

18 **ABSTRACT (258 words) if C_{max} and AUC targets are removed = 250 words**

19 **Objectives:** To determine tobramycin pharmacokinetic/pharmacodynamic (PK/PD)
20 breakpoints for weight (WT) and height (HT) based dosing regimens for patients with cystic
21 fibrosis (CF).

22 **Methods:** A simulated data set of 5000 patients based on 331 patients with CF was created
23 using NONMEM. PK parameters were derived for each patient from a published population
24 model using Monte Carlo simulation. The abilities of 10 and 12 mg/kg/day and 3 and 4
25 mg/cm/day to achieve standard and extended C_{max} (20-30 and 20-40 mg/L) and AUC₀₋₂₄ (80-
26 120 and 80-150 mg.h/L) target ranges were evaluated. PK/PD limits for a C_{max}/MIC ratio ≥ 10
27 and AUC₀₋₂₄/MIC ≥ 110 for a range of MIC values and cumulative fraction of response (CFR)
28 for *Pseudomonas aeruginosa* were also determined.

29 **Results:** Higher proportion of patients achieved standard C_{max} and AUC₀₋₂₄ targets with 3
30 mg/cm/day (64% and 62%, respectively) than with 10 mg/kg/day (43% and 48%,
31 respectively). AUC₀₋₂₄ estimates >120 mg.h/L were more common with WT-based dosing.
32 With higher doses and targets, 72% achieved target peaks with 4 mg/cm/day and 65% with
33 12 mg/kg/day. The PK/PD limits for a C_{max}/MIC ratio ≥ 10 was 2 mg/L for lower doses and 2.5
34 mg/L for higher doses and for an AUC₀₋₂₄/MIC ≥ 110 was 0.5 mg/L for all regimens. The CFR
35 for all regimens was $>90\%$ for C_{max} targets and 66% to 79% for AUC₀₋₂₄ targets.

36 **Conclusions:** Using a tobramycin dose of 3 mg/cm/day rather than 10 mg/kg/day achieved
37 similar PK/PD outcomes but dose and AUC₀₋₂₄ ranges were narrower and the incidence of
38 high AUC₀₋₂₄ values was lower. HT-based doses should therefore be considered for patients
39 with CF.

40 INTRODUCTION (3355 words)

41 Cystic fibrosis (CF) is an inherited autosomal recessive disorder characterised by frequent
42 lung infections. This results in repeated courses of antibiotics, particularly tobramycin.
43 Recommended doses of tobramycin range from 10 - 15 mg/kg/day¹⁻³ and aim to achieve
44 concentrations likely to be effective against *Pseudomonas aeruginosa* (*P. aeruginosa*), which
45 accounts for 44.5% of infections in UK adults with CF.⁴ Optimising both C_{max}/MIC and daily
46 area under the curve to MIC (AUC_{0-24}/MIC) ratios has been found to correlate with measures
47 of clinical efficacy, including forced expiratory volume in one second (FEV_1), and forced vital
48 capacity (FVC).^{1,2} Although nephrotoxicity had traditionally been associated with high trough
49 concentrations, AUC_{0-24} has been suggested as a better predictor of nephrotoxicity,
50 particularly when once daily dosing regimens are used.⁵

51

52 For patients with CF, current tobramycin monitoring approaches include measuring C_{max}
53 (target 20 - 30 mg/L, 30 min after a 30-min infusion)⁶ and trough concentrations (target ≤ 1
54 mg/L). "Troughs" are often measured 18 hours after the dose since concentrations are
55 usually undetectable at 24 hours.^{7,8} In Australia and New Zealand, AUC_{0-24} is used to
56 monitor once daily aminoglycoside therapy,⁸ with a recommended target range of 90 – 110
57 mg.h/L.⁹

58

59 Although total body weight,³ body surface area¹⁰ and lean body weight^{11,12} have been used
60 to individualise aminoglycoside doses, a large population study¹³ found that weight (WT)
61 had no influence on clearance whereas including height (HT) in the model led to a small

62 reduction in between patient variability. These results suggested that aminoglycoside doses
63 for patients with CF might be better calculated from HT rather than WT.

64 The aims of the current study were to use Monte Carlo simulations to compare the ability of
65 three WT and two HT scaled tobramycin dosage regimens to achieve target C_{max} and AUC_{0-24}
66 ranges and to determine the PTA and cumulative fraction of response (CFR) against *P.*
67 *aeruginosa*.

68

69 **METHODS**

70 **Dosage regimens and targets**

71 A simulated data set of 5000 patients was created using NONMEM Version 7.1.¹⁴ The
72 distributions of clinical characteristics in these simulated patients were based on observed
73 values from 331 patients with CF whose data were analysed in a previous study.¹³ The
74 patient characteristics from this data set are summarised in Supplementary Table 1. Data
75 were restricted to the following ranges: weight 30 – 108 kg; height 139 – 194 cm; age 14 –
76 88 years, serum creatinine 60 – 209 $\mu\text{mol/L}$; creatinine clearance 26 - 181 mL/min. These
77 restrictions ensured that the clinical characteristics of the simulated patients were
78 consistent with the original data set. Renal impairment (a creatinine clearance <50 ml/min)
79 was present in 1% of the original data set and 4% of the simulated patient data. WT-based
80 tobramycin doses were calculated for each patient as follows: 10 mg/kg/day to a maximum
81 of 660 mg;⁶ 10 mg/kg/day with no upper limit; and 12 mg/kg/day, based on the
82 recommendation of VandenBussche *et al.*¹⁵ Two new dosage regimens based on HT, 3
83 mg/cm/day and 4 mg/cm/day, were also tested. The lower dose was calculated from an

84 AUC₀₋₂₄ of 106 mg.h/L multiplied by the median clearance (CL) estimate from the population
85 pharmacokinetic model and scaled by dividing by the median HT.¹³ A higher target AUC₀₋₂₄ of
86 120 mg.h/L was used to determine the higher dose. All doses were administered over 30
87 min. Individual pharmacokinetic (PK) parameters were then simulated for each patient using
88 NONMEM and a published population model¹³ and used to predict C_{max} (30 min after the
89 end of the infusion) and AUC₀₋₂₄ estimates arising from these dosage regimens.

