



Michael S. Avidan – 17th June 2018

Dr. Seymour and Rose T. Brown Professor of Anesthesiology



2018 CAS
ANNUAL MEETING



Advancing Anesthesiology,
Excellence & Leadership

The Role of Ketamine in Preventing Postoperative
Delirium and Pain

Acknowledgements

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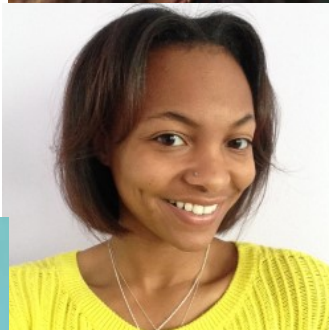
I have no conflicts of interest to declare.



James S. McDonnell Foundation

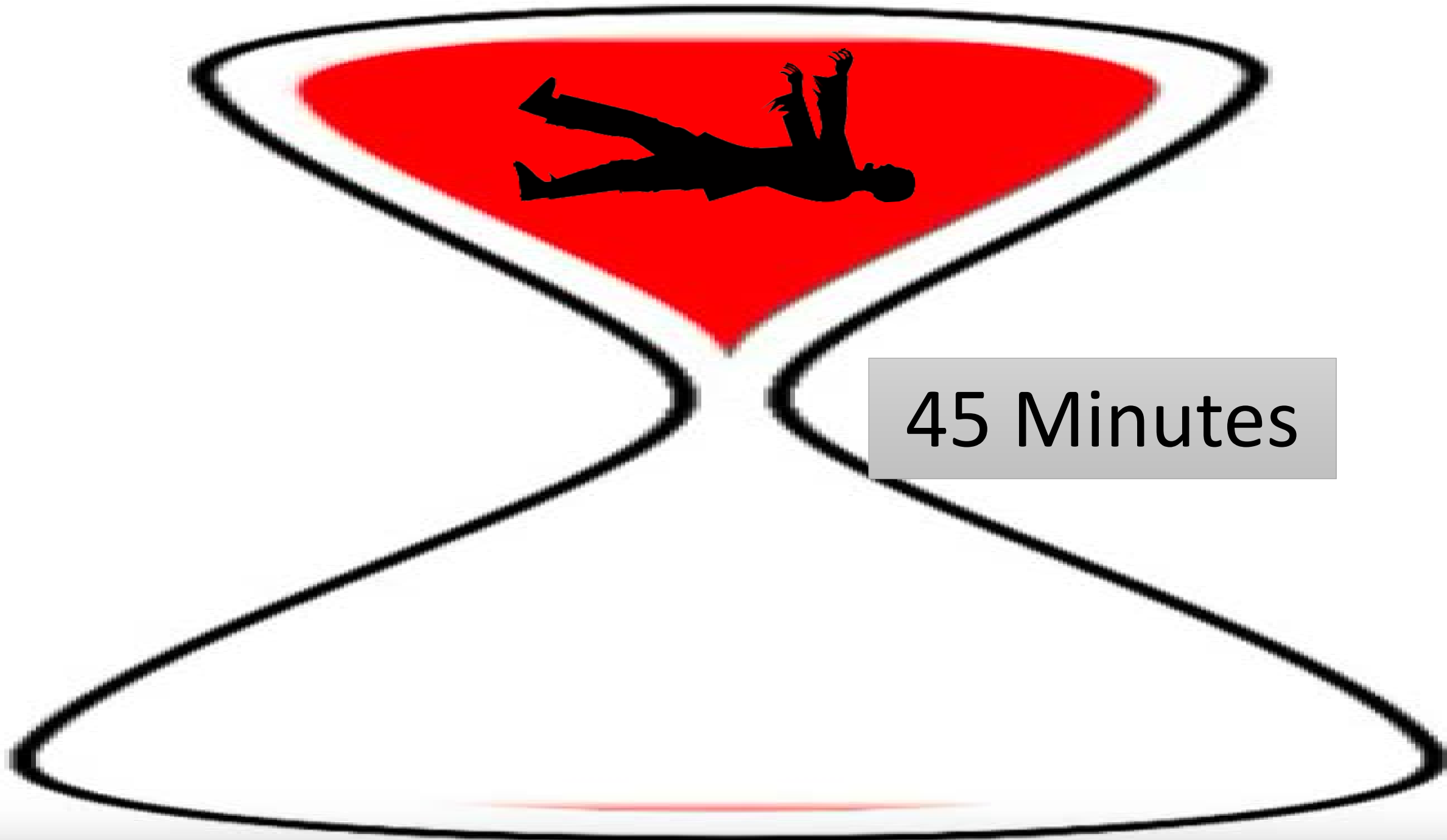


National Institute
on Aging



Special Thanks

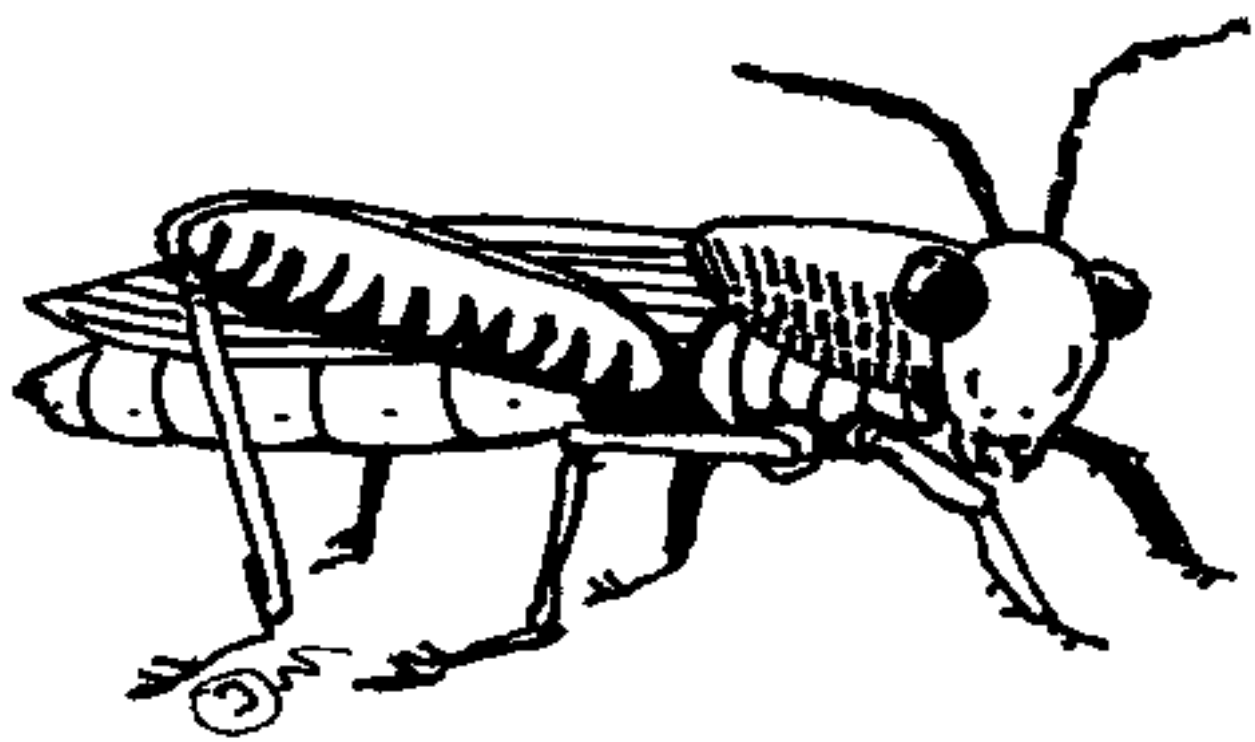


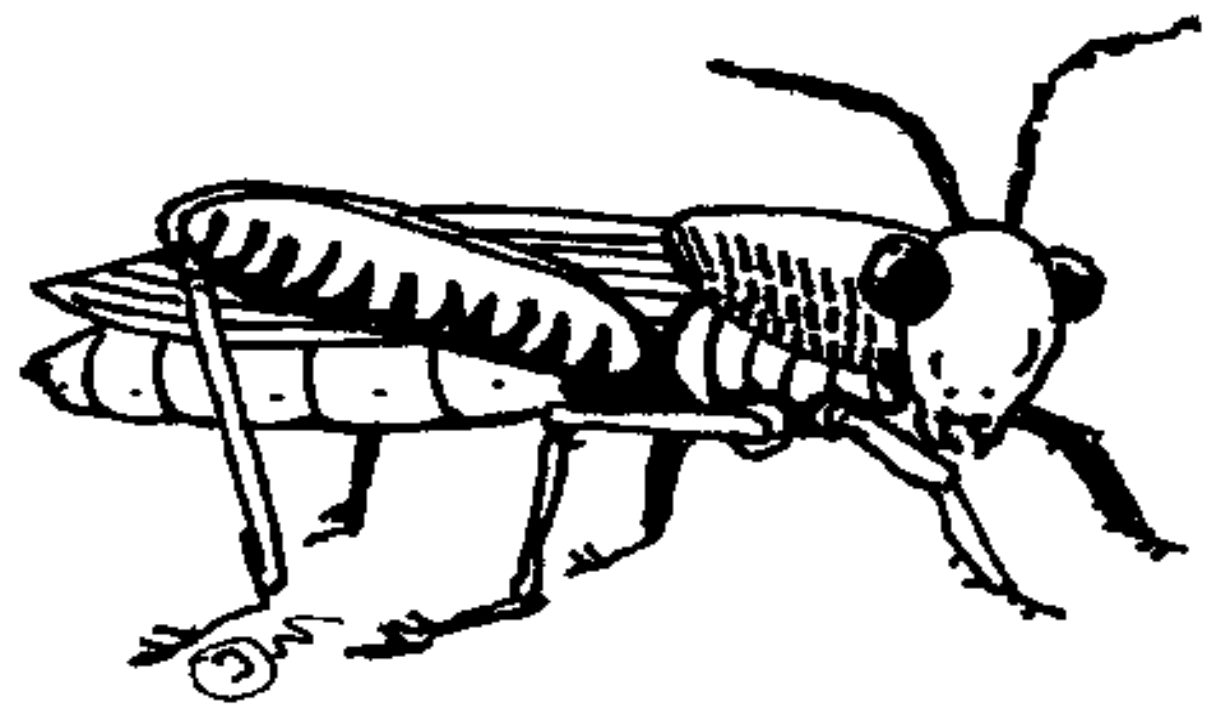


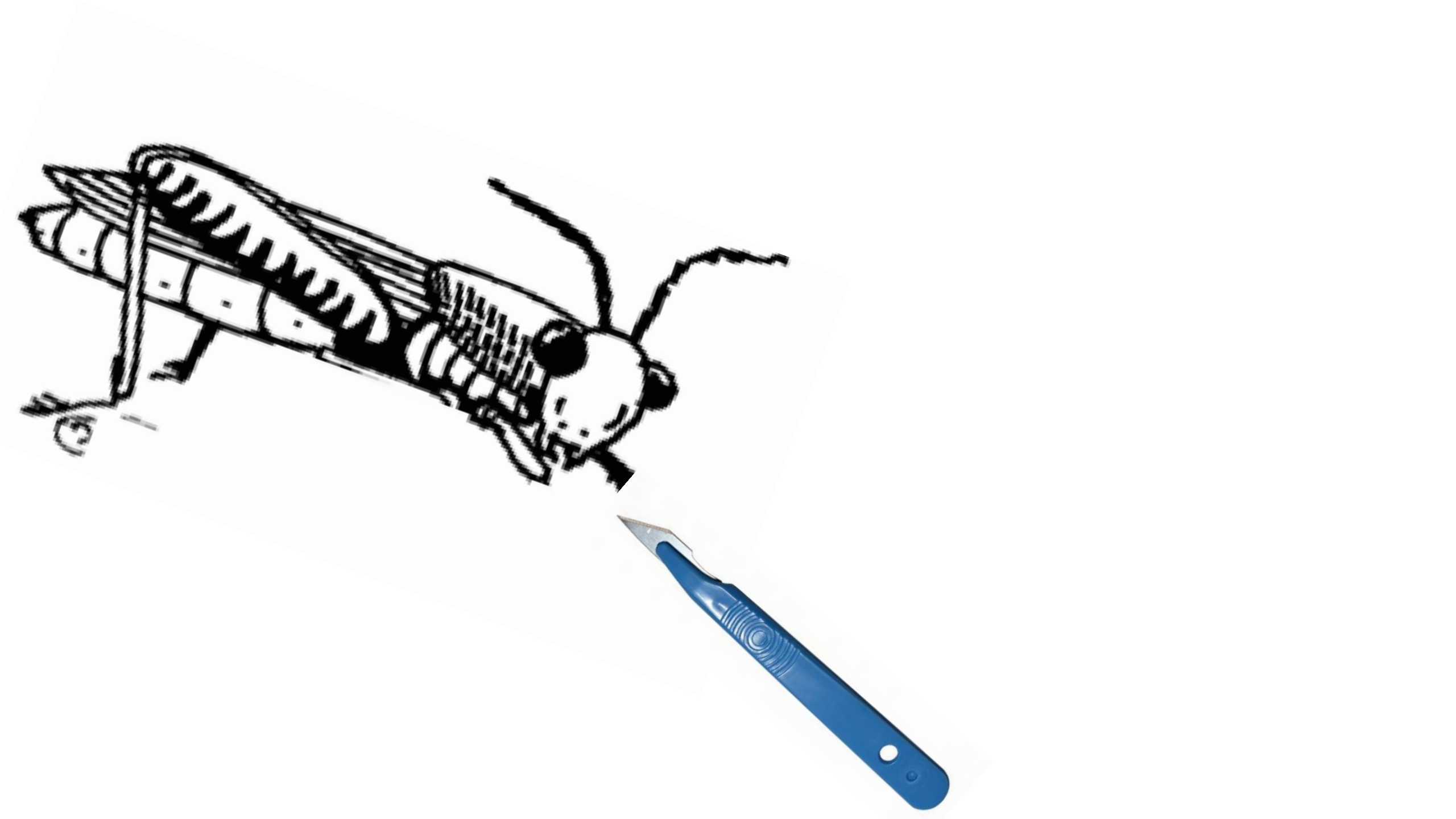
45 Minutes

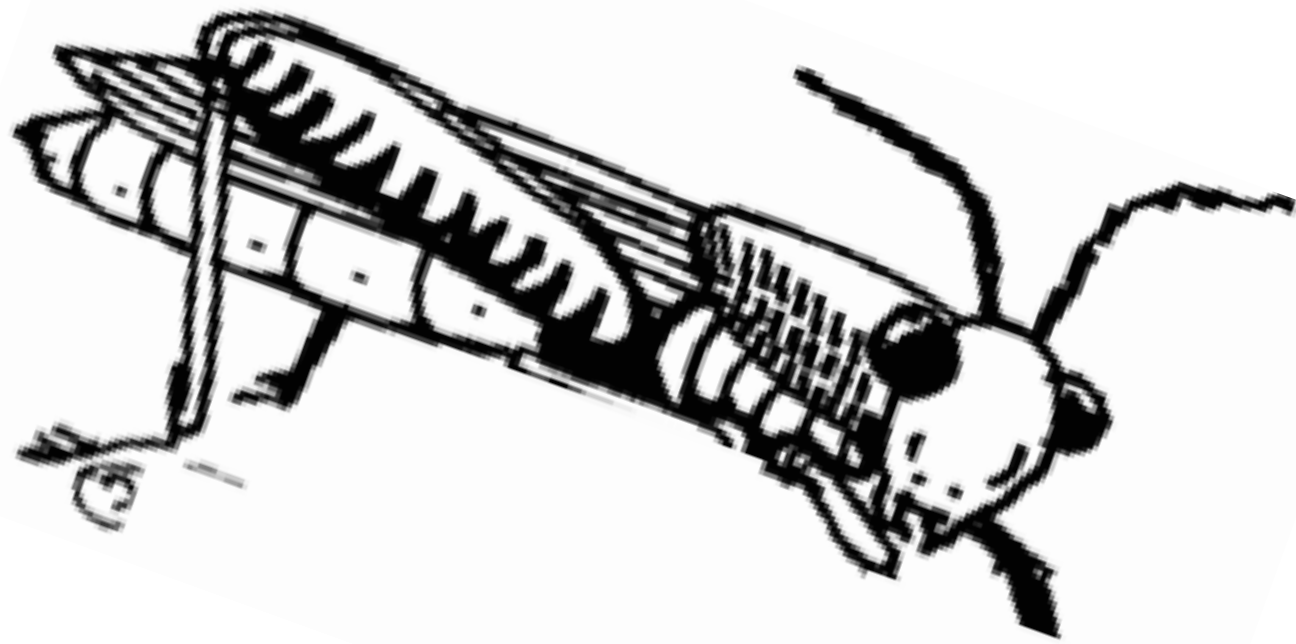
Objectives

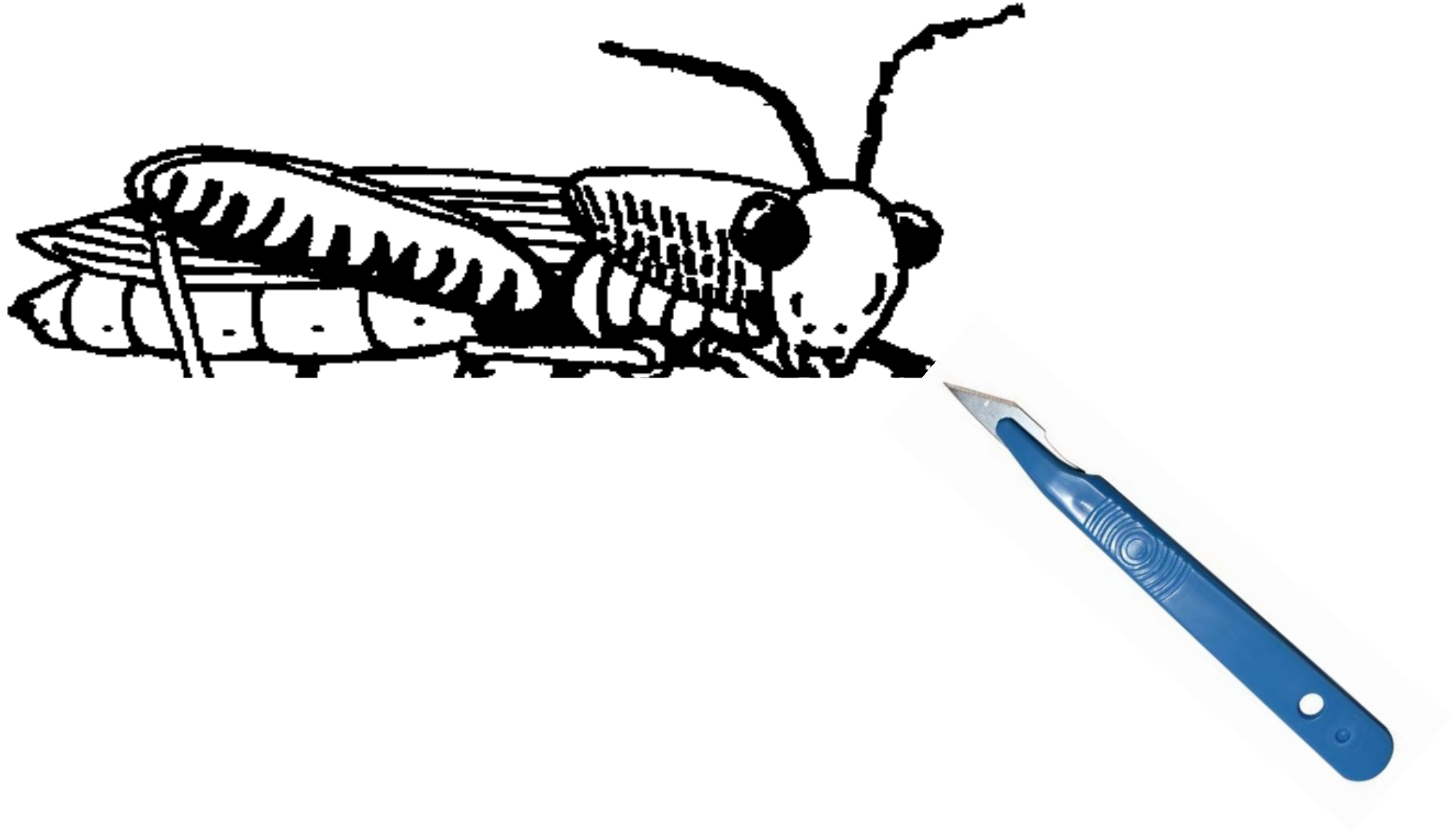
- Gain insight into the current reproducibility crisis in science;
- Learn about the three pillars of reproducibility;
- Understand some of the solutions to the crisis;
- Acquire ability to discern whether results of a study are likely to be true.

