CASE REPORT

Symmetrical peripheral gangrene of bilateral feet and unilateral hand after administration of vasopressors during septic shock

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SUMMARY
We report a case of a 75-year-old Hispanic man treated for septic shock after undergoing surgery for impacted renal stones. He was given vasopressors and later developed symmetrical peripheral gangrene (SPG) on both his feet and left hand. SPG is a serious and rare condition presenting clinically as an acute onset of ischaemia with no vessel occlusion. Vasopressors are identified as a contributing factor in SPG development. The patient ultimately underwent transmetatarsal amputations of both feet and amputation of three digits on his left hand. Early monitoring and swift management of peripheral ischaemia are essential when using vasopressors for the treatment of septic shock.

BACKGROUND
Symmetrical peripheral gangrene (SPG), also known as purpura fulminans, is an uncommon condition where symmetric ischaemia of the digital extremities occurs without arterial vessel obstruction, increasing the risk of limb amputation and impacting quality of life.1 2 The aetiology of the condition is multifactorial but has been linked to the use of vasopressors during treatment of septic shock. There is consensus in the literature that recognising SPG early, along with the underlying conditions, can significantly change how the condition is managed and the final result.3

Our patient was treated for septic shock after emergency ureteral stent placement surgery. After administering fluid resuscitation, vasopressors and antibiotics, the patient developed gangrene of both feet and his left hand with an unusual sparing of his right hand. He eventually underwent transmetatarsal amputations of both feet and amputation of three digits of his left hand. Our aim is to bring further attention to this rare condition to raise the level of clinical suspicion and improve its management.

CASE PRESENTATION
We describe a 75-year-old Hispanic man with a medical history of hypertension, hyperlipidaemia and nephrolithiasis presenting to the emergency department (ED) with right flank pain for 2 days and dysuria and frequency for 1 week. In the ED the patient was given antibiotics and fluids. Within 12 hours the patient underwent emergency ureteral stent placement for impacted renal stones. During surgery the patient developed acute respiratory distress syndrome with severe hypoxaemia and was transferred to the intensive care unit for treatment of urosepsis. The patient was intubated, given antibiotics and intravenous fluids (IVF), and started on vasopressors to support systolic blood pressure and mean arterial pressure goals. Dopamine 2 μg/kg/min (max 20 μg/kg/min) and norepinephrine 1 μg/min (max 30 μg/min) were initiated. Several hours later the patient was started on vasopressin 2.4 units/hour infusion and the patient’s lactate was 5.35 the same day. The following day the patient’s blood pressure began to improve, all vasopressors were tapered, and IVF was continued. The patient was continued on broad-spectrum antibiotics, although all cultures have been negative since admission. Two
days after vasopressor administration, a bluish discolouration was noted on the patient’s upper and lower extremities, capillary refill was more than 3 s, radial and dorsalis pedis pulses were dopplerable, and the skin was intact and cool to touch. Dopamine was discontinued 2 days after administration. Three days later the patient developed gangrenous changes to his left hand and feet and was given intravenous argatroban 1.5 µg/kg/min. The patient was also dialysed throughout his stay to correct his acidosis. On day 9 since admission, the patient’s feet and hands contained fluid-filled bullae with gangrenous changes.

**TREATMENT**

Surgery was not initially recommended on noticing gangrenous changes in the patient’s hand and feet. The patient was discharged to a nursing home with periodic local wound care and monitoring for gangrene demarcation.

Over the next several months, the patient underwent multiple hospital admissions. He was admitted for necrosis of both feet with left heel cellulitis and was treated with intravenous antibiotics and discharged 6 days later. Five months later the patient’s left hand digits 1, 4 and 5 were fully demarcated with dry gangrene, and all three digits were amputated (figure 1). The patient was also treated for soft tissue infections of his feet and was given intravenous antibiotics for 6 weeks to cover positive cultures of Methicillin-resistant *Staphylococcus aureus* and *Pseudomonas*. After 4 months the patient returned to the hospital with dry, demarcated gangrene of both forefeet (figure 2) and plantar mid-feet (figure 3) and underwent bilateral transmetatarsal amputations (figure 4) with application of a Veraflow wound vacuum-assisted closure (VAC) 1 week later.

One full year after the patient was first admitted to the hospital, and 3 months after his bilateral transmetatarsal amputations, a split-thickness skin graft was applied on both his feet (figure 5).

**OUTCOME AND FOLLOW-UP**

The patient is currently continuing his recovery as an outpatient with the goal of full ambulation over the next several months.
Septicaemia is commonly associated with clinical DIC and occurs in approximately 30%–50% of patients with SPG. The majority of SPG cases we reviewed attributed SPG to treatment for cardiogenic shock or septic shock with DIC.1–3 5 7 The pathomechanics of DIC associated with SPG is primarily driven by a disordered clotting pathway.8 9 This dysfunction may lead to inappropriate thrombin activation resulting in increased fibrin breakdown products and intravascular microthromboses.8 10 Furthermore, the additional use of vasoconstrictive drugs exacerbates tissue hypoperfusion and ischaemia, leading to eventual tissue necrosis and gangrene.11

Also septic shock can be associated with high lactate. One article reported that very high serum lactate levels may be detected just prior to the onset of SPG.4 Our patient’s lactate was significantly elevated on the same day vasopressors were initiated and remained elevated for the next few days.

