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1 Effect of landiolol on organ failure in 2 patients with septic shock

3 A Randomized Clinical Trial

4

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38

39 Key Points

40 **Question:** Among critically ill patients with septic shock, tachycardia, treated with high dose
41 norepinephrine for 24hrs, does beta blockade for up to 14 days with landiolol improve organ as
42 measured by the Sequential Organ Failure Assessment (SOFA) score?

43 **Findings:** In this randomized clinical trial enrolling 126 patients with established septic shock
44 (treated with norepinephrine for > 24hours) and a tachycardia, the administration of landiolol
45 intravenously to reduce heart rate to below 95 beats per minute compared with standard care did
46 not significantly decrease organ failure as measured by the mean SOFA score (8.8 (SD 3.9) vs. 8.1 (SD
47 3.2), respectively) in the 14 days following randomization.

48 **Meaning:** These results do not support the use of landiolol in the management of tachycardic
49 patients on norepinephrine undergoing treatment for established septic shock.

50

51

52 Abstract

53 **IMPORTANCE:** Patients with septic shock undergo adrenergic stress which affects cardiac, immune,
54 inflammatory and metabolic pathways. Beta-blockade may attenuate the adverse effects of
55 catecholamine exposure and has been associated with reduced mortality.

56

57 **OBJECTIVES:** To assess the efficacy and safety of landiolol in patients with established septic shock
58 requiring prolonged (>24 hours) vasopressor support and tachycardia.

59

60 **DESIGN, SETTING, PARTICIPANTS:** An open-label, multi-center, randomized trial in 40 NHS UK
61 Intensive Care Units which randomized adult patients with septic shock after 24 hours of continuous
62 norepinephrine with tachycardia of 95 beats per minute (bpm) or more and norepinephrine
63 requirement ≥ 0.1 mcg/kg/min.

64

65 **INTERVENTION:** 126 Patients randomized to receive standard care (n=63) or landiolol infusion
66 (n=63).

67

68 **MAIN OUTCOMES AND MEASURES:** The primary outcome was the mean Sequential Organ Failure
69 Assessment (SOFA) score from randomization to 14 days. Secondary outcomes included mortality at
70 day 28 and 90 and the number adverse events in each group.

71

72 **RESULTS:** The trial was stopped prematurely on the advice of the independent Data Monitoring
73 Committee as it was unlikely to demonstrate benefit, and for possible harm. Of a planned 340

74 participants, 126 were enrolled (37%) (mean age, 55.6 years, [95% CI, 52.7 to 58.5]); 58.7% male).
75 The mean SOFA score was 8.8 (SD 3.9, landiolol) compared with 8.1 (SD 3.2, standard care) (mean
76 difference (MD), 0.75 [95% CI: -0.49 to 2.0], P=0.24). Mortality at day 28 after randomization was
77 37.1% (23/62) for landiolol and 25.4% (16/63) for standard care (difference, 11.7% [95% CI: -4.4% to
78 27.8%], P=0.16). Mortality at day 90 after randomization was 43.5% (27/62) in the landiolol group
79 and 28.6% (18/63) in the standard care group (absolute difference, 14.9% [95% CI: -1.7% to 31.5%],
80 P=0.08). There were no differences in numbers of patients having at least one adverse event.

81

82 **CONCLUSION AND RELEVANCE:** In patients with septic shock treated with norepinephrine for more
83 than 24 hours and tachycardia, an infusion of landiolol did not improve organ failure measured by
84 the SOFA score over 14 days from randomization. These results do not support the use of landiolol in
85 the management of tachycardic patients on norepinephrine undergoing treatment for established
86 septic shock.

87

88 **TRIAL REGISTRATION:** EU Clinical Trials Register EudraCT: 2017-001785-14; ISRCTN12600919

89

90 INTRODUCTION

91 Autonomic dysfunction and tachycardia are associated with poor outcomes in septic shock¹ with
92 reported mortality more than 70%² in some studies. Norepinephrine is recommended for the
93 maintenance of blood pressure in septic shock³ but has been associated with a variety of adverse
94 effects including immunosuppression⁴ and myocardial damage⁵. Bradycardia provides relative
95 protection⁶ and interest has grown in the potential of beta-adrenergic blockade to protect from the
96 possible harmful effects of catecholamines.

97

98 The mechanisms by which beta blockade may produce benefits are unknown. Immunomodulation
99 by reducing pro-inflammatory cytokines and prolonged survival times have been demonstrated in
100 animals using beta1 antagonism^{7,8}. Morelli⁹ reported the safety of a short-acting beta blocker,
101 esmolol, in septic shock patients in a randomized trial and noted a markedly reduced adjusted
102 hazard ratio mortality of 61% but as a non-primary outcome and with a high mortality in the control
103 group of >80%. A recent meta-analysis of eight randomized studies using esmolol¹⁰ suggested 32%
104 risk ratio decreased 28-day mortality and a meta-analysis of seven studies using either esmolol or
105 landiolol in patients with sepsis and septic shock was associated with a 32% lower 28-day mortality.
106 Landiolol (Rapibloc®, AOP Orphan Pharmaceuticals, Vienna, Austria) is a very short acting beta
107 blocker and is approximately 8 times more selective for the beta1 receptor than esmolol¹¹. We
108 hypothesized that additional beta1 receptor specificity would bring about myocardial protection and
109 immunomodulation to confer benefits to a high-risk population. To address this, we conducted a
110 pragmatic randomized trial planned to recruit 340 patients with established septic shock treated
111 with high dose norepinephrine in 40 centers with the UK National Health Service (NHS)

112

113

114 METHODS

115 The methods for this study were published previously¹² and online supplements (Supplement 1 & 2).
116 The trial was conducted in full conformance with the principles of the Declaration of Helsinki¹³ and
117 to ICH Good Clinical Practice (GCP) guidelines. Full details of the Blinding, Randomization, Sample
118 Size calculations and Study Procedures can be found in the Study Protocol¹².

119

120 **Trial Design and Oversight**

121 The STRESS-L trial was an investigator initiated, parallel group, multi-center, randomized open label
122 phase IIb trial designed to assess the efficacy and safety of a continuous infusion of intravenous
123 landiolol compared with standard care in adults with established septic shock and tachycardia.

124

125 It was conducted in 40 acute care National Health Service (NHS) hospitals in the UK. The trial
126 protocol¹² was approved by the East of England, Essex Research Ethics Committee (Reference:
127 17/EE/0368). Interim analyses were undertaken prior to each independent Data Monitoring
128 Committee (DMC) meeting which occurred every three months. There were no formal stopping rules
129 for futility or benefit.

