

UEG Research Prize 2024: The WATERLAND study

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Presentation

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The speaker presented the Waterfall and Waterland trials investigating fluid resuscitation strategies in acute pancreatitis, reporting that the Waterfall trial was stopped early when aggressive fluid resuscitation showed increased fluid overload risk without improved outcomes.

KEY POINTS

- The Waterfall trial, an international randomised trial across 18 centres in 4 countries, was stopped at interim analysis for safety reasons after aggressive fluid resuscitation was associated with increased fluid overload and no improvement in outcomes compared to moderate resuscitation, as stated by the speaker.
- The speaker reported that the American College of Gastroenterology guidelines now recommend moderately aggressive fluid resuscitation in acute pancreatitis based on the Waterfall trial findings.
- An earlier 40-patient trial comparing lactated Ringer's to normal saline showed lower C-reactive protein levels at 2-3 days with lactated Ringer's, though guidelines noted this was not a hard patient outcome.
- The ongoing Waterland trial is randomising almost 800 patients across 47 centres in 18 countries to lactated Ringer's versus normal saline for at least 48 hours, with severity as the primary outcome; the speaker stated results are pending and this will be the largest acute pancreatitis trial by patient and country count.
- The speaker disclosed receiving the UEG Research Prize 2021 and previous UEG Rising Star and Ambassador Awards for this fluid resuscitation research program spanning approximately 15 years.

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