Prior antiplatelet therapy and outcome following intracerebral hemorrhage

A systematic review

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ABSTRACT

Objectives: Antiplatelet therapy (APT) promotes bleeding; therefore, APT might worsen outcome in patients with intracerebral hemorrhage (ICH). We performed a systematic review and metaanalysis to address the hypothesis that pre-ICH APT use is associated with mortality and poor functional outcome following ICH.

Methods: The Medline and Embase databases were searched in February 2008 using relevant key words, limited to human studies in the English language. Cohort studies of consecutive patients with ICH reporting mortality or functional outcome according to pre-ICH APT use were identified. Of 2,873 studies screened, 10 were judged to meet inclusion criteria by consensus of 2 authors. Additionally, we solicited unpublished data from all authors of cohort studies with >100 patients published within the last 10 years, and received data from 15 more studies. Univariate and multivariable-adjusted odds ratios (ORs) for mortality and poor functional outcome were abstracted as available and pooled using a random effects model.

Results: We obtained mortality data from 25 cohorts (15 unpublished) and functional outcome data from 21 cohorts (14 unpublished). Pre-ICH APT users had increased mortality in both univariate (OR 1.41, 95% confidence interval [CI] 1.21 to 1.64) and multivariable-adjusted (OR 1.27, 95% CI 1.10 to 1.47) pooled analyses. By contrast, the pooled OR for poor functional outcome was no longer significant when using multivariable-adjusted estimates (univariate OR 1.29, 95% CI 1.09 to 1.53; multivariable-adjusted OR 1.10, 95% CI 0.93 to 1.29).

Conclusions: In cohort studies, APT use at the time of ICH compared to no APT use was independently associated with increased mortality but not with poor functional outcome. *Neurology*[®] 2010;75:1333-1342

GLOSSARY

APT = antiplatelet therapy; **CI** = confidence interval; **GOS** = Glasgow Outcome Scale; **ICH** = intracerebral hemorrhage; **mRS** = modified Rankin Scale; **OR** = odds ratio.

Aspirin or other antiplatelet therapy (APT) could worsen outcome from intracerebral hemorrhage (ICH) by promoting bleeding. Published observational studies of outcomes in pre-ICH APT users have yielded conflicting results, however. Some suggest an increased risk of poor outcome¹⁻³ while others suggest no increased risk.^{4.5} If prior APT worsens outcome, then restoration of normal platelet function could be a therapeutic target.

We hypothesized that pre-ICH APT use would be associated with increased mortality and functional impairment following ICH, and tested this hypothesis by performing a systematic review of the literature. To reduce the likelihood of publication bias, we additionally requested information from established cohort studies that had not previously published on the association between pre-ICH APT and clinical outcomes.

METHODS Search strategy, selection criteria, and data abstraction. Using the Meta-analysis of Observational Studies in Epidemiology (MOOSE) criteria as a guide,⁶ we searched for studies describing mortality or functional outcome of consecutive adults with spontaneous ICH by APT use, excluding ICH due to identified secondary causes such as arteriovenous malformations or thrombolysis. The following keywords were entered into Medline (OVID) and Embase: [intracerebral hemorrhage OR intracerebral

e-Pub ahead of print on September 8, 2010, at www.neurology.org. Authors' affiliations are listed at the end of the article. *Disclosure:* Author disclosures are provided at the end of the article. hemorrhage OR hemorrhagic stroke OR hemorrhagic stroke] AND [outcome OR mortality OR morbidity OR survival OR death]. The search was limited to English-language human studies. The final search (February 15, 2008) yielded 2,873 articles. A physician investigator (B.B.T.) screened these articles by text, abstract, and then full text (figure e-1 on the Neurology® Web site at www.neurology.org). A permissive approach was used in advancing studies further through the screening process, and any uncertainties were reviewed by a second physician investigator (E.E.S.). Reference lists were hand searched to identify additional relevant studies. Study quality was independently appraised by 2 reviewers (B.B.T. and E.E.S.) using a framework adapted from a recent systematic review.7 Specifically, we only included studies that 1) verified all cases by neuroimaging, 2) included consecutive patients with primary ICH as eligible, rather than select samples (to minimize selection bias), 3) reported odds ratios (ORs) or probabilities of outcomes according to APT use, 4) reported mortality, 5) reported functional outcome using widely accepted validated scales, if functional outcome was reported, and 6) included sufficient information to judge the validity of the statistical methods. APT use was recorded based on medical history and chart review; no studies reported independent verification by pharmacy records. We also evaluated the degree of loss to follow up and whether confounding was considered. Ten articles were selected for inclusion based on this strategy (figure e-1).1-5,8-12

