# ARF, Mechanical Ventilation and PFTs: ACOI Board Review 2017

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## No Disclosures



## **Acute Respiratory Failure (ARF)** DEFINITION

ARF is the clinical state which

occurs when the respiratory system

(ie circulatory and lungs) is not

able to meet the metabolic

requirements of the organism.

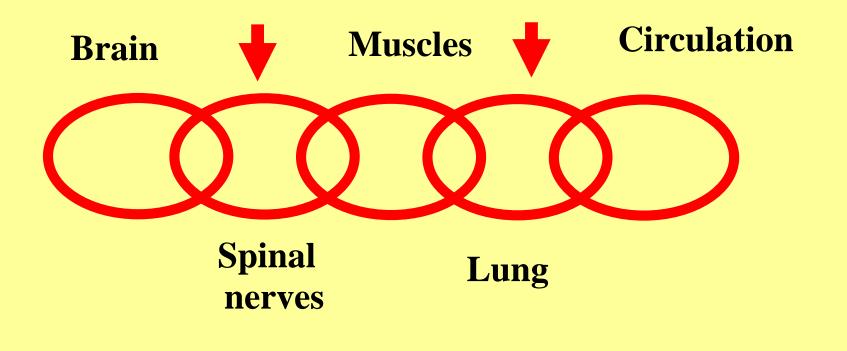


# **Acute Respiratory Failure**

Anatomic- Etiologic
 Physiologic- Etiologic
 Blood Gas
 Radiologic
 Tissue Oxygenation

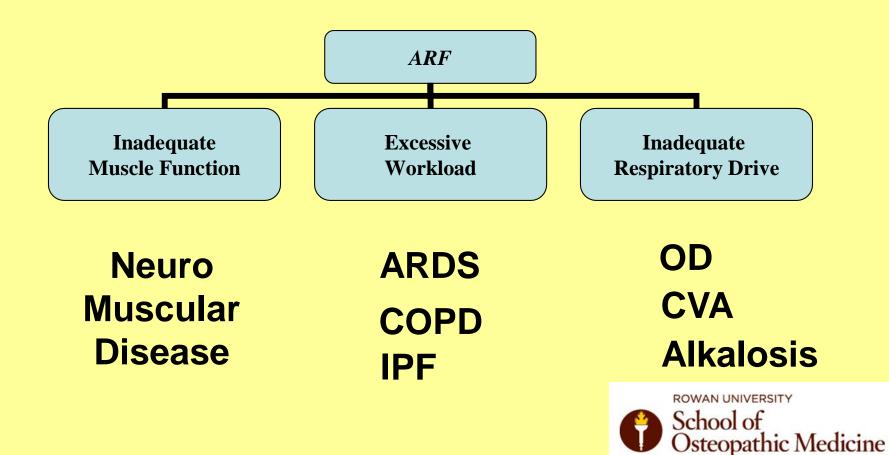


## **Anatomic Etiologic Classification**





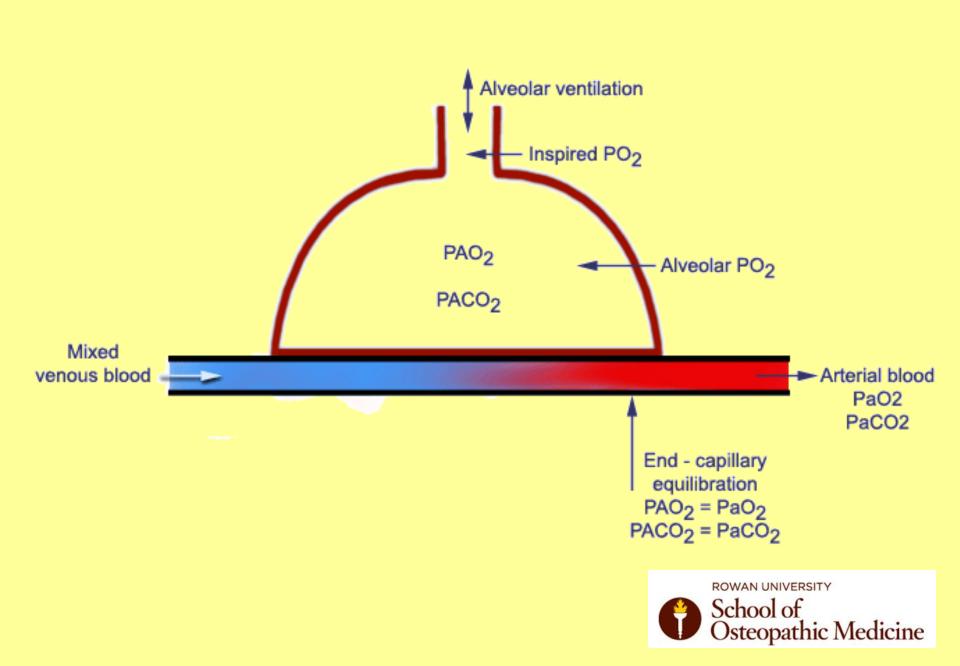
# Physiologic Etiologic Classification



**Blood Gas Classification** Hypoxemic/Hypercaphic

- Clinically useful
- Can be used to divide patients into distinct ETIOLOGIC and TREATMENT groups
- Readily available