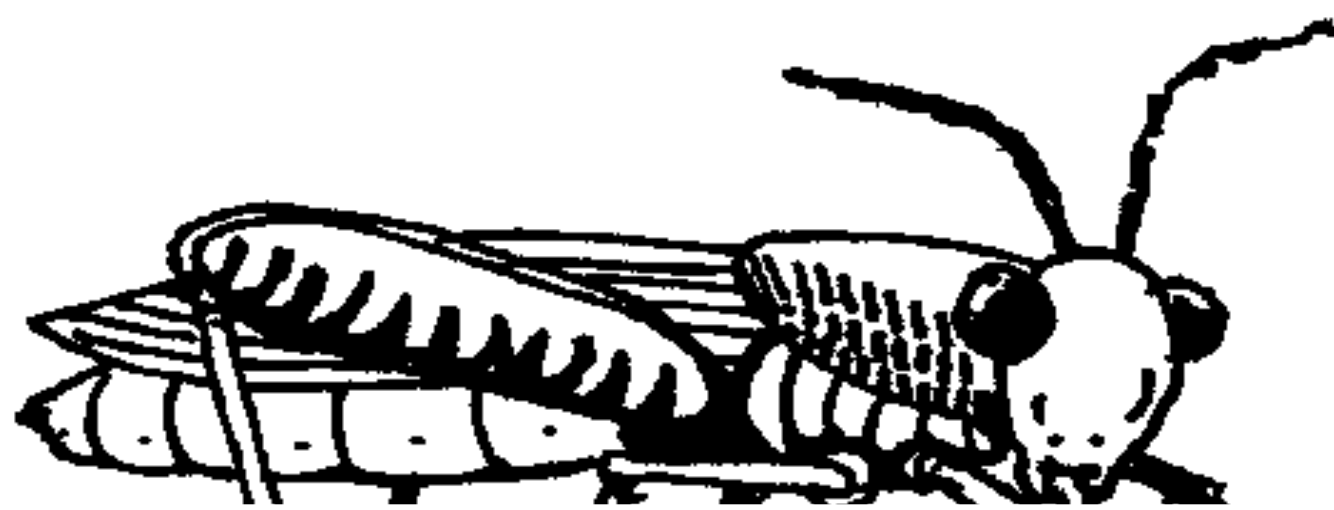












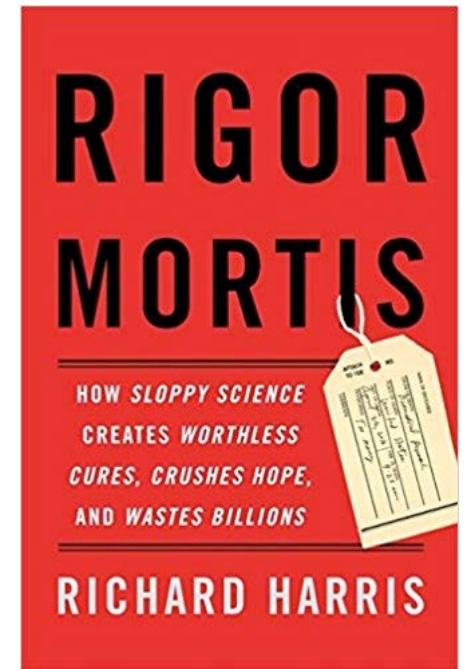
A cricket with no legs can't hear.

One Profound Question

At what point should clinical practice be changed based on the scientific evidence?

Incentives are malaligned

“Scientists often face a stark choice: they can do what’s best for medical advancement by adhering to the rigorous standards of science, or they can do what they perceive is necessary to maintain a career in the hypercompetitive environment of academic research.”



You conduct an RCT and expose 58 people to Rx or placebo. The next day, 31% of those exposed to Rx have fever compared with 3% of controls ($p < 0.01$).

- A. There is a probability of $>90\%$ that Rx causes fever.
- B. There is a probability of $>50\%$ that Rx causes fever.
- C. Replication attempts will achieve $\sim 50\%$ success.
- D. It is probable that more fever will be found with Rx than placebo in the majority of replication attempts.