90

91 Two target ranges for C_{max} were defined: the standard range of 20-30 mg/L was based on
92 the TOPIC study⁶; the extended range of 20–40 mg/L was based on Staubes *et al.*¹⁶ An initial
93 target AUC₀₋₂₄ of 106 mg.h/L was calculated from the 10 mg/kg/day dose and PK parameters
94 reported in the TOPIC study.¹⁷ The AUC₀₋₂₄ target range was then derived by examining C_{max}
95 concentrations, CL and AUC₀₋₂₄ (daily dose/CL) estimates from the 77 patients (135 courses)
96 within a previous population¹³ who received once daily tobramycin. Since AUC₀₋₂₄ estimates
97 in patients who achieved C_{max} values of 20-30 mg/L were typically ≥85 mg.h/L, the lower
98 limit of the range was defined as 80 mg.h/L. It was difficult to identify an upper AUC₀₋₂₄ limit
99 since only 3 trough concentrations were above 1 mg/L. However, as 89% of the AUC₀₋₂₄
100 values in patients whose predicted troughs were <1 mg/L were <120 mg.h/L, this was set as
101 the standard upper limit. The target AUC₀₋₂₄ was then modified to the midpoint of this range
102 (100 mg.h/L) in line with the recommendations of Couthard *et al.*¹⁸ The extended AUC₀₋₂₄
103 range was 80 – 150 mg.h/L, an increase of 25%.

104

105 **Pharmacokinetic/Pharmacodynamic (PK/PD) analysis**

106 PK/PD analyses were conducted using all five dosage regimens. Targets were set at a
107 C_{\max}/MIC ratio ≥ 10 , as recommended by Kashuba *et al*¹⁹ and an $\text{AUC}_{0-24}/\text{MIC}$ ratio ≥ 110 ,²⁰
108 and were calculated for each simulated patient at MICs ranging from 0.5 to 8 mg/L. For each
109 regimen, the highest MIC at which the regimen achieved a PTA $\geq 90\%$ was defined as the
110 PK/PD susceptibility limit. CFR was estimated using tobramycin MIC distributions against *P.*
111 *aeruginosa* obtained from the EUCAST website.²¹ The fraction of patients who were
112 expected to achieve the target PK/PD index was multiplied by the fraction of the organism
113 distribution at a particular MIC. The CFR was then calculated as the sum of all fraction
114 products at each MIC value.²²

115

116 **RESULTS**

117 **Pharmacokinetic data**

118 Table 1 summarises the distributions of doses, C_{\max} and AUC_{0-24} values arising from the five
119 sets of WT and HT scaled doses. In all cases, the ranges were narrower when doses were
120 scaled according to HT rather than WT. When the 10 mg/kg dose was unrestricted, 20% of
121 the simulated patients received doses above 660 mg (range 661 to 1054 mg). Table 2 shows
122 that restricting the 10 mg/kg dose had little effect on the distribution of C_{\max} , and slightly
123 increased the percentage of AUC_{0-24} values within the target range, mainly by reducing the
124 percentages >120 mg.h/L and >150 mg.h/L. The 3 mg/cm/day dosage regimen achieved
125 both a higher percentage of C_{\max} and AUC_{0-24} estimates within their standard target ranges
126 (64% versus 43% and 62% versus 51%, respectively) and lower percentages of high values
127 (31% versus 50% and 27% versus 39%, respectively) when compared to the restricted 10

128 mg/kg/day regimen. With the higher doses of 12 mg/kg/day and 4 mg/cm/day, although
129 the percentage of C_{max} values within the extended range was higher with the HT-based
130 regimen (72% versus 65%), the AUC_{0-24} results were similar (63% versus 61% within and 36%
131 versus 37% above the range).

132

133 Figure 1 shows the dose, C_{max} and AUC_{0-24} distributions for each simulated dosage regimen,
134 stratified according to BMI. The percentage of simulated patients in each BMI category was
135 as follow; underweight 35%, normal weight 54%; overweight 10%, and obese 1%. With WT-
136 based dosage regimens, both C_{max} and AUC_{0-24} increased with increasing BMI. Patients
137 whose BMIs were $<18.5 \text{ kg/m}^2$ typically achieved predictions within C_{max} and AUC_{0-24} target
138 ranges while patients whose BMIs were $\geq 30 \text{ kg/m}^2$ achieved values above the ranges. In
139 contrast, HT-based dosage regimens produced a flat distribution across all BMI categories.

140 Figure 2 shows the C_{max} and AUC_{0-24} distributions for each simulated dosage regimen,
141 stratified according to renal function. No difference was observed in achieving peak and
142 AUC_{0-24} targets in HT vs WT based doses in patients with normal renal function and renal
143 impairment. However, there was tendency for those with renal impairment to have lower
144 peak concentrations and AUC_{0-24} compared with normal renal function group in all WT
145 based dosage regimens. On the other hand, the peak concentrations and AUC_{0-24} were
146 higher for those with renal impairment compared with no impairment for the HT based
147 doses. The difference was highest with AUC_{0-24} values than for peak concentrations.

148 **PK/PD analysis**

149 Figure 3 shows the PTA results for each tobramycin dosage regimen against a range of MICs.
150 For a C_{max}/MIC ratio ≥ 10 , the PK/PD susceptibility limit was 2 mg/L for doses of 10
151 mg/kg/day and 3 mg/cm/day, and 2.5 mg/L for 12 mg/kg/day and 4 mg/cm/day. For an
152 AUC_{0-24}/MIC ratio ≥ 110 , the limit for all dosage regimens was 0.5 mg/L.

153

154 All dosage regimens were predicted to achieve a CFR $>90\%$ against *P. aeruginosa* for a
155 C_{max}/MIC ratio ≥ 10 (91 % for 10 mg/kg/day and 3 mg/cm/day and 92% for 12 mg/kg/day and
156 4 mg/cm/day). For a target AUC_{0-24}/MIC ratio ≥ 110 , the results with 10 mg/kg/day and 3
157 mg/cm/day were similar (70% and 66%, respectively), increasing to 78% with a dose of 12
158 mg/kg/day and 79% with 4 mg/cm/day.

159

160 **DISCUSSION**

161 This study used the clinical characteristics and population PK parameters of tobramycin
162 derived from adult patients with CF to compare the abilities of a range of tobramycin
163 dosage regimens to achieve C_{max} , AUC_{0-24} and PK/PD targets. Doses based on HT achieved PK
164 targets more consistently and with less variability than WT based dosage regimens but PTA
165 and CFR results were similar. This might be explained by being height was less variable
166 between patients and had a narrow range. In addition, tobramycin is a water soluble drug it
167 distributes mainly into plasma and not to any great extent into fat.

