

POINT-OF-CARE LACTATE TESTING – AN ESSENTIAL TOOL IN THE MANAGEMENT OF CRITICALLY ILL PATIENTS

Lactate is a useful laboratory marker in various clinical conditions. It can assist in the diagnosis of acid-base disorders; to monitor the effectiveness of resuscitation in critically ill patients; to identify cases of neonatal distress syndrome; and to identify cases of sepsis and assist in monitoring the goal directed therapy in these patients. It has become increasingly evident that rapid lactate results can help physicians identify septic patients at an early stage and initiate prompt treatment. In this regard, point-of-care lactate testing can be very helpful and it has been shown to improve clinical outcomes. The presentation will discuss the role of point-of-care lactate testing in the critical care setting area, and present the clinical significance of lactate in critically ill patients.

At the end of this presentation participating audience will be able to:

- Understand the physiology of lactate production and clearance
 - Describe the process of elevated blood lactate
- Describe the pathophysiologic mechanisms of septic shock
- Identify the diagnostic criteria of sepsis and septic shock
- Understand the clinical utility of lactate testing in the ICU
- Discuss the conditions, other than sepsis, that can cause elevated lactate