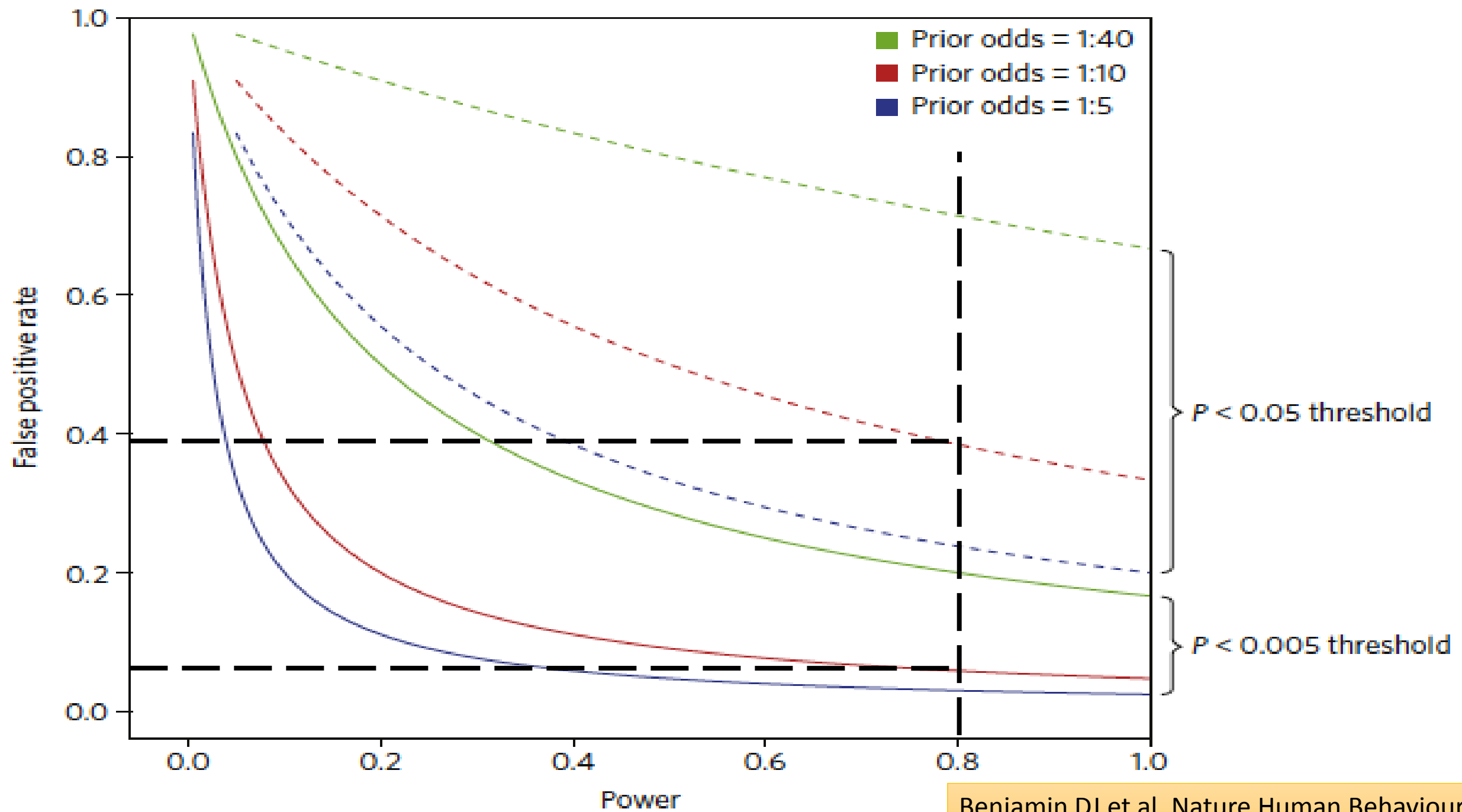
Redefine statistical significance

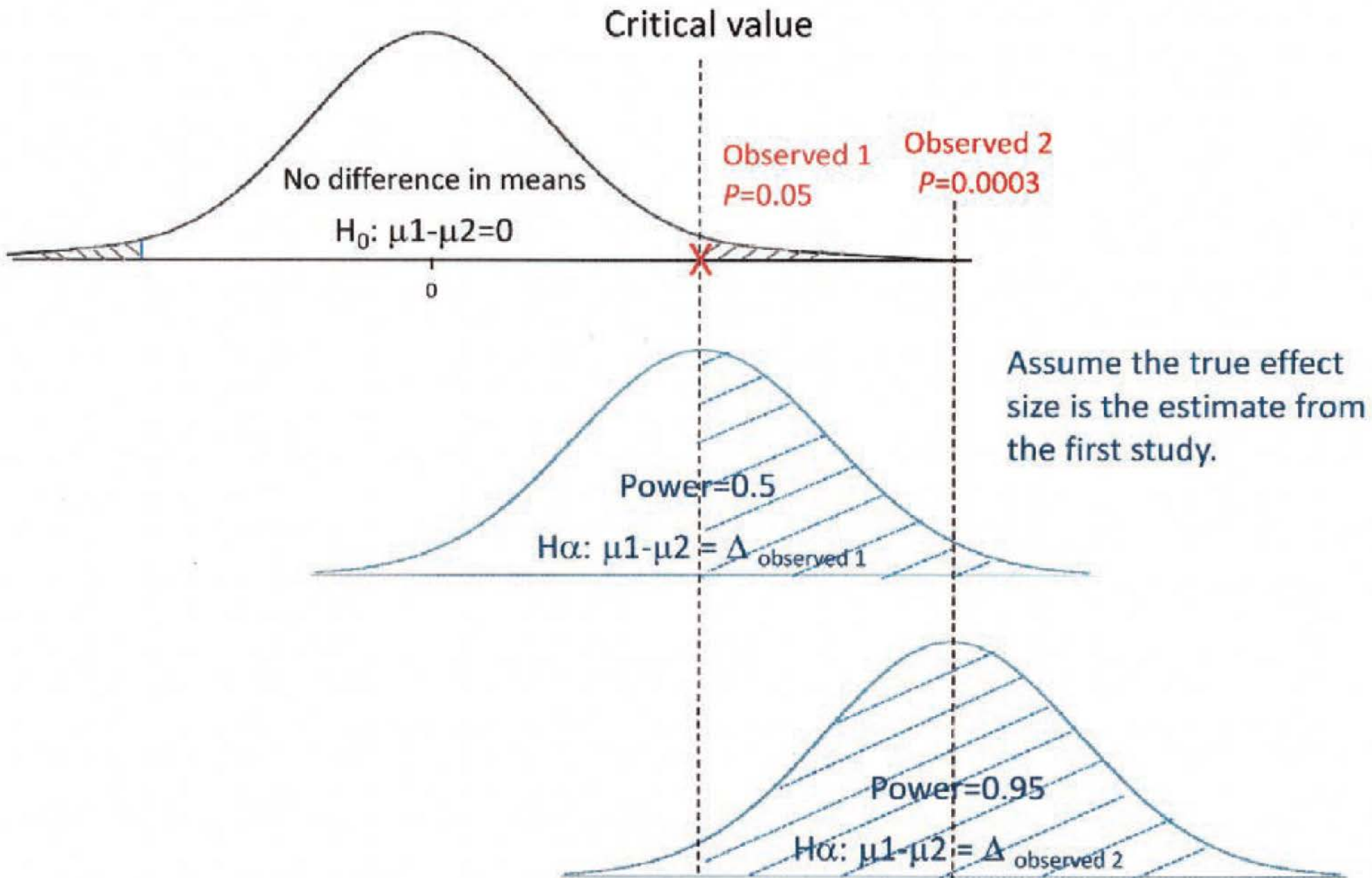
“we believe that a leading cause of non-reproducibility has not yet been adequately addressed: statistical standards of evidence for claiming new discoveries in many fields of science are simply too low. Associating statistically significant findings with $P < 0.05$ results in a high rate of false positives even in the absence of other experimental, procedural and reporting problems.”

“We propose to change the default P-value threshold for statistical significance from 0.05 to 0.005 for claims of new discoveries.”

What would this require?

“For a wide range of common statistical tests, transitioning from a P value threshold of $\alpha = 0.05$ to $\alpha = 0.005$ while maintaining 80% power would require an increase in sample sizes of about 70%.”





The Real Solution

“Changing the significance threshold is a distraction from the real solution, which is to replace null hypothesis significance testing (and bright-line thresholds) with more focus on effect sizes and confidence intervals, treating the P value as a continuous measure, and/or a Bayesian method.”

Should not impact publication...

“This proposal should not be used to reject publications of novel findings with $0.005 < P < 0.05$ properly labelled as suggestive evidence.”

We don't appreciate the difference between statistical significance and probability

What question does the p value address?

P values do not address the question: how likely is the hypothesis, given the data?

P values address only one question: how likely are the data, assuming a true null hypothesis?

i.e., They should not be used to test hypotheses

MÉMOIRE
SUR LA DÉCOUVERTE
DU
MAGNÉTISME
ANIMAL;

Par M. MESMER, Docteur en Médecine
de la Faculté de Vienne.



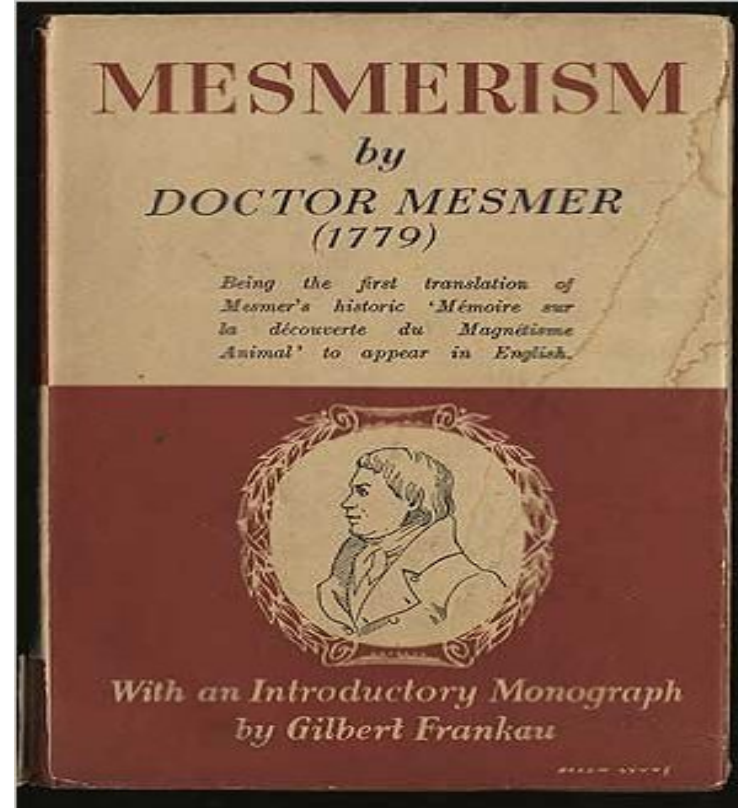
A GENEVE;

Et se trouve

A PARIS,

Chez P. FR. DIDOT le jeune, Libraire-
Imprimeur de MONSIEUR, quai
des Augustins.

M. DCC. LXXIX.



Mesmeric Pass

The modern era of hypnosis and hypnotherapy really begins with Franz Anton Mesmer (1734-1815), the Viennese physician who left the word “mesmerism” to posterity.



Ambassador Franklin and Dr. Mesmer

- Dr. Mesmer “magnetizes” a coin with his mind, flips it 6 times, and each time it lands on tails.
- Franklin blindfolds Mesmer, who again flips the coin 6 times; it now lands twice on tails.

Who thinks Mesmer is a Charlatan?

Magnetism Revealed (1784)

“Mesmeric” effect exposed

Three major discoveries:

- Control
- Blinding
- Placebo



Franklin routs the mesmerists. "Le magnétisme dévoilé."
BIBLIOTHÈQUE NATIONALE DE FRANCE.

P value doesn't take prior knowledge into account

Mr. Fisher is blindfolded. He flips a coin six times and get 6 tails in a row.

$P=0.03$

Who thinks the coin is biased towards tails?

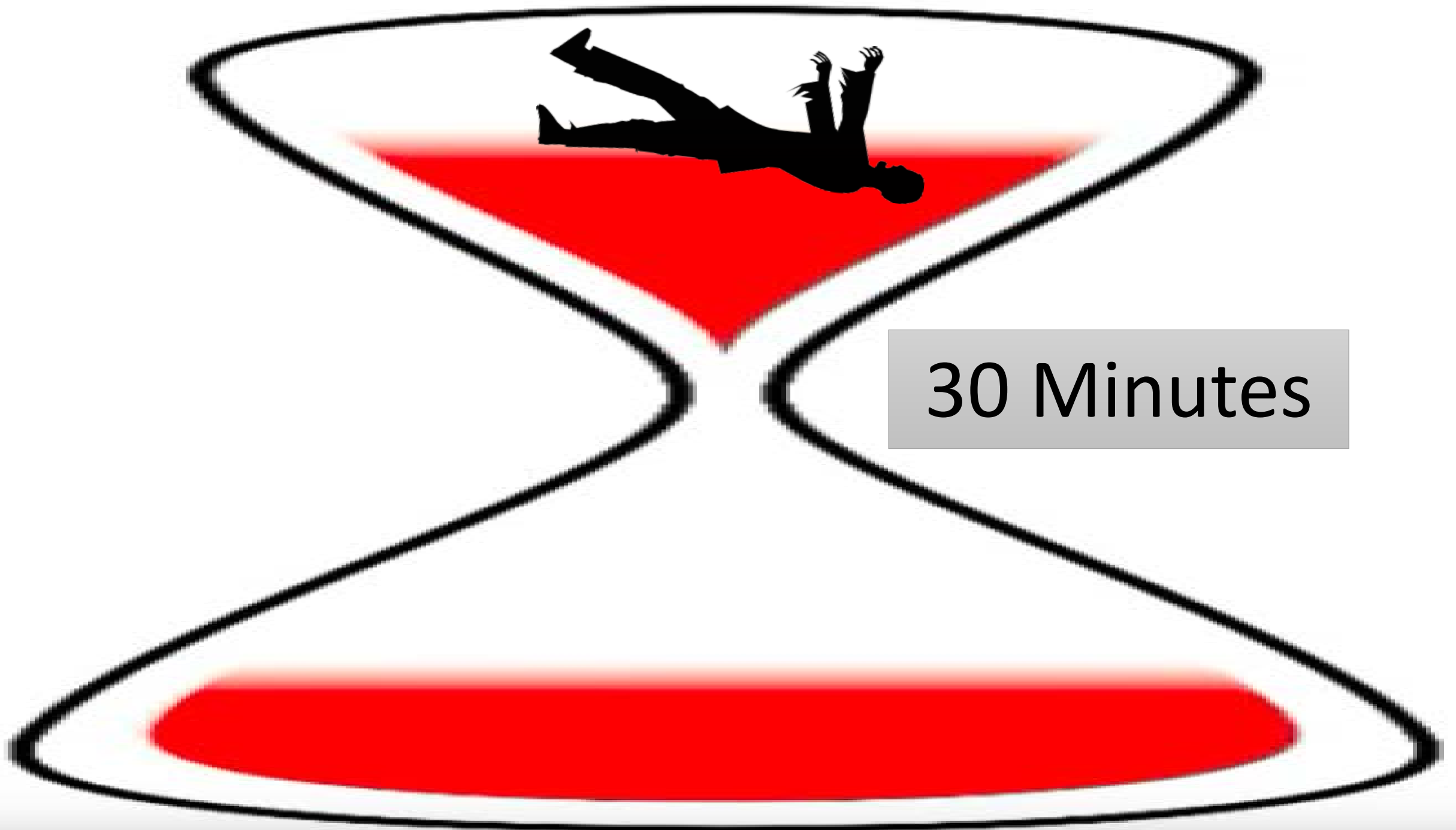
We are naturally Bayesian

Yesterday, a coin was flipped 1,000 times and lands 50 times on heads and **950 on tails**.