168

169 Target tobramycin C_{\max} values 30 min after a 30 min infusion for patients with CF are based
170 on a C_{\max}/MIC ratio of 8-10, which results in a range of 20 – 30 mg/L for MICs of 2-3 mg/L, as
171 used in the TOPIC study.⁶ As the EUCAST and BSAC breakpoint for *Pseudomonas aeruginosa*
172 is 4 mg/L, Staubes and colleagues initially proposed a target of 30 to 50 mg/L for
173 concentrations back-extrapolated to the end of a 1 h infusion.¹⁶ However, they revised this
174 range to 20-40 mg/L after finding that 91% of local isolates of *P. aeruginosa* had an MIC \leq 3
175 mg/L. Differences in the duration of infusion, which can range from 5 mins to 1 hour, and in
176 the definition of C_{\max} , make it difficult to compare studies directly.^{16,23,24} Nevertheless, the
177 current study was consistent with the findings of Staubes *et al*¹⁶ as both found that >70% of
178 C_{\max} values would be within 20-40 mg/L with a dose of 10 mg/kg/day. A target C_{\max} of up to
179 35 mg/L was suggested by VandenBussche *et al*,¹⁵ who recommended a tobramycin dose of
180 12 mg/kg/day, while a dose of 11 mg/kg/day was identified as optimal by Hennig *et al*.¹¹ To
181 cover these varying recommendations, the present study examined both standard and
182 extended target ranges and two sets of dosage guidelines. The results demonstrated that a
183 HT based dose of 3 mg/cm/day achieved the target C_{\max} for both the standard and extended
184 ranges more consistently than WT based doses, which were more likely to achieve high
185 concentrations. There was no advantage in increasing the dose to 4 mg/cm/day as the
186 results were similar to those obtained with 12 mg/kg/day.

187

188 Target C_{\max} ranges generally focus on efficacy and there is little information on tobramycin
189 concentration-toxicity relationships in patients with CF. Previous studies have claimed that
190 doses up to 15 mg/kg/day and C_{\max} values up to 56 mg/L were well tolerated.^{16,24-26}
191 Bragonier *et al*²⁴ reported no nephrotoxicity in 7 pediatric patients given 15 mg/kg/day for

192 10 to 14 days, although one patient complained of transient dizziness. Master and
193 colleagues reported a mean C_{\max} (1 h post dose) of 41 mg/L in 23 pediatric patients treated
194 with 13 mg/kg/day over 15 mins for 10 days and found no evidence of nephrotoxicity or
195 ototoxicity.²⁵ Similar C_{\max} values at 1 h post infusion were found by Vic *et al*²⁶ following 15
196 mg/kg/day over 30 min for 14 days to 12 pediatric patients; they reported that all patients
197 had a normal audiogram on day 14 and no evidence of nephrotoxicity. It is not clear
198 whether these small, paediatric studies can be extrapolated to an adult population. Using
199 RIFLE (Risk, Injury, Failure, Loss, and End-stage kidney disease) criteria, Staubes *et al*¹⁶ found
200 a 10% incidence of nephrotoxicity in 179 patient encounters; ototoxicity was not assessed.

201

202 Although tobramycin monitoring guidelines currently recommend a pre-dose concentration
203 <1 mg/L,⁶ 24 hour troughs are typically below quantification limits.^{7, 8} Furthermore, there is
204 evidence that this target is unable to detect patients at risk of underdosing or overdosing
205 and that a target AUC_{0-24} of 100 mg.h/L provides a better indicator of dose requirements.¹⁸

206 The target AUC_{0-24} chosen for the present study is consistent with this value and the
207 Australia Antimicrobial Therapeutic Guideline,⁹ while the lower limit of 80 mg.h/L is similar
208 to previously reported values from clinical and survey studies.^{25,27} As no specific data on
209 toxicity were available, the upper limit of 120 mg.h/L was based on typical AUC_{0-24} values
210 and previously reported ranges.^{25,27} Master *et al* reported a mean AUC_{0-24} of 104 ± 19
211 mg.h/L with an average dose of 13 mg/kg/day, which was well tolerated and associated with
212 around 10% improvement in lung function on day 10 of therapy compared with admission.²⁵
213 The predicted AUC_{0-24} for 10 mg/kg/day, based on the average PK values from the study by
214 Staubes *et al*,¹⁶ was 119 mg.h/L, which is consistent with the limit set in the current study.

215 The extended range of up to 150 mg.h/L, represents a relatively conservative increase of

216 25%. Although there is little evidence to support this value, it does not seem excessive;
217 Murry *et al* reported a 7.5% nephrotoxicity rate with aminoglycoside AUC₀₋₂₄ values of up to
218 200 mg.h/L.²⁸

219

220 The present study found that a fixed dose of 10 mg/kg/day resulted in a wide range of dose
221 amounts and AUC₀₋₂₄ estimates. In all cases, the incidence of AUC₀₋₂₄ estimates below 80
222 mg.h/L was low (1%-11%) and high AUC₀₋₂₄ values were common. Restricting the maximum
223 dose to 660 mg, as recommended in the TOPIC study,⁶ produced only a small reduction in
224 the risk of excessive AUC₀₋₂₄ values as most doses were <660 mg. In contrast, 3 mg/cm/day
225 produced a narrower range of doses, required no restrictions and only 27% of AUC₀₋₂₄ values
226 were >120 mg.h/L. With 12 mg/kg/day, 69% of AUC₀₋₂₄ estimates were >120 mg.h/L and, as
227 illustrated in Figure 1, several were above 300 mg.h/L. Such high exposure is likely to
228 increase the risk of nephrotoxicity. Although 4 mg/cm/day did not achieve such high values,
229 74% of estimates were >120 mg.h/L and 36% >150 mg.h/L. This suggests that 4 mg/cm/day
230 is too high and that 3 mg/cm/day is preferred to meet these targets.

231

232 Although 62% of the patients in the original data set¹³ had a normal BMI, 34% were
233 underweight and 2 were obese. It was interesting to examine the impact of BMI on C_{max} and
234 AUC₀₋₂₄ predictions as Staubes *et al* found that patients whose BMIs were 18.5 – 24.9 kg/m²
235 achieved higher C_{max} values than patients with BMIs <18.5 kg/m².¹⁶ The present study was
236 consistent with these findings as there was a clear link between increasing C_{max} and
237 increasing BMI. In contrast to the findings with WT scaled doses, no trend was observed

238 with HT based doses, C_{\max} or AUC_{0-24} estimates across the different BMI categories. When
239 stratified based on renal function, AUC_{0-24} were lower for those with renal impairment for all
240 WT scaled doses, while AUC_{0-24} tended to be higher with HT scaled doses. This indicates that
241 with using HT, the impact of renal function on tobramycin dosing requirement is much
242 apparent than with WT scaled doses.