130

131 **Trial Participants**

132 The study recruited adult patients (≥ 18 years) on an intensive care unit (ICU) diagnosed with septic
133 shock as defined by consensus criteria (Sepsis-3)¹⁴ who, having received adequate fluid resuscitation,
134 were being treated with ≥ 0.1 mcg/kg/min norepinephrine (for >24 hours but <72 hours) at the time
135 of randomization and were tachycardiac with a Heart Rate (HR) of 95 beats per minute (bpm) or
136 more. Sepsis-3 criteria were met if the patient had known or suspected infection, a Sequential Organ
137 Failure Assessment (SOFA) score change of ≥ 2 from baseline, a blood lactate > 2 mmol/l at any point
138 during shock resuscitation and vasopressor therapy to maintain a mean arterial pressure either

139 predefined by the clinician or ≥ 65 mmHg. Patients were excluded if they had a tachycardia because
140 of pain/discomfort, or any non-infective form of vasodilatory shock (see Supplement 1: Trial Protocol
141 for extended inclusion and exclusion criteria).

142

143 **Interventions**

144 The intervention was open-label as the landiolol dose was titrated to achieve a target HR.

145 Investigators remained blinded to all group data during the trial.

146

147 *Landiolol*

148 The continuous intravenous infusion of landiolol was started at 1.0 mcg/kg/min, increasing every 15
149 minutes by a step change of 1.0 mcg/kg/min to reach the target HR of 80-94 bpm with the

150 expectation that this should be within 6 hours. Whilst the patient was receiving vasopressor agents
151 (norepinephrine and/or vasopressin), the landiolol infusion was adjusted by step changes of 1.0

152 mcg/kg/min to maintain the target HR. The infusion was reduced by step change, and if necessary,

153 ultimately stopped, if the HR fell below 80 bpm; the infusion was deliberately weaned once all the
154 vasopressor agents had been discontinued for 12 hours (which we defined as the End of

155 Norepinephrine Treatment).

156 It was recommended that the landiolol infusion be stopped for at least 12 hours before the patient
157 was discharged from the ICU. (See Supplement 3: eFigure 1 and eTable 1 for Cardiovascular

158 Management and Infusion protocols; eFigure 2, for vasopressor infusion weaning protocol. eFigure
159 3, for timing and weaning of the study drug).

160

161 *Standard care*

162 The control group received standard care but did not receive any beta blockade for the duration of
163 their ICU stay. Management of the patient was based on the latest guidance from the Surviving

164 Sepsis Campaign¹⁵. They recommend that all patients receive timely source control, prompt and

165 appropriate empiric antibiotic treatment modified according to culture results and appropriate fluid
166 resuscitation to correct hypovolemia. The use of cardiac output monitoring was at the discretion of
167 the local investigator. Three large international randomized trials¹⁶⁻¹⁸ and the subsequent patient-
168 level meta-analysis¹⁹ had found that cardiac output monitoring did not improve outcomes and the
169 Trial Steering Committee was of the opinion that to mandate it would be a severe barrier to
170 recruitment.

171

172 *Compliance*

173 Compliance with the drug infusion protocol was closely monitored and reviewed in monthly trial
174 management meetings. A patient was said to not comply if (i) landiolol was not started ,(ii) landiolol
175 was not started at correct dose, (iii) HR was below 80 bpm and landiolol infusion was not reduced,
176 (iv) HR was above 94 and landiolol infusion was not increased, and (v) landiolol was not stopped
177 after the End of Norepinephrine Treatment. The compliance criteria are stipulated in Supplement 3:
178 eTable 2 and the analysis criteria are stipulated in the statistical analysis plan (Supplement 2).

179

180 **Procedure**

181 Detailed descriptions of the trial procedures are given in the published protocol¹² and the online
182 supplements 1 and 3. Patients in ICU with septic shock were screened for eligibility upon initiation of
183 norepinephrine so that there was a 24-hour window during which patient/legal representative
184 written consent was sought. Ethical approval included approaching patients during this window even
185 though our scoping data suggested that 90% would fall outside the inclusion criteria at the 24-hour
186 timepoint and would not be randomized. This was usually because the heart rate or the
187 norepinephrine dose had improved below the rates needed for inclusion (Figure 1).

188

189 **Outcomes**

190 All outcomes were pre-specified and outlined in the published protocol¹². We report no *post-hoc*
191 analyses.

192

193 *Primary outcome*

194 The primary outcome was the mean SOFA score²⁰ over the first 14 days from entry into the trial and
195 whilst in ICU. A modified version of the SOFA score was used (using respiratory, cardiovascular, hepatic,
196 coagulation and renal, each scored 0-4) which excludes the neurological domain as therapeutic sedation
197 markedly alters the Glasgow Coma Scale. The score ranged from 0-20, where a higher score reflects a
198 higher degree of organ dysfunction.

199

200 *Secondary outcomes*

201 There were twelve secondary outcomes: mortality at day 28 and 90 after randomization, length of
202 hospital and ICU stay, mean infusion rate and duration of norepinephrine (over 14 days), dose and
203 duration of inotropes (first 5 days), in/out and balance of total fluids (over 14 days), HR (over the 14
204 days), blood glucose (mmol/L) and blood lactate (mmol/L) (day 1, 2, 4, 6 and end of norepinephrine
205 treatment) and mean arterial pressure (over the 5 days) (See eTable 3).

206

207 There were an additional five safety outcomes included pre-specified adverse events including
208 bradycardia (HR <50 bpm), bradycardia with hypotension requiring intervention (not including
209 temporarily stopping the infusion), heart block, arrhythmia and arrhythmia hypotension requiring
210 intervention.

211

212 **Statistical Analysis**

213 The statistical analysis plan²¹ is provided in Supplement 2. All analyses used an intention to treat
214 principle.

215 As used in previous sepsis studies²²⁻²⁴, the mean modified SOFA during the ICU stay was calculated
216 by adding the SOFA scores in ICU (up to a maximum of 14 days) and dividing by the number of days
217 the patient was in ICU. Patients who died or were discharged from the ICU before 14 days had only
218 the days from randomization to death or discharge counted.

219 For continuous outcomes, linear mixed effects regression models were fitted to estimate the
220 treatment difference, 95% confidence interval and p-value using bootstrapping (10,000
221 bootstrapped samples). Both unadjusted and adjusted (for age, gender, recruiting site (random
222 effect) and baseline norepinephrine dose) estimates were obtained.

