Renal tubular acidosis during therapy for diabetic ketoacidosis

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Summary: A young woman presented with typical diabetic ketoacidosis. Five hours after insulin had been given hyperchloremic metabolic acidosis developed. This could not be attributed to gastrointestinal loss of bicarbonate, ingestion of HCI or carbonic anhydrase inhibitor, or the administered fluids and electrolytes. The combination of hyperchloremic metabolic acidosis and a urine pH of 5.6 during acidemia prompted specific studies that established the presence of disorders of renal acidification. A transient defect of hydrogen ion secretion in the distal nephron was suggested by the decrease in urine-blood Pco, gradient after administration of sodium bicarbonate. Proximal renal tubular acidosis was indicated by the reduced bicarbonate threshold that persisted for approximately 7 weeks.

Résumé: Acidose tubulaire rénale durant un traitement pour acidocétose diabétique

Une jeune femme présentait une acidocétose diabétique typique. Cinq heures après une injection d'insuline, se manifestait une acidose métabolique hyperchlorémique. Celle-ci ne pouvait être attribuée à une perte de bicarbonate par voie digestive, ni à l'ingestion de HCI ou d'un inhibiteur de l'anhydrase carbonique, ni à l'administration de liquides et d'électrolytes. L'association d'une acidose métabolique hyperchlorémique et d'un pH urinaire de 5.6 durant l'acidémie nous a incité à pratiquer des études spécifiques qui ont permis d'établir la présence de troubles de l'acidification rénale. L'administration de bicarbonate de sodium ayant déclenché une diminution du gradient de Pco, urine-sang, nous avons conclu qu'il s'agissait d'un défaut transitoire de la sécrétion des ions d'hydrogène dans le néphron distal. L'acidose rénale du tube proximal était indiquée par l'abaissement du seuil du bicarbonate qui a persisté durant près de 7 semaines.

The mechanisms responsible for metabolic acidosis in patients with poorly controlled diabetes mellitus have been well documented.¹⁻⁵ In classic diabetic ketoacidosis, metabolic acidosis is produced by the accumulation in the blood of β -hydroxybutyric and acetoacetic acids and therefore there is an increase in concentration of unmeasured anions. After the initiation of therapy, however, hyperchloremia and a low serum bicarbonate concentration are frequently detected. This hyperchloremic acidosis is usually transient and has been attributed to sodium chloride administered intravenously to patients in whom the ketosis has been reversed by the administered insulin.1-5

We have recently studied a patient in whom hyperchloremic metabolic acidosis developed after insulin therapy for the typical unmeasured anion type of diabetic ketoacidosis. Specific studies established that the hyperchloremic acidosis was due to a defect at the proximal and probably also at the distal renal acidification sites. In this report we discuss the diagnosis, natural history and possible mechanisms of this disorder.

Methods

Values for serum sodium, potassium, chloride, creatinine and phosphorus, blood glucose and urea nitrogen, pH, P_aco_2 and CO_2 content were determined as outlined in a previous communication.¹⁶ Serum and urine ketones were detected by colour reaction of sodium nitroprusside reagent (Acetone Test [Denco]) and urine glucose (total reducing sugar) by colour reaction of bismuth oxychloride-sodium hydroxide reagent (Galatest [Denco]). Serum β hydroxybutyrate was assayed spectrophotometrically on a blood perchloric acid filtrate.¹⁷

The urinary acidification studies with ammonium chloride were performed as described by Wrong and Davies.¹⁸ Bicarbonate loading was achieved by the intravenous or oral administration of sodium bicarbonate, 1 to 2 meq/kg; the dose was selected to ensure that the urine pH exceeded that of the blood. In order to minimize the possibility that an admixture of alkaline and acid urines in the bladder would be studied, analyses were not performed until the urine pH exceeded the blood pH in two consecutive specimens. All samples were aspirated into a sealed glass syringe immediately after the urine had been voided, as previously described.¹⁶ Venous blood was collected from an antecubital vein without the use of a tourniquet after the subject had remained recumbent for at least 10 minutes; forearm muscle contraction was minimized. On the two occasions that arterial blood samples were obtained the values were only minimally different from the venous values. The $P_{a}CO_{2}$ as determined by the PCO_{2} electrode was checked by substitution in the Henderson-Hasselbalch equation; all values reported had less than a 10% deviation.