243

244 As AUC_{0-24}/MIC and C_{\max}/MIC ratios have been found to correlate with lung function in
245 patients with CF^{1,2} both were used in the present study to assess the PTA and CFR. The MIC
246 breakpoints of 2 – 2.5 mg/L identified for the C_{\max} target are below the EUCAST and BSAC
247 sensitivity breakpoints against *P. aeruginosa* of 4 mg/L^{20,29} but consistent with Sherwin *et*
248 *al*,³⁰ who reported that 10 mg/kg/day achieved a C_{\max}/MIC target >10 for most paediatric
249 patients if the MIC was <2 mg/L.

250

251 The results for the AUC_{0-24}/MIC target of >110 identified an MIC limit of 0.5 mg/L for all
252 dosage regimens. These results differ from those of Butterfield *et al*³¹ whose simulation
253 study identified an MIC limit of 1 mg/L with a dose of 10 mg/kg/day. However, their
254 simulations were based on a sample size of only 9 patients, and their mean tobramycin CL
255 (3.83 L/h) was lower than the value of 4.92 L/h in the original study of 331 patients.¹³
256 Butterfield *et al*³¹ recommended increasing the dose to 15 to 20 mg/kg/day if MICs were 2
257 to 4 mg/L despite achieving AUC_{0-24} values >200 mg.h/L. The authors assumed these values
258 to be safe, as Drusano and Louie³² had reported that AUCs up to 600 mg.h/L are not

259 associated with nephrotoxicity. However, these were both simulation studies and it is
260 unlikely that such high exposures would be accepted as safe in routine clinical practice.

261

262 Analysis of the CFR identified a success rate >90% for all regimens for a C_{max}/MIC ratio ≥ 10
263 using the EUCAST MIC distribution for *P. aeruginosa*. This was not surprising since 83% of
264 isolates had an MIC <1 mg/L against tobramycin.²⁰ At an AUC_{0-24}/MIC ratio ≥ 110 , the CFR
265 ranged from 66-70% with the lower dosage regimens and increased to 78% and 79% with 12
266 mg/kg/day and 4 mg/cm/day. These results are in agreement with Butterfield *et al*,³¹ who
267 found that the probability of treatment success was >80% for a dose of 10 mg/kg/day and
268 isolates with an MIC ≤ 1 mg/L.

269

270 Overall, the present study suggests that if the MIC of *P. aeruginosa* is <2 mg/L, doses of 10
271 mg/kg/day or 3 mg/cm/day are sufficient to achieve C_{max}/MIC targets but higher doses (12
272 mg/kg/day or 4 mg/cm/day) would be required for pathogens with MICs up to 2.5 mg/L.
273 However, none of the dosage regimens achieved the target AUC_{0-24}/MIC ratio for pathogens
274 with an MIC >0.5 mg/L. The current study indicated that all tested doses will not achieve
275 MIC target of 3 or 4 mg/L and higher doses are required. However, the increase in dose will
276 result in excess exposure and would be on the price of toxicity. Further studies are needed
277 to establish which PK/PD parameter and target gives the best prediction for efficacy to
278 manage *P. aeruginosa* infections in patients with CF. In addition, clinical studies are urgently
279 needed to assess the safety of high tobramycin AUC_{0-24} .

280

281 The study has some limitations. Lack of clinical outcome data in the original data set meant
282 that it was not possible to link the simulation results directly with efficacy or to define safe
283 upper limits for C_{\max} and AUC_{0-24} . Consequently, the values used in the simulations reflected
284 previous publications or typical exposures. Although renal function was generally good in
285 the original population and obesity was rare (1% of patients had a CrCL <50 mL/min and
286 <1% were obese), AUC_{0-24} values >150 mg.h/L and high C_{\max} predictions typically occurred in
287 patients whose simulated CL was low and/or who had BMIs above 30 kg/m². It is clear that a
288 lower dose or longer dosage interval would be required for patients with renal impairment.
289 The value of using an adjusted body weight to determine dose has been reported
290 elsewhere^{16,23} and might be more appropriate than using actual WT for obese patients. The
291 TOPIC study⁶ addressed this issue to some extent by restricting the maximum dose to 660
292 mg/day. However, this approach only limits the dose for patients weighing more than 66 kg,
293 does not address the issue of small, overweight patients and may risk underdosing patients
294 whose ideal weight is >66 kg. Furthermore, the present study showed that while the
295 restriction reduced the risk of excessive concentrations, the overall results were similar to
296 those with the unrestricted dose. Problems related to obesity did not arise with HT-scaled
297 dosing.

298
299 **Conclusions**

300 This simulation study based on data from a large population of patients with CF has
301 demonstrated that a HT-based dosage regimen of 3 mg/cm/day produced a narrower range
302 of doses, C_{\max} and AUC_{0-24} estimates than WT-based dosage regimens, higher percentages of
303 concentrations and exposures within target ranges and a lower incidence of excessive
304 exposure. All dosage regimens achieved C_{\max}/MIC ratios >10 for pathogens with an MIC ≤2

305 mg/L but AUC_{0-24}/MIC ratios >110 could only be achieved if the MIC was ≤ 0.5 mg/L. These
306 results suggest that HT rather than WT-based dosing should be considered for patients with
307 CF who are undergoing treatment with intravenous tobramycin.

308

309 **ACKNOWLEDGMENTS**

310 Part of this work has been presented in poster format at the Population Approach Group in
311 Europe meeting, June 2011 (PAGE 20 (2011) Abstr 2077 [[www.page-](http://www.page-meeting.org/?abstract=2077)
312 [meeting.org/?abstract=2077](http://www.page-meeting.org/?abstract=2077)]), and as oral presentation at the Pharmacokinetics UK
313 meeting in November 2012.

314

315 **FUNDING**

316 This study was supported by a grant from Kuwait University, Kuwait City, Kuwait.

317

318 **TRANSPARENCY DECLARATIONS**

319 None to declare. SA conducted the study and wrote the first draft of the manuscript. AHT
320 supervised the study and edited the manuscript. DJT contributed to the study analysis and
321 interpretation and provided editorial input to the manuscript.