223 Categorical outcomes were assessed using mixed effects logistic regression models and a fixed-
224 effect logistic regression model was used to report absolute difference (Risk Difference). For data
225 collected over time, longitudinal models were used to estimate the treatment difference. For
226 mortality outcomes at day 28 and 90, Kaplan-Meier plots give a visual representation of the time
227 to death (univariate survival analysis). The proportional odds assumption was also checked in these
228 survival models.

229 Pre-specified sub-group analyses were undertaken for baseline shock severity (norepinephrine
230 0.1mcg/kg/min - 0.3mcg/kg/min vs. >0.3 mcg/kg/min) and use of beta blockers on ICU admission
231 prior to randomization (Yes/No) using formal statistical tests for interaction for the primary outcome
232 using logistic regression models.

233 Missing data were imputed only for the primary outcome (see Statistical Plan). Three sensitivity
234 analyses were carried out using different imputation techniques assessing average SOFA score over
235 14 days and mortality as a composite outcome using the Pocock's win-ratio method²⁵ and an
236 instrumental mean model²⁶ to assess the effect of non-compliance.

237 The number and percentage of adverse events and serious adverse events from randomization to
238 90-day follow-up were summarized by treatment group and analyzed using the Fisher's exact
239 test.

240 Steroid doses were converted to hydrocortisone equivalents using the standard factors of 1 mg
241 Dexamethasone = 26.7 mg Hydrocortisone; 1 mg methylprednisolone = 5.0 mg Hydrocortisone; 1
242 mg prednisolone = 4.0 mg Hydrocortisone.

243 The diagnosis of Acute Respiratory Distress Syndrome (ARDS) was based on the observation at
244 randomization of infiltrates on chest radiography and the ratio of the arterial oxygen tension
245 (PaO₂) to the fraction of inspired oxygen (FiO₂) (the P/F Ratio) according to the accepted Berlin
246 Consensus Criteria²⁷.

247

248 **Trial Termination**

249 The DMC recommended that the trial be stopped on the basis that the intervention was unlikely
250 to demonstrate benefit and there was a signal for possible harm.. The decision to stop was not
251 based on a formal calculation of futility but based on the opinion of the DMC using all available
252 information including outcome data from the interim analysis, analysis of lactate and
253 norepinephrine and feasibility of future recruitment.

254

255

256 RESULTS

257 STRESS-L was terminated prematurely by the trial sponsor on 15 December 2021 based on the
258 advice of the independent DMC that landiolol was unlikely to demonstrate benefit should
259 recruitment have continued to full sample size and there was a signal of possible harm in relation to
260 mortality in the intervention group.

261

262 *Patient recruitment*

263 Between 19 April 2018 and 15 December 2021, 126 patients were randomized in 40 centers. The
264 trial was paused to recruitment from 18 March 2020 to 21 August 2020 due to COVID-19. A total of

265 4137 patients were screened and 348 (8.4%) patients were potentially eligible (Figure 1). Of these,
266 126 (36.2%) gave informed written consent and were randomized: 63 to landiolol and 63 to standard
267 care; no patients withdrew from the study. Patient characteristics were similar in the two treatment
268 groups at baseline (Table 1; also eTable 4). The mean age was 55.6 years ([95% CI, 52.7 to 58.5]),
269 58.7% were male.

270

271 *Primary outcome*

272 The mean SOFA score over the 14 days was 8.8 (SD 3.9) on landiolol compared with 8.1 (SD 3.2) on
273 standard care. There was no evidence of a statistical difference between the interventions (MD, 0.75
274 [95% CI: -0.49 to 2.0], P=0.24: Table 2, see also Figure 2). The sensitivity analyses and the composite
275 Pocock's win ratio test did not suggest evidence of a difference in the intervention group compared
276 to the standard care (see Supplement 3: eTable 5).

277

278 *Secondary outcomes*

279 The secondary outcomes are presented in Table 2 and Supplement 3: eFigure 4, eFigure 5a/b, eTable
280 6.

281 Mortality at day 28 was 37.1% (23/62) in the landiolol group and 25.4% (16/63) for those receiving
282 standard care (absolute difference, 11.7% [95% CI: -4.4% to 27.8%], P=0.16). Cox Proportional
283 Hazards model from day 0 to day 28 demonstrated no difference in survival between the treatment
284 groups (HR: 1.64 [95% CI: 0.87 to 3.10], P=0.13). Additional Cox Proportional Hazard modelling at
285 day 90 was 43.5% (27/62) for landiolol and 28.6% (18/63) for standard care (absolute difference,
286 14.9% [95% CI: -1.7% to 31.5%], P=0.08). Supplement 3 eFigure 5b illustrates the Kaplan-Meier curve
287 for mortality from day 0 to day 90 (Cox Proportional HR: 1.73 [95% CI: 0.95 to 3.15], P=0.07).

288 There was lower mean heart rate over 14 days in the landiolol group (MD over time: -6.46 bpm [95%
289 CI: -10.46 to -2.46], P=0.002: Table 2, see also Figure 3(b)). There was a difference in the mean

290 arterial pressure over 5 days with average values lower in the landiolol group (MD over time, -2.67
291 mmHg [95% CI: -5.06 to -0.29], P=0.03: Table 2, see also Figure 3(a)).
292 The average norepinephrine infusion rate was greater in the landiolol group (mcg/kg/min MD, 0.10
293 [95% CI: 0.002 to 0.20], P=0.05: Table 2). Having adjusted for pre-defined covariates, requirements in
294 the landiolol group remained greater (MD, 0.07 [95% CI: -0.003 to 0.15], P=0.06: Table 2).
295 Patients in the landiolol group had a numerically higher mean lactate over the course of the study
296 (mean (SD), 32.5 mg/dL (SD 31.2) compared with 24.5 mg/dL (SD 15.6) in the standard care group)
297 (MD over time: 6.48 mg/dL [95% CI: -1.12 to 14.08], P=0.10: Table 2).
298 For all the other clinical outcomes and comparisons, there was no evidence of a difference between
299 the treatment groups.

300

301 *Sub-group analyses*

302 Among three subgroups evaluated, there was no evidence of statistical difference between
303 treatment groups (see Supplement 3: eTable 7). For example, among the subgroup defined by
304 baseline shock severity (norepinephrine 0.1mcg/kg/min - 0.3mcg/kg/min vs. >0.3 mcg/kg/min), the
305 treatment by subgroup effect was not statistically significant (P=0.47).

306

307 *Adverse events (see Supplement 3, eTable 8)*

308 The proportion of patients with at least one adverse event did not differ significantly between the
309 intervention groups: this was 17.5% (10/63) for those receiving landiolol and 12.7% (8/63) for those
310 receiving standard care (P=0.80). However, a higher proportion of landiolol patients experienced
311 serious adverse events (landiolol: 25.4% (16/63); standard care: 6.4% (4/63); P=0.006, Fisher's exact
312 test).