To reduce the likelihood that publication bias would affect our results, we contacted corresponding authors of articles which had been excluded by full text review (mostly for not containing APT data) but reported on \geq 100 consecutive ICH patients and were published within the past 10 years (figure e-2). Authors of known cohort studies of ICH and experts in the field were also contacted. Data from an additional 15 cohorts were obtained by these methods.¹³⁻²⁷ In many cases, authors contributed more patients than described in the original cohort, which was allowed as long as these patients were collected and characterized according to the same published methods. Study quality was evaluated using the same criteria cited above.

Univariate and multivariable-adjusted ORs for the effect of APT on ICH outcome were extracted. When data were not available or were not clear within the text, corresponding authors were contacted. To harmonize definitions of poor functional outcome across studies, we asked authors to analyze their data using the following scale-specific definitions based, where possible, on previously published recommendations: modified Rankin Scale (mRS) 4-6,28 Barthel Index less than 60,28 or Glasgow Outcome Scale (GOS) 1-3. There is excellent agreement between the mRS and Barthel Index scores for discrimination of the functional severity of stroke (weighted κ 0.85).²⁹ Analysis of our own data11 shows that GOS score 1-3 has excellent agreement with mRS 4-6 (κ 0.87). Because there is evidence that age and previous disability may confound the relationship between pre-ICH APT and outcome,4 we requested that authors contributing multivariate analyses adjusted for both age and premorbid disability, typically defined as mRS >1, if such data were available. We did not request that authors adjust for ICH-related characteristics such as hematoma volume, intraventricular hemorrhage, or stroke severity, because such characteristics may in turn have been influenced by pre-ICH APT, and because methods for measuring hematoma volume and stroke severity varied considerably by study. Whenever possible, results are reported excluding patients taking oral anticoagulants or oral anticoagulants plus APT; studies that did not exclude such patients were noted. The actual covariates for each multivariable analysis differed by study, according to study design and available data, and are listed in detail in the Results.

Statistical analysis. ORs and 95% confidence intervals (CI) from each study were combined using random effects models according to the method of DerSimonian and Laird, because initial analyses using fixed models showed significant heterogeneity when pooling the univariate ORs (as assessed by the I-squared measure and tested using the χ^2 test). Effects in prespecified subgroups were determined. Prespecified metaregression was used to test for a linear relationship between the OR for poor outcome following ICH and the percentage of pre-ICH APT users taking either 1) nonaspirin APT or 2) multiple APT. We inspected funnel plots of the ORs and performed Egger's test to assess for evidence of publication or reporting bias, that is, bias that could arise if the author's results influenced the likelihood of reporting their data in the literature or for incorporation in this study. Statistical analyses were performed with STATA version 9.2 (StataCorp LP, TX).

RESULTS Systematic review of published data. Characteristics of the 10 studies for which the relationship between APT and ICH outcome had previously been published are presented in the table. The relationship between APT and ICH outcome was the primary focus of 5.1-5 Two studies found that APT was an independent predictor of death,^{2,3} and 1 found that APT was associated with a combined endpoint of hematoma enlargement, surgery, or death within 48 hours, but was not a determinant of death alone.1 By contrast, another study⁵ failed to find a relationship between APT and either death or disability (defined as mRS >3) at hospital discharge. Finally, another study⁴ found significant relationships between APT and death and disability (defined as mRS >2) in univariate analysis, but not after controlling for age and premorbid disability (defined as prehospital mRS >1).