# Calculation of the A-a Gradient

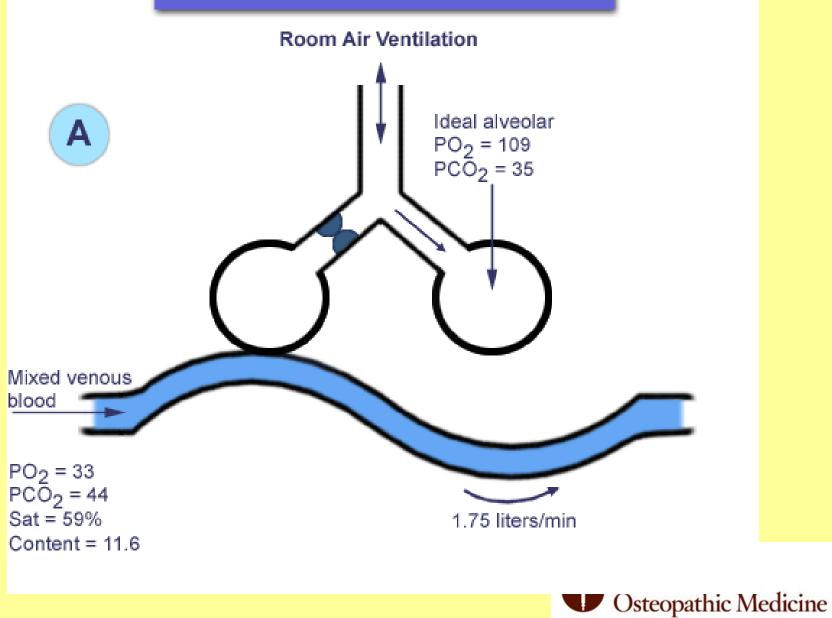
PAO2 = FIO2 (Pb - 47) - 1.25 PaCO2

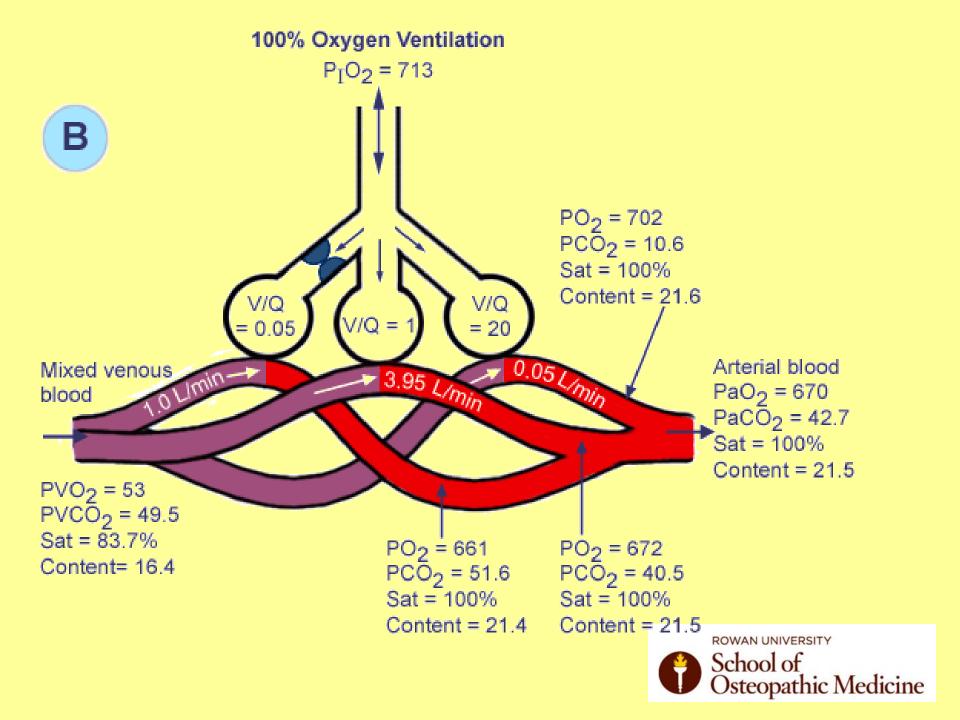
PaO2 = measured

A-a gradient should be less than 20 mmHg breathing room air OR Less than 100 mmHg on 100 % O2



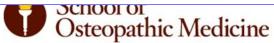
#### 100% Oxygen and Pulmonary Shunt



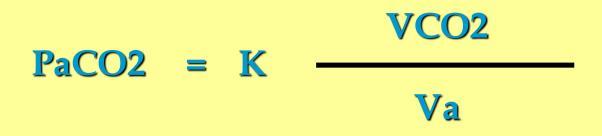


**Causes of Hypoxemia** 

CAUSE	A-a Gradient	PaCO2	Response to 100 % Oxygen
Low FIO2	Normal	Normal	Improved
Hypoventilation	Normal	Increased	Improved
Diffusion Impair	Increased	Normal	Improved
Low V/Q	Increased	Normal	Improved
Shunt	Increased	Normal	NOT Improved
Low PvO2	Increased	Normal	? Improved



# Mechanisms of Hypercapnia



- PaCO2 = arterial CO2 tension K = proportionality constant VCO2 = CO2 production
  - Va = Alveolar ventilation



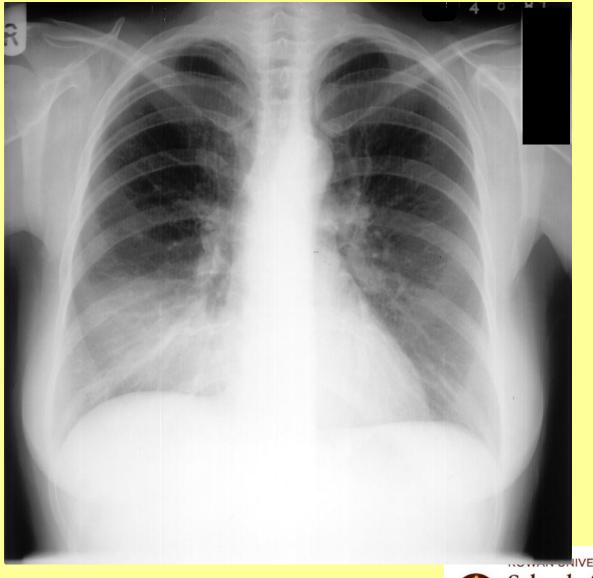
**Causes of Hypercapnia** 

- 1. Alterations in CO2 production
- 2. Disturbances in the Gas Exchanger (the lungs)
- 3. Abnormalities in the mechanical system (the bellows)
- 4. Changes in ventilatory control



## **Radiographic Classification** of ARF

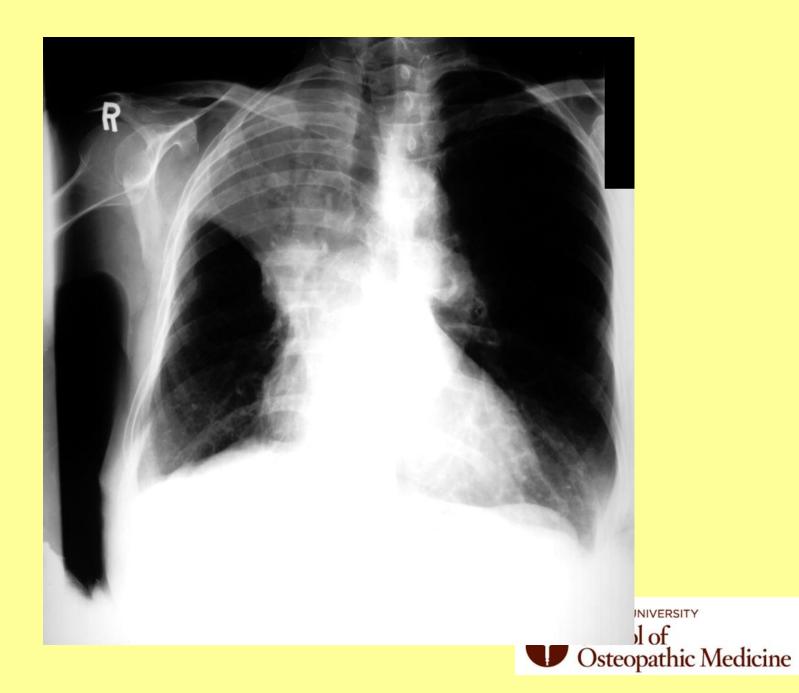
WHITE LUNG	BLACK LUNG	
Pneumonia	Asthma	
Pulmonary edema	emphysema	
Atelectasis	PE	
Interstitial disease	microatelectasis	
	R to L Shunt	
	Ventilatory failure	