313 In total there were 5/63 (7.9%) non-compliers in the landiolol group. Details of those patients are
314 outlined in Supplement 3: eTable13. Further information about Protocol non-compliance may be

315 found in eTables 9-15. Further details of Site Screening and Recruitment may be found in Supplement
316 3: eFigure 6 and eTables 16-19.

317

318

319 DISCUSSION

320 In a trial of landiolol in tachycardic patients with septic shock, treated with high dose
321 norepinephrine, there was no difference in mean SOFA score during the 14 days following
322 randomization. The trial was stopped after recruiting 126 of its expected 340 patients as it was
323 considered unlikely to demonstrate benefit should recruitment have continued to full sample size
324 and there was a signal of possible harm in relation to mortality in the intervention group. Although
325 landiolol use in critically ill patients has been reported in cases studies²⁸ and a previous randomized
326 study²⁹, these reported only the safety of landiolol and efficacy in heart rate reduction. We believe
327 that STRESS-L is the first study to report a clinical outcome - the effect of landiolol in organ failure in
328 critically ill patients with septic shock.

329

330 STRESS-L was designed to replicate a previous study by Morelli⁹ who reported a dramatic reduction
331 in 28-day mortality with the use of esmolol in a similar cohort (control 80.5% to esmolol 49.4%
332 adjusted hazard ratio, 0.39; 95% CI, 0.26 to 0.59; P<0.001). When designing the study, it was felt that
333 there was not enough information to provide powering for a study based on 28-day mortality. The
334 outcome SOFA score over 14 days was used as this has been demonstrated to have a good
335 correlation with ICU mortality, its predictive value is similar regardless of length of stay³⁰ and was
336 used in other trials of cardiovascular interventions in sepsis, most notably LeoPARDs (Levosimendan
337 for the Prevention of Acute oRgan Dysfunction in Sepsis)²². In contrast to Morelli, STRESS-L used
338 landiolol rather than esmolol; study sites were unfamiliar with beta blockade in this group of

339 critically ill patients and the ultra-short-acting properties of landiolol provided additional safety in
340 the event of cardiovascular instability.

341

342 Morelli also used the non-adrenergic calcium sensitizer levosimendan to improve systemic oxygen
343 delivery where mixed venous saturation concentrations decreased or arterial lactate concentrations
344 increased. This was not the case in STRESS-L. We found that the patients receiving landiolol had a
345 higher mean lactate and norepinephrine requirements which may indicate a reduction in cardiac
346 output.

347

348 Morelli included a mixed venous oxygen saturation higher than 65% as one of their inclusion criteria.
349 The use of cardiac output monitoring and the decision to add a positive inotrope such as
350 dobutamine (as suggested by the Surviving Sepsis Campaign³) or levosimendan (as used by Morelli)
351 was left to the discretion of the clinical team which was a pragmatic reflection of septic shock
352 resuscitation in the UK but may present a limitation. Many patients with septic shock treated with
353 norepinephrine experience some degree of septic cardiomyopathy⁵ and may be dependent on a
354 tachycardia to maintain cardiac output. A recent post hoc analysis³¹ of 45 patients with septic shock
355 with persistent tachycardia and treated with esmolol, showed those with a less vigorous arterial
356 trace (as measured by the change in pressure with time, dP/dt_{max}), were more likely to decrease
357 their cardiac output during esmolol treatment.

358

359 Our results suggest that there is no benefit of landiolol used for short durations initiated during
360 severe critical illness. There is an association with improved survival in patients already treated with
361 longer-acting, non-specific beta blockers prior to ICU admission^{32,33} and in ICU patients with septic
362 shock³⁴. Kuo reported pre-morbid beta1-selective (but not non-selective) beta blockade reduced ICU
363 mortality [adjusted hazard ratio, 0.40; 95% confidence interval (CI), 0.18–0.92; $P=0.030$]³⁵. If there is

364 a benefit to beta blockade in critical illness, it may be only seen with longer-term use. This should be
365 tested in a prospective clinical trial.

366

367 The mortality in our control group was much lower than expected. Validation of the Sepsis-3
368 definition for septic shock³⁶ analyzed 28150 participants in the Surviving Sepsis Campaign database
369 demonstrated that the patient group requiring vasopressors to maintain mean BP 65 mm Hg or
370 greater and having a serum lactate level greater than 2 mmol/L (18 mg/dL) after fluid resuscitation
371 had a mortality of 42.3% [95% CI, 41.2%-43.3%]. Mortality for septic shock was 38% in a recent
372 Cochrane Systematic Review³⁷. Whilst it is satisfying that the mortality from such severe septic shock
373 continues to fall, we cannot explain why the mortality in the standard care group in STRESS-L was
374 28.6% at day 90 in these otherwise high-risk patients.

375

376 LIMITATIONS

377 There were several limitations to our study. First, we are unable to comment on whether outcomes
378 would have been different if the landiolol administration had been started before or after the 24-
379 hours treatment with norepinephrine timepoint, at a different dose of norepinephrine or whether
380 patient sub-phenotypes exist. It is not possible to infer whether our findings are a class effect,
381 applicable to all beta blocking drugs or due to the high specificity for the beta1 receptor of landiolol.
382 Second, although the primary outcome was selected as it had been previously used in other septic
383 shock trials²²⁻²⁴, it does not deal well with deaths and discharges from ICU. Third, decisions around
384 withdrawal of life-sustaining measures leading to patient death or timing of discharge from ICU were
385 not controlled for over the course of the study and may have impacted the primary outcome.
386 Fourth, although a pragmatic study, we lack data on cardiac function (either through cardiac output
387 monitoring or echocardiography), this hinders our ability to identify patient groups who may have

388 benefitted or been harmed by the intervention. Finally, by stopping prematurely, the trial may not
389 have sufficient power to describe clinically important effects and further post-hoc subgroup analysis
390 may have too few patients to reveal clinically important differences.

391

392 CONCLUSIONS

393 STRESS-L was stopped after recruiting 126 of 340 patients as it was unlikely to demonstrate benefit
394 should recruitment have continued and there was a signal of possible harm in the intervention
395 group. In patients with septic shock treated with norepinephrine for more than 24 hours and
396 tachycardia, an infusion of landiolol did not improve organ function as measured by the SOFA score
397 over 14 days from randomization. These results do not support the use of landiolol in the
398 management of tachycardic patients on norepinephrine undergoing treatment for established septic
399 shock.

