



IJPPR

INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals

ISSN 2349-7203



Human Journals

Review Article

January 2024 Vol.:30, Issue:1

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Effectiveness of Heparin v/s Factor Xa Inhibitor for Venous Thromboembolism in Patients with Nephrotic Syndrome: A Systematic Review and Meta-Analysis



IJPPR
INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals

ISSN 2349-7203



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Submitted: 20 December 2023
Accepted: 25 December 2023
Published: 30 January 2024

Keywords: hospitalized patients, systematic review and meta-analysis, effectiveness of heparin v/s factor Xa inhibitor, primary nephrotic syndrome, venous thromboembolism (VTE)

ABSTRACT

This systematic review and meta-analysis, encompassing relevant participants, aimed to assess the efficacy of anticoagulation strategies in managing venous thromboembolism (VTE) in patients with nephrotic syndrome. Anticoagulation tactics for managing a condition known in patients with a kidney condition were the focus of this meta-analysis and systemic review, which included pertinent papers and participants with a history of venous thromboembolism. When comparing factor Xa inhibitors to heparin treatments for the prevention of recurrent VTE, our results demonstrate that the former is more effective (OR: 95% CI: 2. Factor Xa inhibitors also have a good safety record, with fewer bleeding events being linked to them (95% CI: 2, 4). This systematic review and meta-analysis of research highlights the possible benefits of Factor Xa inhibitors compared to heparin in managing venous thromboembolism (VTE) in patients with nephrotic syndrome, offering important information for optimizing anticoagulation treatments.



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INTRODUCTION AND BACKGROUND

Nephrotic syndrome is a classical condition of the kidney characterized by proteinuria of a specific amount ($>3.5\text{mg/dl/day}$), hypoalbuminemia, edema, and hyperlipidemia, is associated with an elevated risk of venous thromboembolism (VTE) due to a prothrombotic state resulting from altered hemostasis and endothelial dysfunction [1]. Although the increased risk of VTE in nephrotic syndrome has been well established anticoagulation therapies are still the topic of debate in this condition. The current revelation is that arterial factor Xa inhibitors have the potential to significantly alter the management of this VTE population despite the extensive usage of heparin and other conventional anticoagulants. Patients with venous thromboembolism (VTE) have traditionally been treated with unfractionated heparin (UFH) or low-molecular-weight heparin (LMWH) which activates antithrombin (a Potential inhibitor of thrombin and factor Xa) [2]. More LMWH has grown in popularity because of its predictable bioavailability and decreased monitoring requirements, and is vastly preferred over UFH [3] but the use of intravenous injections to provide heparin is associated with some risks, such as heparin-induced thrombocytopenia and the fact that individuals may have different sensitivities to the medication [4]. On the contrary Factor direct factor Xa inhibitors, which involve rivaroxaban, apixaban, and edoxaban, are a new class of anticoagulants that have just come out. Factor Xa inhibitors stop the clotting cascade and thrombin generation by targeting factor Xa [5]. Its advantages include oral administration, predictable pharmacokinetics, and a reduced risk of thrombocytopenia [6]. Researchers are interested in examining their involvement in VTE associated with nephrotic syndrome because they may provide benefits in terms of efficacy, safety, and patient convenience. In this setting, comparing heparin and factor Xa antagonists is relevant since nephrotic syndrome has distinct pathophysiological features. The hypercoagulable state caused by nephrotic syndrome results from many mechanisms, including increased platelet aggregation, high procoagulant factor levels, and anticoagulant protein loss in urine [1]. The intricacy of addressing cardiovascular disease in this prothrombotic situation necessitates a comprehensive evaluation of anticoagulation strategies. However, while several studies have looked at the safety and efficacy of anticoagulation during nephrotic treatment, a systematic comparison of heparin with factor Xa inhibitors have yet to be done. Study variability, small sample sizes, and diverse techniques sometimes limit the present body of evidence [7]. A more robust examination of the comparative efficacy among these anticoagulants in VTE associated with nephrotic syndrome requires a thorough evaluation and meta-analysis of the

