accepted definitions*
- 4. Heart rate \geq 95 bpm (at the time of randomisation)
- 5. Receiving vasopressor support to maintain a target blood pressure for ≥24 hours
- 6. Are being treated with noradrenaline at a rate \geq 0.1 mcg/kg/min

*Sepsis -3 definitions:

- 1. Confirmed or suspected infection requiring antibiotic therapy
- 2. New organ dysfunction, as evidenced by an increase in SOFA score ≥2
- 3. A blood lactate >2 mmol/l at any point during shock resuscitation
- 4. Vasopressor therapy to maintain mean arterial pressure (MAP) ≥65 mmHg In particular the presence of a blood lactate > 2 mmol/l is only necessary for the diagnosis of septic shock and is NOT necessary for randomisation 24 hours later.

Previous inclusion criteria from 28/02/2019 to 14/08/2020:

- 1. Male or female aged 18 years or above
- 2. Being treated on an ICU
- 3. Septic shock according to internationally accepted definitions*
- 4. Heart rate \geq 95 bpm (24 hours after start of vasopressor therapy)
- 5. Receiving vasopressor support to maintain a target blood pressure for ≥24 hours
- 6. Are being treated with noradrenaline at a rate \geq 0.1 mcg/kg/min

*Sepsis -3 definitions:

- 1. Confirmed or suspected infection requiring antibiotic therapy
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Previous inclusion criteria:

- 1. Male or female aged 18 years or above
- 2. Being treated on an ICU
- 3. Septic shock according to internationally accepted definitions*
- 4. Heart rate \geq 95 bpm (24 hours after start of vasopressor therapy)

- 5. Receiving vasopressor support with noradrenaline to maintain a target blood pressure for ≥24 hours
- 6. Are being treated with noradrenaline at a rate \geq 0.1 mcg/kg/min

*Sepsis -3 definitions:

- 1. Confirmed or suspected infection requiring antibiotic therapy
- 2. New organ dysfunction, as evidenced by an increase in SOFA score ≥2.
- 3. A blood lactate >2 mmol/l at any point during shock resuscitation
- 4. Vasopressor therapy to maintain mean arterial pressure (MAP) ≥65 mmHg In particular the presence of a blood lactate > 2 mmol/l is only necessary for the diagnosis of septic shock and is NOT necessary for randomisation 24 hours later

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

Planned Sample Size: 340; UK Sample Size: 340

Key exclusion criteria

Current exclusion criteria as of 14/08/2020:

- 1. Tachycardia as a result of pain, discomfort from medical devices (including endotracheal tubes), during interventions or other patient distress
- 2. Any form of vasodilatory shock that is not caused by sepsis
- 3. Noradrenaline infusion < 0.1 mcg/kg/min
- 4. >72 hours after start of vasopressor therapy
- 5. <12 hours since noradrenaline to treat a medical condition after than septic shock stopped
- 6. Having pre-existing severe cardiac dysfunction (NYHA grade 4 or more)
- 7. Having pre-existing severe pulmonary hypertension (mean PA pressures > 55mmHg)
- 8. Acute severe bronchospasm (due to asthma or COPD)
- 9. Untreated second or third-degree heart block
- 10. Untreated phaeochromocytoma
- 11. Prinzmetal's angina
- 12. A past history of ischaemic stroke or transient ischaemic attack (TIA) or untreated severe carotid stenosis.
- 13. Advanced liver disease with Child-Pugh Score of $\geq B$.
- 14. Known sensitivity to beta-blockers
- 15. Patient/legal representative unwilling to provide written informed consent
- 16. Known to be pregnant
- 17. Terminal illness other than septic shock with a life expectancy < 28 days
- 18. Participants who have been administered an investigational medicinal product for another

research trial in the past 30 days

- 19. Patients in whom the clinical team feel are about to finish their noradrenaline therapy
- 20. Receiving extracorporeal membrane oxygenation (ECMO) treatment

Previous exclusion criteria from 12/11/2019 to 14/08/2020:

- 1. Any form of compensatory tachycardia
- 2. Any form of vasodilatory shock that is not caused by sepsis
- 3. Noradrenaline infusion <0.1mcg/kg/min
- 4. >72 hours in the current cause of septic shock after start of vasopressor therapy
- 5. Having pre-existing severe cardiac dysfunction (NYHA grade 4 or more)
- 6. Having pre-existing severe pulmonary hypertension (mean PA pressures > 55mmHg)
- 7. Acute severe bronchospasm (due to asthma or COPD)
- 8. Untreated second or third degree heart block
- 9. Untreated phaeochromocytoma
- 10. Prinzmetal's angina
- 11. A past history of ischaemic stroke or transient ischaemic attack (TIA) or untreated
- 12. Severe carotid stenosis.
- 13. Advanced liver disease with Child-Pugh Score of $\geq B$.
- 14. Known sensitivity to beta-blockers
- 15. Patient/legal representative unwilling to provide written informed consent
- 16. Known to be pregnant
- 17. Terminal illness other than septic shock with a life expectancy < 28 days
- 18. Participants who have been administered an investigational medicinal product for
- 19. Another research trial in the past 30 days
- 20. Patients in whom the clinical team feel are about to finish their noradrenaline
- 21. Therapy
- 22. Decision of withdrawal of care is in place or imminently anticipated