400

401

402

403 **ARTICLE INFORMATION**

404 **Author Contributions:** Prof Lall and Dr Hossain had full access to all of the data and take

405 responsibility for the integrity of the data and the accuracy of the data analysis.

406 *Concept and Design:* Whitehouse, Bion, Perkins, McAuley, Singer, Gordon, Young and Gates.

407 *Acquisition of data:* Veenith, MacCallum, Yeung, Innes, Welters, Ghuman, Boota, Skilton.

408 *Statistical analysis:* Lall, Hossain, Gates, Mistry.

409 *Drafting of the manuscript:* Lall, Whitehouse, Hossain.

410 *Critical revision of the manuscript for important intellectual content:* Bion, Perkins, McAuley, Singer,

411 Gates, Gordon, Lord, Young, Veenith, MacCallum, Yeung, Innes, Welters.

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451

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454

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456

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470

471

472 Figure Legends:

473 Figure 1: Recruitment: Screening, randomization, and outcome assessment in the STRESS-L trial.

474 Figure 2: Median and Interquartile Range (Box and whisker) and mean Summary (unfilled circles) of
475 SOFA scores. Filled circles represent outliers.

476 Figure 3: Median and Interquartile Range (Box and whisker) and mean Summaries (unfilled circles) of
477 (a) MAP over 5 days, and (b) HR rate over 14 days

478 Figure 3a (Footnote): *Statistically significant difference in the interventions is noted at day 2 (MD, -
479 4.53 [95% CI: -7.69 to -1.36], P=0.005).

480 Figure 3b (Footnote): **Statistically significant difference in the interventions was noted at day 1
481 (MD, -8.66 [95% CI: -13.20 to -4.12], P<0.001) and day 4 (MD, -8.68 [95% CI, -14.73 to 2.62], P=0.003)

482 “

483

Table 1: Baseline patient characteristics ^a .		
	No. (%)	
	Landiolol (N=63)	Standard Care (N=63)
Age, mean (SD), y	55.9 (16.2)	55.3 (17.1)
Male	37 (58.7)	37 (58.7)
Female	26 (41.3)	26 (41.3)
Main site of the infection		
Lungs	28 (44.4)	27 (42.9)
Abdomen	21 (33.3)	22 (34.9)
Other	8 (12.7)	13 (20.6)
Urine	4 (6.3)	1 (1.6)
Blood	2 (3.2)	0 (0.0)
Where was the infection acquired:		
Community / Hospital	46 (73.0) / 17 (27.0)	45 (71.4) / 18 (28.6)
Patient met ARDS criteria ^b	20 (31.7)	13 (20.6)
Patient has concomitant illnesses	57 (90.5)	55 (87.3)
Received beta-blockers 2 weeks prior to ICU admission	5 (14.3)	6 (16.7)
Received beta-blockers during ICU admission prior to randomization	3 (8.3)	5 (13.9)
Steroid (Hydrocortisone equivalent dose) (mg), mean (SD) [N]	170.6 (94.4) [33]	176.7 (100.8) [37]
Laboratory Values at randomization		
PaO ₂ , median (IQR) [N], mmHg	78.8 (67.5-91.5)	74.3 (66.0-84.0) [62]
PaCO ₂ , median (IQR) [N], mmHg	46.1 (41.3-57.0) [62]	44.3 (34.5-51.8) [62]
Glucose, mean (SD) [N], mg/dL	138.1 (56.0)	144.1 (51.4) [62]
Lactate, mean (SD) [N], mg/dL	41.0 (25.6)	40.9 (28.4) [62]
MAP, mean (SD) [N], mmHg	73.0 (9.1) [62]	72.3 (7.6)
HR, mean (SD), beats/min	110.6 (13.0)	114.1 (16.8)
Atrial Fibrillation at Randomization	7 (11.1)	8 (12.7)
Norepinephrine dose, mean (SD) (mcg/kg/min)	0.37 (0.30)	0.36 (0.22)
SOFA Score ^c , mean (SD)	10.1 (3.3)	10.3 (2.4)

Abbreviations: MAP; mean arterial pressure, HR; HR, AF; atrial fibrillation

^a N=63 unless it is stated

^b Berlin Criteria²⁷ of PaO₂/FIO₂ ratio<300mmHg and Bilateral Infiltrates on Chest Radiograph

^c STRESS-L used a 5-item SOFA score (respiratory, coagulation, cardiovascular, liver, and renal). Each item scores from 0 (best – normal function) to 4 (worst – most abnormal function). SOFA score is the mean of the 5 scored. Values in the table represent the results recorded at or closest prior to randomization

Table 2: Primary and secondary outcomes, and routinely collected data (landiolol vs standard care)^{a,b}						
	Landiolol (N=63)	Standard care (N=63)	Unadjusted		Adjusted ^c	
			Effect estimate (95%)	P-value	Effect estimate (95%)	P-value
Primary outcome						
SOFA score, mean (SD)	8.8 (3.9)	8.1 (3.2)	MD, 0.75 (-0.49 to 2.0)	.24	MD, 0.63 (-0.47 to 1.73)	.26
Secondary outcomes						
28-day mortality, n/N (%)	23/62 (37.1)	16/63 (25.4)	OR, 1.76 (0.77 to 4.03) RD, 11.70% (-4.43% to 27.83%)	.18 .16	OR, 1.75 (0.73 to 4.22) RD, 9.65% (-5.03% to 24.33%)	.21 .20
90-day mortality, n/N (%)	27/62 (43.5)	18/63 (28.6)	OR, 2.04 (0.91 to 4.57) RD, 14.98% (-1.66% to 31.6%)	.08 .08	OR: 2.13 (0.88 to 5.16) RD, 12.77% (2.00% to 27.54%)	.09 .09
Length of stay in ICU (survivors), mean (SD) [N], d	21.3 (31.7) [42]	19.6 (19.3) [47]	MD, 1.72 (-8.94 to 12.39)	.75	MD, 0.63 (-9.82 to 11.07)	.12
Length of stay in hospital (survivors), mean (SD) [N], d	49.1 (56.8) [38]	52.2 (42.6) [42]	MD, -3.17 (-24.77 to 18.42)	.77	MD, -3.88 (-24.66 to 16.88)	.71
Duration of norepinephrine, mean (SD) [N], d	5.3 (4.3) [61]	4.3 (1.9) [59]	MD, 0.98 (-0.23 to 2.20)	.11	MD, 1.05 (-0.16 to 2.27)	.09
Total cumulative dose of norepinephrine (mcg/kg/min), mean (SD) & median [Q1, Q3]	0.34 (0.33) 0.24 [0.16, 0.37]	0.24 (0.23) 0.17 [0.10, 0.27]	MD, 0.10 (0.002 to 0.20)	.05	MD, 0.07 (-0.003 to 0.15)	.06
Duration of Landiolol, Mean (SD) [N], d & median [Q1,Q3]	3.4 (4.0) [60] 2.0 [0.8,3.9]	-				
Total cumulative dose of Landiolol (mcg/kg/min), mean (SD) [N] & median [Q1, Q3]	10.9 (10.2) [60] 6.7 [3.3, 15.0]	-				
Routinely Collected Data						
Cardiovascular						
MAP (over 5 day), mean (SD), mmHg	73.2 (7.6)	76.0 (6.5)	MD, -2.67 (-5.06 to -0.29)	.03	MD, -2.64 (-4.94 to -0.33)	.002
HR (over 14 days), mean (SD), beats/min	92.4 (10.4)	98.6 (12.2)	MD, -6.46 (-10.46 to -2.46)	.002	MD, -6.46 (-10.42 to -2.49)	.001