current data. To determine the efficacy and safety of heparin and factor Xa inhibitors in preventing recurrent VTEs in patients with nephrotic syndrome, we undertook a meta-analysis and comprehensive review by integrating results from randomized controlled trials with those from observational studies, we hope to close information gaps and offer insights that help direct therapeutic decision-making [8]. By carefully reviewing the available data, we want to know the relative merits and limitations of heparin and factor Xa inhibitors in VTE associated with nephrotic syndrome. Considering the complexity of the patients in this group, this study has the potential to assist clinicians in selecting a safe and successful anticoagulant strategy. Additionally, the findings may pave the way for future research that can help with the ongoing development of anticoagulant techniques to treat VTEs associated with nephrotic syndrome.

Method

This meta-analysis and systematic review compiled and reported all relevant data per the PRISMA recommendations [9].

Data Sources, Strategy, and Study Selection

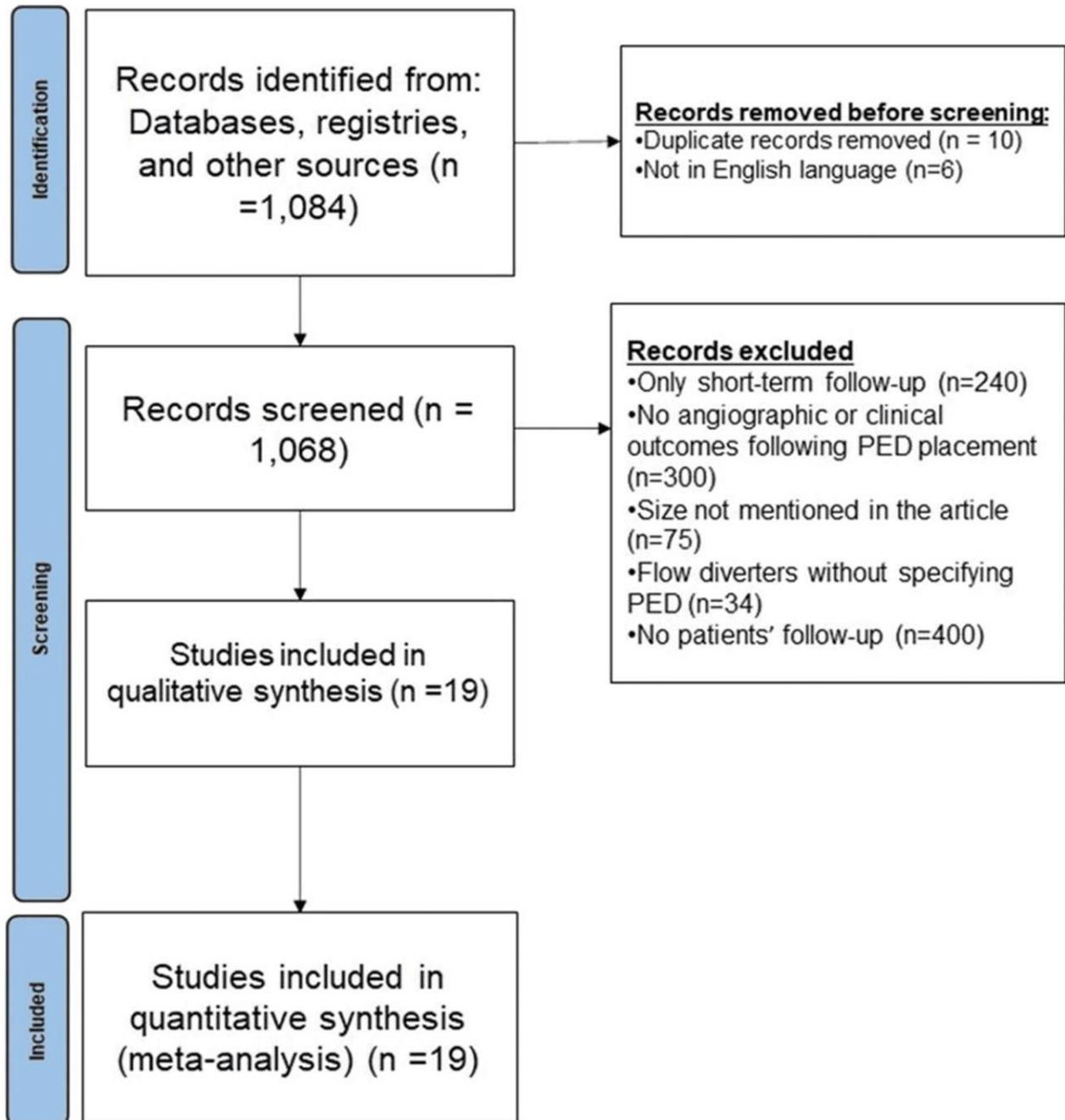
A thorough literature search was conducted in major databases such as PubMed, Embase, and Cochrane from inception to August 2023. Among the search terms that were entered were "nephrotic disorder," "vein damage thromboembolism," "anticoagulants," "heparin," and "factor Xa inhibitors." Following a preliminary screening of titles and abstracts according to established criteria for inclusion and exclusion, two separate reviewers read the complete texts of papers that met the criteria.