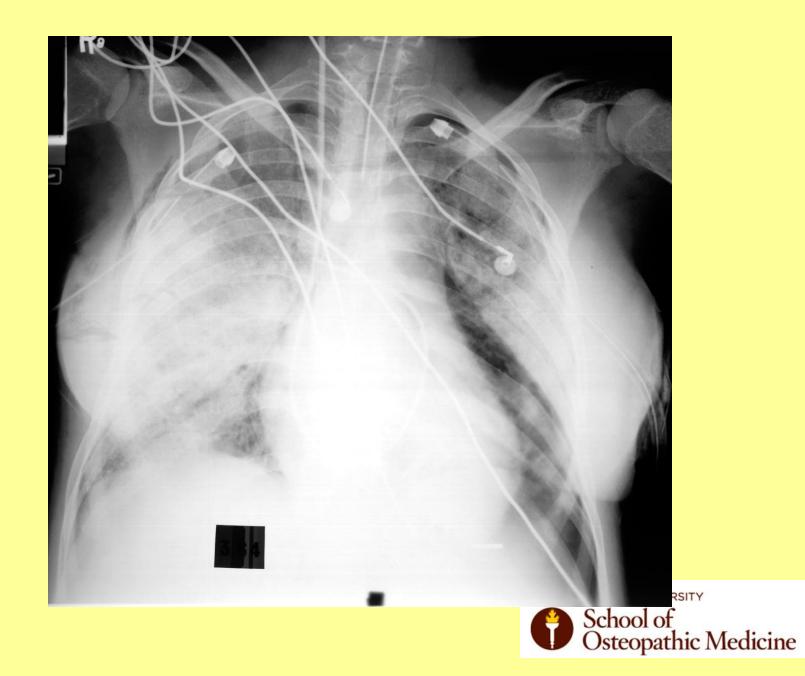


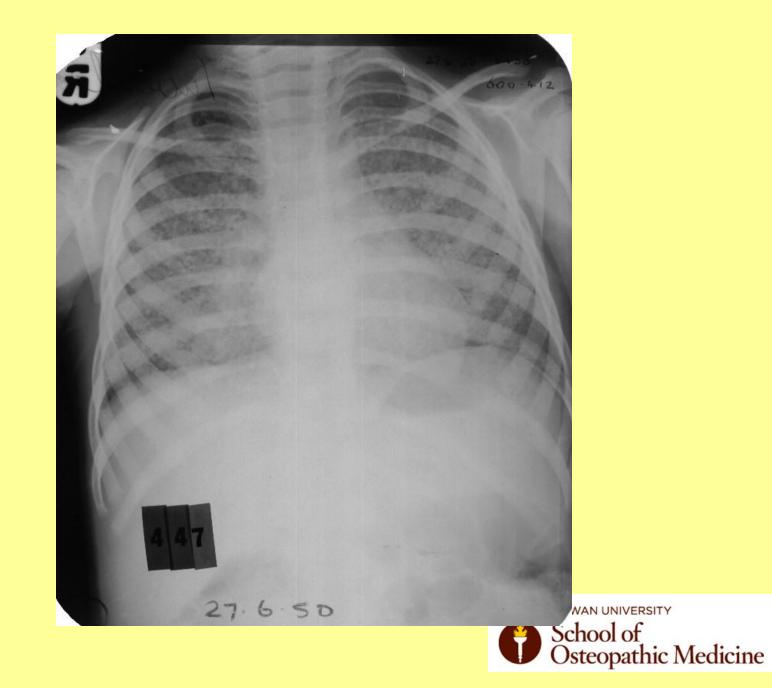
School of Osteopathic Medicine



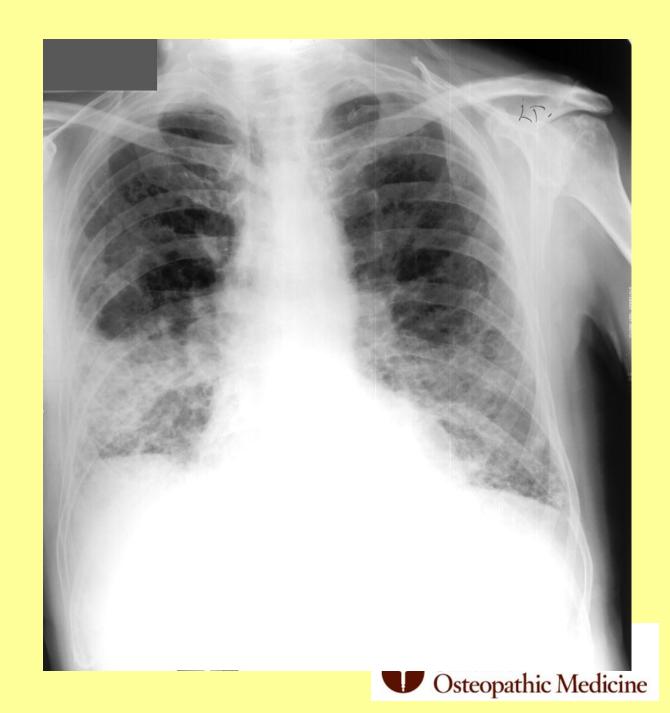






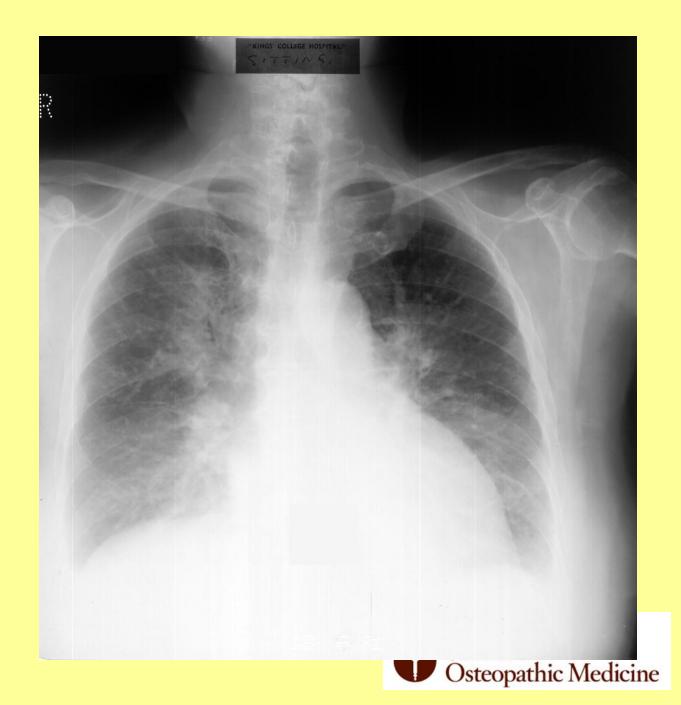


pulmonary fibrosis due to RA



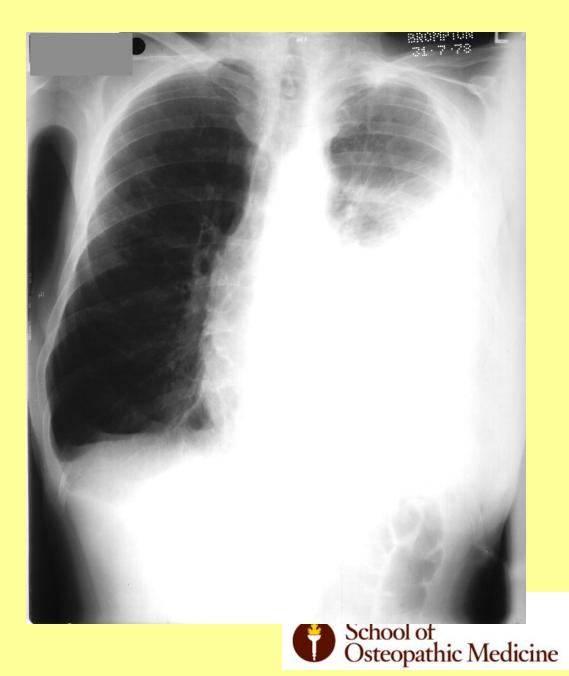
### 76 yo Female

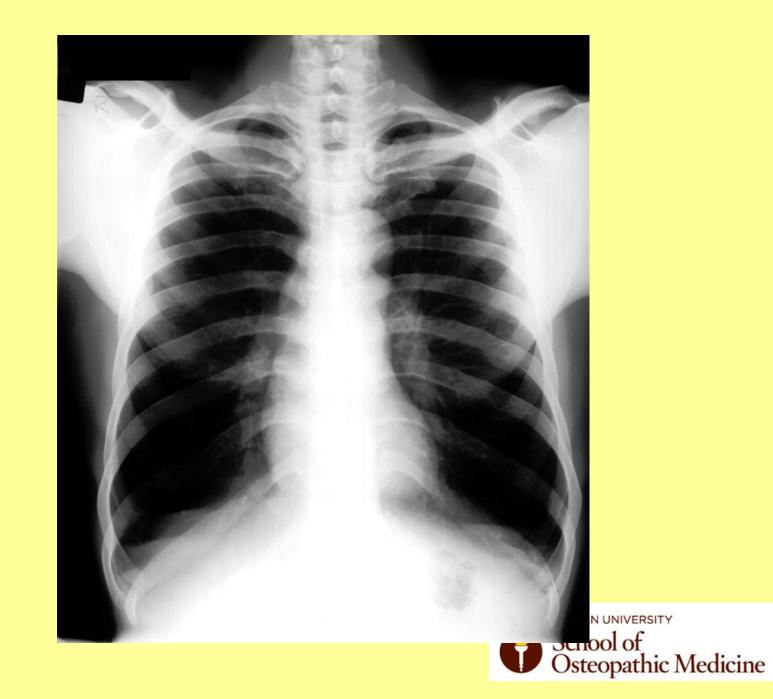
SOB Edema Orthopnea



### Male

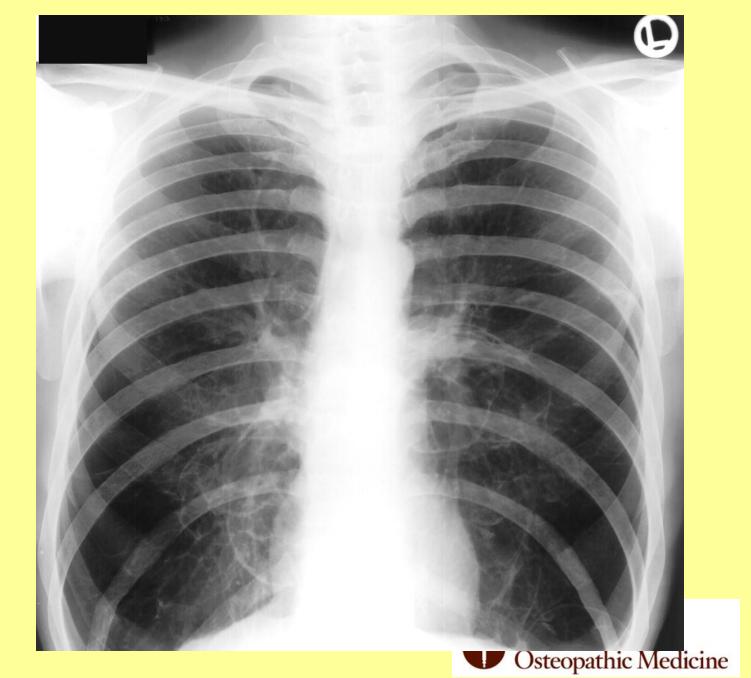
### SOB





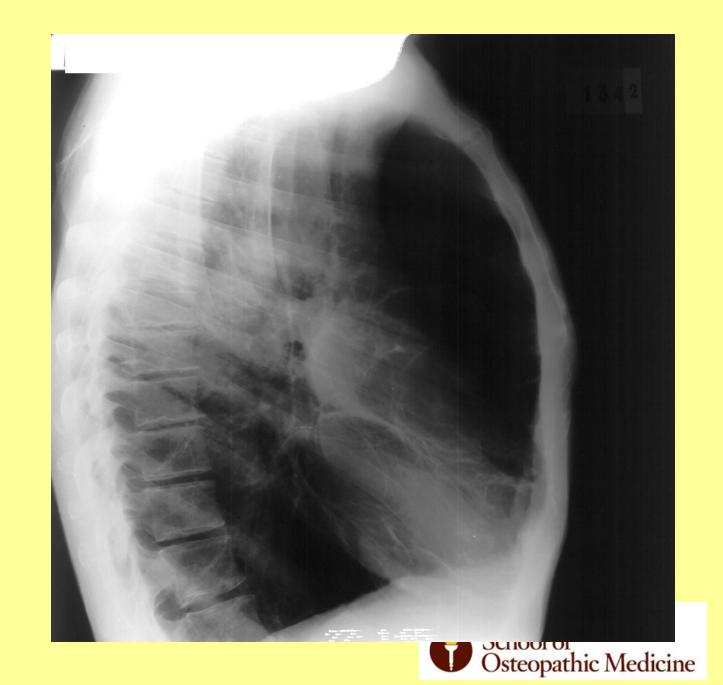
#### Male 40 yo

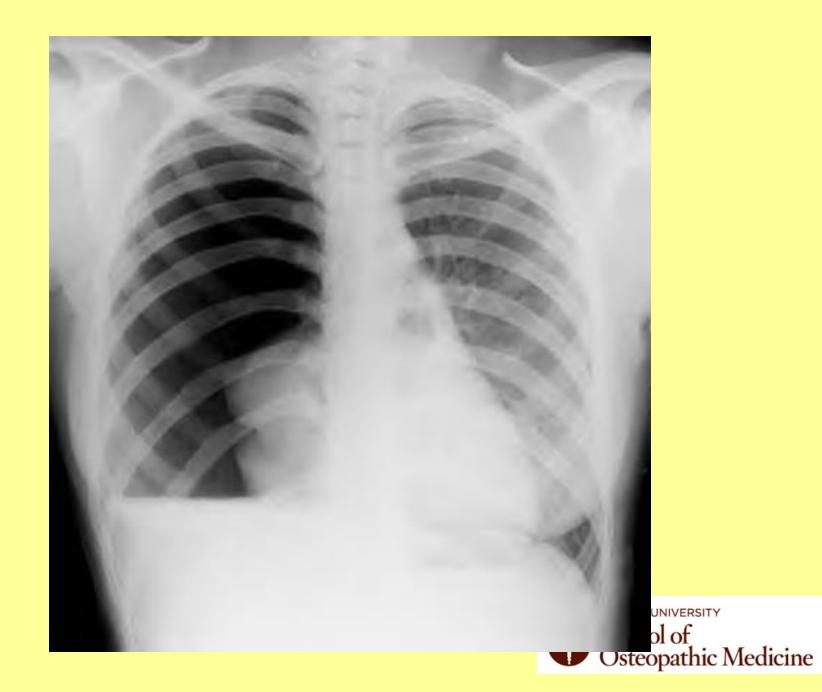
Dyspnea



#### Male 40 yo

Dyspnea





CONDITION	DEFINITION	EXAMPLE	ABNORMALITY
Ventilatory Failure	Abnormal CO2 elimination by lungs	Drugoverdose Asthma	P a C O ₂ > 50 m m H g
Failure of Arterial Oxygenation	Abnormal O 2 uptake by lung	Pneumonia, ARDS	PaO₂ < 50 mm Hg
Failure of Oxygen Delivery	Abnormal O 2 delivery to the tissues	Cardiogenic shock Anemia, CO poisoning	C v O <sub>2</sub> < 18 cc/d I P v O <sub>2</sub> < 30 m m H g S v O <sub>2</sub> < 60 %
Failure of Oxygen Utilization	Failure of O₂ uptake by tissues	Cyanide poisoning septic shock	C v O <sub>2</sub> > 18 c c/d l P v O <sub>2</sub> > 60 m m H g S v O <sub>2</sub> > 80 %