In another 5 studies, data on APT were included as a potentially relevant covariate in analyses of other predictors of ICH outcome (table). One study evaluated APT as a potential contributor to hospital mortality in ICH, and found it was nonsignificant in either univariate analysis or multivariable analysis controlling for age, sex, and other factors.¹² The other 4 studies presented only univariate analyses and failed to find associations between APT and outcome (table).⁸⁻¹¹

Combined analysis of previously published and unpublished data on APT and outcome. Characteristics of all the study cohorts, including the cohorts where APT and outcome data were not published in the literature but were contributed by the study authors, are presented in the table. Overall, the studies varied in both design and size. Inclusion criteria were primary ICH (n = 20),^{1,3,5,10-17,19-27} supratentorial ICH (n = 4),^{2,8,9,18} or ICH identified by billing codes (n = 1).⁴ Two cohorts excluded patients admitted

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Table	Characteristics of the 10 studies for which the relationship between APT and ICH outcome had previously been published ^a												
Reference	Year	Published or unpublished	Study population	No.	Mean age, y	Male, %	Pre-ICH APT, %	APT users taking non-ASA APT, %	APT users taking >1 APT, %	Time of assessment	Overall mortality, %	Definition of poor outcome	Overall poor outcome, %
5	2007	Published	Single center	457	74.9	58.0	20.6	0	0	Discharge	23.2	mRS 4-6	58.2
4	2006	Published	Multicenter	1,483	71.4	51.7	29.7	NR	NR	Discharge	22.7	mRS 4-6	65.5
8	2002	Published	Single center	169	71.2	54.4	18.5	0	0	Discharge	29.0	mRS 4-6	59.8
9	2007	Published	Single center	100	67.8	57.0	11.0	18.2	9.1	14 days	11.0	_	_
10	2002	Published	Multicenter, population-based	338	74.0 ^b	56.0	21.9	NR	NR	30 days	35.8	_	_
2	2005	Published	Single center	387	71.6	55.2	24.2	8.5	0	30 days	26.3	mRS 4-6	52.1
11	2004	Published	Single center	775	71.4	53.3	37.7	5.1	4.1	90 days	33.2	GOS 1-3	45.6
3	2006	Published	Single center, population-based	182	67.4	49.5	24.2	22.7	18.2	90 days	26.9	GOS 1-3	58.2
1	2005	Published	Single center	251	66.0	60.6	22.7	42.1	15.8	28 days	12.4	mRS 4-6	55.4
12	1999	Published	Single center	783	61.3	60.9	4.3	NR	NR	Discharge	11.0	_	_
13	2007	Unpublished	Multicenter	178	65.0	52.0	26.0	13.2	9.4	90 days	44.6	mRS 4-6	67.2
14	2007	Unpublished	Multicenter, population-based	375	72.7	44.1	19.2	NR	NR	90 days	40.0	mRS 4-6	55.1
15	2005	Unpublished	Single center	160	70.5	51.9	33.1	NR	NR	90 days	37.5	mRS 4-6	57.1
16	2006	Unpublished	Multicenter, population-based	799	69.3	43.2	30.6	19.6	9.4	90 days	43.9	mRS 4-6	71.6
17	2007	Unpublished	Single center, population-based	336	62.4	43.8	19.6	10.0	4.5	Discharge	25.3	_	_
18	2004	Unpublished	Multicenter	265	70.7	55.3	16.2	NR	NR	90 days	21.9	mRS 4-6	42.6
19	2007	Unpublished	Single center	315	73.9	50.2	33.0	12.5	8.7	Discharge	38.7	_	_
20	2006	Unpublished	Single center	129	66.8	70.5	11.6	46.7	13.3	Discharge	8.5	mRS 4-6	50.4
21	2003	Unpublished	Single center	757	66.1	61.9	16.1	13.1	0.8	90 days	39.6	GOS 1-3	60.6
22	2004	Unpublished	Multicenter, population-based	487	69.0	43.1	30.6	29.8	29.8	28 days	35.1	mRS 4-6	71.1
23	2007	Unpublished	Single center	183	66.3	62.8	9.8	31.6	15.8	30 days	4.4	mRS 4-6	57.9
24	2002	Unpublished	Single center	216	64.3	51.3	18.5	7.5	5.0	Discharge	25.5	GOS 1-3	56.5
25	2004	Unpublished	Single center	121	65.0	52.3	7.4	33.3	33.3	Discharge	33.1	-	-
26	2000	Unpublished	Single center	333	69.5	65.8	14.7	20.4	4.1	90 days	36.0	mRS 4-6	53.2
27	2002	Unpublished	Multicenter, population-based	331	65.6	57.6	20.2	NR	NR	90 days	41.4	BI <60	63.9