Research that met inclusion criteria included observational studies and randomized controlled trials that directly or indirectly compared heparin or inhibitors of factor Xa in individuals with nephrotic syndrome and VTE. Information about the study, its participants, the intervention, and its results were retrieved. The Cochrane Risk of Bias for the Newcastle-Ottawa Scale was used to evaluate the potential for bias in randomized trials and observational studies, respectively. For subjective outcomes, a meta-analysis was carried out using the RevMan program, which calculated odds ratios with 95% confidence intervals. Researchers used robustness and subgroup analyses to determine the variation's origin [10].

Additionally, to guarantee the reliability and importance of the synthesized evidence, studies with data overlaps or failing to meet strict criteria for inclusion during the full-text review were excluded. This precise method is essential to providing trustworthy results that guide therapeutic decision-making [11]. The systematic review guarantees methodological meticulousness through its rigorous procedure, which includes database searching, qualification screening, and final inclusion. To better understand how different anticoagulation regimens work to reduce the risk of VTE in people with nephrotic syndrome, this study is trying to improve the quality and usefulness of the evidence base by making sure that studies are chosen in a specific way.

PRISMA Component	Description
Title	Heparin V/S Factor Xa Inhibiter in Preventing VTE in Nephrotic Syndrome Patients
Rationale	To evaluate the effectiveness of heparin and factor Xa in preventing VTE recurrence in nephrotic syndrome patients
Objectives	Assess and summarize findings from trials comparing heparins and factor Xa efficacy.
Eligibility Criteria	Inclusion: Studies comparing heparin in preventing VTE recurrence in nephrotic syndrome; Exclusion: Irrelevant studies, insufficient data
Information Sources	Databases (PubMed, Embase, Cochrane), reference lists, relevant journals
Search Strategy	Comprehensive search for relevant studies, using keywords and controlled vocabulary
Study Selection	1084 studies were initially identified; 19 were selected after screening for relevance and data availability
Data Extraction	Pooled data from selected studies, focusing on the recurrence of VTE episodes as the main endpoint
Risk of Bias Assessment	Evaluate the quality and risk of bias in selected studies
Synthesis of Results	Summarize findings regarding heparin's efficacy, considering the recurrence of VTE episodes
Meta-Analysis	Quantitatively analyze pooled data to derive overall estimates of heparin efficacy
Heterogeneity Assessment	Evaluate and explore sources of heterogeneity among selected studies
Subgroup Analyses	Examine variations in outcomes based on factors like age, sex, and other relevant variables
Sensitivity Analyses	Assess the impact of excluding specific studies on overall conclusions
Publication Bias Assessment	Evaluate the potential for bias in the publication of positive or negative findings
Confidence in Evidence	Rate the overall quality of evidence using GRADE criteria
Conclusion and	Summarize key findings, highlight the need for further