### **Objectives of Mechanical Ventilation** Tobin MJ. NEJM 1994; 330:1056-61

- Improve pulmonary gas exchange  $\geq$ **Reverse hypoxemia Relieve acute respiratory acidosis**
- $\geq$ **Relieve respiratory distress Decrease the O2 cost of breathing Reverse respiratory muscle fatigue**
- **Alter pressure-volume relations Prevent/reverse atelectasis** Improve compliance **Prevent further lung injury**
- Permit lung and airway healing

Avoid complications



## Treatment of ARF Noninvasive Methods



Pressure applied during entire respiratory cycle Does NOT AUGMENT TIDAL VOLUME Splint open the upper airway Recruit collapsed alveoli

**BiPAP** \* Different pressure during Ins and Exp I-PAP can AUGMENT tidal Volume E-PAP can prevent airway closure and recruit collapsed alveoli

> USEFUL FOR CHF, COPD, - May prevent need for INTUBATION



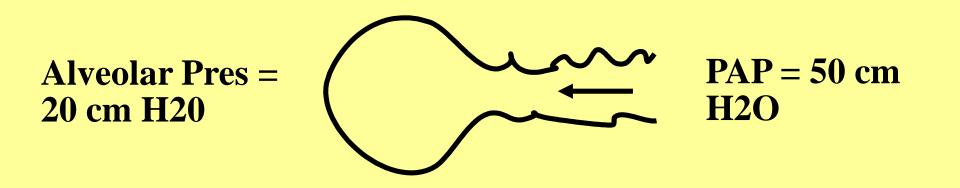
## Barotrauma

- Until recently it was believed that alveolar rupture was due to excessive proximal airway pressure
- If peak airway pressure exceeded 50 cm H2O then the patient was considered to be at high risk for alveolar rupture.





If inspiratory resistance is HIGH DISTAL ALVEOLAR PRESSURE may be LOWER than PEAK AIRWAY PRESSURE !

