

ORIGINAL ARTICLE

Treatment of Acute Subarachnoid Hemorrhage

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ABSTRACT

BACKGROUND

The effect of treatment of acute subarachnoid hemorrhage on functional outcome remains unclear.

METHODS

In a randomized trial, we compared treatment of acute subarachnoid hemorrhage with nimodipine or placebo. The primary end point was functional outcome at 90 days, defined as a modified Rankin scale score of 1 to 3. Secondary end points included mortality, quality of life, and health economics. The trial was registered at ClinicalTrials.gov, NCT02737189.

RESULTS

A total of 217 patients (110 in the nimodipine group and 107 in the placebo group) were included in the primary analysis. At 90 days, the primary end point was met in 14% of patients in the nimodipine group and 21% in the placebo group. A modified Rankin scale score of 1 to 3 was achieved in 51% of patients (46% in the nimodipine group and 26% in the placebo group) (adjusted hazard ratio, 1.81; 95% confidence interval, 1.26 to 2.60; $P < 0.001$). The secondary end points were mortality, quality of life, and health economics. At 90 days, mortality was 31% in the nimodipine group and 42% in the placebo group (adjusted hazard ratio, 0.75; 95% confidence interval, 0.54 to 1.04). Postdischarge costs were 11% higher in the nimodipine group.

CONCLUSIONS

Treatment of acute subarachnoid hemorrhage with nimodipine did not improve functional outcome at 90 days compared with placebo. (Efficacy of Nimodipine in the Treatment of Acute Subarachnoid Hemorrhage [BAOCHE]; NCT02737189.)

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*A list of the BAOCHE investigators is provided in the Supplementary Appendix, available at NEJM.org.

Drs. Jovin and C. Li contributed equally to this article.

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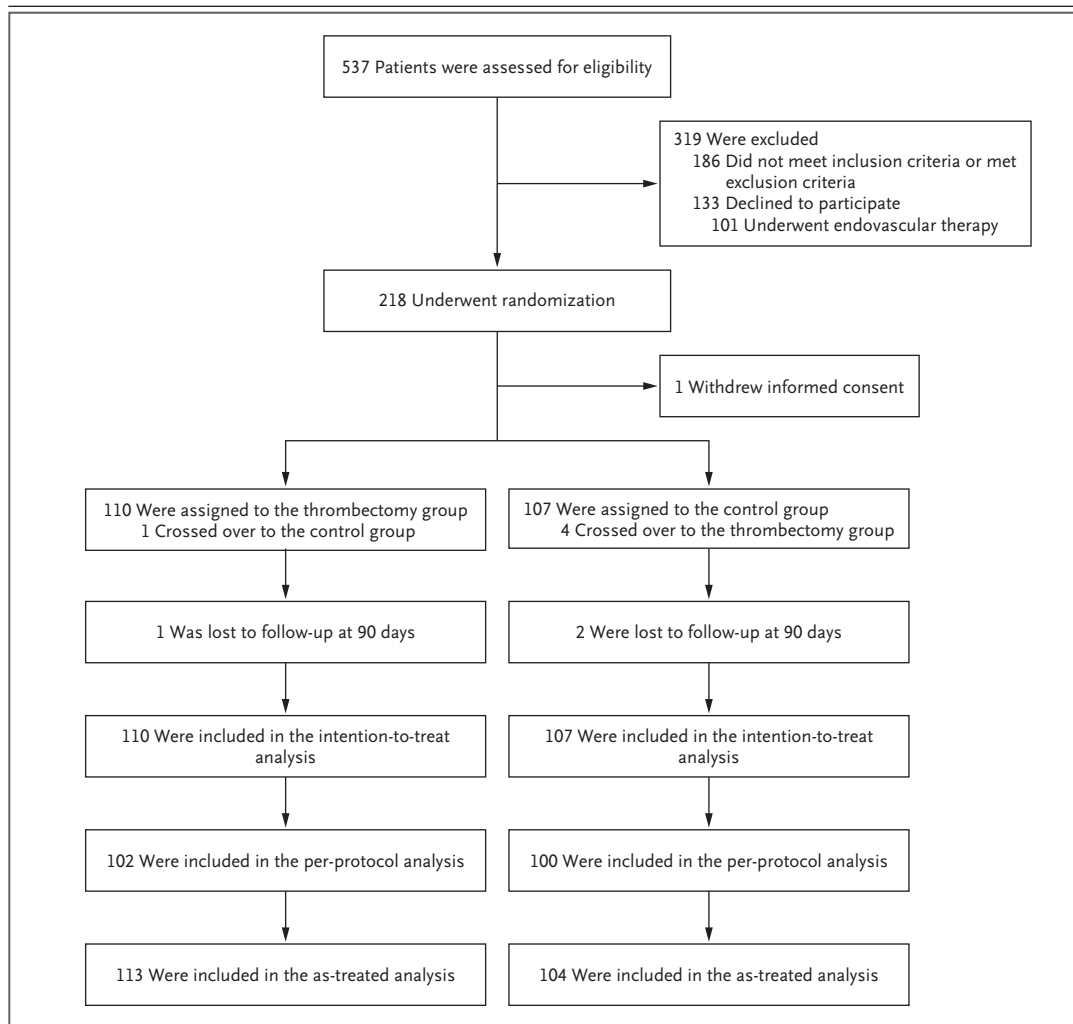