322 REFERENCES

- 323 1. Mouton JW, Jacobs N, Tiddens H, *et al.* Pharmacodynamic of tobramycin in patients
324 with cystic fibrosis. *Diagn Microbiol Infect Dis* 2005; **52**: 123-7.
- 325 2. Burkhardt O, Lehmann C, Madabushi R, *et al.* Once-daily tobramycin in cystic fibrosis:
326 better for clinical outcome than thrice-daily tobramycin but more resistance development. *J*
327 *Antimicrob Chemother* 2006; **58**: 822-9.
- 328 3. Beringer PM, Vinks AATMM, Jelliffe RW, *et al.* Pharmacokinetics of tobramycin in
329 adults with cystic fibrosis: Implications for once-daily administration. *Antimicrob Agents and*
330 *Chemother* 2000; **44**: 809-13.
- 331 4. Cystic Fibrosis Trust UK. UK Cystic fibrosis registry annual data report 2016 London:
332 Cystic Fibrosis Trust 2017.
- 333 5. Rybak MJ, Abate BJ, Kang SL, *et al.* Prospective evaluation of the effect of an
334 aminoglycoside dosing regimen on rates of observed nephrotoxicity and ototoxicity.
335 *Antimicrob Agents Chemother* 1999; **43**: 1549-55.
- 336 6. Smyth A, Tan KH-V, Hyman-Taylor P, *et al.* Once versus three-times daily regimens of
337 tobramycin treatment for pulmonary exacerbations of cystic fibrosis - the TOPIC study: a
338 randomised controlled trial. *Lancet* 2005; **365**: 573-8.
- 339 7. Hennig S, Norris R, Kirkpatrick CMJ. Target concentration intervention is needed for
340 tobramycin dosing in paediatric patients with cystic fibrosis- a population pharmacokinetic
341 study. *Br J Clin Pharmacol* 2007; **65**: 502-10.
- 342 8. Begg EJ, Barclay ML, Duffull SB. A suggested approach to once-daily aminoglycoside
343 dosing. *Br J Clin Pharmacol* 1995; **39**: 605-9.
- 344 9. Antibiotics Expert Group. Monitoring Antimicrobial Blood Concentrations and
345 Aminoglycoside and Vancomycin Dosing. Melbourne: Therapeutic Guidelines Limited, 2010.
- 346 10. Campbell D, Thomson AH, Stack B. Population pharmacokinetics of aminoglycoside
347 antibiotics in patients with cystic fibrosis. *Ther Drug Monit* 1999; **21**: 281-8.
- 348 11. Hennig S, Standing JF, Staatz CE, *et al.* Population pharmacokinetics of tobramycin in
349 patients with and without cystic fibrosis. *Clin Pharmacokinet* 2013; **52**: 289-301.
- 350 12. Touw DJ, Vinks ATMM, Heijerman HGM, *et al.* Suggestions for the optimization of
351 the initial tobramycin dose in adolescent and adult patients with cystic fibrosis. *Ther Drug*
352 *Monit* 1994; **16**: 125-31.
- 353 13. Alghanem S, Paterson I, Touw D, *et al.* Influence of multiple courses of therapy on
354 aminoglycoside clearance in adult patients with cystic fibrosis. *J Antimicrob Chemother*
355 2013; **68**: 1338-47.
- 356 14. Boeckman A, Sheiner L, Beal S. NONMEM Users Guide (1989-2013). Hanover,
357 Maryland: ICON Development Solutions, 2013.
- 358 15. VandenBussche HL, Homnick DN. Evaluation of serum concentrations achieved with
359 an empiric once-daily tobramycin dosage regimen in children and adults with cystic fibrosis.
360 *J Pediatr Pharmacol Ther* 2012; **17**: 67-77.
- 361 16. Staubes BA, Metzger NL, Walker SD, *et al.* Evaluation of a once/day tobramycin
362 regimen to achieve target concentrations in adult patients with cystic fibrosis.
363 *Pharmacotherapy* 2016; **36**: 623-30.
- 364 17. Touw DJ, Knox AJ, Smyth A. Population pharmacokinetics of tobramycin
365 administered thrice daily and once daily in children and adults with cystic fibrosis. *J Cyst*
366 *Fibros* 2007; **6**: 327-33.

- 367 18. Coulthard KP, Peckham DG, Conway SP, *et al.* Therapeutic drug monitoring of once
368 daily tobramycin in cystic fibrosis- caution with trough concentrations. *J Cyst Fibros* 2007; **6**:
369 125-30.
- 370 19. Kashuba ADM, Nafziger AN, Drusano GL, *et al.* Optimizing aminoglycoside therapy for
371 nosocomial pneumonia caused by gram-negative bacteria. *Antimicrob Agents Chemother*
372 1999; **43**: 623-9.
- 373 20. Smith PF, Ballow CH, Booker BM, *et al.* Pharmacokinetics and pharmacodynamics of
374 aztreonam and tobramycin in hospitalized patients. *Clin Ther* 2001; **23**: 1231-44.
- 375 21. European Committee on Antimicrobial Susceptibility Testing. Data from the EUCAST
376 MIC distribution website.
- 377 22. Drusano GL, Preston SL, Hardalo C, *et al.* Use of preclinical data for selection of a
378 phase II/III dose for evernimicin and identification of a preclinical MIC breakpoint.
379 *Antimicrob Agents Chemother* 2001; **45**: 13-22.
- 380 23. DeGrado J, Cios D, Greenwood B, *et al.* Pharmacodynamic target attainment with
381 high-dose extended-interval tobramycin therapy in patients with cystic fibrosis. *J Chemother*
382 2014; **26**: 101- 4.
- 383 24. Bragonier R, Brown NM. The pharmacokinetics and toxicity of once-daily tobramycin
384 therapy in children with cystic fibrosis. *J Antimicrob Chemother* 1998; **42**: 103-6.
- 385 25. Master V, Roberts GW, Coulthard KP, *et al.* Efficacy of once-daily tobramycin
386 monotherapy for acute pulmonary exacerbations of cystic fibrosis: a preliminary study.
387 *Pediatr Pulmonol* 2001; **31**: 367-76.
- 388 26. Vic P, Ategbo S, Turck D, *et al.* Efficacy, tolerance, and pharmacokinetics of once
389 daily tobramycin for pseudomonas exacerbations in cystic fibrosis. *Arch Dis Child* 1998; **78**:
390 536-9.
- 391 27. Zobell JT, Epps K, Kittell F, *et al.* Tobramycin and beta-lactam antibiotic use in cystic
392 fibrosis exacerbations: A pharmacist approach. *J Pediatr Pharmacol Ther* 2016; **21**: 239-46.
- 393 28. Murry K, McKinnon P, Mitrzyk B, *et al.* Pharmacodynamic characterization of
394 nephrotoxicity associated with once-daily aminoglycoside. *Pharmacotherapy* 1999; **19**:
395 1252-60.
- 396 29. British Society for Antimicrobial Chemotherapy. BSAC methods for antimicrobial
397 susceptibility testing 2016.
- 398 30. Sherwin C, Zobell J, Stockmann C, *et al.* Pharmacokinetic and pharmacodynamic
399 optimisation of intravenous tobramycin dosing among children with cystic fibrosis. *J*
400 *Pharmacokinet Pharmacodyn* 2014; **41**: 71-9.
- 401 31. Butterfield JM, Lodise TP, Beegle S, *et al.* Pharmacokinetics and pharmacodynamics
402 of once-daily administration of intravenous tobramycin in adult patients with cystic fibrosis
403 hospitalized for an acute pulmonary exacerbation. *Antimicrob Agents Chemother* 2013; **57**:
404 5175-7.
- 405 32. Drusano GL, Louie A. Optimization of aminoglycoside therapy. *Antimicrob Agents*
406 *Chemother* 2011; **55**: 2528-31.