Today, a blindfolded Mr. Savage flips the same coin six more times and get **6 tails in a row**.

$P=0.03$

Now who thinks the coin is biased towards tails?



30 Minutes

Most published research findings are false

“Scientific investigation is the noblest pursuit. I think we can improve the respect of the public for researchers by showing how difficult success is. **Confidence in the research enterprise is probably undermined primarily when we claim that discoveries are more certain than they really are**, and then the public, scientists, and patients suffer the painful refutations.”

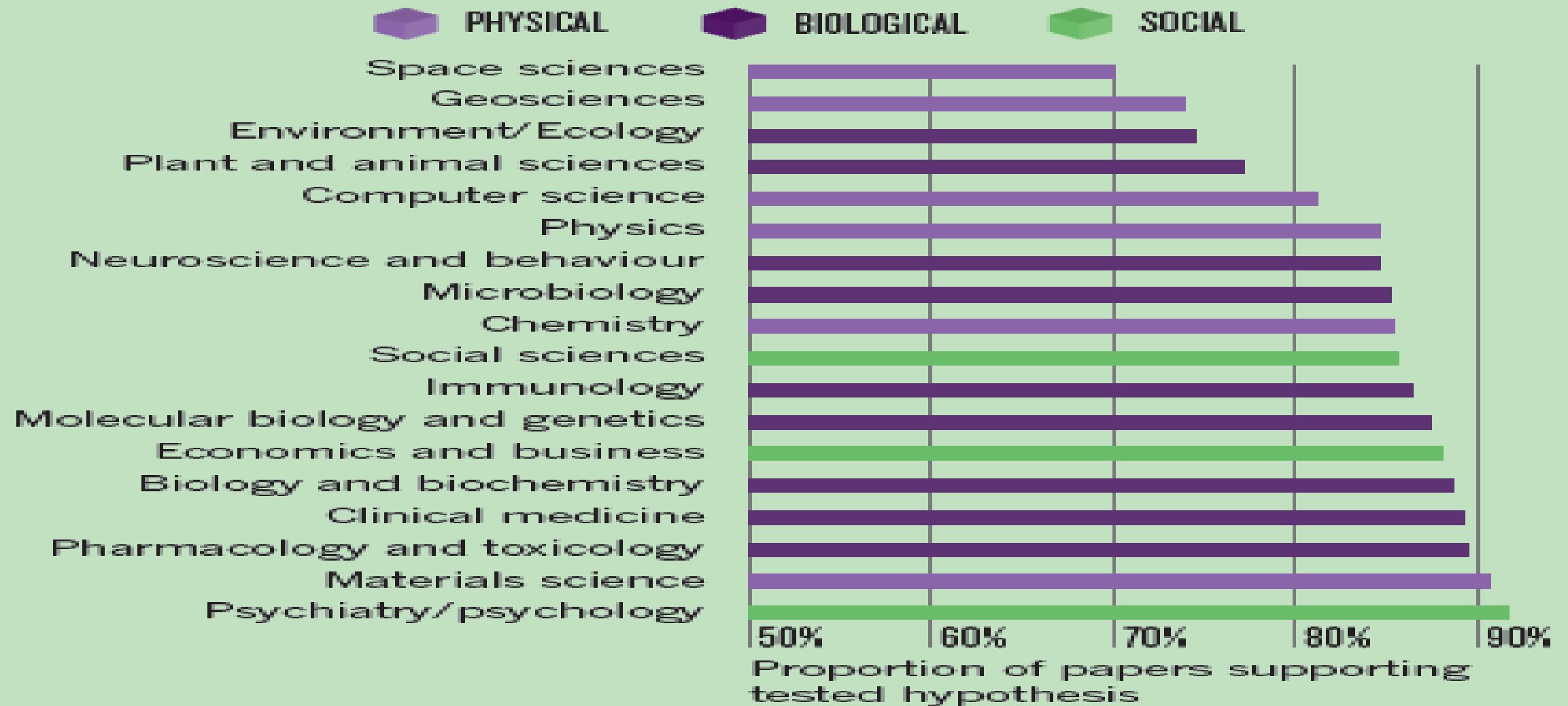
- 1: Ioannidis JP. PLoS Med. 2014 Oct 21;11(10):e1001747
- 2: Ioannidis JP. PLoS Med. 2005 Aug;2(8):e124.
- 3: Ioannidis JP. PLoS Med. 2007 Jun;4(6):e215
- 4: Goodman S, Greenland S. PLoS Med. 2007 Apr;4(4):e168.

Hypotheses are hard to disprove

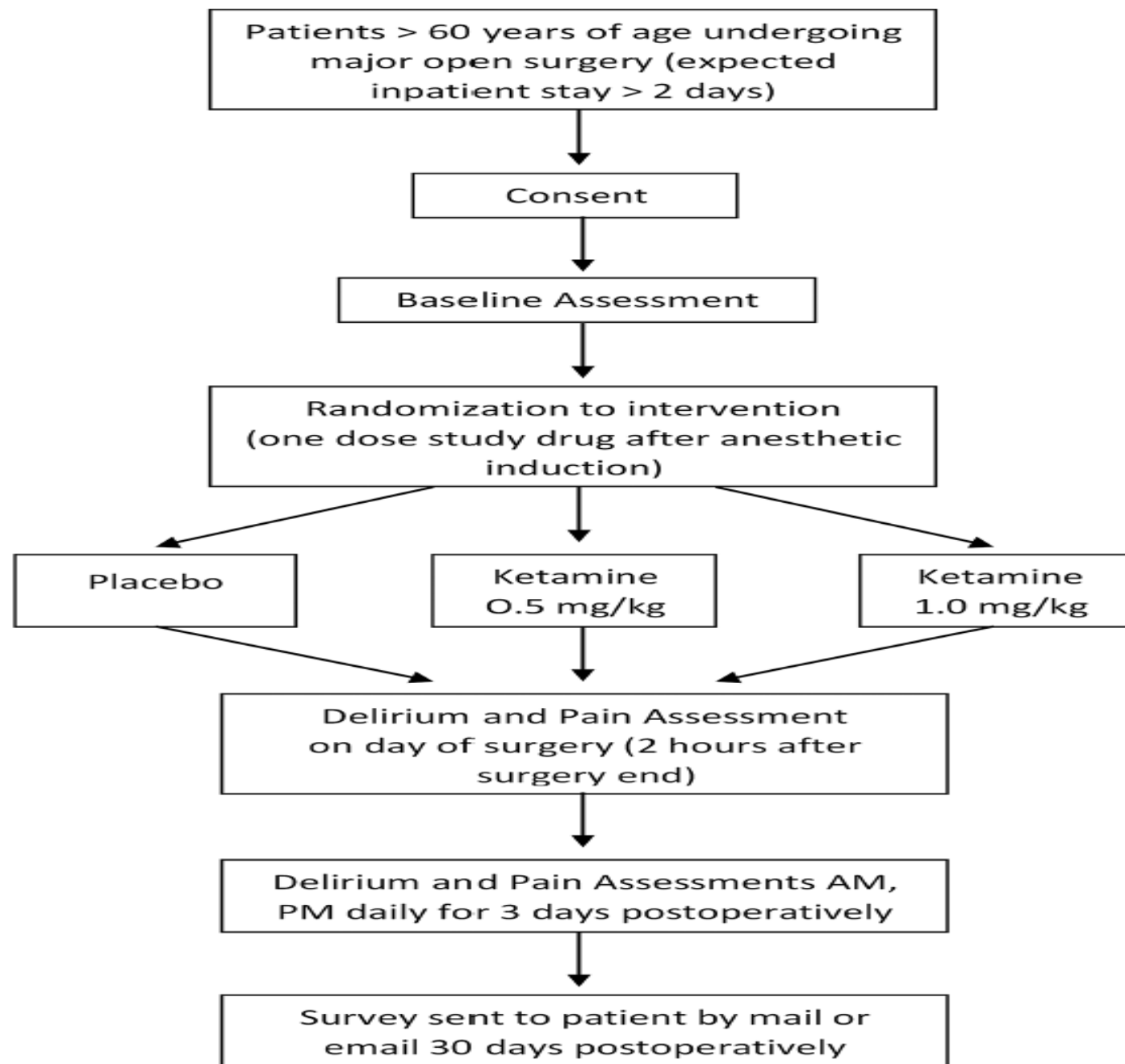
“Positive results can behave like rumors: easy to release but hard to dispel. They dominate most journals, which strive to present new, exciting research. Meanwhile, attempts to replicate those studies, especially when the findings are negative, go unpublished, languishing in personal file drawers or circulating in conversations around the water cooler.”

ACCENTUATE THE POSITIVE

A literature analysis across disciplines reveals a tendency to publish only 'positive' studies — those that support the tested hypothesis. Psychiatry and psychology are the worst offenders.



	Original Study	Fragility Index	"Fragile" Study
Control group with outcome (N)	9		9
Control group without outcome (N)	20		20
Experimental group with outcome (N)	1	+ 2	3
Experimental group without outcome (N)	28	- 2	26
P value	0.012		0.103



What would this mean in relation to ketamine and postoperative delirium?

NONE of these is correct. The p value is the probability of finding the experimental result **assuming that the null hypothesis is true.**

This same p Value cannot **also** be used for hypothesis testing or probability generation.

Based on current evidence, what is the probability that intraoperative ketamine decreases postoperative delirium?

- A. ~1%
- B. ~5%
- C. ~50%
- A. ~90%

Biological Plausibility

- Ketamine - diverse therapeutic effects
- Ketamine reduces postoperative markers of inflammation
- Ketamine decreases postoperative pain and opioid consumption
- Pain and delirium are overlapping syndromes
- Ketamine is a rapidly acting anti-depressant with long-lasting action

BUT - ketamine is a psychoactive drug with known hallucinogenic properties

What did the evidence show - delirium?

We identified six studies with a total of 357 patients. Of the six trials, two showed a decrease in delirium with ketamine, one showed an increase in delirium, one had equivocal results, and in two trials there were no patients with delirium.

What did the evidence show - pain?

A systematic review of 70 of these trials involving 4701 patients published in 2011 showed that a subanaesthetic dose of ketamine decreased pain for up to 48 h and decreased requirement for opioids after surgery. Twenty eight additional studies with a total of 2159 patients were identified. 15 trials showed no decrease in pain with ketamine, 11 found a decrease in pain with ketamine, and two trials had ambiguous findings.

Next Steps

Before recommending widespread administration of an intraoperative bolus of subanaesthetic ketamine, demonstrating that ketamine decreases either delirium or pain, or both, without incurring adverse effects in a large, pragmatic trial was warranted.

Intraoperative ketamine for prevention of postoperative delirium or pain after major surgery in older adults: an international, multicentre, double-blind, randomised clinical trial

*Michael S Avidan, Hannah R Maybrier, Arbi Ben Abdallah, Eric Jacobsohn, Phillip E Vlisides, Kane O Pryor, Robert A Veselis, Hilary P Grocott, Daniel A Emmert, Emma M Rogers, Robert J Downey, Heidi Yulico, Gyu-Jeong Noh, Yonghun H Lee, Christine M Waszynski, Virendra K Arya, Paul S Pagel, Judith A Hudetz, Maxwell R Muench, Bradley A Fritz, Witold Waberski, Sharon K Inouye, George A Mashour, on behalf of the PODCAST Research Group**