Figure 1. Screening, Randomization, and Follow-up of the Patients.

The per-protocol population included patients without major protocol deviations. The as-treated population included patients according to the treatment they received.

RESULTS

CHARACTERISTICS OF THE PATIENTS

From August 2016 to June 2021, a total of 537 patients were assessed for eligibility. Of these, 319 were excluded (186 did not meet inclusion criteria or met exclusion criteria, 133 declined to participate, and 101 underwent endovascular therapy). A total of 218 patients underwent randomization. One patient withdrew informed consent. One hundred and ten patients were assigned to the thrombectomy group (one crossed over to the control group), and 107 patients were assigned to the control group (four crossed over to the thrombectomy group). One patient was lost to follow-up at 90 days. One hundred and ten patients were included in the intention-to-treat analysis, and 102 patients were included in the per-protocol analysis. One hundred and thirteen patients were included in the as-treated analysis. One hundred and seven patients were included in the intention-to-treat analysis, and 100 patients were included in the per-protocol analysis. One hundred and four patients were included in the as-treated analysis.

(31 died and 59 died) were included in the as-treated analysis. The primary outcome was the proportion of patients who were alive and independent at 90 days. The secondary outcomes were the proportion of patients who were alive and independent at 90 days, the proportion of patients who were alive and independent at 90 days, and the proportion of patients who were alive and independent at 90 days. The primary outcome was the proportion of patients who were alive and independent at 90 days. The secondary outcomes were the proportion of patients who were alive and independent at 90 days, the proportion of patients who were alive and independent at 90 days, and the proportion of patients who were alive and independent at 90 days. The primary outcome was the proportion of patients who were alive and independent at 90 days. The secondary outcomes were the proportion of patients who were alive and independent at 90 days, the proportion of patients who were alive and independent at 90 days, and the proportion of patients who were alive and independent at 90 days.