Case report

A 19-year-old white woman was admitted to hospital with the diagnosis of diabetic ketoacidosis. Diabetes mellitus had first been diagnosed 12 years earlier and she had been treated with diet and insulin since that time. Control of her disease had been excellent for the first 3 years. During the next 9 years, however, she required 15 hospital admissions for diabetic ketoacidosis, with an uneventful recovery on each occasion. She was being treated with 30 units of Lente Insulin per day and an 1800-calorie diabetic diet. On the day before admission she had a mild fever, muscle aches and nausea and had vomited once. Her urine had become strongly positive for glucose and ketones. The ketonuria persisted despite an increase in her insulin dose and therefore she was taken to hospital. She denied the intake of any additional medication and there had been no major modification of her management up to the present illness.

She was in some distress on admission. Respiration was deep and rapid (32/min). Acetone was not detected in her breath by the attending house officer. Her temperature was 37°C, pulse rate 88 beats/ min, blood pressure 120/70 mm Hg, and there was no change in blood pressure with posture, hence clinical volume contraction was not detected. The extremities were warm and cyanosis was not present. She was moderately obese. The remainder of the physical examination did not reveal any abnormalities. Chest radiographs appeared normal.

Results of laboratory investigations are summarized in Table I. In addition, the initial urine specimen was strongly posi-

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tive for sugar and ketones; there was no proteinuria and only a few leukocytes were detected in the urinary sediment. The blood sugar was greatly elevated (702 mg/dl) and an undiluted specimen was positive for serum ketones. Initially, therefore, the typical biochemical features of diabetic ketoacidosis were noted. The effects of insulin insufficiency are re-flected by the blood sugar value of 702 mg/dl, the β -hydroxybutyrate value of 6 mmol/l (normal, < 0.5 mmol/l) and the severe metabolic acidosis (pH 7.20). The elevation of the concentration of ketoacid anions accounted for most of the increase in concentration of unmeasured anions.* Thus, she presented with a clinical picture characteristic of diabetic ketoacidosis.1-6

Specific therapy consisted of crystalline insulin, 30 units intravenously and 30 units subcutaneously. Over the first 5 hours of treatment 1.5 l of isotonic NaCl and 44 meq of sodium bicarbonate were administered. At the end of this period the metabolic lesion of diabetic ketoacidosis was largely reversed (blood sugar value, 121 mg/dl; serum β -hydroxybutyrate value, 0.6 mmol/l) but metabolic acidosis was still evident (pH 7.30) (Table I).

Five hours after insulin therapy was started the metabolic pattern had undergone a dramatic change (Table I). There was a striking decrease in the blood values of glucose, β -hydroxybutyrate and unmeasured anions. But despite the reversal of ketosis by therapy the blood bicarbonate value remained low and metabolic acidosis persisted: metabolic acidosis of the hyperchloremic or nonunmeasured anion type had emerged.

The changes in early acid-base balance noted during the first 5 days of the study are summarized in Table II. Metabolic acidosis (total CO_2 , < 24 meq/l) recurred despite repeated administration of sodium bicarbonate; the bicarbonate was promptly excreted in the urine (urine pH, > 7.4) at a time when values for potassium and P_aCo_2 were not abnormal (day 3 onwards). This pattern was also observed in the ensuing 7 weeks (Fig. 1).

After her recovery the results of renal function studies were within normal limits: creatinine clearance was 156 ml/min and the intravenous pyelogram showed that the kidneys were slightly larger than expected and smooth in outline, with normal collecting systems. The urine was acidified to a pH of less than 5.30 during an ammonium chloride loading test.¹⁸ Findings were normal on microscopic examination of the urine sediment on several occasions.