Glucose and Lactate								
Glucose (mg/dL), mean (SD) [N] & median [Q1, Q3],	136.5 (34.5) 134.2 [112.3, 152.1]	148.3 (38.0) [62] 140.1 [122.9, 176.3]		MD, -10.58 (-23.21 to 2.05)	.10		MD, -10.70 (-23.37 to 1.97)	.10
Lactate ^a (mg/dL), mean (SD) [N], & median [Q1, Q3],	32.5 (31.2) 21.3 [14.9, 31.5]	24.5 (15.6) [62] 19.7 [15.7,25.7]		MD, 6.48 (-1.12 to 14.08)	.10		MD, 6.31 (-0.76 to 13.40)	.08
Arterial Blood Gases								
PaO ₂ , mean (SD), mmHg	79.8 (14.4)	81.6 (21.1)		MD, -1.66 (-7.96 to 4.64)	.61		MD, -1.55 (-7.83 to 4.72)	.63
PaCO ₂ , mean (SD), mmHg	46.5 (10.2)	44.8 (10.4)		MD, 1.38 (-1.95 to 4.72)	.42		MD, 1.40 (-1.99 to 4.79)	.42
Steroid								
Steroid (Hydrocortisone equivalent dose) (mg), mean (SD) [N] & median [Q1,Q3]	167.9 (72.1) [43] 180.0 (133.3, 200.0)	182.8 (112.8) [44] 166.7 (137.5, 200.0)		MD, -15.43 (-52.59 to 21.73)	.42		MD, -21.0 (-56.32 to 14.31)	.24
<i>Abbreviations: MD, mean difference; OR, Odds Ratio; RD, Risk Difference</i> ^a N=63 unless it is stated ^b The value of unadjusted mean difference may not be the same as the difference in means presented between the groups (Landiolol vs. standard care). This is because the model was fitted to the observed values for each timepoint. Whereas the means are calculated by first calculating mean for each patient over time and then mean of the means over all patients in each group. ^c Adjusted for age, gender, and baseline norepinephrine value								