Table 1. Characteristics of the Patients at Baseline.*

Characteristic	Thrombectomy (N=110)	Control (N=107)
Age — yr	64.2±9.6	63.7±9.8
Male sex — no. (%)	80 (73)	79 (74)
Medical history		
Atrial fibrillation — no. (%)	14 (13)	13 (12)
Diabetes mellitus — no. (%)	30 (27)	29 (27)
Hypertension — no./total no. (%)	90/110 (82)	79/106 (75)
Modified Rankin scale score of 0 before stroke — no. (%)	85 (77)	89 (83)
NIHSS score†		
Median (IQR)	20 (15–29)	19 (12–30)
Distribution — no. (%)		
6–20	66 (60)	61 (57)
>20	44 (40)	46 (43)
Median systolic blood pressure at hospital arrival (IQR) — mm Hg‡	157 (138–175)	152 (138–166)
Median glucose level at hospital arrival (IQR) — mmol/liter§	8.0 (6.4–9.9)	7.6 (6.0–10.2)
Intravenous thrombolysis — no. (%)	15 (14)	23 (21)
Imaging characteristics		
Median PC-ASPECTS (IQR)¶	8 (7–10)	8 (7–10)
Median Pons-Midbrain Index (IQR)‖	1 (0–2)	1 (0–2)
Basilar-artery occlusion site — no./total no. (%)**		
Proximal basilar artery	53/107 (50)	45/105 (43)
Middle basilar artery	40/107 (37)	37/105 (35)
Distal basilar artery	13/107 (12)	23/105 (22)
Workflow times		
Distribution — no. (%)		
6–12 hr	64 (58)	71 (66)
>12 hr	46 (42)	36 (34)
Median duration (IQR) — min		
From stroke onset to randomization	664 (512–861)	662 (492–838)
From stroke onset to revascularization††	790 (626–1000)	NA
From hospital admission to groin puncture‡‡	153 (99–235)	NA
From groin puncture to revascularization§§	85 (59–129)	NA

* Plus–minus values are means ±SD. IQR denotes interquartile range, and NA not applicable.

† Scores on the National Institutes of Health Stroke Scale (NIHSS) range from 0 to 42, with higher scores indicating more severe neurologic deficits.

‡ Data were missing for one patient in the thrombectomy group.

§ Data were missing for 11 patients in the thrombectomy group and for 13 in the control group. To convert the values for glucose to milligrams per deciliter, divide by 0.05551.

¶ The posterior circulation Acute Stroke Prognosis Early CT Score (PC-ASPECTS) is a measure of the extent of posterior circulation early cerebral ischemia. Scores range from 0 to 10, with higher scores indicating fewer early ischemic changes. Shown are values as assessed by the core laboratory. Scores were not available for four patients in the thrombectomy group.

‖ The Pons-Midbrain Index, a measure of the extent of early cerebral ischemia in the pons and midbrain, ranges from 0 (absence of early cerebral ischemia in the midbrain and pons) to 8 (>50% early cerebral ischemia on both sides in these brain-stem territories); 1 point is attributed to infarction of less than 50%, and 2 points to infarction of 50% or more on one side of the pons or midbrain. Scores were not available for four patients in the thrombectomy group.

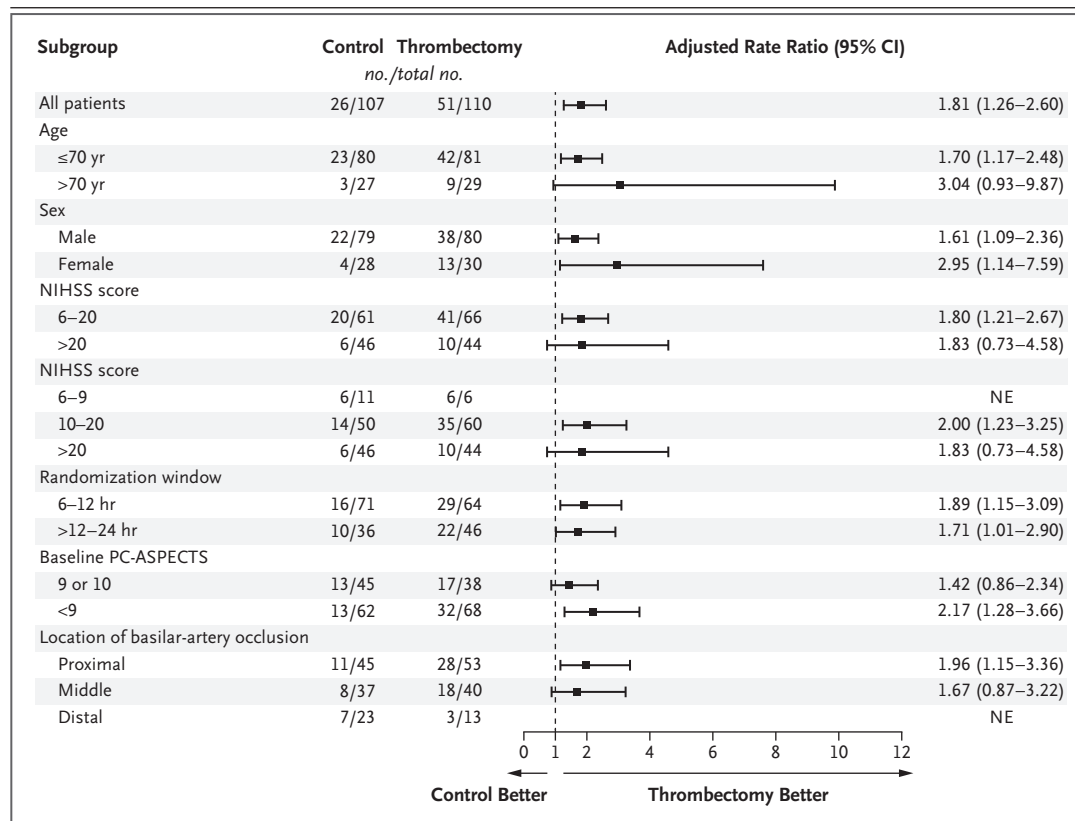
(Table S4). A total of 22 patients had a median age of 67 years (range 45 to 80 years). Of these, 12 (55%) were female and 10 (45%) were male. The median time from symptom onset to randomization was 12 hours (range 6 to 24 hours). The median time from randomization to thrombectomy was 4.5 hours (range 0 to 12 hours). The median time from randomization to thrombectomy was 4.5 hours (range 0 to 12 hours). The median time from randomization to thrombectomy was 4.5 hours (range 0 to 12 hours).