Previous exclusion criteria as of 28/02/2019:

- 1. Noradrenaline infusion < 0.1mcg/kg/min
- 2. > 72 hours after start of vasopressor therapy
- 3. Having pre-existing severe cardiac dysfunction (NYHA grade 4 or more)
- 4. Having pre-existing severe pulmonary hypertension (mean PA pressures > 55mmHg)
- 5. Acute severe bronchospasm (due to asthma or COPD)
- 6. Untreated second or third degree heart block
- 7. Untreated phaeochromocytoma
- 8. Prinzmetal's angina
- 9. A past history of ischaemic stroke or transient ischaemic attack (TIA) or untreated severe carotid stenosis.
- 10. Advanced liver disease with Child-Pugh Score of ≥B
- 11. Having been treated with any beta-blocker drug in the seventy two hours prior to screening.
- 12. Known sensitivity to beta-blockers
- 13. Patient/legal representative unwilling to provide written informed consent
- 14. Known to be pregnant
- 15. Terminal illness other than septic shock with a life expectancy < 28 days
- 16. Participants who have been administered an investigational medicinal product for another research trial in the past 30 days.
- 17. Patients in whom the clinical team feel are about to finish their noradrenaline therapy

Previous exclusion criteria:

- 1. Noradrenaline infusion < 0.1mcg/kg/min
- 2. > 48 hours after start of vasopressor therapy

- 3. Having pre-existing severe cardiac dysfunction (NYHA grade 4 or more)
- 4. Having pre-existing severe pulmonary hypertension (mean PA pressures > 55mmHg)
- 5. Acute severe bronchospasm (due to asthma or COPD)
- 6. Untreated second or third degree heart block
- 7. Untreated pheochromocytoma
- 8. Prinzmetal's angina
- 9. A past history of ischaemic stroke or transient ischaemic attack (TIA) or untreated severe carotid stenosis.
- 10. Advanced liver disease
- 11. Having been treated with any beta-blocker drug in the seventy two hours prior to screening.
- 12. Known sensitivity to beta-blockers
- 13. Patient/legal representative unwilling to provide written informed consent
- 14. Known to be pregnant
- 15. Terminal illness other than septic shock with a life expectancy < 28 days
- 16. Participants who have participated in another research trial involving an investigational medicinal product in the past 30 days.
- 17. Patients in whom the clinical team feel are about to finish their noradrenaline therapy

Date of first enrolment

10/01/2018

Date of final enrolment

25/09/2021

Locations

Countries of recruitment

England

Northern Ireland

Scotland

United Kingdom

Study participating centre Queen Elizabeth Hospital

University Hospitals Birmingham NHS Foundation Trust Trust HQ, PO Box 9551 Birmingham United Kingdom B15 2TH

Study participating centre University College London Hospital

University College London Hospitals NHS Foundation Trust 250 Euston Road

London United Kingdom NW1 2PG

Study participating centre Heartlands HospitalUHB NHS Foundation Trust

UHB NHS Foundation Trus Bordesley Green East Birmingham United Kingdom B9 5SS

Study participating centre Royal Victoria Hospital

Belfast Health & Social Care Trust Grosvenor Road Belfast United Kingdom BT12 6BA

Study participating centre

St. Mary's Hospital
Imperial College Healthcare NHS Trust
Praed Street
London
United Kingdom
W2 1NY

Study participating centre Charing Cross Hospital

Imperial College Healthcare NHS Trust Fulham Palace Rd Hammersmith London United Kingdom W6 8RF

Study participating centre Hammersmith Hospital Imperial College Healthcare NHS Trust Du Cane Road

London United Kingdom W12 0HS

Study participating centre Musgrove Park Hospital

Taunton & Somerset NHS Foundation Trust Parkfield Drive Taunton United Kingdom TA1 5DA

Study participating centre

King's Mill Hospital

Sherwood Forest Hospitals NHS Foundation Trust Mansfield Road Sutton in Ashfield United Kingdom NG17 4JL

Study participating centre Bristol Royal Infirmary

University Hospitals Bristol NHS Foundation Trust Upper Maudlin Street Bristol United Kingdom BS2 8HW

Study participating centre Queen's Medical Centre

Nottingham University Hospitals NHS Trust Derby Road Nottingham United Kingdom NG7 2UH

Study participating centre Dorset County Hospital

Dorset County Hospital NHS Foundation Trust Williams Ave Dorchester United Kingdom DT1 2JY

Study participating centre Royal Cornwall Hospital

Royal Cornwall Hospitals NHS Trust Treliske Truro United Kingdom TR1 3LJ

Study participating centre Poole Hospital

Poole Hospital NHS Foundation Trust Longfleet Road Poole United Kingdom BH15 2JB

Study participating centre Derriford Hospital

Derriford Road Crownhill Plymouth United Kingdom PL6 8DH

Study participating centre Queen Alexandra Hospital

Portsmouth Hospitals NHS Trust Cosham Portsmouth United Kingdom PO6 3LY

Study participating centre St Thomas' Hospital

Guy's and St Thomas' NHS Foundation Trust Westminster Bridge Rd Lambeth London United Kingdom SE1 7EH

