

Background Information – CUPIDO Study

Title

Current Practices of Intensive Care for the Management of Acute Respiratory Distress Syndrome in Europe (CUPIDO)

Study Overview

The CUPIDO study is a **multi-centre, cross-sectional survey** designed to investigate the **current clinical practices in the management of Acute Respiratory Distress Syndrome (ARDS) in European intensive care units (ICUs)**. While clinical guidelines exist for ARDS management, **there is limited evidence on how these recommendations are applied in routine clinical practice**. This study aims to bridge that gap by gathering real-world data on treatment strategies used across different ICUs.

The study is conducted as a collaborative effort between the University of Hamburg (Department of Intensive Care Medicine, UKE Hamburg-Eppendorf), the University of Trento (Center for Medical Sciences, Santa Chiara Hospital), the University of Genova, and the University of Amsterdam (Department of Intensive Care Medicine, Amsterdam UMC) as part of the **PROtective VEntilation (PROVE) Network**.

Objectives

Primary Objective:

- To assess **how ARDS treatment guidelines are applied in real-world ICU settings**, with a specific focus on **prone positioning and mechanical ventilation strategies**.

Secondary Objectives:

- To evaluate ventilation practices, including tidal volume titration and recruitment manoeuvres.

To analyse the use of neuromuscular blocking agents (NMBAs), corticosteroids, and extracorporeal therapies such as ECMO and ECCO₂R.

- To identify barriers to implementing guideline-based ARDS management in different ICU settings.

Study Design & Methodology

- The study is based on an electronic survey, targeting intensive care physicians across European ICUs.
- The survey takes approximately 20 minutes to complete and is fully anonymous.
- It is distributed via professional networks, ICU organisations, and direct outreach to maximise participation.

Why This Study Matters

ARDS remains a **leading cause of ICU mortality**, yet treatment strategies **vary significantly** across hospitals and countries. Understanding **how evidence-based recommendations are actually applied in clinical practice** will help identify gaps, guide future research, and improve patient outcomes.

Contact Information

Dr. med. univ. Markus Haar

Department of Intensive Care Medicine

University Medical Center Hamburg-Eppendorf (UKE)

Martinistrasse 52, 20246 Hamburg, Germany

m.haar@uke.de