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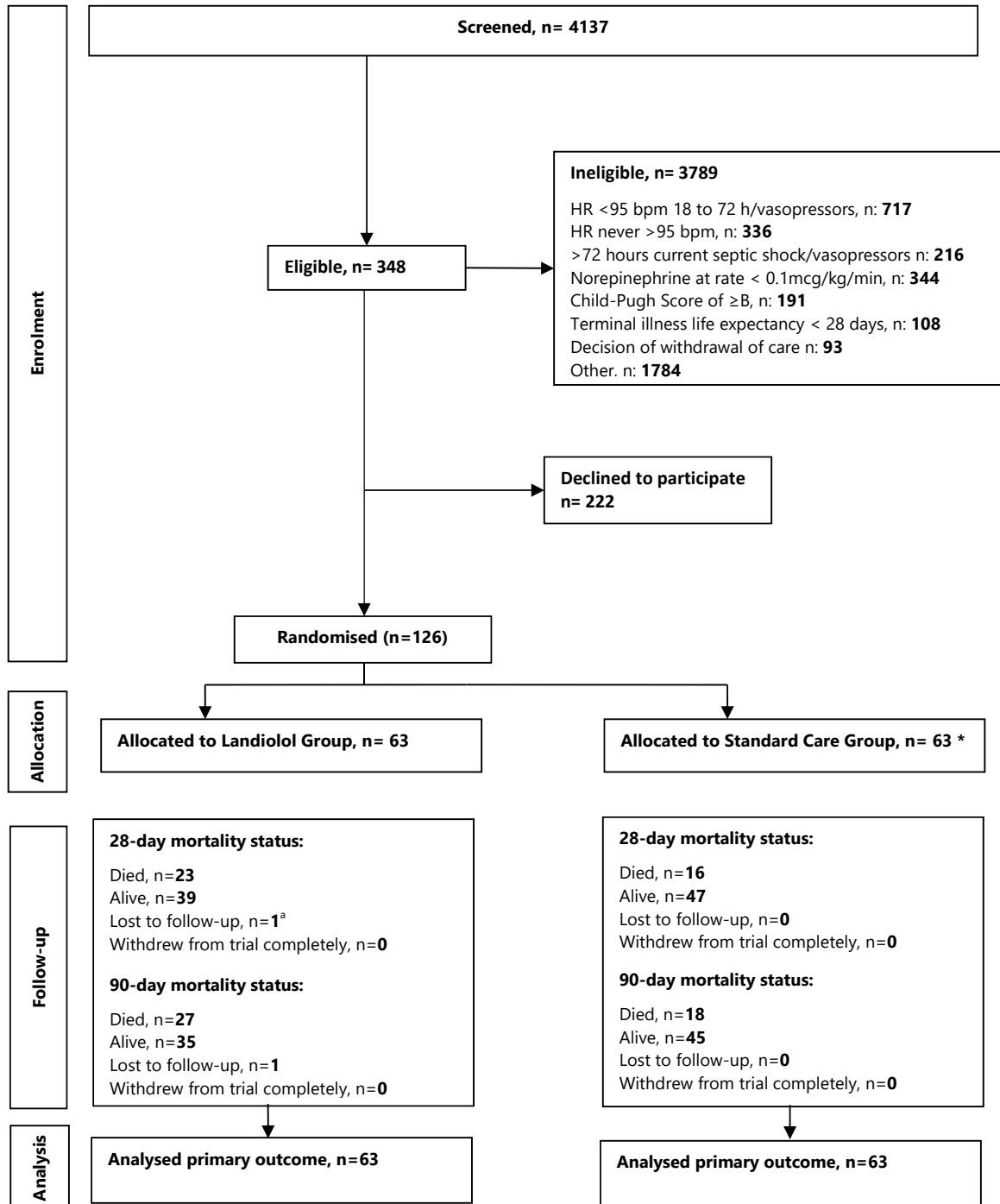
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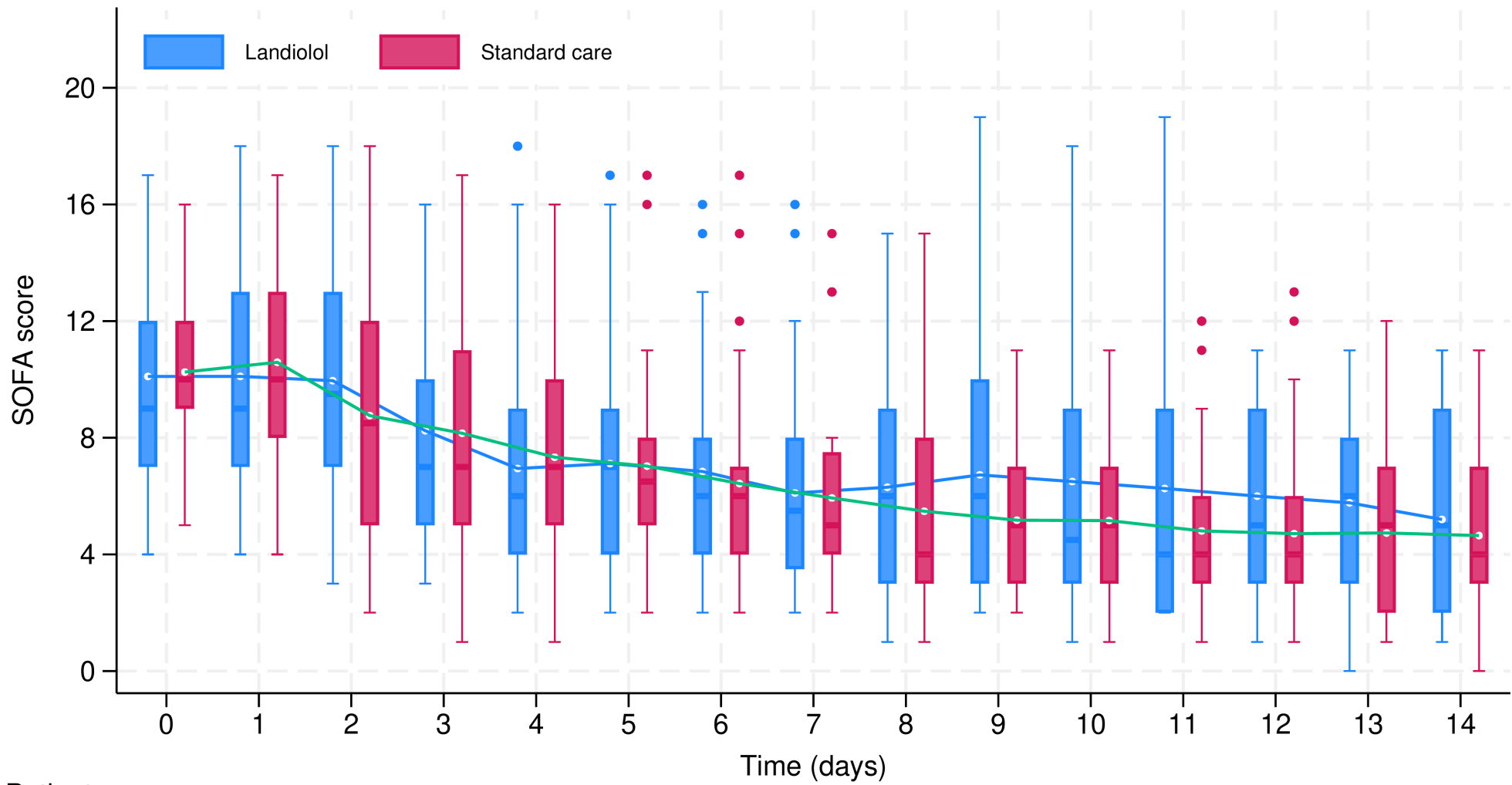
Figure 1: Recruitment: Screening, randomization, and outcome assessment in the STRESS-L trial.



*One patient was randomized in error- the patient had a heart rate of 84bpm at the point of randomization and thus this patient did not satisfy the eligibility criteria. However, the patient remained in the trial, on an intention to treat basis and their routine data were collected.

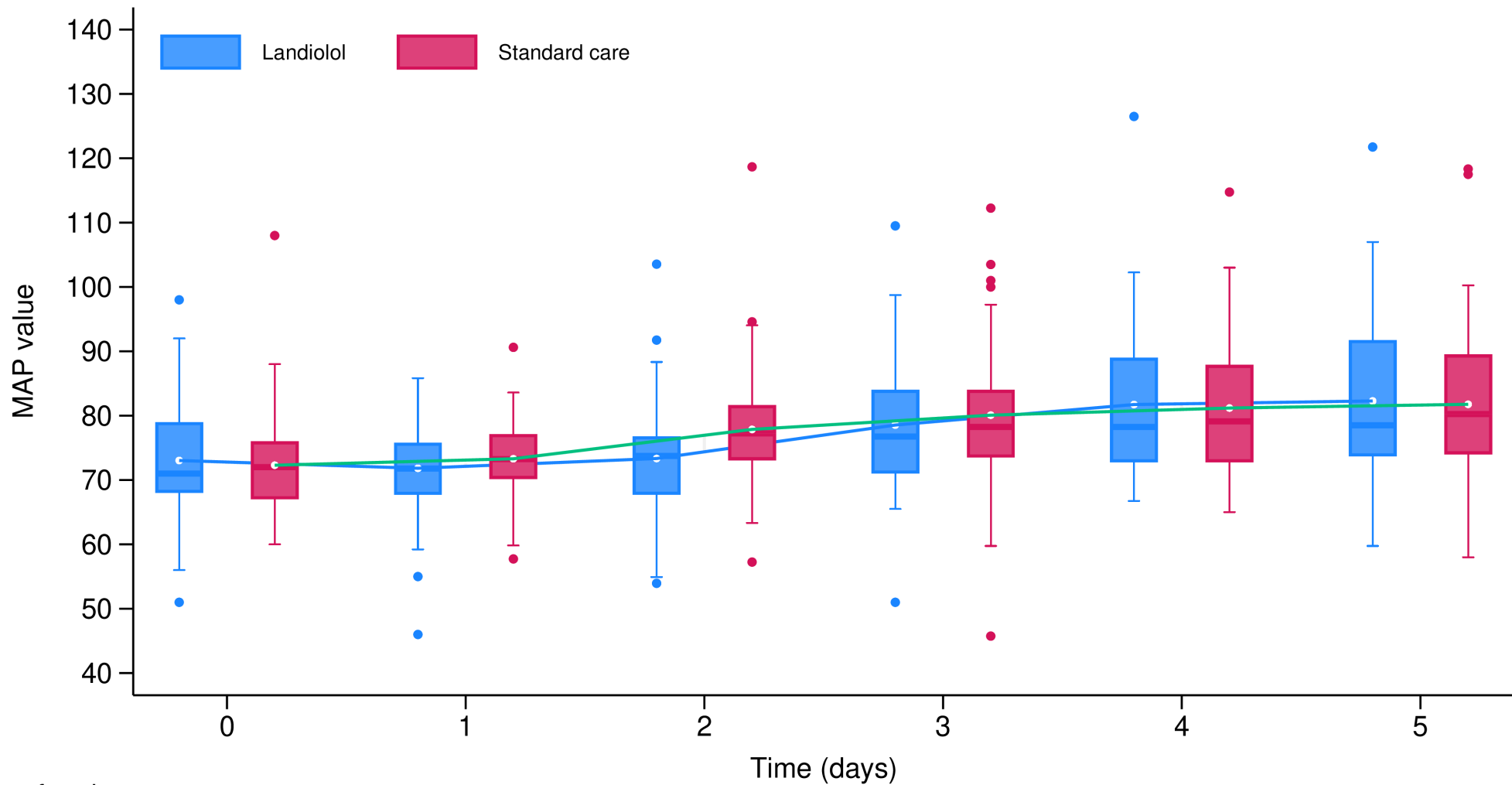
[†] Only one patient was recruited who had COVID-19 into the study.