Study participating centre Sunderland Royal Hospital

South Tyneside and Sunderland NHS Foundation Trust Kayll Rd Sunderland United Kingdom SR4 7TP

Study participating centre Royal Devon & Exeter Hospital

Royal Devon & Exeter NHS Foundation Trust Barrack Rd Exeter United Kingdom EX2 5DW

Study participating centre King's College Hospital

King's College Hospital NHS Foundation Trust Denmark Hill Brixton London United Kingdom SE5 9RS

Study participating centre Royal Free Hospital

Royal Free London NHS Foundation Trust Pond St Hampstead

London United Kingdom NW3 2QG

Study participating centre Royal Liverpool Hospital

Royal Liverpool and Broadgreen University Hospitals NHS Trust Prescot St Liverpool United Kingdom L7 8XP

Study participating centre Craigavon Area Hospital

Southern Health and Social Care Trust 68 Lurgan Rd Portadown Craigavon United Kingdom BT63 5QQ

Study participating centre Leeds General Infirmary

Leeds Teaching Hospitals NHS Trust Great George St Leeds **United Kingdom** LS1 3EX

Study participating centre Russells Hall Hospital

The Dudley Group NHS Foundation Trust Russells Hall Pensnett Rd Dudley United Kingdom DY1 2HQ

Study participating centre

University Hospitals Coventry and Warwickshire University Hospitals Coventry and Warwickshire NHS Trust Clifford Bridge Rd Coventry United Kingdom

CV2 2DX

Study participating centre **Warwick Hospital**

South Warwickshire NHS Foundation Trust

Lakin Rd Warwick United Kingdom CV34 5BW

Study participating centre Rotherham General Hospital

The Rotherham NHS Foundation Trust Moorgate Rd Rotherham United Kingdom S60 2UD

Study participating centre York Teaching Hospital

York Teaching Hospital NHS Foundation Trust Freeman Rd High Heaton Newcastle upon Tyne United Kingdom NE7 7DN

Study participating centre Stoke Mandeville Hospital

Buckinghamshire Healthcare NHS Trust Mandeville Rd Aylesbury United Kingdom HP21 8AL

Study participating centre Addenbrooke's Hospital

Cambridge University Hospitals NHS Foundation Trust Hills Rd Cambridge United Kingdom CB2 0QQ

Study participating centre Aberdeen Royal Infirmary NHS Grampian

Foresterhill Health Campus Aberdeen United Kingdom AB25 2ZN

Study participating centre Lister Hospital

East and North Hertfordshire NHS Trust Coreys Mill Ln Stevenage United Kingdom SG1 4AB

Study participating centre

Northampton General Hospital

Northampton General Hospital NHS Trust Northampton General Hospital Cliftonville Northampton United Kingdom NN1 5BD

Study participating centre Hull Royal Infirmary

Hull University Teaching Hosptials NHS Trust Anlaby Rd Hull United Kingdom HU3 2JZ

Study participating centre Royal Sussex County Hospital

Brighton and Sussex University Hospitals NHS Trust Barry Building Eastern Rd Brighton United Kingdom BN2 5BE

Study participating centre

St George's Hospital

St George's University Hospitals NHS Foundation Trust Cranmer Terrace Tooting London United Kingdom SW17 ORE

Study participating centre Queen Elizabeth University Hospital Glasgow

NHS Greater Glasgow and Clyde 1345 Govan Rd Glasgow United Kingdom G51 4TF

Study participating centre Royal Victoria Infirmary

The Newcastle upon Tyne Hospitals NHS Foundation Trust Queen Victoria Rd Newcastle upon Tyne United Kingdom NE1 4LP

Sponsor information

Organisation

University Hospitals Birmingham NHS Foundation Trust

Sponsor details

Trust Headquaters
Po Box 9551
Queen Elizabeth Medical Centre
Edgbaston
Birmingham
England
United Kingdom
B15 2TH

Sponsor type

Hospital/treatment centre

ROR

Funder(s)

Funder type

Government

Funder Name

National Institute for Health Research

Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Publication and dissemination plan

Planned publication in a high-impact peer-reviewed journal. The Warwick Clinical Trials Unit will publish the results of the trial on their website when these are available.

https://warwick.ac.uk/fac/sci/med/research/ctu/trials/stressl/publications/ (added 14/09/2023)

Intention to publish date

31/10/2023

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from stress-l@warwick.ac.uk

IPD sharing plan summary

Available on request

Study outputs

Output type Details	Date Date Peer Patier created added reviewed? facing	
Protocol article	16/02 12/05 /2021 /2021 Yes No	
HRA research	28/06	

<u>summary</u>			/2023	No	No
Results article		25/10 /2023	26/10 /2023	Yes	No
Other publications	Pre-planned sub-study of the effect of landiolol on inflammatory and metabolomic markers	22/01 /2025	29/01 /2025	Yes	No