The three stages leading up to SPG are sepsis, ischaemia and gangrene. Treatment can be administered at each stage to prevent, slow or reverse the course to SPG. Septic shock, the first stage, results in low perfusion to the peripheral circulatory system and must be aggressively managed.2 5 Treatment includes resuscitation with fluids, intravenous antibiotics, anticoagulants and vasopressors.3 7 12

The vaspressors recommended by the Surviving Sepsis Guidelines are either dopamine or norepinephrine as the initial vasopressor of choice, and vasopressin can supplement norepinephrine.13 However, it has been noted that dopamine, epinephrine and norepinephrine can cause digital gangrene at recommended or curative dosage levels, especially in patients with DIC and hypovolaemia.1. For example, renal and mesenteric bed vasodilatation occurs in low-dose dopamine (<5 µg/kg/min), cardiac contractions can occur at moderate doses (5–10 µg/kg/min), and vasconstriction can occur at higher doses of 10–20 µg/kg/min.2

Peripheral gangrene attributed to the vasospastic action of dopamine was first reported in 1973.12 Since then, one article has cited additional cases reported in the medical literature.12 The patients in these cases clinically presented with either distal gangrene of multiple extremities or gangrene surrounding the area of intravenous filtration.12 The infusion rate of dopamine varied in these cases from 1.5 to 66 µg/kg/min, and the average maximum dose given was 10 µg/kg/min.12 Our patient developed SPG after receiving low to moderate doses of dopamine, ranging from 2 to 20 µg/kg/min for 2 days, norepinephrine doses ranging from 1 to 30 µg/min for 7 days, and vasopressin 2.4 units/hour for 3 days.

| Age | Sex | Condition | Vasopressor | Day ischaemia noted post vasopressor administration | Outcome | Authors |
|-----|-----|-----------|-------------|-----------------------------------------------------|---------|---------|
| 36  | M   | Cardiogenic shock | Epinephrine (10 mg/50 mL of solution 0.9% at 8 mL/hour intravenous infusion) Dopamine (400 mg/100 mL of solution 0.9% at 10 mL/hour intravenous infusion) | Day 3 | All digits autoamputated in the following 3 months and survived | Reyes et al1 |
| 30  | M   | Septic shock from intestinal perforation | Dopamine (20 µg/kg/min) and norepinephrine (0.2–0.3 µg/kg/min) | Day 2 | Succumbed to multiple organ failure and died | Shenoy et al5 |
| 58  | M   | Septic shock/DIC due to pyelonephritis | Norepinephrine, dopamine and dobutamine | Day 3 | Amputations of digits in all 4 extremities and survived | Akamatsu et al5 |
| 60  | F   | Septic shock/DIC due to renal hydronephrosis | Dopamine (29.5 µg/kg/min) and norepinephrine | Day 2 | All limbs developed dry gangrene requiring amputation and survived | Dong et al12 |

DIC, disseminated intravascular coagulation.
Rare disease

The second stage leading to SPG is the onset of digital ischaemia, and there is a small window of time before it appears. The initial sign is erythematous, cold extremities, followed by dusky discoloration of the skin with pain. If appropriate care is not given at this time, cyanosis and haemorrhagic bullae or blisters may develop in a symmetrical acral distribution over the fingers and toes. Our patient’s left fingernail beds and all of his toenail beds were noted to be cyanotic 2 days after administration of vasopressors. Select SPG cases with the day of the initial appearance of ischaemia after vasopressor use are highlighted in table 1.

Given these short time frames, early recognition is essential, as well as identifying patients with underlying diseases that may contribute to gangrene development. The literature states that predicting which patient will develop SPG without occlusive diseases is difficult since the patient may have signs that are not indicative of digital vasoconstriction, such as pedal pulses, warm skin, and normal or high cardiac output. Therefore, it is essential to monitor for ischaemic changes in the extremities when dopamine is infused because once ischaemia develops, the course to gangrene is more likely.

The therapies that attempt to slow or reverse ischaemia after its appearance are sympathetic blockers, intravenous vasodilators, local injection of alpha-blockers and phosphodiesterase inhibitors. Benefits have been reported with intravenous infusion of alpha-adrenergic antagonists such as chlorpromazine hydrochloride and infiltration of the ischaemic areas with phentolamine hydrochloride. Phentolamine is a pure alpha-blocker and is recommended over chlorpromazine given its central nervous system effects. The recommended dose of phentolamine is a solution of 5–10 µg/kg/min, although it was 3 days after the appearance of digital ischaemia. Once fluid-filled bullae were noted on the digits, our patient received wound care and antibiotics with continuous monitoring for gangrene development.

The development of gangrene is the final stage of SPG. Dry gangrene becomes apparent within the first 12–24 hours after onset of ischaemic changes and progresses proximally with a line of demarcation developing in approximately 2 weeks. Arteries supplying the gangrenous areas of the extremities are difficult to palpate but the large vessels are often spared. However, one case reported a 70-year-old woman who, after treatment with vasopressors, developed gangrene in all her fingers and toes of the right foot. Her left foot was spared because the patient’s left external iliac artery was occluded. Our patient developed gangrene of his bilateral feet and only his left hand. Sparing of his right hand is currently undetermined.

The only definitive treatment that has been established for gangrene is amputation of the necrotic digits after development of a clear line of demarcation. While awaiting demarcation, autoamputation of the gangrenous digits may occur.

In the meantime, local wound care should consist of interdigital padding to protect the gangrenous or ischaemic extremities, antiseptic dressings, debridement and antibiotics. After demarcation, our patient’s left hand digits 1, 4 and 5 were amputated, and transmetatarsal amputations were done on both feet with subsequent wound VAC placement and skin grafting.

**Contributors** All authors were involved in the treatment of this patient. WA discussed about writing the paper with SB and NR. NR initiated the concept, design, acquisition of data and literature review, and wrote the initial draft. SB acquired additional data and fact-checked each revision. WA and CVJ analysed the article, revising each draft critically for important intellectual content. All authors approved the final version submitted. NR will ensure that all questions regarding the accuracy and integrity of the article are investigated and resolved.

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