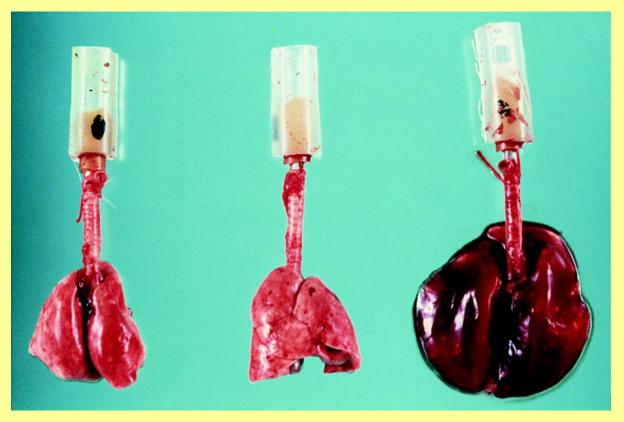




### **Ventilator-induced Lung Injury**

Dreyfuss D, Saumon G. Ventilator induced lung injury: lessons from experimental studies. Am J Respir Crit Care Med

1998;157:294-323. Mead J, Takishima



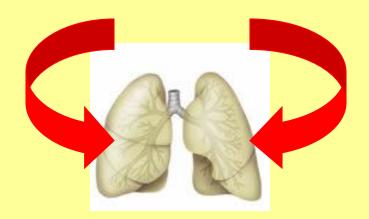
• Macroscopic aspect of rat lungs after mechanical ventilation at 45 cm H2O peak airway pressure. Left: normal lungs; middle: after 5 min of high airway pressure mechanical ventilation. Note the focal zones of atelectasis (in particular at the left lung apex); right: after 2000 min. School of markedly enlarged and congestive; edema fluid fills the tracheal cample. School of

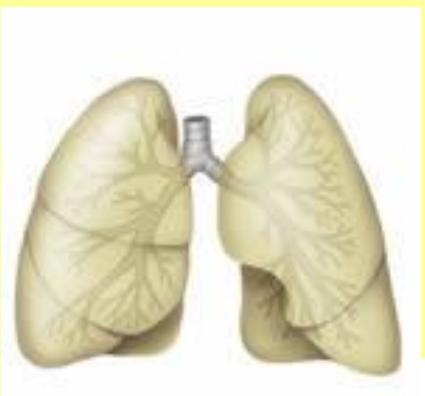
**Osteopathic Medicine** 

### Animal Experiment – Same pressure is applied to both animal lungs

#### Banded lungs

**Un-Banded** lungs



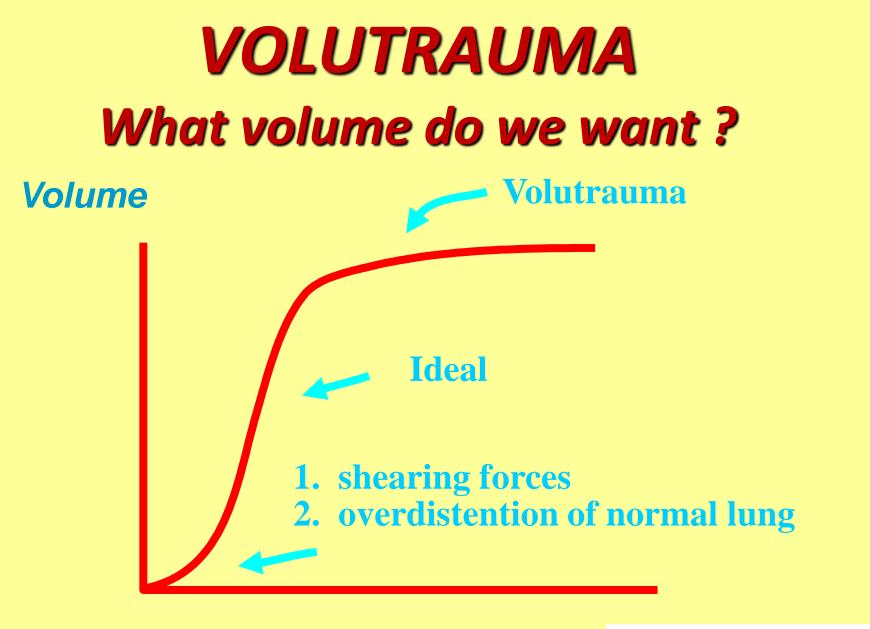




## VOLUTRAUMA

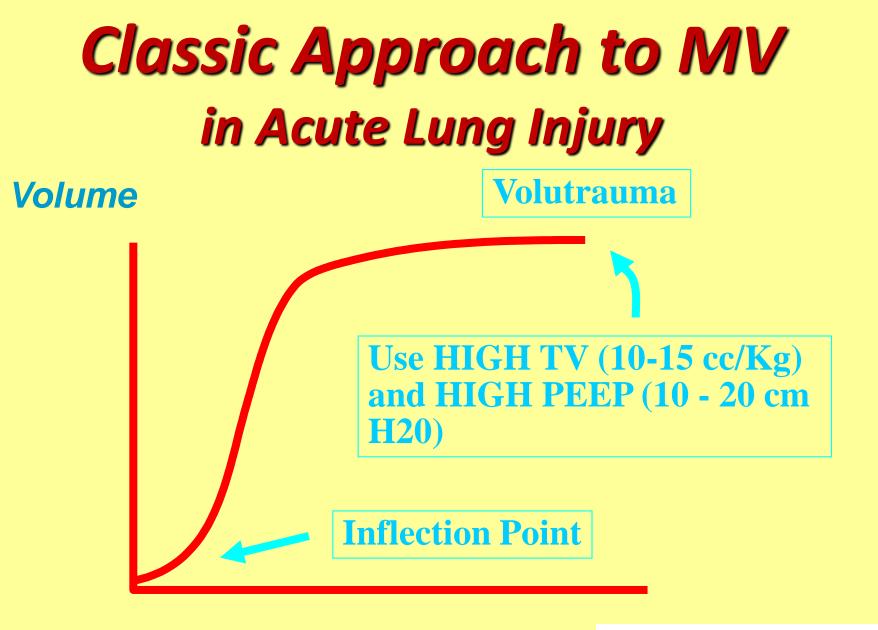
- Recent studies in animals with normal and diseased lungs suggest that it is alveolar <u>OVERDISTENTION</u> and <u>NOT</u> <u>EXCESSIVE PRESSURE</u> which leads to alveolar rupture.
- VOLUME NOT PRESSURE Causes alveolar rupture





**Pressure** 





Pressure



#### How do we measure Plateau Pressure

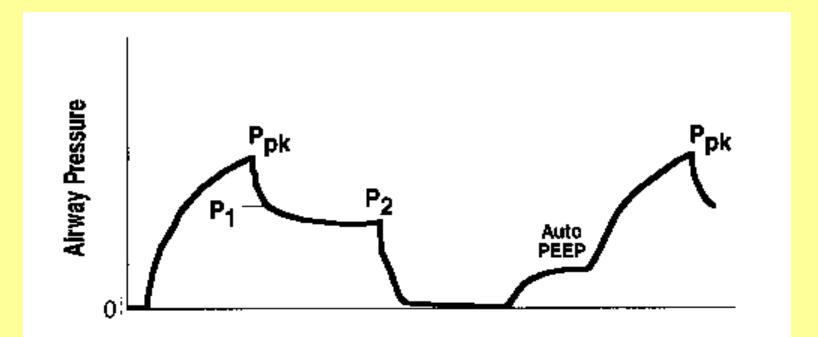


Figure 1. Proximal airway pressure recording during an endinspiratory airway occlusion and during an end-expiratory occlusion.



# How should we approach MV in ARDS TODAY ?

- TV smaller (5 cc/Kg) ideal body weight
- **PEEP (above inflection point)**
- Keep plateau pressure < 30 cm H20
- THIS MAY RESULT IN HYPERCAPNIA !



#### **AutoPEEP** Definition

- AutoPEEP is a pressure gradient between the alveoli and the central airways due to INSUFFICIENT EXPIRATORY TIME.
- Unlike applied PEEP which is deliberately set, AUTO-PEEP is inadvertent.