Discussion

The possible causes of hyperchloremic metabolic acidosis in diabetes mellitus are as follows:

1. Loss of β -hydroxybutyrate anion in the urine as the sodium or potassium salt. This would tend to restore to normal the elevated blood concentrations of unmeasured anions but would also result in loss of potential bicarbonate. Thus, the metabolic acidosis would convert from an unmeasured anion type to a hyperchloremic type.

2. Gastrointestinal loss of bicarbonate.

3. Ammonium chloride (HCl intake.

4. Sodium chloride administration to a patient with metabolic acidosis and extracellular fluid volume contraction. This would dilute the serum bicarbonate and contribute to the acidosis.

5. Renal causes:

(a) Carbonic anhydrase inhibitor intake.
(b) Renal tubular acidosis — proximal, distal or combined.

Neither gastrointestinal loss of bicar-

bonate nor ingestion of HCl or a carbonic anhydrase inhibitor was a factor in this case. Our patient received insufficient (1.5 l) isotonic NaCl to account for the decrease in concentration of unmeasured anions without concomitant elevation of bicarbonate concentration. Although the factors responsible for the initiation of the hyperchloremic acidosis cannot be delineated with certainty in this case, the subsequent course of events establishes that this acidosis was perpetuated by defects in the renal acidification mechanism. Although sufficient bicarbonate was administered to exceed her renal threshold (Fig. 1), the serum bicarbonate concentration remained low and metabolic acidosis persisted.

Table I-Data on admission and for first 5 hours of treatment

Variable	Time after admission (h)				
	0	5	15		
Blood constituents					
Glucose (mg/dl)	702	121	212		
BUN (mg/dí)	13		6		
Na (meq/l)	128	138	136		
K (meq/l)	5.7	3.4	5.1		
CI (meq/I)	91	110	107		
Total CO ₂ (meq/l)	11	13	15		
Unmeasured anions* (meq/l)	26	15	14		
β-hydroxybutyrate (mmol/l)	6	0.6	—		
Blood gases					
рН	7.20	7.30	7.33		
P _{aCO2} (mm Hg)	26†	29	32		
P_{aO2} (mm Hg)	103		97		
Treatment (cumulative values)					
Insulin (units)		60			
NaCI (I)		1.5	1.8		
KCI (meg)			20		
NaHCO ₃ (meg)		44			
5% dextrose/water (I)			0.7		

*Unmeasured anions: Na – (Cl + CO₂), normal range 13 \pm 3 meq/l.

 \dagger Calculated from the determined pH and bicarbonate value. All other P_{CO2} values were determined directly.

Table II-Acid-base data for days 1 to 5

Variable	Hospital day						
	1		3		5		
	Before* HCO ₃ -	After (44)† HCO₃-	Before HCO₃−	After (220) HCO₃-	Before HCO ₃ -	After (132) HCO ₃	
Blood	<u> </u>						
Na+ (meq/l)	136	139	136	143	139	141	
K+ (meq/l)	5.1	4.3	4.2	3.6	4.7	3.8	
Cl- (meq/l)	107	101	101	103	102	100	
Total CO ₂ (meq/l)	15	22	20	25	22	26	
Unmeasured anion (meq/l)	14	16	15	15	15	15	
Blood gases							
pH	7.33	7.42	7.34	7.41	7.31	7.39	
P _{aCO2} (mm Hg)	32	31	36	42	42	45	
Urine							
pH	5.70	7.60	5.80	7.82	5.90	7.75	
P _{CO2} (mm Hg)	40	49	34	61	40	84	
Urine minus blood P _{CO2} (mm Hg)	_	18		19	_	39	

*Before sodim bicarbonate therapy, fasting am values.

†After sodium bicarbonate therapy, dosage in meq in parentheses, at peak serum bicarbonate value.