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Table 2. (Continued.)

- ** Scores on the Barthel Index range from 0 to 100, with higher values indicating good performance of daily living activities. A score between 95 and 100 indicates no disability that interferes with daily activities. Included in this analysis were patients who were alive at 90 days.
- †† Patency was defined as a score of 2 or 3 on the Arterial Occlusive Lesion scale, which ranges from 0 (complete occlusion) to 3 (complete recanalization and restoration of the target artery). Data for follow-up angiography were not available for 57 patients because of clinical instability or death.
- ‡‡ The EuroQoL Group 5-Dimension 3-Level (EQ-5D-3L) patient-reported questionnaire is a standardized instrument for the measurement of health status. Scores range from -0.149 to 1.00, with higher scores indicating better quality of life. Data were available for 68 patients in the thrombectomy group and for 52 in the control group.
- §§ Reperfusion on digital subtraction angiography was defined as a modified TIC1 grade of 2b or 3. A modified TIC1 reperfusion grade of 2b or higher indicates antegrade reperfusion of more than half the ischemic territory of the previously occluded target artery.¹³ Nine angiographic images were missing or could not be assessed for modified TIC1 because of poor image quality.
- ¶¶ Symptomatic intracranial hemorrhage was defined as parenchymal hemorrhage type 2 on follow-up imaging and neurologic worsening of at least 4 points on the NIHSS, according to the Safe Implementation of Thrombolysis in Stroke–Monitoring Study (SITS-MOST) criteria, or any symptomatic intracranial hemorrhage and neurologic worsening of at least 4 points on the NIHSS, according to the second European–Australasian Acute Stroke Study (ECASS II) criteria. Follow-up scans were unavailable because of clinical instability or death in 8 patients in the thrombectomy group and in 19 in the control group. The risk ratios are presented as unadjusted values because of non-convergence in the adjusted analysis.

**Figure 3. Subgroup Analyses of a Modified Rankin Scale Score of 0 to 3 at 90 Days (Primary Outcome).**

Scores on National Institutes of Health Stroke Scale (NIHSS) range from 0 to 42, with higher scores indicating greater neurologic deficits. The posterior circulation Acute Stroke Prognosis Early CT Score (PC-ASPECTS) is a 10-point grading system that measures the extent of posterior circulation early cerebral ischemia; scores range from 0 to 10, with higher scores indicating fewer early ischemic changes. The adjusted rate ratio in subgroups of patients with a baseline NIHSS score of 6 to 9 and with distal basilar-artery occlusion could not be estimated (NE) because of limited sample sizes. The trial was not powered for and had no prespecified correction for multiple comparisons for a definitive analysis of subgroups.