407 **Table 1** Median and range of daily doses, C_{max} and AUC_{0-24} for a range of weight and height
 408 scaled tobramycin dosage regimens for patients with cystic fibrosis

	10 mg/kg/day (max 660 mg)	10 mg/kg/day	12 mg/kg/day	3 mg/cm/day	4 mg/cm/day
Daily Dose (mg/day)	550 (300-660)	550 (300-1054)	656 (365-1296)	498 (418-581)	664 (556-776)
C_{max} (mg/L)	30.0 (9.7-79.3)	30.0 (9.7-79.3)	35.6 (9.6-98.3)	27.2 (11.8-52.1)	36.2 (14.5-68.7)
AUC_{0-24} (mg.h/L)	112 (45-260)	114 (45-291)	137 (54-410)	104 (48-227)	139 (60-303)

409

410

411 **Table 2** The percentages of simulated patients whose C_{max} and AUC_{0-24} estimates were
 412 below, within and above target ranges with a range of weight and height scaled dosage
 413 regimens

Dosage regimen	10 mg/kg/day (max 660 mg)	10 mg/kg/day	12 mg/kg/day	3 mg/cm/day	4 mg/cm/day
C_{max} (mg/L)					
<20	7	7	1.5	5	0.2
20 - 30	43	43	25	64	20.4
>30	50	50	73	31	79.4
30 - 40					
>40	37	37	40	29	52.0
>40	13	13	33	2	27.4
AUC_{0-24} (mg.h/L)					
< 80	10	9	2	11	1
80 – 120	51	48	29	62	25
>120	39	43	69	27	74
120 - 150					
>150	27	27	32	22	38
>150	12	16	37	5	36

414 Key: AUC_{0-24} -daily area under the curve

415

416 **Figure Legends**

417 **Figure 1** The distribution of daily doses, predicted C_{\max} and AUC_{0-24} using a range of
418 weight and height-based tobramycin dosage regimens

419 Key: BMI = body mass index where 1 = <18.5, 2 = 18.5-24.99, 3 = 25-29.99, 4 = ≥ 30 kg/m².

420 The solid black lines represent the target C_{\max} and AUC_{0-24} ranges

421

422 **Figure 2** The distribution of predicted C_{\max} and AUC_{0-24} using a range of weight and
423 height-based tobramycin dosage regimens

424 Key: CrCL = creatinine clearance where 1 = < 50 mL/min, 0 = > 50 mL/min.

425 The solid black lines represent the target C_{\max} and AUC_{0-24} ranges

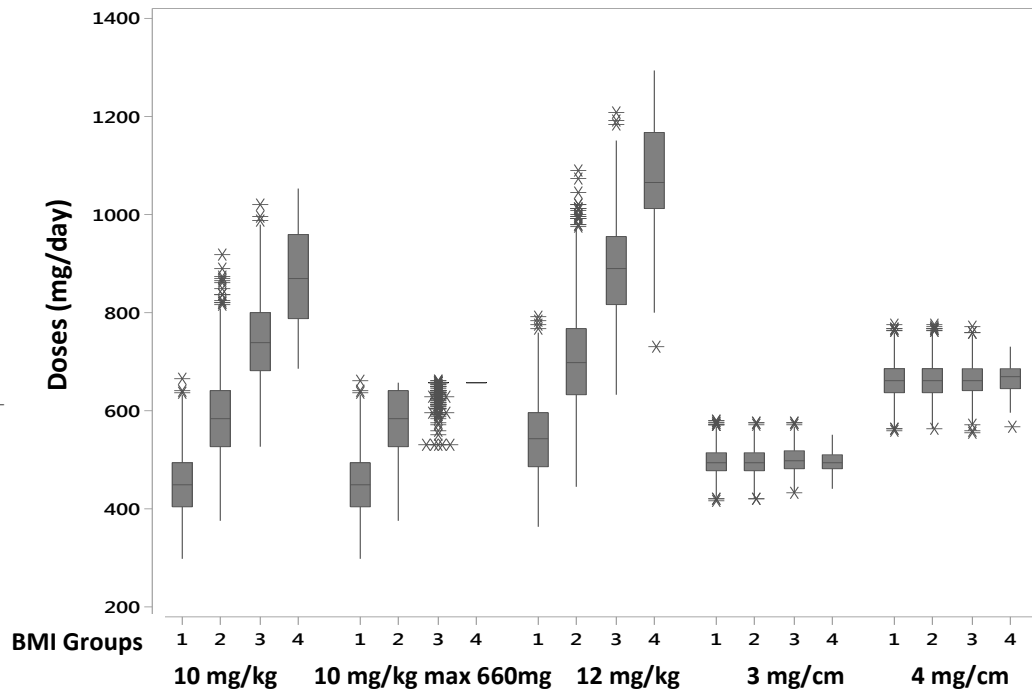
426

427 **Figure 3** Percentage probability of achieving a target (a) C_{\max}/MIC ratio ≥ 10 and (b)
428 AUC_{0-24}/MIC ratios ≥ 110 with weight (10 and 12 mg/kg/day) and height (3 and 4
429 mg/cm/day) scaled doses over a range of MIC values.