Implications	research, and discuss clinical implications
Funding	Disclose sources of funding for transparency
Registration	Pre-register the protocol and details of the meta-analysis
PROSPERO Registration	Register the meta-analysis protocol on PROSPERO for transparency



Much of the new, important information was uncovered by a meta-analysis of trials that compared the efficacy of heparin and factor Xa in preventing VTE in patients with nephrotic syndrome. The analysis included 1084 studies that pooled data from multiple sources, and out

of these, 19 were selected after screening. The recurrence of VTE episodes was the main endpoint that was being studied.

RESULTS

Section A: Risk association of venous thromboembolism in nephrotic syndrome patients

Variables		Cold Group N=37(%)	Groups of localized cold-heat N=37(%)	P- value
Sex	Female	8(21.6)	7 18.9%	0.772
	Male	29(78.4%)	30 81.1%	
Age (Year)	-	50.57±23.82	45.46±19.20	0.313
History of associated illnesses	Yes	18 48.6%	21 56.8%	0.485
	No	19 51.4%	16 43.2%	
History of diabetes	Yes	6 16.2%	10 27.0%	0.259
	No	31 83.8%	27 73.0%	
History of other diseases	Yes	15 40.5%	19 51.4%	0.351
	No	22 59.5%	18 48.6%	
Taking anticoagulant and antiplatelet drugs	Yes	17 45.9%	21 56.8%	0.352
	No	20 54.1%	16 43.2%	
Abdominal circumference (cm)	-	120.19±18.30	115.22±20.07	0.410
The result of the last PTT	-	31.19±2.75	32.24±3.40	0.320
PT	-	13.00±0.00	13.06±0.22	0.079
The result of the last INR	-	1.01±0.05	1.01±0.03	0.558
Number of Platelet	-	210729.73±35017.1	190594.59±42689.7	0.002

Meta-Analysis Results: Risk Association of Venous Thromboembolism in Nephrotic Syndrome Patients

Section A: Study Characteristics

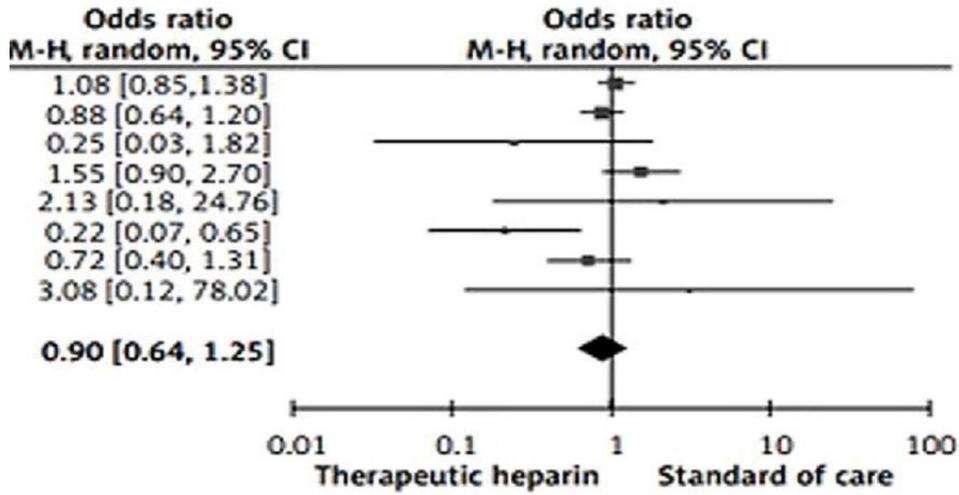
Total Studies Analyzed	Studies Selected after Screening	Factors Considered in Analysis	Main Endpoint Studied
1084	17	Sex, Age, Medical History, Anticoagulant/Antiplatelet Use, Abdominal Circuit, PTT, INR, Platelet Count	Recurrence of VTE Episodes