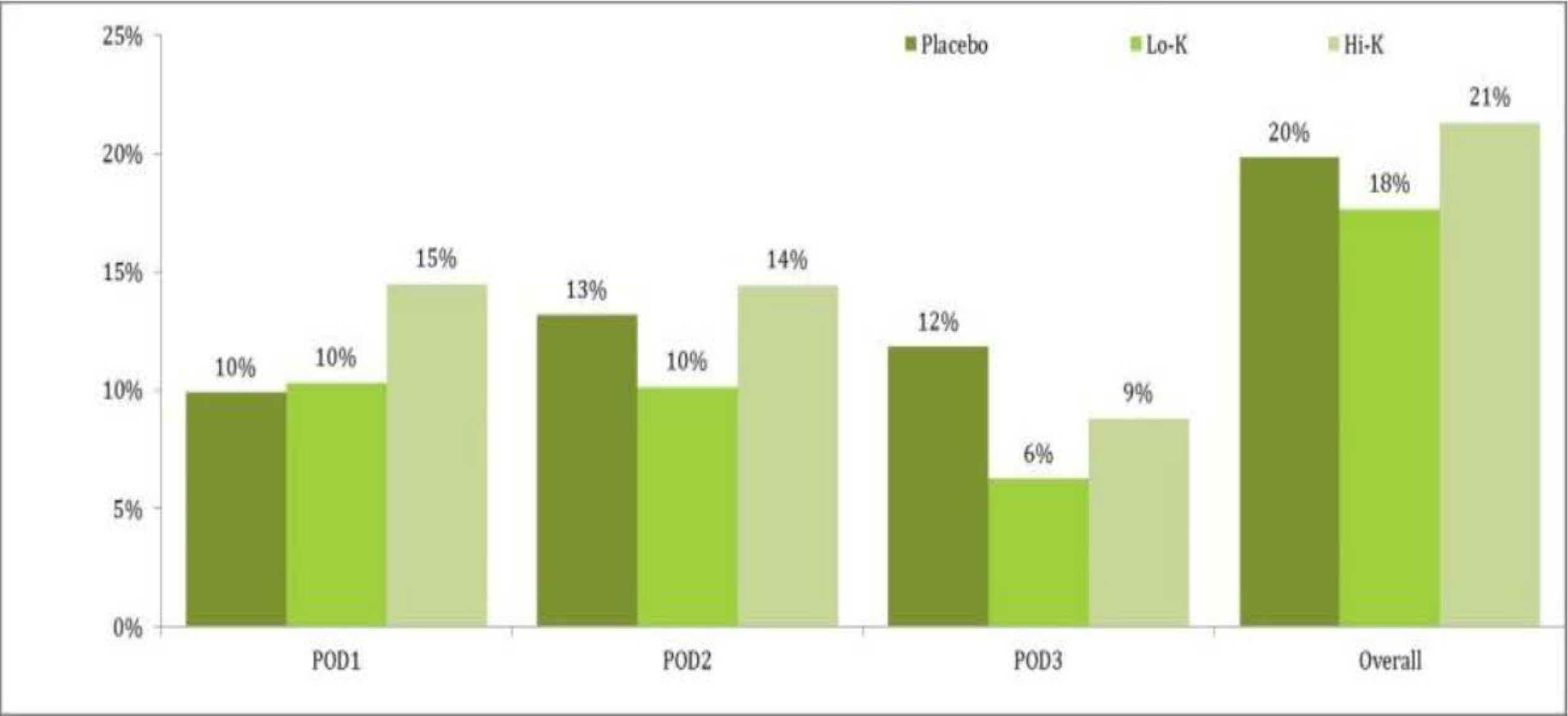
THE
LANCET

Avidan MS et al. Lancet [Volume 390, No. 10091](#), p267–275, 15 July 2017

Primary Finding of PODCAST

There was no difference in delirium incidence between patients in the combined ketamine groups and the placebo group (19·45% vs 19·82%, respectively; absolute difference 0·36%, 95% CI –6·07 to 7·38, $p=0\cdot92$).

Figure 1s: Daily Delirium Incidence



Delirium incidence on each postoperative day. POD, postoperative day. Lo-K, low dose (0.5 mg/kg) ketamine group. Hi-K, high dose ketamine group (1 mg/kg).

Delirium Severity

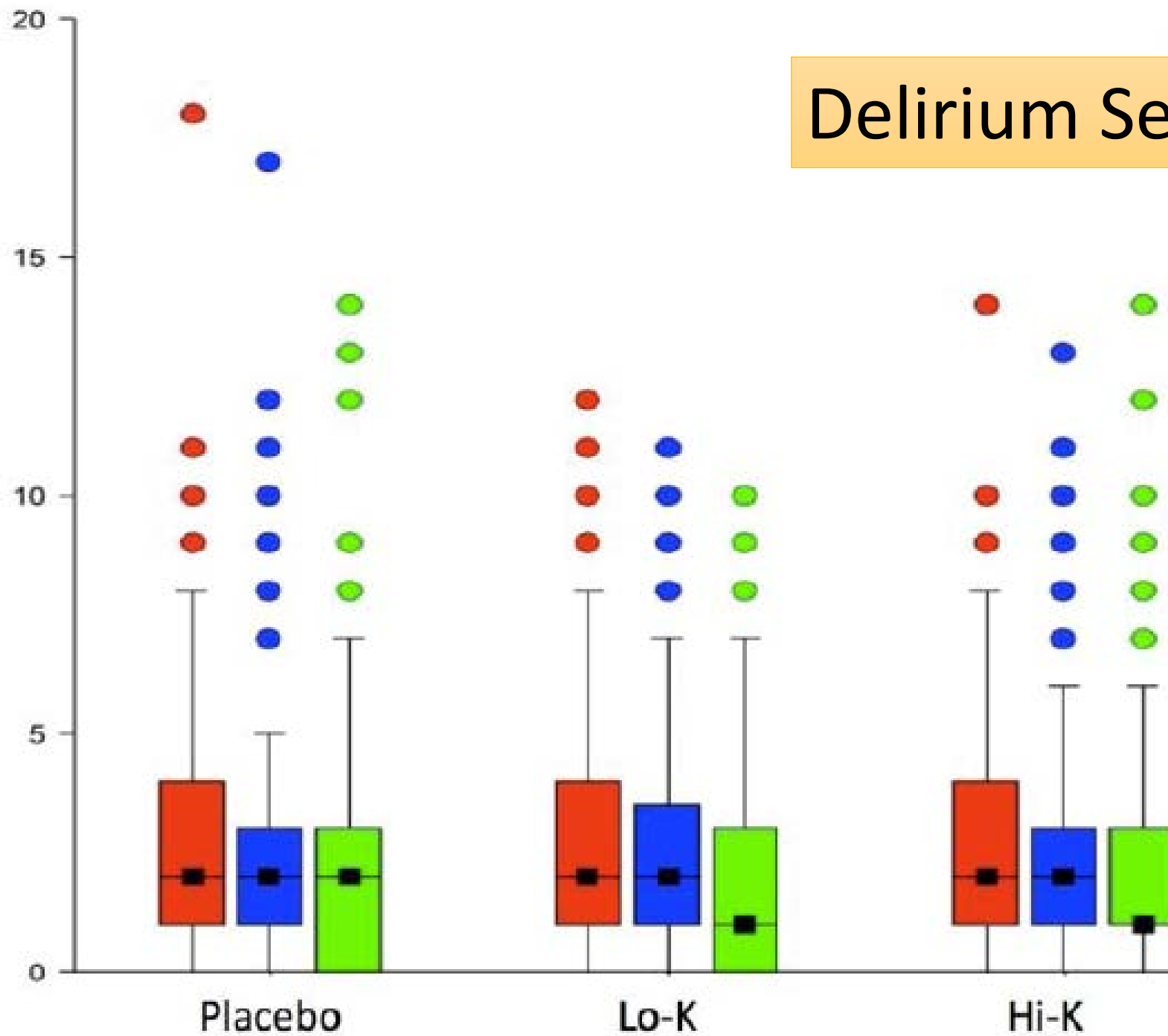
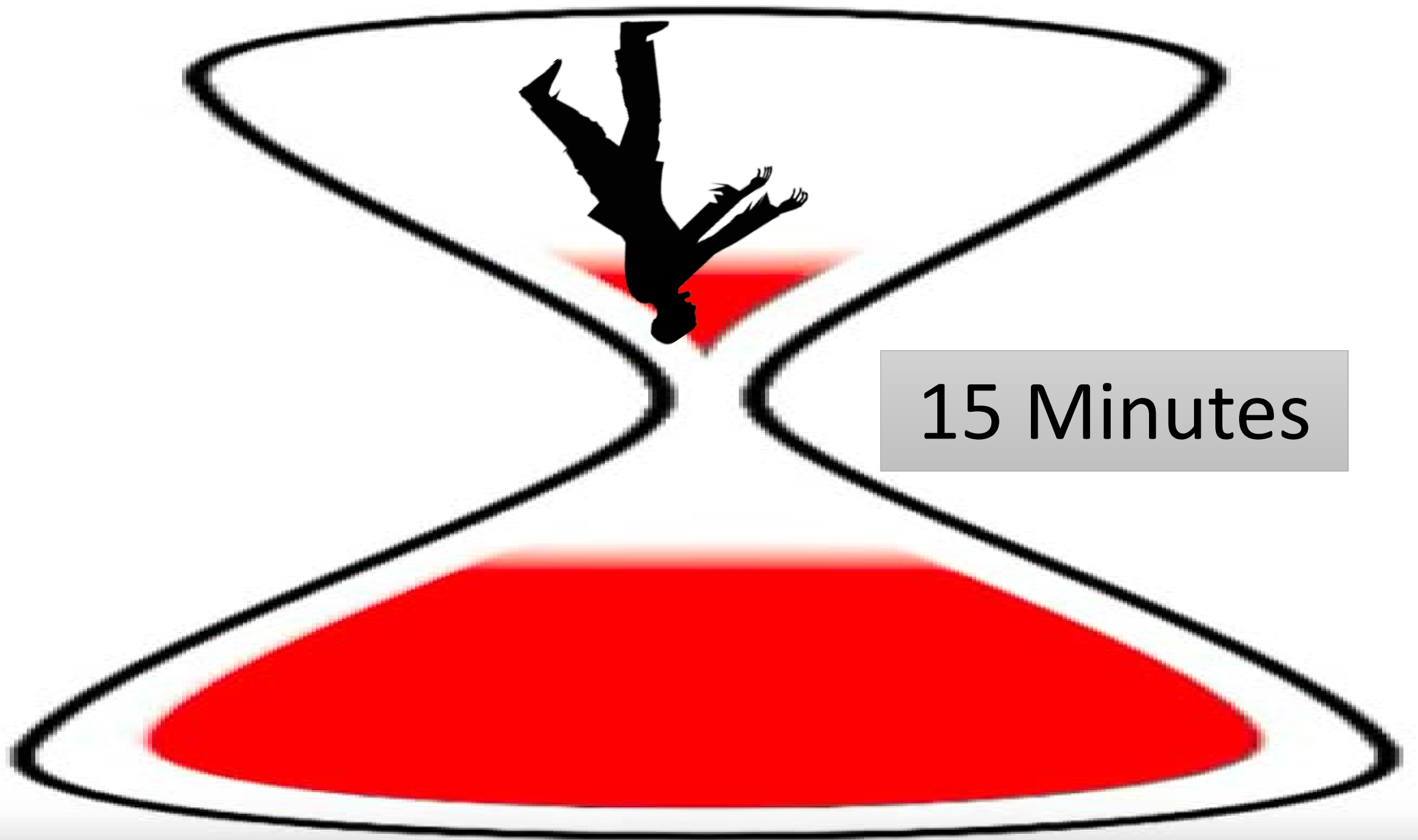


Table 10s: Cox regression for time to delirium onset with post hoc sensitivity analysis assuming missing delirium assessments to be positive

Maximum Likelihood Parameter Estimates										
Any Positive CAM During POD 1 - 3	Actual incidence rates†					Post hoc sensitivity analysis‡				
	Coef.	Chi2	P> Chi2	95% Conf. Interval		Coef.	Chi2	P> Chi2	95% Conf. Interval	
Study Arms										
Lo-K Study Arm	0.049	0.05	0.818	-0.365	0.461	0.017	0.01	0.935	-0.399	0.434
Hi-K Study Arm	-0.013	0.00	0.951	-0.412	0.386	-0.045	0.05	0.827	-0.450	0.360
Canadian Sites	0.017	0.01	0.943	-0.456	0.490	0.096	0.15	0.698	-0.389	0.581
Female	-0.135	0.55	0.459	-0.492	0.222	-0.154	0.70	0.403	-0.515	0.207
Age	-0.057	20.77	<.0001	-0.081	-0.032	-0.052	17.76	<.0001	-0.076	-0.028
Charlson Comorbidity Index	-0.063	3.08	0.080	-0.134	0.007	-0.058	2.53	0.112	-0.131	0.014
Falls (Within past six months)	-0.049	0.05	0.826	-0.486	0.388	-0.117	0.28	0.594	-0.547	0.313
History of OSA	-0.421	3.90	0.048	-0.839	-0.003	-0.433	4.18	0.041	-0.849	-0.018
History of Depression	-0.655	8.02	0.005	-1.108	-0.202	-0.694	9.02	0.003	-1.146	-0.241
Alcohol Use (Weekly)	0.271	2.16	0.142	-0.091	0.632	0.257	1.91	0.167	-0.107	0.620
Intraop. Midazolam Administered	-0.010	0.05	0.815	-0.095	0.074	-0.024	0.34	0.561	-0.105	0.057
Intraop. Opiates Administered	0.000	0.26	0.608	-0.001	0.001	0.000	0.57	0.449	-0.001	0.001
Surgery Type (Cardiac vs. the rest)	-0.845	15.26	<.0001	-1.268	-0.421	-0.873	16.23	<.0001	-1.298	-0.448
Intercept	7.846	59.16	<.0001	5.846	9.845	7.557	57.26	<.0001	5.599	9.514
Scale	0.936	--	--	0.792	1.105	0.991	--	--	0.847	1.160
Weilbull Shape	1.069	--	--	0.905	1.262	1.009	--	--	0.862	1.181
Number of observations read	672					672				
Number of observations used	628					641				

Table 11s: Recurrent event regression model for sequentially repeated delirium assessments