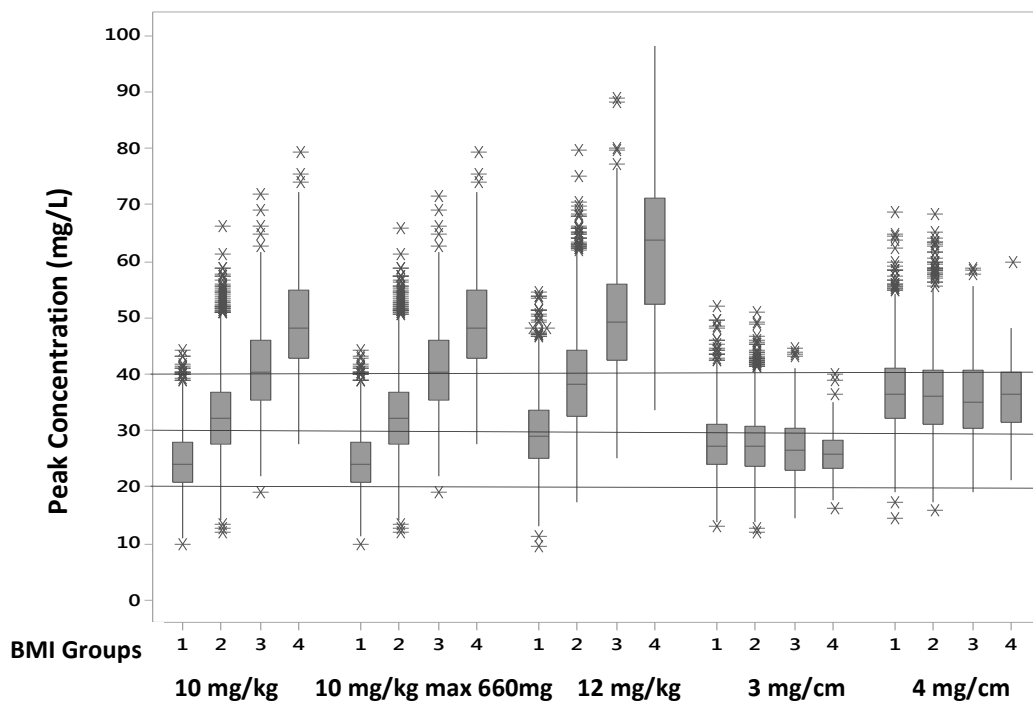
430 Key: The black solid line and closed circle (—●—) represents the 10 mg/kg/day dose (max
431 660 mg/day); the solid black line and open circle (—○—) represents the 12 mg/kg/day dose;
432 the grey solid line and closed square (—■—) represents the 3 mg/cm/day dose; the grey
433 solid line and open square (—□—) represents the 4 mg/cm/day dose.

