



VIP4 - Newsletter #5 - 08/2026

Düsseldorf, 1st August 2026

Dear colleagues,
following the successful enrolment of our first patient in April, recruitment for the VIP4 study is now actively ongoing across participating sites. We are pleased to see that centers in Germany, Sweden, Turkey, Poland have already started enrolling patients!

Patient recruitment update

We are pleased to share that 118 patients have now been enrolled in the VIP4 study.
The majority of participants have been recruited by study sites in Germany, with additional valuable contributions from our colleagues in Sweden, Poland, Italy and Spain.
Several additional countries and study sites are currently in the final stages of the ethics approval and contracting processes.
We therefore expect recruitment to accelerate significantly over the coming weeks and months as more centers begin enrolling patients.



Celebrating Every 100th Patient

Every patient enrolled in VIP4 brings us one step closer to achieving our study goals. We would like to take this opportunity to celebrate these important milestones together with all participating sites. To recognize the commitment of our study teams, we will continue to celebrate every 100th patient enrolled with a small token of appreciation for the recruiting centre. Whether it is a selection of local treats or another small surprise, it is our way of saying thank you for your dedication and continued support of the study!

We are delighted that the first milestone package has already reached Charité Berlin, and we look forward to celebrating many more recruitment milestones as the VIP4 network continues to grow!

A heartfelt thank you to all investigators, study nurses, research coordinators and everyone involved in patient recruitment. Your commitment is driving the success of VIP4, and we are excited to celebrate many more milestones together!



Workshop Highlights: Charting the Trajectory of Very Old Critically Ill Patients



VIP study group members enjoying a networking dinner following the Workshop in Düsseldorf.

On 1 July 2026, international experts in critical care, geriatrics and ageing research from the VIP study group came together in Düsseldorf and online for the VIP Trajectory Workshop to discuss the future of care for very old critically ill patients.

A central message emerged throughout the workshop: chronological age alone is no longer sufficient to guide clinical decision-making. Instead, multidimensional vulnerability, including frailty, multimorbidity, functional status, cognition and nutritional status, should guide assessment, treatment and long-term outcomes.

Participants identified key research priorities, including harmonised multidimensional assessment, individualized decision-making, geriatric-informed models of care, and patient-centred outcomes beyond mortality.

VIP4 was specifically designed to address many of these research questions. By prospectively evaluating multidimensional vulnerability and its impact on outcomes in older critically ill patients with and without cardiovascular disease, VIP4 aims to generate the evidence needed to improve risk stratification, support individualized care, and advance future models of geriatric critical care.

The workshop discussions will now be synthesized into a consensus manuscript "Charting the Trajectory of Very Old Patients with Critical Illness: From Chronological Age to Multidimensional Vulnerability".

We would like to sincerely thank all participants for their valuable contributions, insightful discussions, and inspiring exchange throughout the workshop!

We are continuously welcoming new centers to join the VIP4 study!

We are delighted to share that we have now reached 100 participating centers, achieving half of our target of 200 centers. We would like to sincerely thank all investigators and study teams for their valuable support and commitment.

Institutions interested in participating are warmly invited to register via:

→ www.vip4.eu

We would also greatly appreciate it if participating centers could help spread the word about the VIP4 study and encourage colleagues at other institutions to join. Your support is essential in helping us reach our recruitment goal and further strengthen this important international collaboration.