SAFETY OUTCOMES

The incidence of stroke was significantly lower in the treatment group (1.1%; adjusted hazard ratio, 0.64; 95% CI, 0.42-1.0) compared with the control group (2.2%; adjusted hazard ratio, 3.88; 95% CI, 2.49-6.01). The incidence of death was also significantly lower in the treatment group (1.1%; adjusted hazard ratio, 0.54; 95% CI, 0.35-0.83) compared with the control group (2.0%; adjusted hazard ratio, 3.59; 95% CI, 2.33-5.53). The incidence of major bleeding was similar in both groups (1.1% in the treatment group and 1.2% in the control group; adjusted hazard ratio, 1.04; 95% CI, 0.64-1.68). The incidence of intracranial hemorrhage was also similar in both groups (0.6% in the treatment group and 0.7% in the control group; adjusted hazard ratio, 0.86; 95% CI, 0.42-1.74). The incidence of all-cause mortality was significantly lower in the treatment group (1.1%; adjusted hazard ratio, 0.54; 95% CI, 0.35-0.83) compared with the control group (2.0%; adjusted hazard ratio, 3.59; 95% CI, 2.33-5.53). The incidence of major bleeding was similar in both groups (1.1% in the treatment group and 1.2% in the control group; adjusted hazard ratio, 1.04; 95% CI, 0.64-1.68). The incidence of intracranial hemorrhage was also similar in both groups (0.6% in the treatment group and 0.7% in the control group; adjusted hazard ratio, 0.86; 95% CI, 0.42-1.74). The incidence of all-cause mortality was significantly lower in the treatment group (1.1%; adjusted hazard ratio, 0.54; 95% CI, 0.35-0.83) compared with the control group (2.0%; adjusted hazard ratio, 3.59; 95% CI, 2.33-5.53).

DISCUSSION

Our study showed that the use of the treatment significantly reduced the risk of stroke, death, and major bleeding compared with the control. The incidence of stroke was significantly lower in the treatment group (1.1%; adjusted hazard ratio, 0.64; 95% CI, 0.42-1.0) compared with the control group (2.2%; adjusted hazard ratio, 3.88; 95% CI, 2.49-6.01). The incidence of death was also significantly lower in the treatment group (1.1%; adjusted hazard ratio, 0.54; 95% CI, 0.35-0.83) compared with the control group (2.0%; adjusted hazard ratio, 3.59; 95% CI, 2.33-5.53). The incidence of major bleeding was similar in both groups (1.1% in the treatment group and 1.2% in the control group; adjusted hazard ratio, 1.04; 95% CI, 0.64-1.68). The incidence of intracranial hemorrhage was also similar in both groups (0.6% in the treatment group and 0.7% in the control group; adjusted hazard ratio, 0.86; 95% CI, 0.42-1.74). The incidence of all-cause mortality was significantly lower in the treatment group (1.1%; adjusted hazard ratio, 0.54; 95% CI, 0.35-0.83) compared with the control group (2.0%; adjusted hazard ratio, 3.59; 95% CI, 2.33-5.53).

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APPENDIX

T e a ... f a e a d a c a d e e e a e a f : T d G J , M.D., C a . L, M.D., L f e W, M.D., C a e W, M.D., J a C e , M.D., C a c . J a , M.D., Z e a S , M.D., Z e G a , M.D., C f e S , M.D., W e . C e , M.D., Y a P e , M.D., C e Y a , M.D., M W e , M.D., T L , M.D., L . W e , M.D., G d X a , M.D., H a Y a , M.D., M Re , M.D., J a a D a , M.D., X f e L , M.D., P .D., Q . Y a , M.D., Y . L , M.D., Q f e Z , M.D., W a c a S , M.D., Q Z , M.D., X a b L , M.D., Z a . G , M.D., Q Y a , M.D., C e b e H . , P .D., W e b Z a , M.D., Q f e M a , M.D., Y . Z a , M.D., L . J a , M.D., H . Z a , M.D., D a d S . L e b e , d , M.D., H L a , M.D., A . P . J a d a , M.D., P .D., C a . W e , M.D., S c B , P .D., L a f Z , M.D., H a e Y e , M.D., M a c R b , M.D., M e C a , M.D., H a . S , M.D., J C e , M.D., P .D., a d X . J , M.D., P .D.

