

# EP 10.07: Aggressive versus non-aggressive care in neonates with Trisomy 18: A systematic review and meta-analysis

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## Objectives:

- To evaluate whether aggressive neonatal care, compared with non-aggressive, improves survival in neonates diagnosed with Trisomy 18.

## Results

- 5 studies: 211 neonates, 133 (63%) aggressive care and 78 (37%) non-aggressive care.
- Survival > 1 year: RR 1.12; 95% CI 0.90 to 1.40;  $p = 0.32$ ;  $I^2 = 0\%$ , Figure 1)
- Mean survival days: (MD -225.53 days; 95% CI -776.85 to 325.79;  $p = 0.42$ ;  $I^2 = 100\%$ ; Figure 2).

## Methods:

- Literature search was conducted across PubMed, the Cochrane Library, and Embase to identify studies published up to February 2026
- Data were analyzed using a random-effects model, and heterogeneity was assessed using the  $I^2$  statistic in Review Manager

## Conclusion

- Aggressive neonatal care was not associated with a statistically significant improvement in survival beyond 1 year or in overall survival duration.**
- Importance of individualized counseling and shared decision-making with families**
- Importance of further high-quality studies to better define the role of aggressive interventions in this population.**

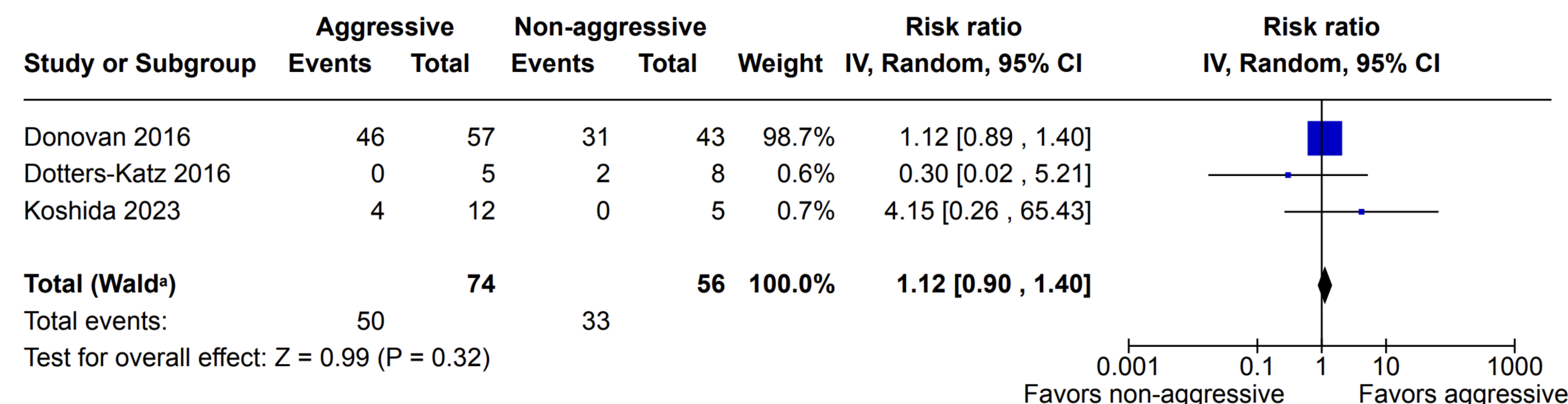


Figure 1. Survival  $\geq 1$  year (365 days)

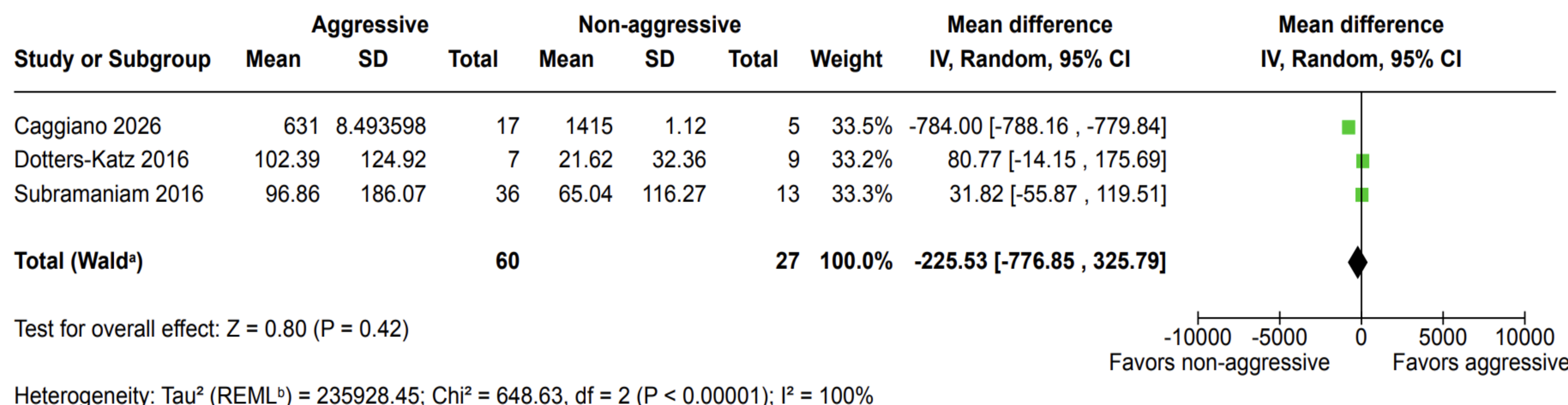


Figure 2. Mean survival days