

Why balanced fluids?

Over the last two decades there has been a number of RCTs on fluid resuscitation published. These trials have provided evidence that the type of intravenous fluids used for resuscitation can impact on important patient-centred outcomes. There has been a shift in preferred fluid types with a move away from colloid based resuscitation to crystalloid based resuscitation. Within crystalloids, the once most commonly used resuscitation fluid, (ab)normal saline, has now been replaced with preferential use of balanced salt solutions. Until recently the only evidence to support the use of balanced salt solutions was from registry based and before and after studies.

This presentation will look at the differences in available balanced solutions and discuss the most recent evidence for use of balanced salt solutions, particularly focusing on the SPLIT study, the SMART Trials, and whether we have enough evidence to change our practice or should we wait for the completion of multi-centre trials currently underway in Australia and New Zealand and Brazil?