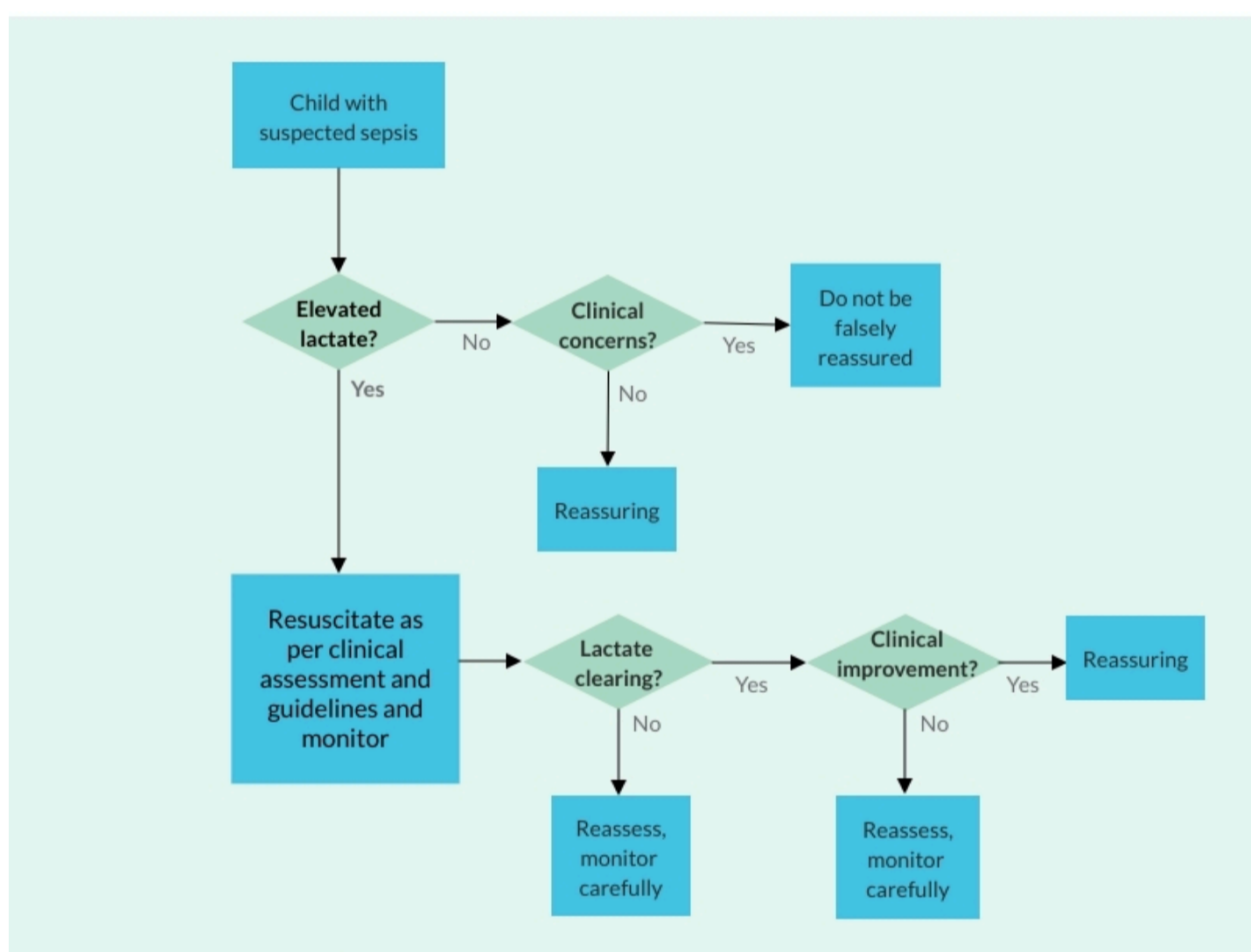


ADC E+P - How to interpret

BLOOD LACTATE

D Marikar, P Babu, M Fine-Goulden

? Lactate is an important molecule with complex biological functions – it is not a simple marker of hypoxia or a waste-product of metabolism



Elevated lactate levels indicate a metabolic imbalance between production, consumption and cellular transport



A normal lactate at presentation does not rule out severe sepsis or septic shock and should not be considered reassuring in the presence of adverse clinical signs



In sepsis, a high blood lactate at presentation should prompt careful monitoring, as persistent hyperlactatemia is associated with organ dysfunction and mortality



High lactate does not help diagnose NEC but in neonates with confirmed NEC, hyperlactatemia is associated with poorer outcomes