T e a ... f a f a e a f : e D e a ... f N e . e (T.G.J., J a C e , L.J., H.Z., X.J.), e D e a ... f N e - (C.L., L.W., C.W., W.Z., Q.M., Y.Z., H.S.), e S ... e C e (C.L.), e D e a ... f E ... e c M e d c e (J.D.), a d e C e f E d e c e - B a e d M e d c e (C.H.), X a . H . a , a d e D e a ... f R a d , B e C a a H . a (Q.Y.), C a a M e d c a U e , a d P e U e C c a R e e a c I , P e U e F H . a (C.Y.), B e , e D e a ... f N e , B a . C e a H . a f I e M a M e d c a U e (C.J.), B a , e D e a ... f N e , e , e 904 H . a f e P e . e ' L b e a A (PLA), W . (Z.S.), e D e a ... f N e , C e a H . a f S e O F e d , D (Z.G.), e D e a ... f N e , L a c e T d P e . e ' H . a , L a c e (C.S.), e D e a ... f N e , Z a . A f f a e d H . a f E a M e d c a U e , Z a . (W.C.), e D e a ... f N e , e , e F . P e . e ' H . a f C a , C a . (Y.P.), e D e a ... f N e , T a H a . H . a (M.W.), e D e a ... f N e . e , B a a H . a f B e U e (W.S.), a d e D e a ... f N e , T a T e d a H . a (Z.G.), T a , e D e a ... f N e , N a S e c d P e . e ' H . a , N a (T.L.), e D e a ... f R a d , L a C e a H . a f Z e . U e , L a (L.W.), e D e a ... f N e a d e C c a R e e a c C e e f N e c D - e a e , S e c d A f f a e d H . a f S c U e , S . (G.X.), e D e a ... f N e , A f f a e d H . a f G , M e d c a U e , G a (H.Y.), e D e a ... f N e , S a a B e C H . a , S a a (M.R.), e D e a ... f N e (X.L.), a d e D e a ... f C c a C a e M e d c e , D a a a d S a d S c D (Y.L.), A f f a e d J H . a , M e d c a S c f N a U e , N a , e D e a ... f N e , X a H . a a d S e c d A f f a e d H . a , A M e d c a U e (T d M a M e d c a U e), C (Q.Y.), e D e a ... f N e , 985 H . a f e P L A , T a a (Q f e Z), e D e a ... f N e , L P e . e ' H . a , L (Q Z), e D e a ... f N e , S b e P e . e ' H . a , Y a (X.L.), e D e a ... f N e , Y a a H . a f S a d F M e d c a U e , Y a a (H.L.), e D e a ... f N e , N a a C e a H . a f X a M e d c a U e , N a a (C.W.), e C e b a c a C e e , H e a P c a P e . e ' H . a , Z e . (L.Z.), e D e a ... f N e , H . a f B a a P e . e ' H . a , S e e (H.Y.), a d e D e a ... f N e , X ' a N . 3 H . a , X ' a (M.C.), a C a ; C e U e H e a c a e a d C e M e d c a S c f R a U e (T.G.J.), C a . d e , N J ; e D e a ... f N e a d C e e e S ... e C e , D a d G e f f e S c f M e d c e , U e f C a f a , L A e e , L A e e (D.S.L.); e D e a ... f N e , B a N e - c a I , P e , A Z (A.P.J.); A a B a c , M e e , N C (S.B.); e S ... e U H . a V a d ' H e b , B a c e a (M.R.), a d e D e a ... f N e , P b I f f e f B a D d e a d R e c e , U e f P b M e d c a C e e a d V e a A f f a P b H e a C a e S , G e a C R e e a c E d c a a d C c a C e e , P b (J C e).

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