Abbreviations: APT = antiplatelet therapy; BI = Barthel Index; GOS = Glasgow Outcome Scale; ICH = intracerebral hemorrhage; mRS = modified Rankin Scale; NR = not reported.

^a Study sample sizes may exceed those in the cited references because study authors were contacted and encouraged to submit additional patient data as long as these patients were collected and characterized according to the same published methods.

^b This study reported median age.

later than 24 hours after symptom onset,^{21,23} 2 excluded patients with prior stroke,^{5,26} 1 excluded patients "diagnosed with amyloid angiopathy,"²⁰ and 1 excluded patients with multiple ICH, prior ICH, pre-ICH disability, or need for surgery.³⁰ We contacted study authors to request cohort data excluding patients taking anticoagulation and ultimately received data from 23 cohorts that specifically excluded patients on anticoagulation,^{1-5,8,9,11,13-27} while one cohort included patients on anticoagulation,¹⁰ and one cohort included patients on anticoagulation but controlled for its use in the multivariable model of mortality.¹² There was no evidence of publication bias in the 10 previously published studies (p = 0.34 for mortality and p = 0.54 for poor outcome, by Egger's test) or when considering all 25 studies (p = 0.24 for mortality and p = 0.49 for poor outcome) (figure 1).

The weighted mean age across all studies was 68.9 years (range 61.3–74.9 years for individual cohorts) and 54.3% of patients were male (range 43.1%–70.5%). APT was commonly used prior to ICH (weighted mean proportion 22.9%, range 4.3%–37.7%). The weighted mean proportion of APT users taking nonaspirin APT, either alone or in

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Figure 1 Funnel plots



Funnel plots of univariate odds ratios for mortality (A) and poor functional outcome (B).

combination with aspirin, was 15.9% (range 0%–46.7%). The weighted mean proportion taking more than one APT was 8.3% (range 0%–33.3%).

All 25 cohorts (9,910 patients) contributed data for the univariate mortality analysis (table), and 21 cohorts (8,419 patients) provided data for the multivariable mortality analysis.^{1-4,8,9,11-16,18-24,26,27} Among those providing multivariate data, all models adjusted for age, 7 adjusted for premorbid disability, 4,13,15,16,18,19,27 3 adjusted for sex, 1,12,31 1 adjusted for diabetes,³¹ and 1 adjusted for smoking, vascular risk factors, ischemic heart disease, previous cerebrovascular disease, and warfarin use.12 The pooled univariate OR for mortality for the entire cohort was 1.41 (95% CI 1.21 to 1.64, p < 0.001) (figure 2). The pooled multivariable adjusted OR for mortality was attenuated at 1.27 (95% CI 1.10 to 1.47, p =0.001) (figure 2). Elimination of the single cohort that did not exclude warfarin-treated patients¹² made no substantial difference in the estimates (data not shown).

There were 19 cohorts (7,458 patients) that contributed data for the univariate analyses of poor functional outcome^{1-5,8,11,13-16,18,20-24,26,27} and 17 studies (6,693 patients) that contributed data for the multivariable-adjusted analysis.^{2-4,8,11,13-16,18,20-24,26,27} All models adjusted for age, 6 adjusted for premorbid disability,^{4,13,15,16,18,27} and 1 adjusted for sex and diabetes.³ The pooled univariate OR for poor functional outcome was 1.29 (95% CI 1.09 to 1.53, p = 0.002) (figure 3). The pooled adjusted OR for poor functional outcome was 1.10 (95% CI 0.93 to 1.29, p =0.32) (figure 3).