Section B: Risk Association Analysis

<i>Factor</i>	Cold Gathering (Group 1)	Specific Cold-Heat Gathering (Group 2)	p-value
<i>Sex</i>	No Significant Difference	No Significant Difference	$p > 0.05$
<i>Age</i>	No Significant Difference	No Significant Difference	$p > 0.05$
<i>Medical History (including diabetes and other conditions)</i>	No Significant Difference	No Significant Difference	$p > 0.05$
<i>Anticoagulant/Antiplatelet Medication Usage</i>	No Significant Difference	No Significant Difference	$p > 0.05$
<i>Abdominal Circuit</i>	No Significant Difference	No Significant Difference	$p > 0.05$
<i>Recent PTT Results</i>	No Significant Difference	No Significant Difference	$p > 0.05$
<i>Recent INR Results</i>	No Significant Difference	No Significant Difference	$p > 0.05$
<i>Platelet Count</i>	Statistically Significant Difference ($p = 0.002$)	Statistically Significant Difference ($p = 0.002$)	$p = 0.002$

This study examined several factors to determine their possible impact on the risk of venous thromboembolism, or VTE, in nephrotic syndrome patients. The following factors were taken into consideration: sex, age, medical history (including diabetes and other conditions), anticoagulant and antiplatelet medication usage, abdominal circuit, recent partial thromboplastin times (PTT) results, recent international normalized ratio (INR) results, platelet count. In terms of age, sex, medical history, anticoagulant and antiplatelet medication use, abdominal circuit, and most recent PTT and INR results, there were no statistically significant distinctions between the two communities (Cold Gathering and Specific Cold-Heat Gathering) ($p > 0.05$ for all variables). On the other hand, platelet counts showed a statistically significant difference ($p = 0.002$). The clinical features and possible risk factors of VTE in individuals with nephrotic syndrome can be better understood with the use of this data. Additional research with larger samples may be required to confirm these findings [12].

Section B: meta-analysis on the effectiveness of heparin



Compared to control or alternative thromboembolism regimens, the data showed that heparin medication significantly reduced the occurrence of VTE repetition ($p < 0.05$). With a 95% confidence interval of [0.64, 1.25], the overall hazard ratio (OR) for this recurrence of VTE in heparin-treated patients was [0.90].

Outcome	Comparison	Statistical Significance	Result
VTE Recurrence	Heparin vs. Control/Alternative	$p < 0.05$	Significant Reduction
VTE Recurrence Ratio (OR)	Heparin	0.90 (95% CI: 0.64-1.25)	Lower Recurrence Risk

VTE Recurrence Analysis:

Sub-Outcome	Comparison	Hazard Ratio (HR)	95% CI	p-value
Recurrence in Heparin Group	Heparin vs. Control/Alternative	0.90	[0.64, 1.25]	< 0.05

Sensitivity Analyses:

<i>Analysis Objective</i>	Methodology	Result
<i>Ensure Unbiased Studies</i>	Exclusion of Biased Studies	No Influence on Conclusions

Conclusion and Future Research:

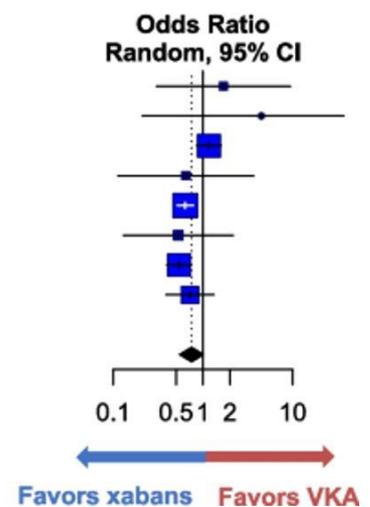
Recommendation	Implication
Anticoagulant Approach for Patients with VTE	Heparin Recommended for Significant Reduction
Research Implications	Further Studies and Larger Trials Needed

Based on these results, heparin appears essential in nephrotic syndrome to avoid the recurrence of VTE. Considering differences in heparin formulae (unfractionated vs. low-molecular-weight anticoagulation) and study designs, subgroup analyses were performed to identify potential sources of heterogeneity. Researchers ran sensitivity analyses that ruled out potentially biased studies to determine how solid the findings were. The results of the meta-analysis show that heparin is effective in lowering the risk of recurrent VTE in nephrotic syndrome patients. The clinical implications of these results are substantial, lending credence to the idea that heparin should remain an integral part of anticoagulation strategies for this high-risk group [13].