Counting Process Model*											
Repeated Delirium Count	With: Model-Based Variance Estimate†					Sandwich Variance Estimate†					
	Coef.	SE	Chi2	P> Chi2	H.R.	Coef.	SE	SE Ratio	Chi2	P> Chi2	H.R.
<i>Study Arms</i>											
Lo-K Study Arm	-0.285	0.159	3.217	0.073	0.752	-0.285	0.233	1.467	1.496	0.221	0.752
Hi-K Study Arm	-0.002	0.144	0.000	0.987	0.998	-0.002	0.225	1.565	0.000	0.992	0.998
Canadian Sites	-0.050	0.185	0.073	0.787	0.951	-0.050	0.302	1.634	0.027	0.869	0.951
Female	0.044	0.134	0.107	0.743	1.045	0.044	0.204	1.519	0.047	0.829	1.045
Age	0.060	0.008	52.529	<0.0001	1.062	0.060	0.011	1.375	27.769	<.0001	1.062
Charlson Comorbidity Index	0.058	0.026	4.931	0.026	1.060	0.058	0.038	1.455	2.331	0.127	1.060
Falls (Within past six months)	0.195	0.154	1.590	0.207	1.215	0.195	0.252	1.631	0.598	0.439	1.215
History of OSA	0.558	0.147	14.426	0.0001	1.747	0.558	0.230	1.564	5.895	0.015	1.747
History of Depression	0.349	0.174	4.011	0.045	1.417	0.349	0.255	1.465	1.869	0.172	1.417
Alcohol Use (Weekly)	-0.324	0.134	5.847	0.016	0.723	-0.324	0.199	1.481	2.664	0.103	0.723
Intraop. Midazolam Administered	0.000	0.031	0.000	0.996	1.000	0.000	0.046	1.476	0.000	0.997	1.000
Intraop. Opiates Administered	0.0001	0.0003	0.117	0.733	1.000	0.0001	0.0004	1.113	0.094	0.759	1.000
Surgery Type (Cardiac vs. the rest)	0.883	0.152	33.588	<0.0001	2.419	0.883	0.244	1.601	13.110	0.0003	2.419
<i>Number of observations read</i>			4,032						4,032		
<i>Number of observations used</i>			3,136						3,768		
<i>Number of delirium events</i>			268						268		



15 Minutes

All groups
(n=672)

Placebo
(n=222)

0.5 mg/kg
ketamine
(n=227)

1.0 mg/kg
ketamine
(n=223)

Postoperative day 1

am

Pain level at rest (n=492)

22 (5–47)

24 (10–46)

22 (5–45)

20 (5–50)

Pain level when taking a deep
breath (n=490)

40 (13–70)

43 (18–67)

35 (9–67)

46 (13–73)

Pain level when moving (n=485)

49 (22–76)

46 (27–75)

48 (19–77)

50 (20–76)

pm

Pain level at rest (n=532)

19 (4–44)

20 (6–39)

17 (4–46)

16 (4–45)

Pain level when taking a deep
breath (n=529)

36 (10–67)

38 (16–63)

35 (10–69)

36 (10–70)

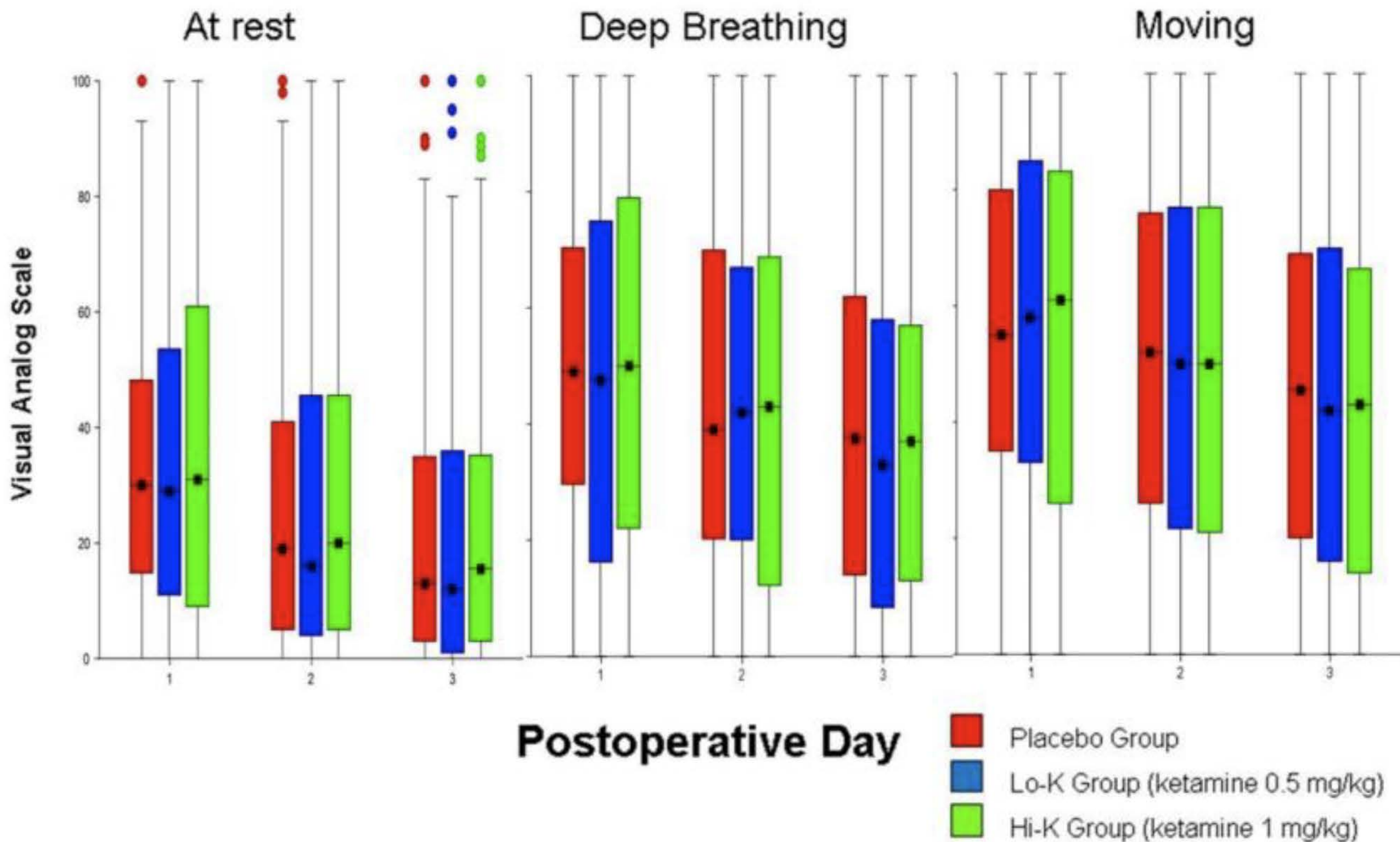
Pain level when moving (n=527)

45 (21–74)

45 (27–70)

45 (21–75)

45 (18–74)



	All groups (n=672)	Placebo (n=222)	0.5 mg/kg ketamine (n=227)	1.0 mg/kg ketamine (n=223)
Morphine equivalents POD0 (n=598)	18 (8–48)	17 (8–49)	17 (8–50)	18 (8–42)
Morphine equivalents POD1 (n=605)	32 (17–68)	33 (17–78)	32 (18–63)	30 (16–59)
Morphine equivalents POD2 (n=559)	24 (12–48)	25 (12–52)	24 (12–44)	22 (12–49)
Morphine equivalents POD3 (n=450)	19 (8–40)	22 (10–42)	17 (8–39)	16 (8–38)

Data are median (IQR). Numbers are rounded to the nearest mg. The conversion table that was used to convert opioids to morphine equivalents in mg is provided in the appendix. Data were not available after hospital discharge.

POD=postoperative day.

Table 4: Postoperative opioids in morphine equivalents

	Overall	Placebo	Lo-K	Hi-K
	672 Median(IQR)	222(33%) Median(IQR)	227(34%) Median(IQR)	223(33%) Median(IQR)
Post-Operative Day 1				
AM (n =559)	3(3 - 4)	3(3 - 4)	3(3 - 4)	3(3 - 4)
PM (n =574)	3(3 - 4)	3(3 - 4)	3(3 - 4)	3(3 - 4)
Maximum Daily Score (n =622)	4(3 - 5)	4(3 - 4)	4(3 - 5)	4(3 - 5)
Post-Operative Day 2				
AM (n =557)	3(3 - 4)	3(3 - 4)	3(3 - 4)	3(3 - 4)
PM (n =544)	3(3 - 4)	3(3 - 4)	3(3 - 4)	3(3 - 4)
Maximum Daily Score (n =612)	3(3 - 4)	3(3 - 4)	4(3 - 4)	3(3 - 4)
Post-Operative Day 3				
AM (n =514)	3(3 - 4)	3(3 - 4)	3(3 - 4)	3(3 - 4)
PM (n =478)	3(3 - 4)	3(3 - 4)	3(3 - 3)	3(3 - 4)
Maximum Daily Score (n =571)	3(3 - 4)	3(3 - 4)	3(3 - 4)	3(3 - 4)

Unintended Consequences

There were more postoperative hallucinations ($p=0.01$) and nightmares ($p=0.03$) with increasing ketamine doses compared with placebo.

A single subanaesthetic dose of ketamine did not decrease delirium (or pain) in older adults after major surgery, and might cause harm by inducing negative experiences.

Conclusion

Taking all the evidence into account, the increasingly common clinical practice of administering a single subanaesthetic intraoperative bolus of ketamine should be reconsidered. The likelihood that ketamine prevents postoperative delirium is low. Considering the importance of finding safe analgesic alternatives to opioids, promising previous evidence regarding the analgesic efficacy of subanaesthetic ketamine, and that pain was a secondary outcome of the PODCAST trial, subsequent research should be done to confirm or refute the observed absence of meaningful postoperative analgesia with intraoperative ketamine.

Estimating Probabilities from P Values...

THE LONG SHOT

19-to-1 odds against



THE TOSS-UP

1-to-1 odds

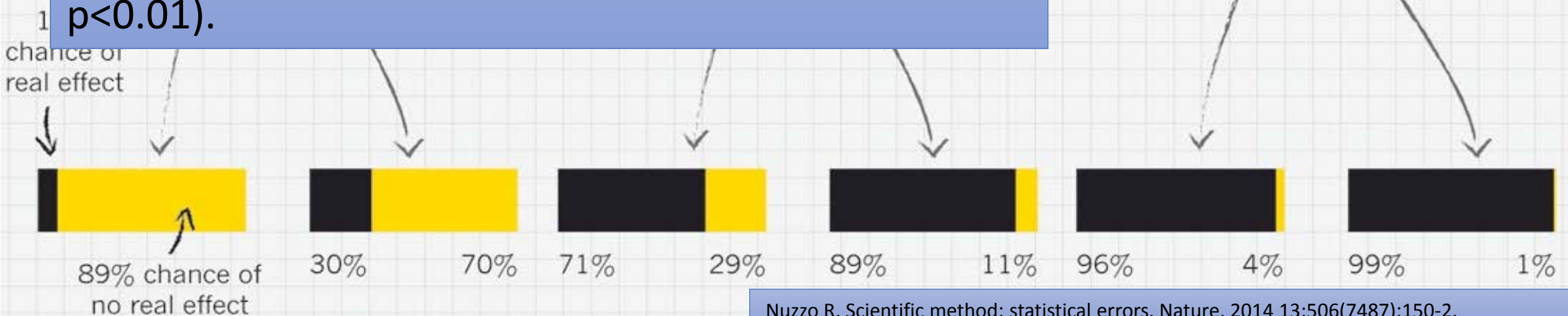


THE GOOD BET

9-to-1 odds in favour



In order for a study to be “DEFINITIVE” (e.g. 99% probability), the hypothesis needs to be a really good bet (e.g. 90%) to begin with AND the findings of the study need to be highly statistically significant (e.g. $p < 0.01$).

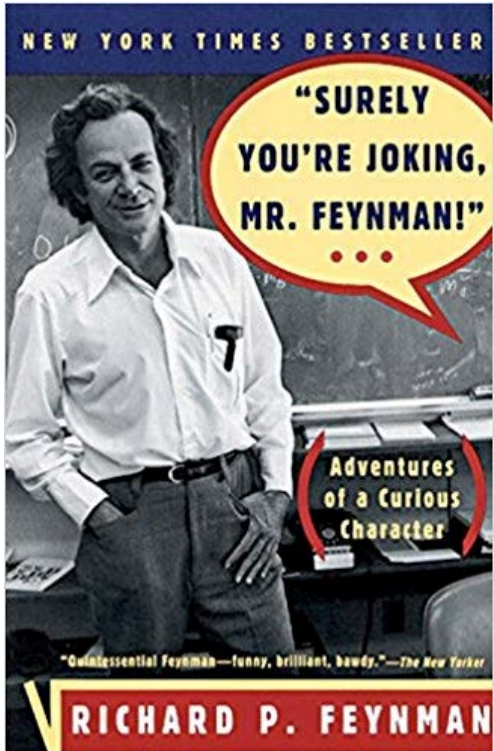


We all suffer from cognitive bias

We like the results of studies with which we agree.

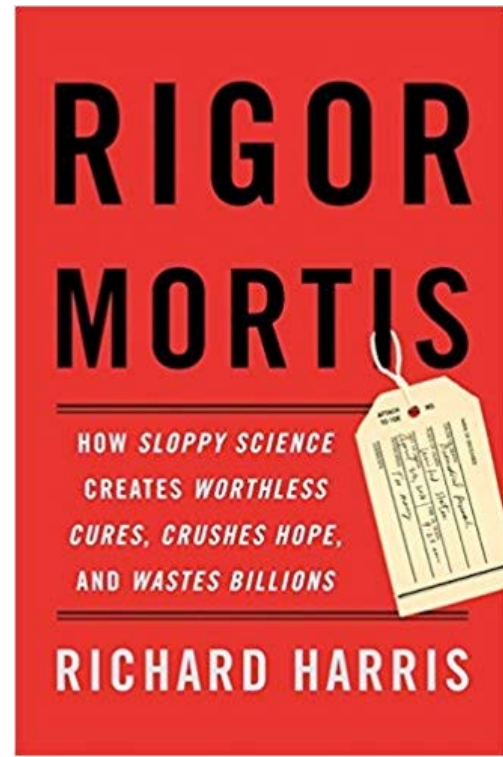
“Ever since I first learned about confirmation bias I’ve been seeing it everywhere.”