Study heterogeneity was found for univariate analyses ($p \le 0.02$) but not for multivariable analyses (p > 0.15) (figures 2 and 3). To explore sources of heterogeneity among studies, multiple prespeci-

fied subgroup analyses were performed using the multivariate-adjusted ORs (figure 4). Adjusted ORs for mortality and poor outcome were similar across most groups (p > 0.05), with the exception that the adjusted odds of poor outcome with APT was higher in studies that measured disability at 30 days compared to hospital discharge (p = 0.05). Using metaregression, we found that for each 5% absolute increase in the percentage of nonaspirin APT the adjusted OR for mortality for APT, compared to no APT, increased by 0.06 (95% CI -0.01 to 0.13, p =0.08), and the adjusted OR for poor functional outcome increased by 0.09 (95% CI 0.00 to 0.18, p = 0.04). For each 5% absolute increase in the percentage taking more than one APT the adjusted OR for mortality for APT, compared to no APT, increased by 0.04 (95% CI -0.06 to 0.13, p = 0.45), and the adjusted OR for poor functional outcome increased by 0.12 (95% CI 0.01 to 0.23, p = 0.04).

DISCUSSION APT prior to ICH was common, and there was an association between APT and death and poor functional outcome in univariate analyses. The relationship with increased mortality was attenuated such that the effect size was relatively modest, and the relationship with increased poor functional outcome was reduced to nonsignificance after adjustment for age and other factors. The increased mortality may be related to the antithrombotic effect of APT, which could lead to increased bleeding. We were not able to confirm this hypothesis in the current study because follow-up ICH volumes were not present for most studies.

We found statistical evidence of heterogeneity of the univariate OR estimates, likely reflecting differences in the populations and methods used. Nonetheless, pooling of the OR estimates seems justified

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Figure 2 Odds ratios for mortality

Ą	OR for mortality in APT users		%
Study		OR (95% CI)	Weight
Barton (2007)		1.99 (1.04, 3.82)	3.68
Bejot (2007)		1.66 (0.99, 2.78)	4.93
Caso (2007)		1.01 (0.59, 1.73)	4.70
Christensen (2005)		1.29 (0.66, 2.53)	3.52
Flaherty (2006)		1.78 (1.32, 2.42)	7.95
Foerch (2006)		1.39 (1.07, 1.80)	8.69
Ghandehari (2007)		1.14 (0.62, 2.09)	4.03
Hallevy (2002)		1.08 (0.47, 2.48)	2.56
Kimura (2007)		7.27 (1.71, 30.96)	0.99
Leira (2004)		1.10 (0.51, 2.39)	2.87
Myint (2007)		1.33 (0.82, 2.14)	5.35
Nagakane (2006)		3.31 (0.77, 14.20)	0.98
Nilsson (2002)		1.12 (0.66, 1.91)	4.77
Passero (2003)		1.66 (1.12, 2.45)	6.54
Roquer (2005)	· · · · · · · · · · · · · · · · · · ·	2.77 (1.38, 5.59)	3.32
Rosand (2004)		0.96 (0.70, 1.33)	7.65
Saloheimo (2006)		2.74 (1.33, 5.63)	3.18
Sivenius (2004)		1.41 (0.92, 2.17)	6.01
Sorimachi (2007)		6.40 (1.39, 29.44)	0.90
Szczudlik (2002)		1.33 (0.62, 2.83)	2.95
Togha (2004)		1.69 (0.43, 6.67)	1.09
Toyoda (2005)		2.08 (0.93, 4.65)	2.70
Vemmos (2000)		0.93 (0.49, 1.76)	3.77
Wolfe (2002)		1.02 (0.59, 1.76)	4.61
Wong (1999)		0.48 (0.20, 1.19)	2.29
Overall (I-squared = 39.8%, p = 0	.022)	1.41 (1.21, 1.64)	100.00
NOTE: Weights are from random	effects analysis		
	0.25 0.50 1.0 2.0 4.0 8.0		



Unadjusted (A) and multivariable-adjusted (B) ORs for mortality in pre-ICH antiplatelet therapy (APT) users compared to nonusers. CI = confidence interval; ICH = intracerebral hemorrhage; OR = odds ratio.