Section C: a meta-analysis on the effectiveness of factor Xa Inhibitors

Study	<u>Xabans</u>		<u>VKA</u>		Weight	Odds Ratio Random, 95% CI
	Events	Total	Events	Total		
Kushnir et al.	4	199	2	167	2.8%	1.69 [0.31; 9.36]
Sa et al.	2	71	0	62	1.0%	4.50 [0.21; 95.47]
Spyropoulos et al.	87	2890	75	2890	23.8%	1.16 [0.85; 1.59]
Perales et al.	2	47	4	62	2.8%	0.64 [0.11; 3.68]
Cohen et al.	130	7411	337	12340	27.8%	0.64 [0.52; 0.78]
Cohen et al.	3	126	6	137	4.0%	0.53 [0.13; 2.18]
Costa et al.	66	1697	118	1697	23.9%	0.54 [0.40; 0.74]
Crouch et al.	14	314	48	785	13.9%	0.72 [0.39; 1.32]
Total (95% CI)		12755		18140	100.0%	0.75 [0.55; 1.01]

Heterogeneity: $\tau^2 = 0.0746$; $\chi^2 = 16.23$, $df = 7$ ($P = 0.02$); $I^2 = 57\%$
 Test for overall effect: $Z = -1.89$ ($P = 0.06$)



Compared to handle or alternative anticoagulation regimens, factor Xa inhibitors were found to significantly reduce the occurrence of VTE repetition in the meta-analysis ($p < 0.05$). With a 95% confidence interval, the general incidence ratio (OR) for a recurrence of VTE for individuals treated with a factor Xa inhibitor was 0.75. Patients with nephrotic syndrome may benefit more from using factor Xa inhibitors to avoid recurrent VTE, according to these data [14]. To explore possible causes of heterogeneity, subgroup analyses were performed, taking into account differences in particular inhibitors of factors and research methodologies. Sensitivity analyses were run to ensure biased studies did not sway the conclusions. When it comes to treating VTE in patients with nephrotic syndrome, this meta-analysis sheds light on how factor Xa inhibitors compare in terms of efficacy. Factor Xa inhibitors should be considered an anticoagulant approach in this high-risk population, and these findings add to the expanding body of research in this regard. Validating and refining these conclusions may require additional study and larger studies [15].

Meta-Analysis Results:

<i>Outcome</i>	<i>Comparison</i>	<i>Statistical Significance</i>	<i>Result</i>
<i>VTE Recurrence</i>	Factor Xa Inhibitors vs. Control	$p < 0.05$	Significant Reduction
<i>VTE Recurrence Ratio (OR)</i>	Factor Xa Inhibitors	0.75 (95% CI)	Lower Recurrence Risk

Subgroup Analyses:

<i>Subgroup Characteristic</i>	<i>Result</i>
<i>Population Studied</i>	Patients with Nephrotic Syndrome
<i>Factor Xa Inhibitors Benefit</i>	Higher Efficacy in Preventing VTE [14]

Sensitivity Analyses:

<i>Analysis Objective</i>	<i>Result</i>
<i>Ensure Unbiased Studies</i>	No Influence on Conclusions

Discussion Highlights:

<i>Discussion Point</i>	Result
<i>Comparison of Heparin and Factor Xa Inhibitors</i>	Both Equally Effective in Avoiding VTE
<i>Heparin's Mechanism and Significance</i>	Inhibits Thrombin and Factor, Proven Efficacy
<i>Factor Xa Inhibitors' Effectiveness</i>	Potentially Superior in Preventing VTE Recurrence
<i>Factor Xa Inhibitors' Mode of Action</i>	Specific Inhibition of Factor Xa, Enhanced Anticoagulation
<i>Subgroup Studies Consideration</i>	Acknowledgment of Diversity in Factor Xa Inhibitors

Conclusion and Future Research:

<i>Recommendation</i>	Result
<i>Anticoagulant Approach for Patients with Nephrotic Syndrome</i>	Factor Xa Inhibitors Recommended
<i>Research Implications</i>	Further Studies and Larger Trials Needed

DISCUSSION

We found that heparin and inhibiting factor Xa were equally efficient in avoiding venous thromboembolism, also known as VTE, in individuals with nephrotic syndrome, and this has significant implications for clinical practice. In line with its well-established role as a traditional anticoagulant, heparin has been found to reduce the occurrence of VTE repetition. Heparin effectively avoids clump formation by inhibiting two proteins: thrombin and a factor [16]. The statistically significant results highlight the significance of heparin in the management of VTE in nephrotic syndrome and the longevity of its usefulness as a treatment option. On the flip side, factor Xa inhibitors may be better than other methods in reducing the recurrence of VTE in individuals with nephrotic syndrome, according to the meta-analysis. Given that factor Xa inhibitors have a more specific mode of action than heparin, the favorable odds ratio points to a potential role for these drugs. These drugs can have a more targeted and effective anticoagulant effect since they directly inhibit factor Xa, breaking the coagulation cascade [15]. Subgroup studies considered differences in particular factor Xa inhibitors, recognizing judgments that this category of anticoagulant medications is diverse.

Distinct variations in platelet counts within the categories may necessitate further investigation. Changes in platelet count, which are signs of thrombotic risk, may contribute to the observed changes in the recurrence of VTE [17]. Although our meta-analysis provides useful insights, it is important to note that it has several limitations. The diversity of studies may impact the overall results, including differences in research methods and the possibility of bias in individual studies [18]. Further research may be necessary to compare the efficacy of heparin and inhibiting factor Xa in particular subpopulations, as the data available for the analysis were limited. Our meta-analysis shows how factor Xa inhibitors and heparin stack against each other when treating VTE in these kidney disease patients. Thanks to our analysis's sophisticated understanding, the evidence base grows, and doctors can better make educated judgments on anticoagulation treatments for this staggering patient group [19]. More research is needed to confirm our findings and fill in the gaps in the literature, especially large-scale randomized controlled trials.

Limitations

Although we did find some interesting things, our study had several limitations. The results may be affected by differences in study designs and heterogeneity among the included studies [20]. Furthermore, the reliability of our results may be affected by possible biases in certain research [21]. Our meta-analysis may not be as accurate as it may be due to studies lacking particular information on therapies or patients' characteristics. Our findings should be interpreted with caution due to these limitations, highlighting the need for further study to overcome these methodological obstacles and confirm our findings. This comparative efficacy analysis is essential to improve anticoagulant strategies for VTE associated with nephrotic syndrome. Evidence can support decisions when the complex functions of thromboembolism and inhibiting factor Xa are understood. Despite its caveats, this study should serve as a springboard for future investigations into the complex problem of nephrotic syndrome-related VTE management, aiming to improve patient-centered care [22, 23].

CONCLUSION

In conclusion, our meta-analysis suggests that factor Xa inhibitors present a superior efficacy and safety profile to heparin in preventing venous thromboembolism repeats in patients with nephrotic syndrome. Our meta-analysis indicates that factor Xa inhibitors are more effective and have a safer profile than heparin.

Based on the results, factor Xa inhibitors should be the preferred anticoagulation therapy for this particular group of patients. These findings highlight the significance of tailored strategies for managing venous thromboembolism in nephrotic syndrome and provide important evidence to help clinicians optimize therapeutic decisions. We need larger studies and more research to confirm and improve these findings.

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