Surely You're Joking, Mr. Feynman!



“The first principle is that you must not fool yourself and you are the easiest person to fool.”

“Good methods not only test ideas; they help scientists avoid fooling themselves.”



HOW SCIENTISTS FOOL THEMSELVES — AND HOW THEY CAN STOP

Humans are remarkably good at self-deception. But growing concern about reproducibility is driving many researchers to seek ways to fight their own worst instincts.

Something we see all the time...

HARKing, or hypothesizing after results are known.

COGNITIVE FALLACIES IN RESEARCH



HYPOTHESIS MYOPIA

Collecting evidence to support a hypothesis, not looking for evidence against it, and ignoring other explanations.



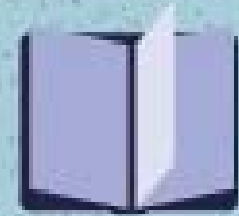
TEXAS SHARPSHOOTER

Seizing on random patterns in the data and mistaking them for interesting findings.



ASYMMETRIC ATTENTION

Rigorously checking unexpected results, but giving expected ones a free pass.



JUST-SO STORYTELLING

Finding stories after the fact to rationalize whatever the results turn out to be.

HYPOTHESIS MYOPIA



DEVIL'S ADVOCACY

Explicitly consider alternative hypotheses — then test them out head-to-head.

TEXAS SHARPSHOOTER



PRE- COMMITMENT

Publicly declare a data collection and analysis plan before starting the study.

ASYMMETRIC ATTENTION



TEAM OF RIVALS

Invite your academic adversaries to collaborate with you on a study.

JUST-SO STORYTELLING

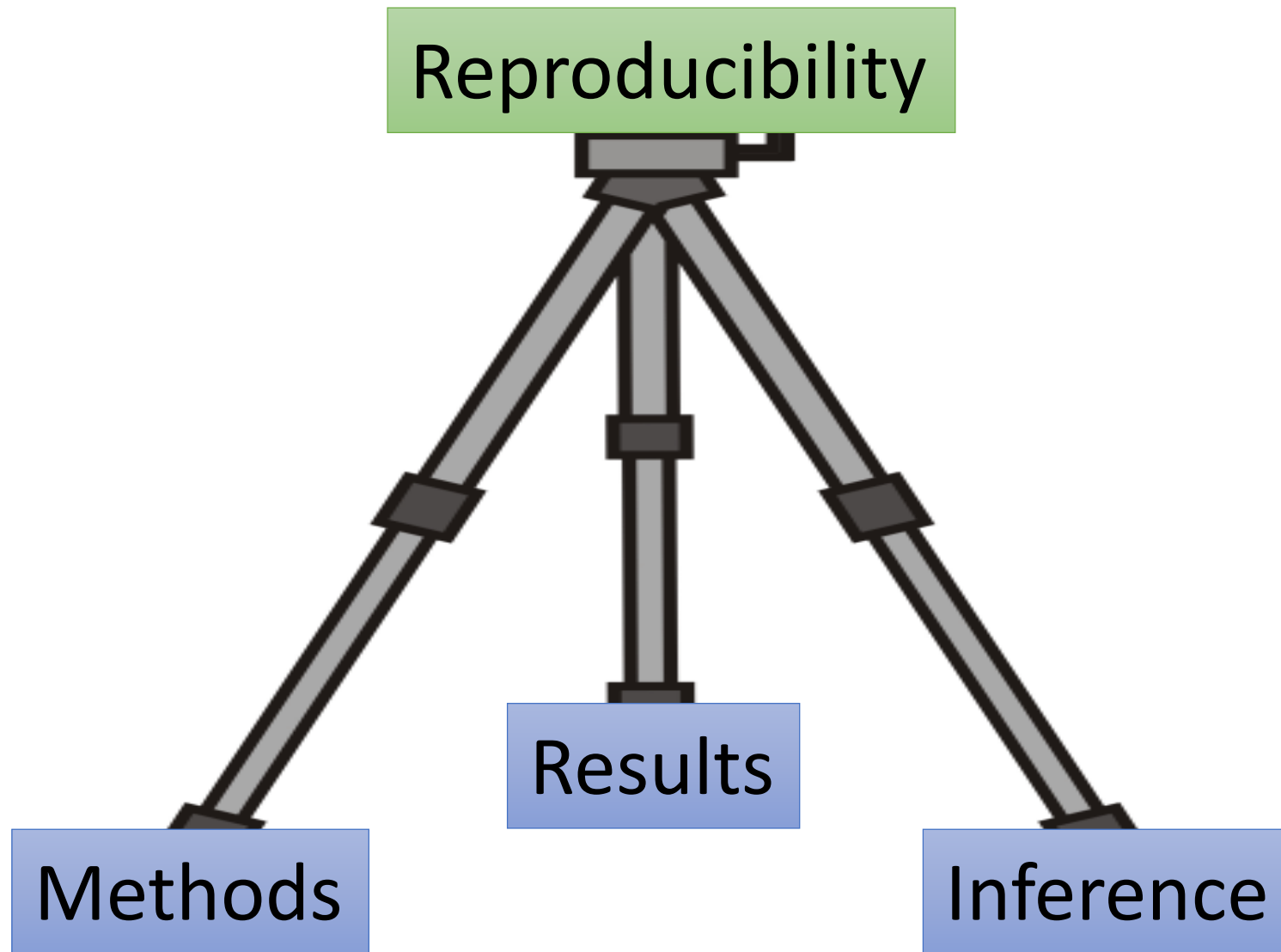


BLIND DATA ANALYSIS

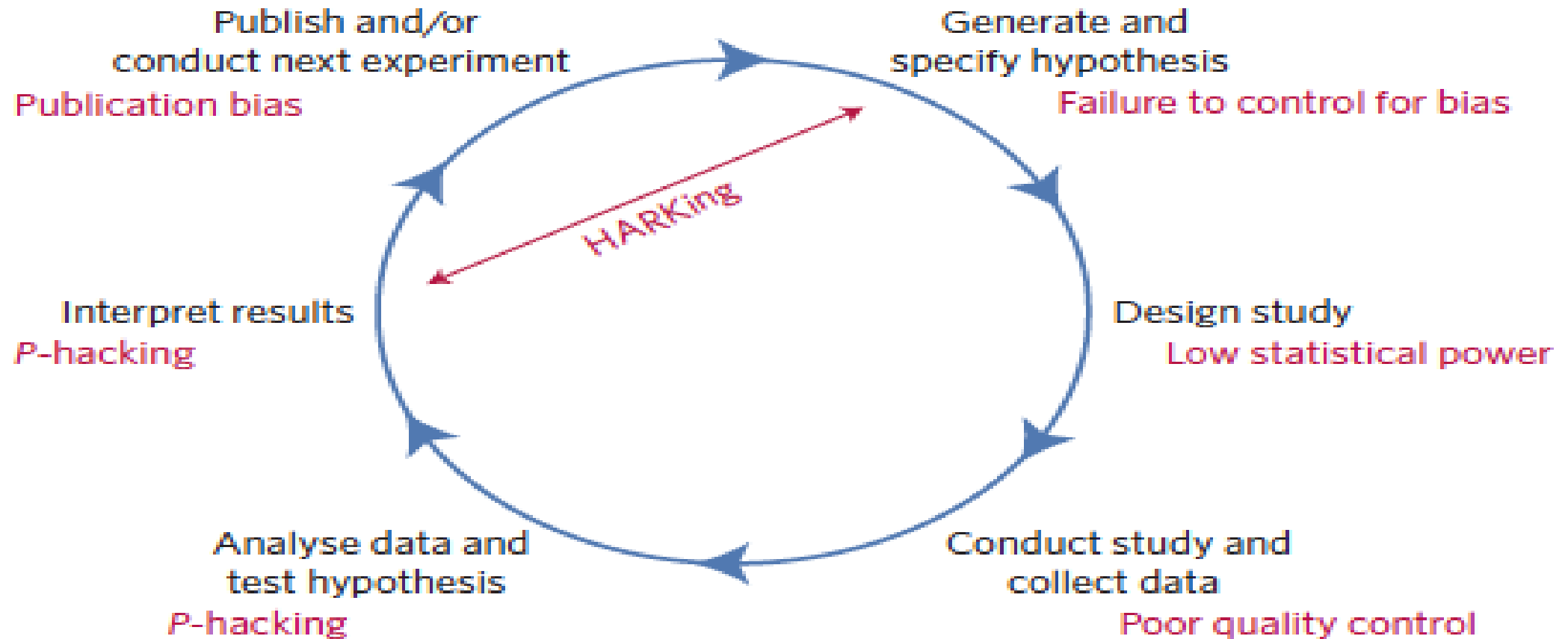
Analyse data that look real but are not exactly what you collected — and then lift the blind.

Open Science...

- You like our approach, you “guarantee” that you will publish our results, regardless what they show.



Threats to Reproducibility



Take-home message

“We have learnt that to understand how life works, describing how the research was done is as important as describing what was observed.”

Validating key experimental results via independent replication

[Learn more »](#)

As seen in

Science

BBC

nature

The
Economist

nature
biotechnology

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Major projects



Helping scientists validate their work by
facilitating replication through the Science
Exchange network

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Investigating the replicability of the 50 most
impactful cancer biology studies from 2010-
2012

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Helping VCs, funding agencies, and others
validate findings to promote high-quality
research

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Assessing the reproducibility of research
findings with implications for prostate cancer
patients

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<http://validation.scienceexchange.com/#/home>

Recommended Reading List

1: Goodman S. A dirty dozen: twelve p-value misconceptions. *Semin Hematol*. 2008 Jul;45(3):135-40. Erratum in: *Semin Hematol*. 2011;48(4):302.

2: Ioannidis JP. Why most published research findings are false. *PLoS Med*. 2005;2(8):e124.

3: Halsey LG, Curran-Everett D, Vowler SL, Drummond GB. The fickle P value generates irreproducible results. *Nat Methods*. 2015 Mar;12(3):179-85.

4: Nuzzo R. Scientific method: statistical errors. *Nature*. 2014 Feb 13;506(7487):150-2.

5: Goodman SN, Fanelli D, Ioannidis JP. What does research reproducibility mean? *Sci Transl Med*. 2016 Jun 1;8(341):341ps12.

What makes Science true?

- <https://metrics.stanford.edu/>
- <https://www.youtube.com/watch?v=NGFO0kdbZmk>
- <http://www.pbs.org/wgbh/nova/body/reproduce-science.html>

Biology is often more complicated than it seems.



A close-up photograph of a plant stem, likely from a grass or similar species. The stem is reddish-brown and covered in fine, dark, hair-like structures. A prominent node is visible, where a small, oval, yellowish structure (the ear) is developing. A blue arrow points from the word 'Ear' to this structure.

Ear

Objectives

- Gain insight into the current reproducibility crisis in science;
 - Rigor begets reproducibility.
- Learn about the three pillars of reproducibility;
 - Methods, Results, Inference
- Understand some of the solutions to the crisis;
 - Debiasing techniques
- Acquire ability to discern whether results of a study are likely to be true.
 - Negative results, results that make a lot of sense (to skeptics), and results with very low p values are often true.

One Profound Question

At what point should clinical practice be changed based on the scientific evidence?