^{*}Acetoacetate was not measured directly, but is approximately one third the β -hydroxybutyrate value at these concentrations in simple keto-acidosis.¹⁹

Inability to acidify the urine maximally in the presence of systemic acidosis is the generally accepted criterion for the diagnosis of distal renal tubular acidosis.¹⁸ When this patient had systemic acidosis (pH = 7.30) the urine pH was 5.6 (Fig. 1). Urine pH, however, is not a reliable index of hydrogen ion secretion in the distal nephron in chronic metabolic acidosis. During the metabolic acidosis of fasting, urine pH decreases initially, then increases after 3 to 5 days despite a steadily increasing degree of ketoacidosis.²⁰ This increase in urine pH correlates with the increase in renal ammonium excretion observed in chronic metabolic acidosis of differing causes.²¹ Thus, classic criteria that depend on urine pH for the diagnosis of distal renal tubular acidosis are not applicable during chronic metabolic acidosis.¹⁸ However, Elkington et al²² observed that the urine pH was usually lower than 5.6 in normal subjects who had metabolic acidosis for 3 to 5 days.

We proceeded, therefore, to evaluate hydrogen ion secretion in the distal nephron by determining the gradient between the urine PCO₂ and the arterial PCO₂ (U-BPCO₂).¹⁶ Carbonic acid is formed when hydrogen ions are secreted into the bicarbonate-rich fluid in the lumen of the distal nephron. Because of the absence of luminal carbonic anhydrase in this segment of the nephron, dehydration to carbon dioxide and water is delayed. Urinary carbon dioxide is derived from two major sources: hydrogen ions that are secreted in the distal nephron into alkaline urine, and urinary PCO₂ that equilibrates with

the PCO₂ of the medullary parenchyma. This latter value is best reflected by the P_aCO₂. The presence of a decreased hydrogen ion secretion in the distal nephron in this patient on days 2 and 3 was suggested because her U-BPCO₂ was lower then (18 and 19 mm Hg) than after the 5th hospital day (39 and 30 mm Hg). Distal acidification was normal on the 8th day, for the urine pH decreased to 5.2 during an ammonium chloride loading test¹⁸ (Fig. 1). Thus, the decreased net hydrogen ion secretion in the distal nephron in this patient was transient. Factors commonly associated with distal renal tubular acidosis, such as a positive family history, hypokalemia, use of nephrotoxic drugs or heavy metals and dysproteinemias, were not evident.

If distal renal tubular acidosis were its sole cause, the hyperchloremic acidosis would have been corrected by the administration of sodium bicarbonate in a dosage of 2 to 3 meq/kg • day.²³⁻²⁵ This was not the case, as can be appreciated from Fig. 1. Despite the repeated administration of bicarbonate in large quantities (132 meg) the serum bicarbonate value was consistently below normal limits. The very alkaline urine pH demonstrates that her bicarbonate threshold was exceeded and establishes the diagnosis of proximal renal tubular acidosis.23-25

Hypophosphatemia occurs after insulin treatment of diabetic ketoacidosis,^{7,9,26-28} and in this patient the serum phosphorus value was low on day 2 (1.9 mg/dl). Recently, Gold et al²⁹ have shown that phosphate depletion can

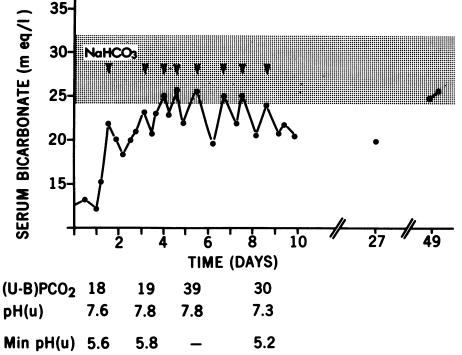


FIG. 1-Effect of bicarbonate administration on serum bicarbonate values, urine pH and urine-blood Pco, gradient.