#### AutoPEEP Incidence

- Reported in 47 % of patients in medical ICU's (Wright. Heart and Lung 1990; 19:352-357)
- Occurs in 100 % of MV patients with Ve above 20 L/min (Brown. Respir Care 1986; 31:1069-74)



#### AutoPEEP (AP) Causes

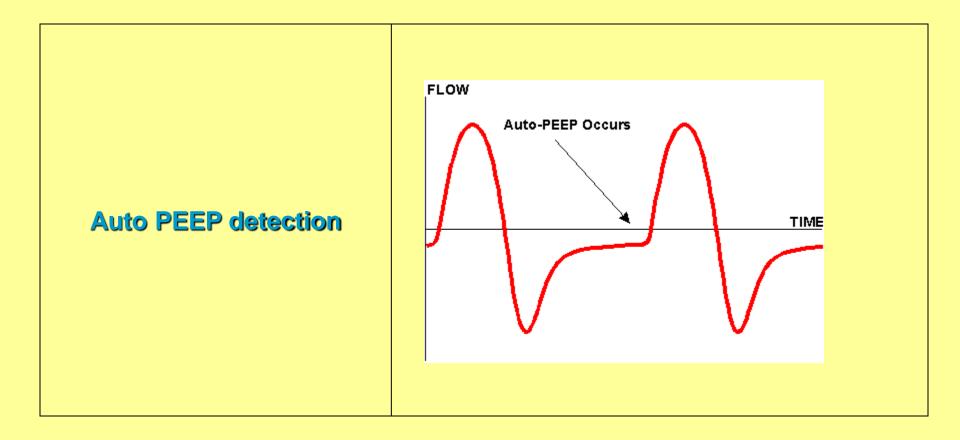
Type of AP	Causes
AP with Hyperinflation	Dynamic airway closure
and Airway obstruction	
AP with Hyperinflation and	High Ve
NO Airway obstruction	vent circuitry, valves or
	filters which delay exhalation
AP with NO Hyperinflation	Forced exhalation
and NO Airway obstruction	



#### **AutoPEEP** Methods for Detection

- Use of Flow Waveform (qualitative)
- Esophageal Balloon or inductive waveforms
- Block exhalation and allow alveolar and central pressures to equilibrate equilibrate (Total PEEP)

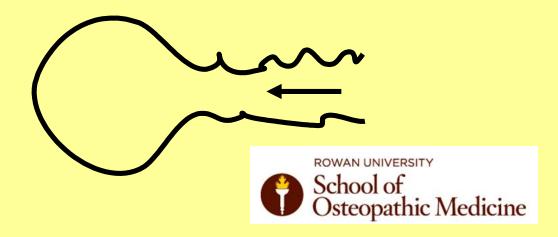






#### **AutoPEEP**

- AutoPEEP can be measured by blocking the airway at the END OF EXHALATION
- This allows the distal alveolar pressure to equilibrate with the Proximal airway pressure



# How do we measure AutoPEEP

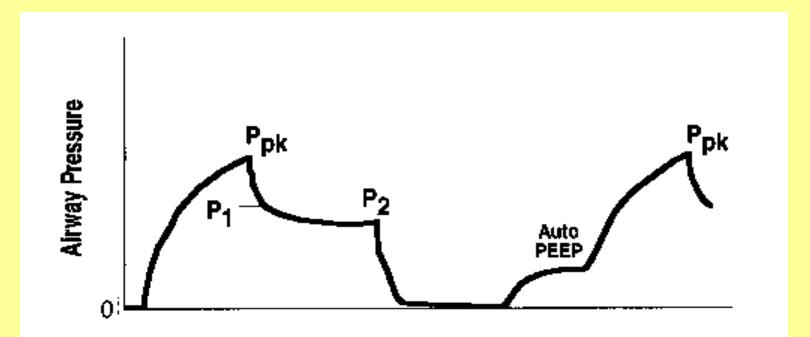


Figure 1. Proximal airway pressure recording during an endinspiratory airway occlusion and during an end-expiratory occlusion.

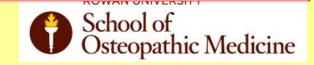


#### **AutoPEEP** Adverse Effects

<b>Effect</b>	Mechanism	Treatment
''Routine''	<b>↑</b> <i>PVR</i> , <b>↓</b> <i>CO</i>	Decrease RR
	↑ Vd/Vt	Increase Vt/Ti
		Decrease Vt
Triggering	Patient has to create	Extrinsic PEEP
	a - pressure greater	to = AP
	than AP to trigger a	
	MV breath	

#### AutoPEEP Methods to Reduce

Increase Expiratory Time	Decrease Minute Ventilation	Decrease Expiratory Resistance
Increase peak flow	Decrease Rate	Medications
Square Wave	Decrease Tidal Volume	Remove kinks, secretions, casts
		Larger ET tube
		Change filters



# "New Berlin definition" ARDS

 Predicted mortality is slightly better than the existing definition (created at the 1994 American-European Consensus Conference/AECC), when applied to a cohort of 4,400 patients from past randomized trials.



## **New ARDS Definition**

ARDS Severity	PaO2/FiO2*	Mortality**
Mild	200 – 300	27%
Moderate	100 – 200	32%
Severe	< 100	45%
*on PEEP 5+; **observed in cohort		



# "Berlin definition"

- Onset of ARDS (diagnosis) must be acute, as defined as within 7 days
- Bilateral opacities may be detected on CT or chest X-ray
- "not fully explained by cardiac failure or fluid overload"
- JAMA online May 21, 2012.



## **Pulmonary Function Tests**

- 1. Spirometry
- 2. Determination of Reversibility
- 3. Lung Volume
- 4. Bronchial Hyperreactivity (Methacholine Challenge)
- 5. Diffusing Capacity for CO
- 6. Exercise



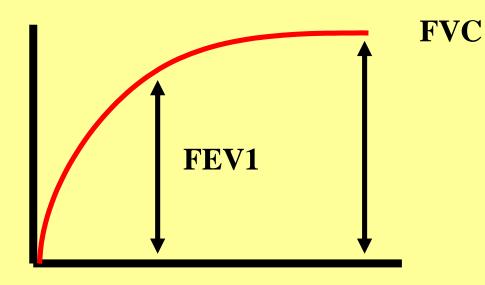
## **Pulmonary Function Tests** WHY ?

- 1. To determine if lung disease is present
- 2. To screen for subclinical disease
- 3. To determine severity of known disease
- 4. To determine reversibility
- 5. To follow disease course
- 6. Pre-operative evaluation