[‡] In the study there were 9 (7.1%) withdrawals, all on the Landiolol arm (all patients withdrew from treatment but remained in follow-up). Of these, 8 patients were withdrawn by the clinician and 1 patient was withdrawn by the personal legal representative.



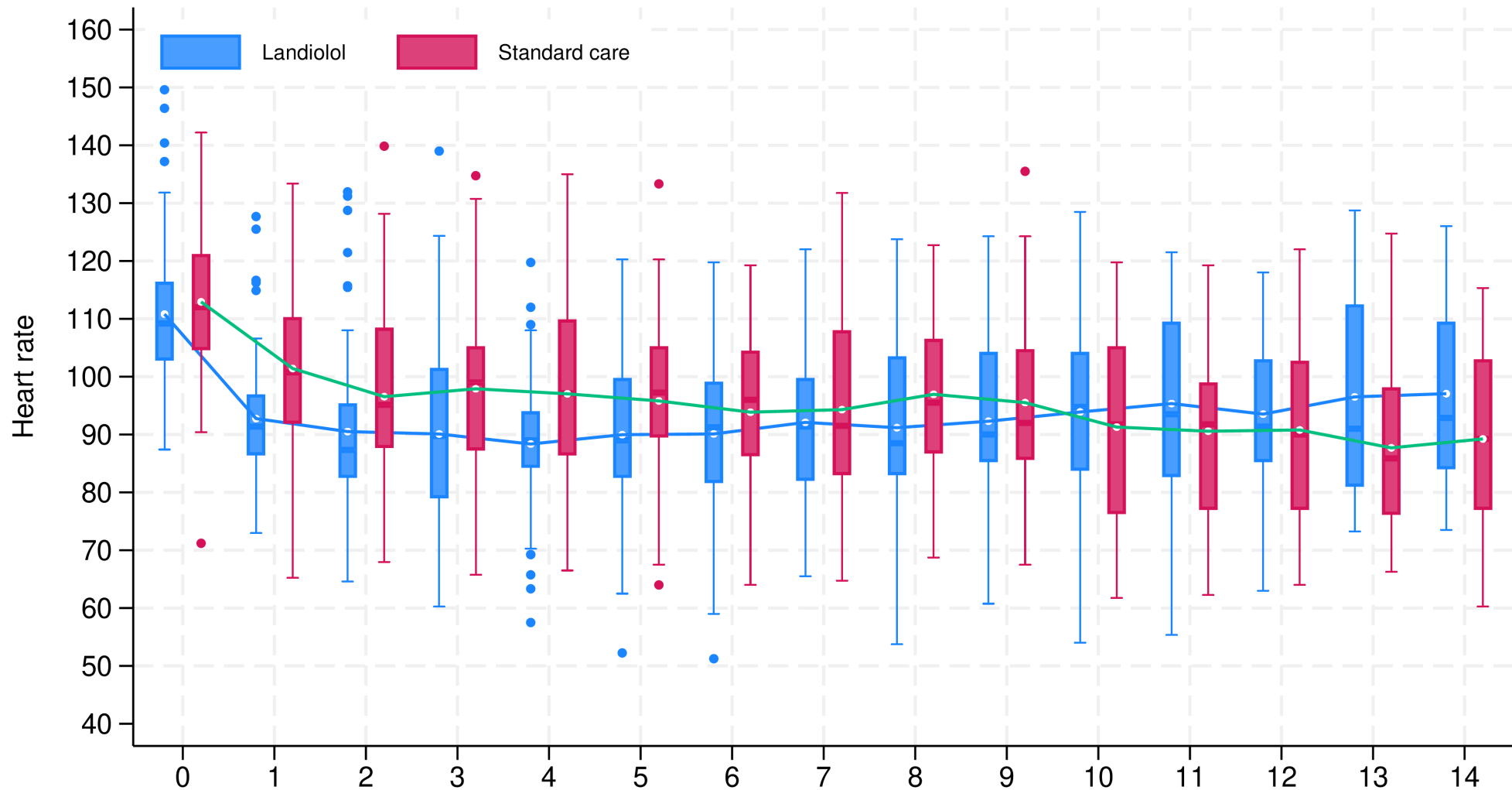
No. of Patients

Landiolol	58	57	48	41	38	34	32	28	23	22	22	19	17	13	15
Standard care	59	61	50	45	45	34	37	32	27	23	25	26	21	19	17



No. of patients

Landiolol	63	63	57	51	45	42
Standard care	63	63	61	58	53	50



No. of patients

Time (days)

Landiolol	63	63	57	51	45	41	40	34	29	29	27	27	24	22	22
Standard care	63	63	61	57	52	49	45	40	37	36	31	30	27	24	23