cause a defect in renal bicarbonate reabsorption (proximal renal tubular acidosis). Therefore, our patient was treated with sodium phosphate by mouth from the evening of day 2.⁺ The serum phosphorus value returned to normal (3.9 mg/dl) on day 4 but the bicarbonate wasting continued, thus excluding phosphate depletion as the sole cause of her proximal renal tubular acidosis. Nor was there any evidence of generalized proximal tubular dysfunction, such as aminoaciduria, phosphaturia, uricosuria or glucosuria. The decrease in serum bicarbonate value occurred when the serum potassium value and PaCO₂ were normal and also when there was no apparent expansion or contraction of the extracellular fluid volume (Table I and Fig. 1). In contrast to the rapid disappearance of her defect in hydrogen ion secretion in the distal nephron, the proximal renal tubular acidosis persisted long after she had recovered from her acute diabetic ketoacidosis (Fig. 1). Eventually, however, the proximal renal tubular acidosis also resolved, as demonstrated by the return of her renal bicarbonate threshold to normal by the 49th day (blood bicarbonate value was normal when bicarbonate therapy had been discontinued).

A review of the previous episodes of diabetic ketoacidosis in this patient revealed that hyperchloremic metabolic acidosis had occurred frequently during therapy. Specific studies for renal tubular acidosis, however, were not done on those occasions, and one can only speculate whether renal tubular acidosis was a frequent accompaniment of her diabetic ketoacidosis. Hyperchloremic metabolic acidosis is, however, a frequent finding during therapy for diabetic ketoacidosis. The frequency of renal tubular acidosis in this group of patients has yet to be ascertained.

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ESTHETIC PLASTIC SURGERY. The Wellesley Hospital, Toronto, April 4-5, 1975. Information: The Director, Division of Postgraduate Medical Education, University of Toronto, Toronto, Ont. M5S 1A8

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DROGUES, ALCOOL ET AUTRES TOXICOMANIES, Hôtel Bonaventure, Montréal. Le 26 avril 1975. Renseignements: Directeur du Service d'éducation médicale continue, Université de Montréal, C.P. 6207, Succursale A, Montréal, Qué. H3C 3T7

OPHTHALMOLOGY SPRING CLINICAL DAY. Uni-versity Hospital, London, Ont. May 2, 1975. In-formation: Assistant Dean, Continuing Education, Faculty of Medicine, The University of Western Ontario, London, Ont. N6A 3K7

CHEST DISEASES. Clinical day. University Hospital, London, Ont. May 7, 1975. Information: Assistant Dean, Continuing Education, Faculty of Medicine, The University of Western Ontario, London, Ont NSA 3K7 London, Ont. N6A 3K7

CARDIOLOGIE EN PRATIQUE GÉNÉRALE. Institut de Cardiologie de Montréal. Les 8-10 mai 1975 Renseignements: Directeur du Service d'éducation médicale continue. Université de Montréal, C.P. 6207, Succursale A, Montréal, Qué. H3C 3T7

RECENT ADVANCES IN PSYCHIATRY. Banff Springs Hotel, Banff, Alta. May 12-14, 1975. Information: Director, Division of continuing medical education, University of Alberta, Edmonton, Alta. T6G 2G3

18th ANNUAL POSTGRADUATE COURSE IN ME-DICAL TECHNOLOGY. Royal Inland Hospital, Kam-loops. May 12-16, 1975. Information: Dr. Glenn M. Martin, Director, Postgraduate course in medical technology, Royal Inland Hospital, 311 Columbia St. Kamloops, BC V6A 2R7

CPRI SYMPOSIUM. Children's Psychiatric Re-search Institute, London, Ont. May 14, 1975. In-formation: Assistant Dean, Continuing Education, Faculty of Medicine, The University of Western Ontario, London, Ont. N6A 3K7

ENDOCRINOLOGIE PÉDIATRIQUE. Holiday Inn, Montréal (centre ville). Les 15-16 mai 1975. Ren-seignements: Directeur du Service d'éducation médicale continue, Université de Montréal, C.P. 6207, Succursale A, Montréal, Qué. H3C 3T7