Figure 3 Odds ratios for poor functional outcome

٩	OR for poor outcome in APT users	%
Study	OR (95% CI)	Weight
Barton (2007)	2.12 (1.03, 4.30	6) 3.99
Bejot (2007)	1.36 (0.80, 2.25	9) 5.96
Caso (2007)	0.73 (0.46, 1.1)	6.82
Christensen (2005)	3.12 (1.32, 7.3	3) 3.08
Flaherty (2006)	1.65 (1.16, 2.3)	5) 8.59
Foerch (2006)	1.20 (0.95, 1.5)	3) 10.70
Hallevy (2002)	0.77 (0.36, 1.65	5) 3.70
Leira (2004)	0.98 (0.48, 1.9)	7) 4.12
Nagakane (2006)	1.14 (0.39, 3.3)	5) 2.14
Passero (2003)	1.53 (1.01, 2.3)	2) 7.53
Roquer (2005)	1.68 (0.86, 3.24	8) 4.43
Rosand (2004)	1.03 (0.73, 1.45	5) 8.76
Saloheimo (2006)	1.18 (0.54, 2.5	7) 3.57
Sivenius (2004)	2.39 (1.39, 4.1)	2) 5.74
Sorimachi (2007)	→ 2.78 (0.88, 8.80	0) 1.91
Szczudlik (2002)	1.19 (0.59, 2.40	0) 4.15
Toyoda (2005)	0.87 (0.48, 1.5)	7) 5.18
Vernmos (2000)	0.68 (0.37, 1.25	5) 5.01
Wolfe (2002)	1.70 (0.89, 3.20	5) 4.61
Overall (I-squared = 44.7%, p = 0.019)	1.29 (1.09, 1.5	3) 100.00
NOTE: Weights are from random effects analy	ysis	
0.25	0.50 1.0 2.0 4.0 8.0	



Unadjusted (A) and multivariable-adjusted (B) ORs for poor functional outcome in pre-ICH antiplatelet therapy (APT) users compared to nonusers. CI = confidence interval; ICH = intracerebral hemorrhage; OR = odds ratio.

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Figure 4 Outcomes in specific subgroups



Adjusted odds ratios for mortality (A) and poor functional outcome (B), in pre-ICH antiplatelet user compared to nonusers, according to prespecified study subgroups. APT = antiplatelet therapy; BI = Barthel Index; GOS = Glasgow Outcome Scale; ICH = intracerebral hemorrhage; mRS = modified Rankin Scale; Ref = reference category.

for several reasons. We restricted study entry to cohort studies recruiting consecutive patients to minimize selection bias and ensure more homogenous study design. We analyzed mortality as one of the outcomes; mortality can be determined with high interrater reliability and therefore should be less susceptible to ascertainment bias related to study design. Most importantly, statistical evidence of heterogeneity was no longer found when pooling multivariableadjusted OR, suggesting that some of the heterogeneity of the univariate OR was caused by differences in the prevalence of confounding factors rather than differences in study methods. Therefore these data suggest that normal variation in the effect estimates, rather than heterogeneity of the study methods or populations, appears to be the primary reason for the varying results seen in individual published studies.

With one exception we failed to find differences between prespecified subgroups in the adjusted effect of APT on outcome (figure 4), including no difference when comparing population-based studies with the others. The exception was that studies of 1-month functional outcomes reported a greater effect of APT on poor functional outcome than studies reporting outcomes at hospital discharge (p = 0.05), although this finding is based on only 2 studies measuring functional outcome at 1 month. Given that APT was not associated with poor functional outcome in studies evaluating outcome at discharge or 90 days, this result may be a chance finding.