#### Volume/Time Curves Definitions

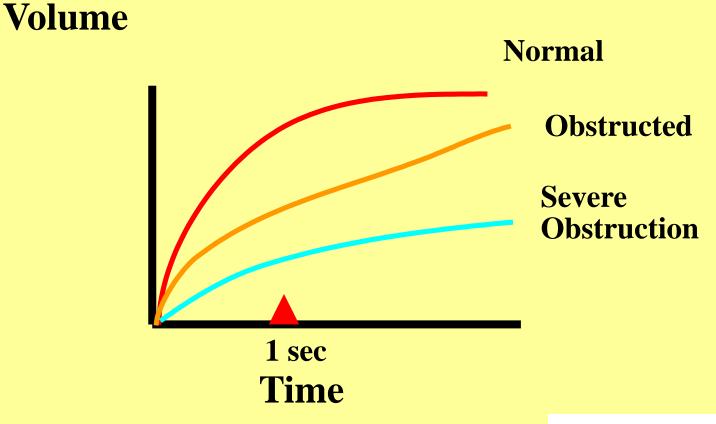
#### Volume



**Time** 

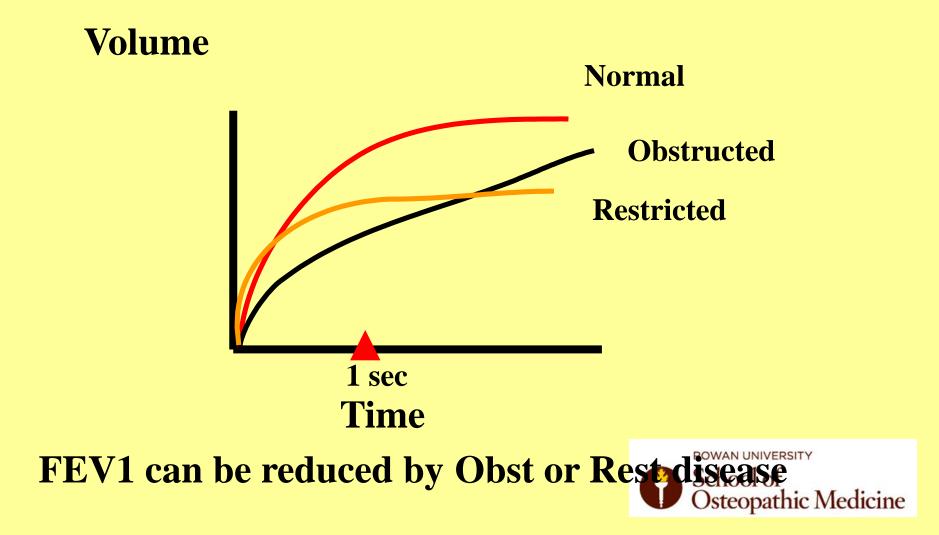


#### Volume/Time Curves Obstruction





#### Volume/Time Curves Obstruction versus Restriction

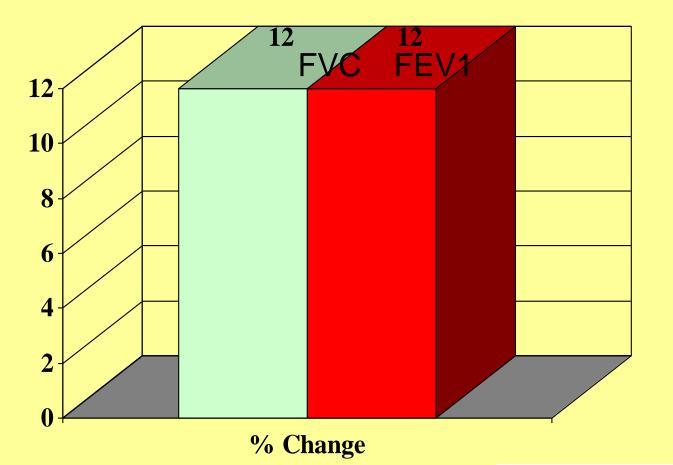


## **Differentiation of Obstruction from Restriction**

VARIABLE	RESTRICTION	OBSTRUCTION
FVC	Reduced	N or Reduced
FEV1	Reduced	Reduced
FEV1/FVC	Normal	Reduced
TLC/RV/FRC	Reduced	N or Increased

