

Corticosteroids in Community-Acquired Pneumonia: Trials and Guidelines



Ae-Rin Baek

Organization Soonchunhyang University, Bucheon Hospital, Department of Internal Medicine, Division of Pulmonology and Allergy

Current Position Assistant Professor

Educational background

2013-2015 M.A., Soonchunhyang University, General Graduate School, Internal Medicine
2002-2008 B.A., Soonchunhyang University, College of Medicine

Professional experience

2019-Present Assistant Professor, Soonchunhyang University, Bucheon Hospital, Department of Internal Medicine, Division of Pulmonology and Allergy
2016-2018 Clinical Assistant Professor, Soonchunhyang University, Bucheon Hospital, Department of Internal Medicine, Division of Pulmonology and Allergy
2015 Clinical Fellow, Asan Medical Center, Medical Intensive Care Unit
2014 Clinical Fellow, Soonchunhyang University, Bucheon Hospital, Department of Internal Medicine, Division of Pulmonology and Allergy
2010-2013 Residency, Soonchunhyang University, Bucheon Hospital, Department of Internal Medicine

The effectiveness and potential harm of corticosteroids in community-acquired pneumonia (CAP) remain a topic of debate. Although many randomized controlled trials (RCTs) and meta-analyses have been published, conflicting results have led to confusion.

Currently, benefits are mainly reported in severe CAP, which is a broad term that includes acute respiratory failure, ARDS, and septic shock. Although corticosteroids were previously recommended only for septic shock cases needing vasopressors, recent guidelines have expanded their use to include cases without shock. The strength of the recommendation is conditional, which means it depends on a case-by-case basis. The main harm linked to corticosteroids is hyperglycemia that requires treatment, although adverse events are reported differently across studies.

In this lecture, we will review the latest global guidelines along with the RCTs published before and after these updates.