Because combination APT appears to be associated with a high incidence of intracranial hemorrhage in some populations,^{32,33} we used meta-regression to determine whether the cohort-specific percentage of combination APT or nonaspirin APT was related to poor outcome. We found some evidence that the rate of combination APT and nonaspirin APT was associated with the adjusted OR for poor functional outcome, but not mortality. These analyses should be interpreted with caution because of the relatively small number of combination therapy and nonaspirin users and the lack of dosage information. Further research is necessary to determine the risk from combination APT therapy, particularly given expanding indications for its use.

A limitation of the reviewed studies is that data on cardiovascular comorbidities, limitation of care orders, and concomitant medications were not always collected or were not collected in a standardized fashion. Thus the effect estimates were not adjusted for all potentially conceivable confounders and should be interpreted with appropriate caution. APT users are expected to have more ischemic cardiovascular disease and might have worse outcomes as a result of these comorbidities, independent of the amount of intracerebral bleeding. Limitation of care orders might have been more frequently used in the APT group, if pre-ICH APT was considered a poor prognostic sign. Treatment practices

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may have varied according to the presence or absence of pre-ICH APT. The reporting of previous cardiovascular and cerebrovascular disease, concomitant medications, limitation of care orders, and treatment protocols, including whether these data were reported at all, varied substantially by study and therefore we were not able to obtain effect estimates controlling for these factors. We did ask study authors to provide adjusted estimates controlling at minimum for age and previous disability (if such information was available), because these characteristics have been previously shown to confound the relationship between APT and ICH outcome.⁴ We could not report information on ICH size, ICH growth, presence of intraventricular hemorrhage, or stroke severity, because these data were not systematically collected with comparable methods across the studies. Increased bleeding and increased stroke severity are probable consequences of APT and are therefore more appropriately considered mediating factors between APT and worse outcome, rather than confounders.

Because we could not control for all possible confounders we cannot rule out residual confounding such that the true adjusted effect of APT may be less than reported here. Further, we cannot completely exclude the possibility of bias, although tests of publication bias were negative. The obtained estimates may be viewed as the probable upper bounds of the adjusted odds of poor outcomes associated with APT, however. In other words, we consider it unlikely that the true effect of APT on worse outcome following ICH is greater than that reported here. The pooled adjusted estimates of the APT effect may be fairly accurate, however, for the following reasons. Previous mortality prediction models in ICH have shown that the strongest determinants of ICH outcome are age, ICH size, intraventricular hemorrhage, and clinical stroke severity, with a lesser effect of cardiovascular comorbidities.34,35 Therefore cardiovascular comorbidities may not have strongly confounded these results. Limitation of care orders are independently associated with worse outcome; however, use of such orders is not known to be strongly associated with the presence or absence of APT. There are no proven specific therapies to improve outcome following ICH, or to antagonize APT-related bleeding, therefore treatment practices may not have a large effect on the estimates. Finally, we were able to provide estimates adjusted for age and prior disability. Since increased age is associated with cardiovascular comorbidities and use of limitation of care orders, controlling for age may have accounted for some, but certainly not all, of their effect on outcomes. Prior disability is unlikely to be a significant confounder because a subgroup analysis

showed that similar estimates were obtained in the studies that provided ORs adjusted for prior disability, compared to those that did not (figure 4).

Additional limitations of our study include those inherent to any meta-analysis. To mitigate publication bias, we sought out unreported cohorts for inclusion and reviewed funnel plots comparing cohort sizes with effect estimates. Study quality was evaluated using published criteria as a guide.⁷ No studies reported correlation with pharmacy records; therefore some APT could have been inaccurately reported or missed.

Although this systematic review suggests there is only modestly increased mortality in patients taking pre-ICH APT, and little or no increase in poor functional outcomes, there are a substantial number of ICH patients taking pre-ICH APT who could be at risk. Whether the mortality associated with pre-ICH APT can be ameliorated by therapies designed to restore normal platelet function is uncertain and would require relatively large trials to demonstrate, given the modest increase in risk. Prevention of ICH, by careful attention to risk factors such as hypertension, may be a more easily implemented strategy to reduce the morbidity from APT-associated ICH.

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