434

435 **Figure 1**



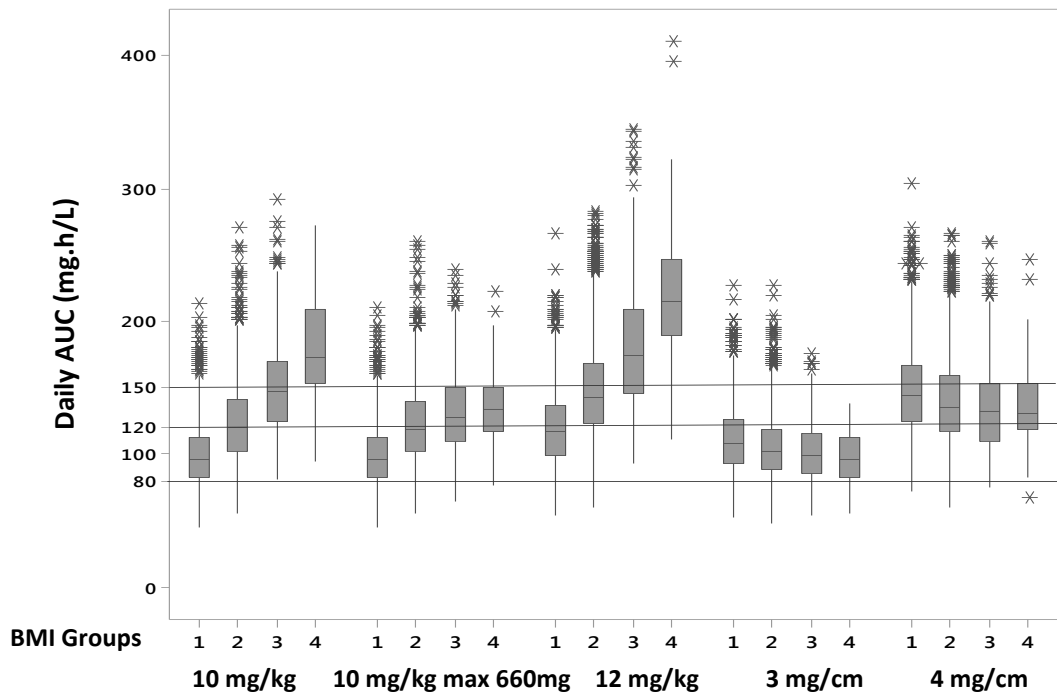
436



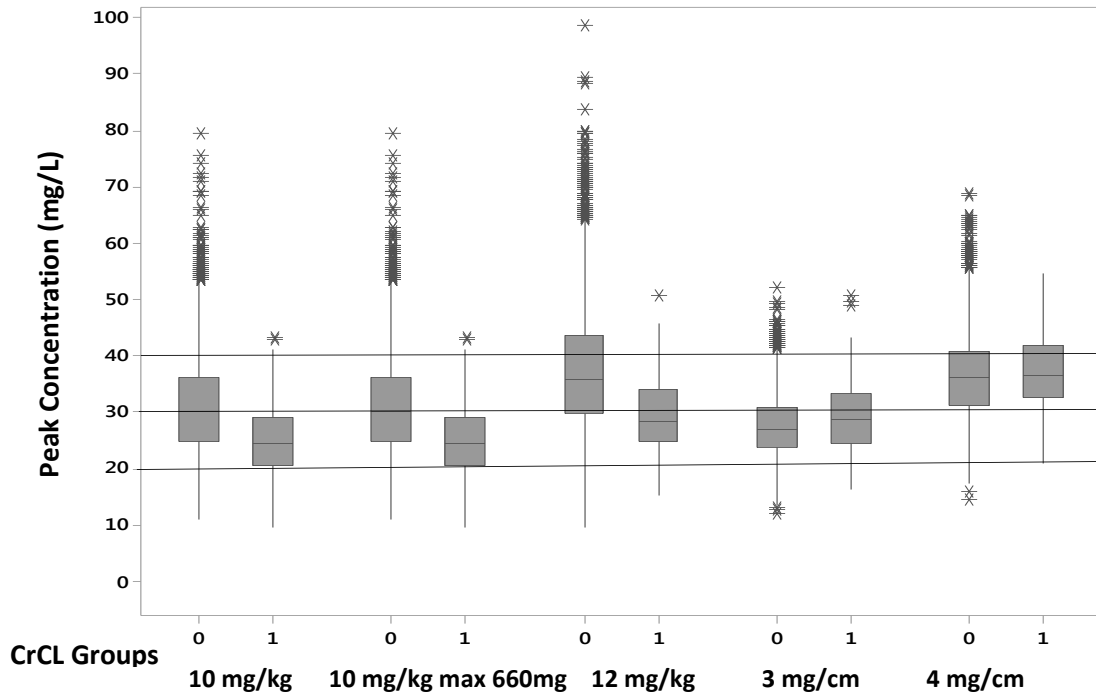
437

438

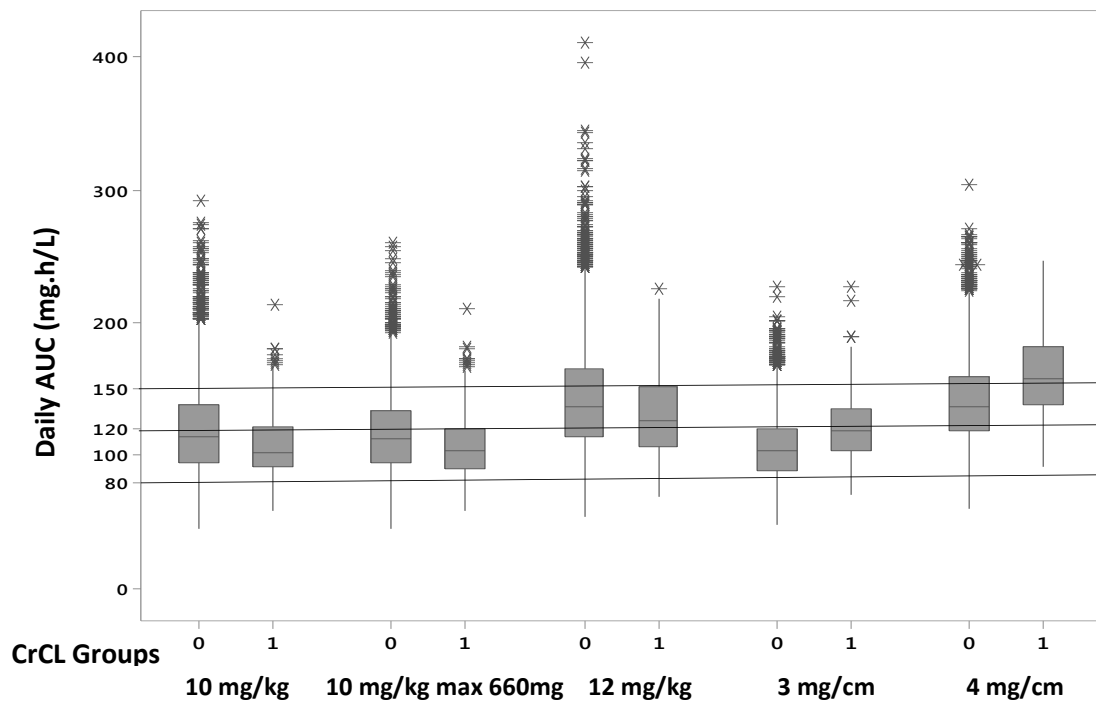
439



441 **Figure 2**

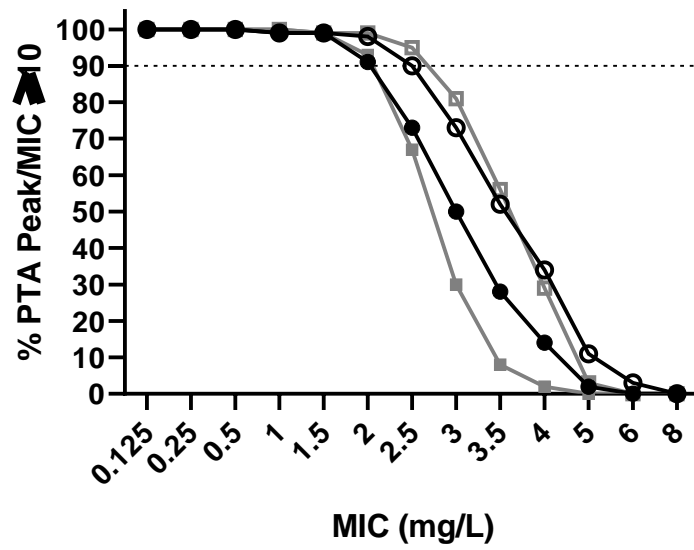


442

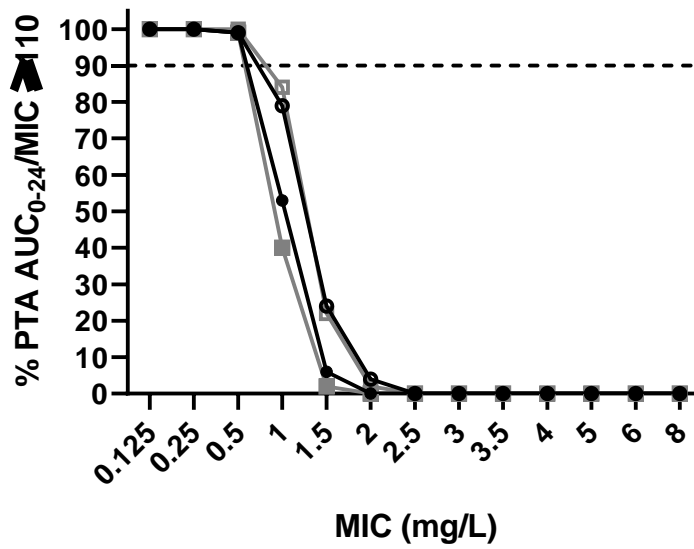


443

444 **Figure 3**
445 a)



446
447
448
449 b)
450



451

452 **Supplementary Table 1** Median and ranges for original data set patients' characteristics.
453

Variable	Median (ranges)
Age (years)	24.6 (14 – 88.4)
Weight (kg)	53 (30 – 108)
Height (cm)	166 (139-194)
Serum Creatinine ($\mu\text{mol/L}$)	70 (19 – 209)
Creatinine Clearance (mL/min)	94 (26 – 181)

454