RIGOR MORTIS

HOW SLOPPY SCIENCE
CREATES WORTHLESS
CURES, CRUSHES HOPE,
AND WASTES BILLIONS

RICHARD HARRIS



statcheck

META•RESEARCH INNOVATION
CENTER AT STANFORD



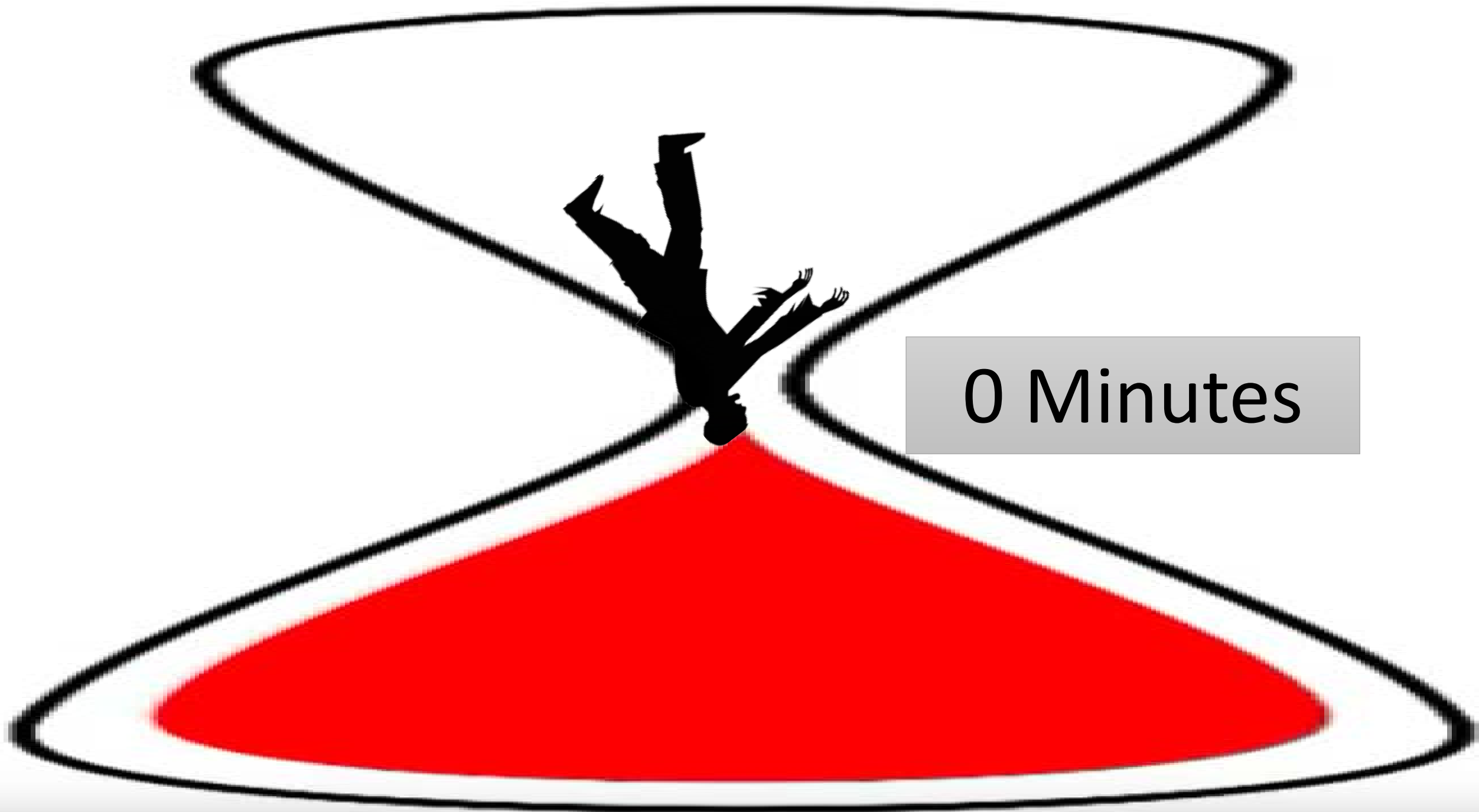
theguardian

The long read

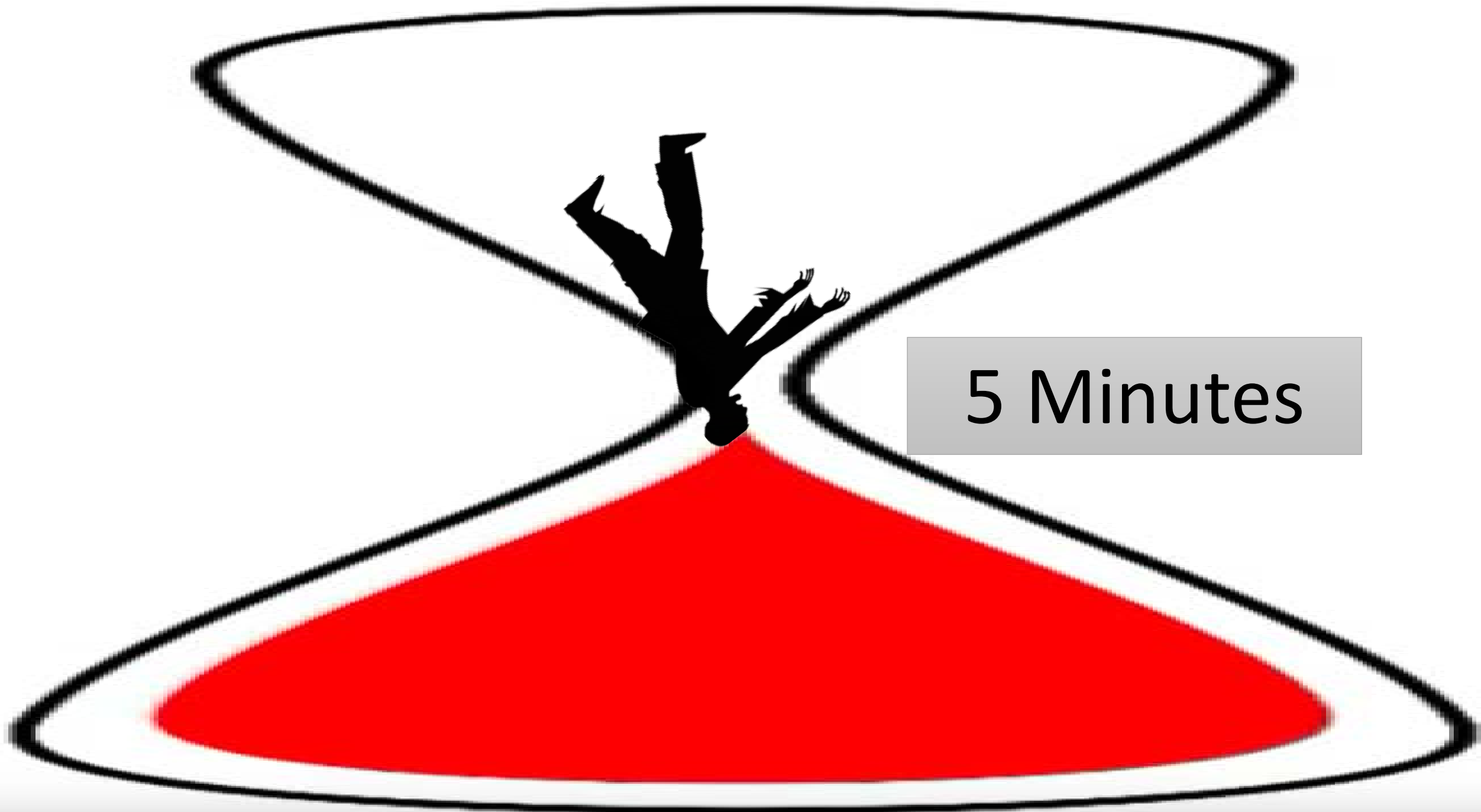
The hi-tech war on science fraud

The problem of fake data may go far deeper than scientists admit. Now a team of researchers has a controversial plan to root out the perpetrators

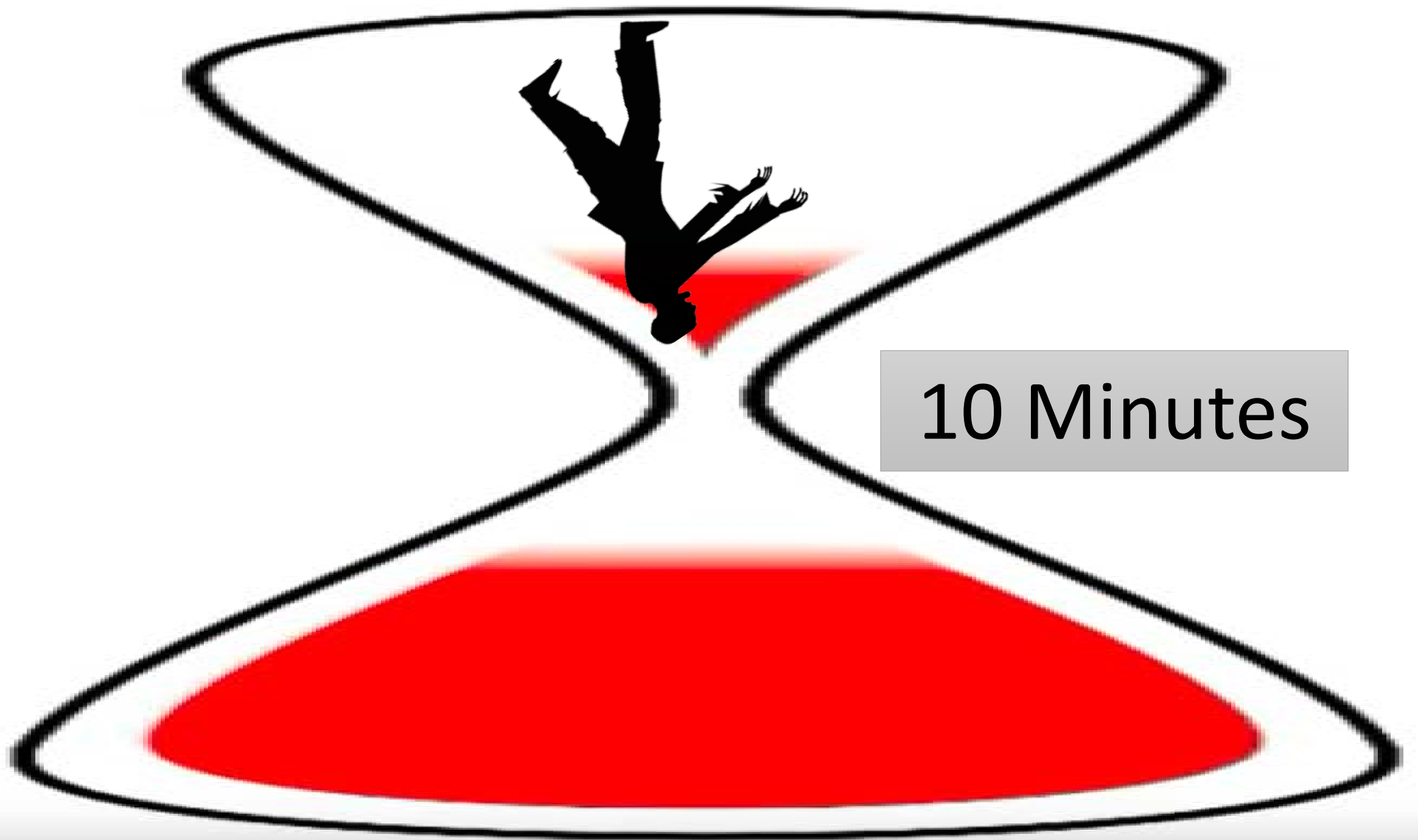
by Stephen Buranyi



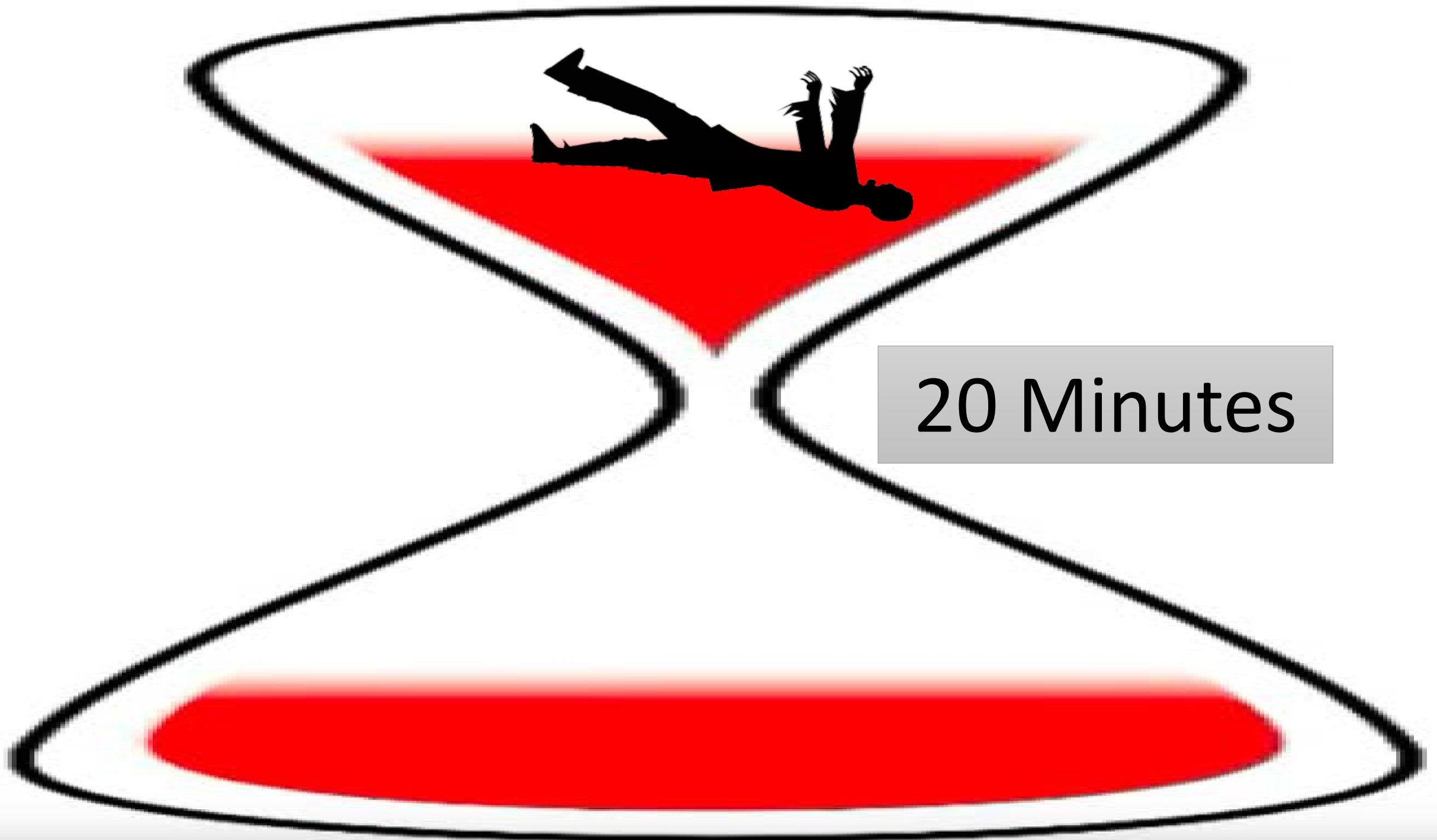
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5 Minutes



10 Minutes



20 Minutes