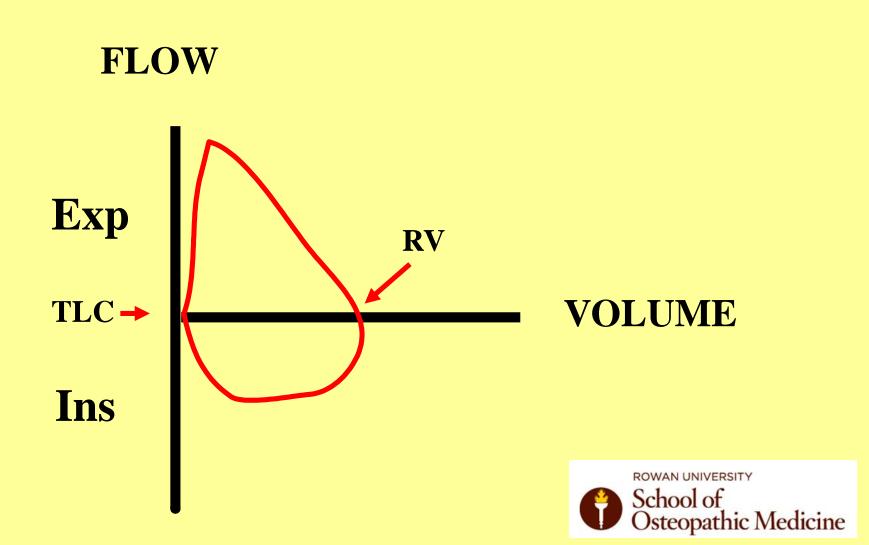


#### **Response to Bronchodilator**

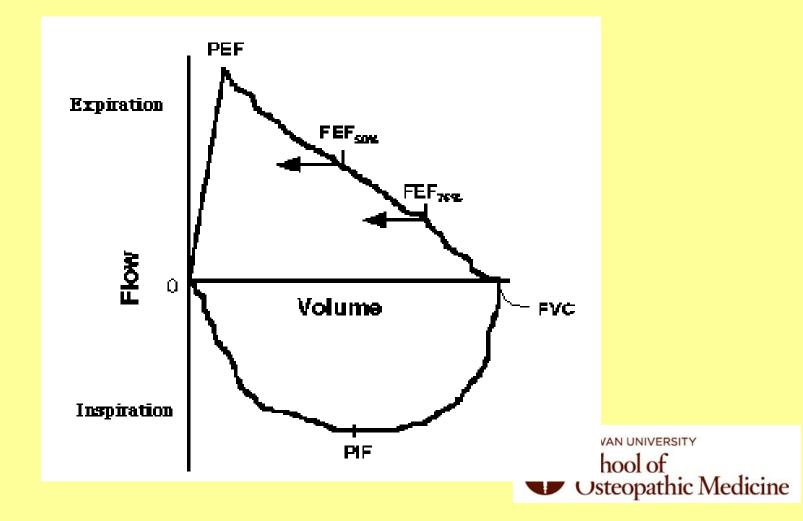




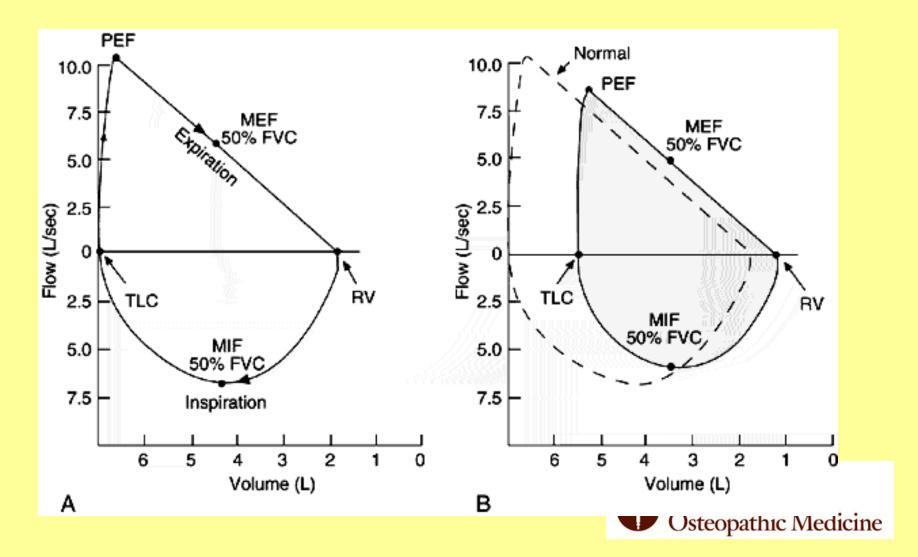
#### Flow-Volume Curve Definitions



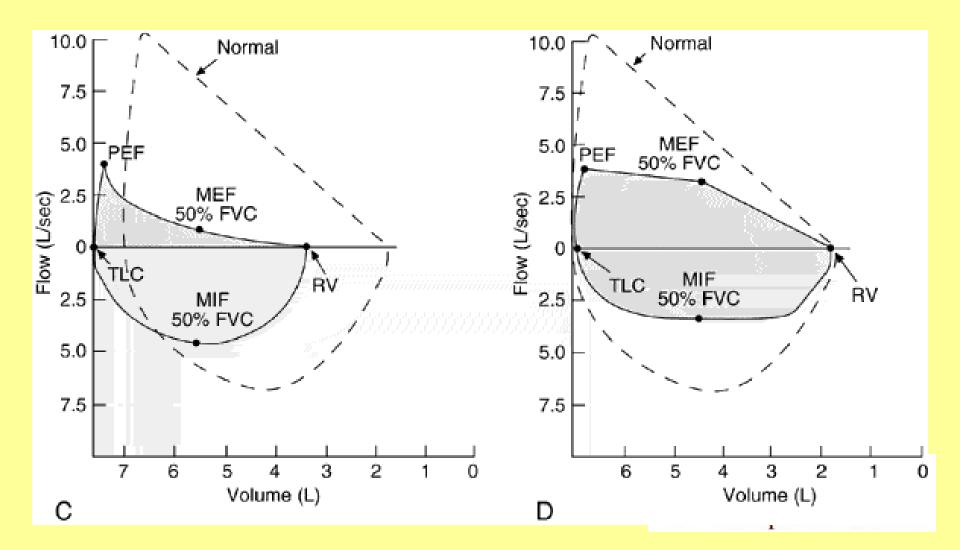
#### **Flow-Volume Loop**

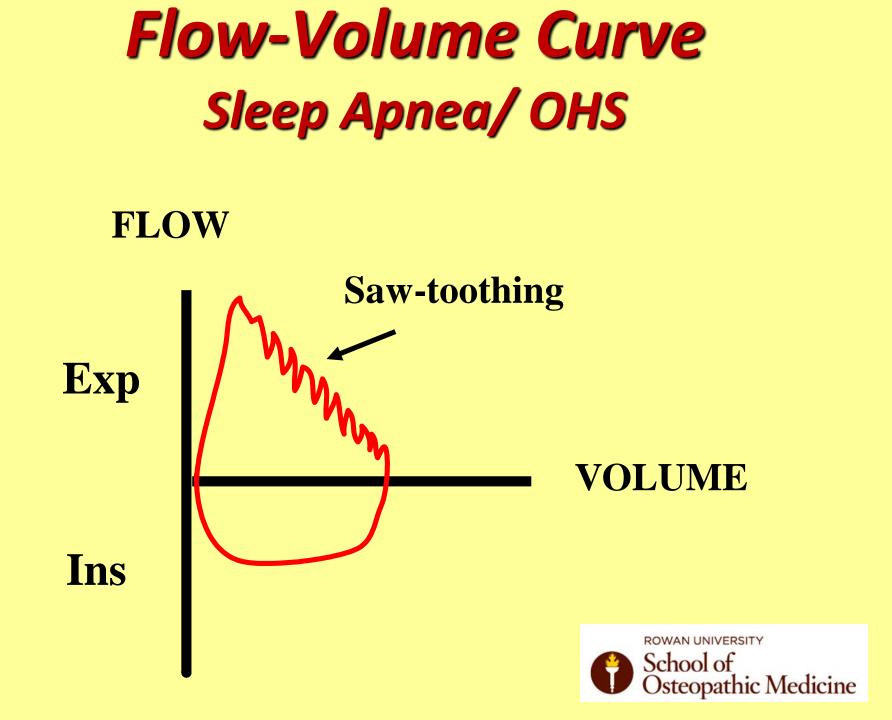


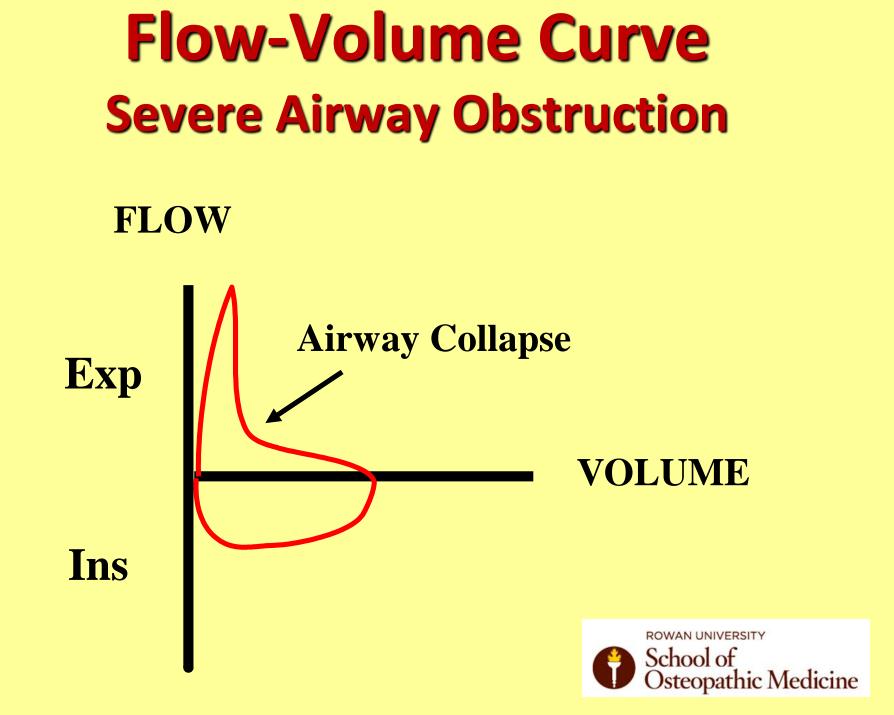
#### **Normal and Restrictive FVL**

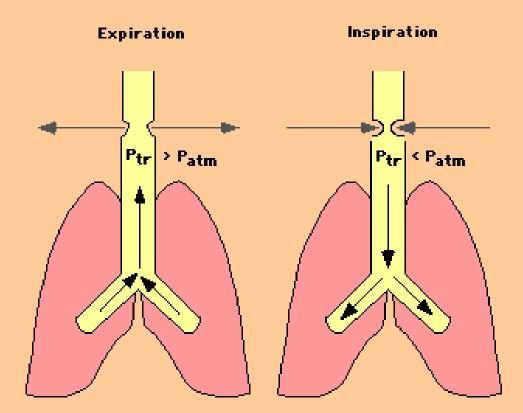


#### **Obstructive FVL**







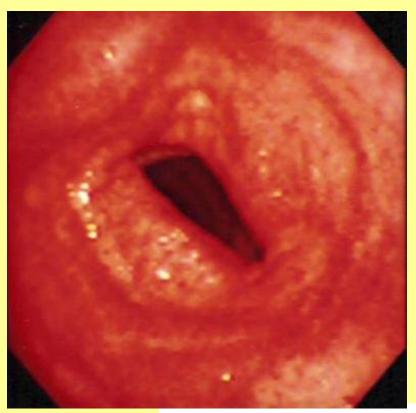


**Effect of dynamic extrathoracic airway obstruction** Effects of forced expiration and inspiration in dynamic extrathoracic airway obstruction. Left, during forced expiration, intratracheal pressure (Ptr) exceeds the pressure around the airway (Patm), lessening the obstruction. Right, during forced inspiration, when intratracheal pressure falls below the atmospheric pressure, the obstruction worsens resulting in flow limitation. (Redrawn from Kryger, M, Bode, F, Antic, R, et al, Am J Med 1976; 61:85.)



## **Subglottic Stenosis**





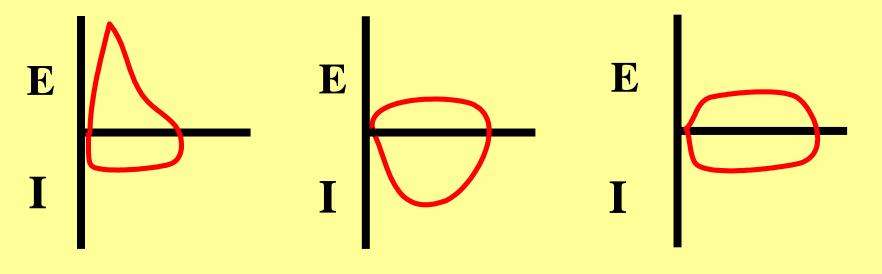


# Intra and Extra Thoracic Obstructions

#### VARIABLE

VARIABLE

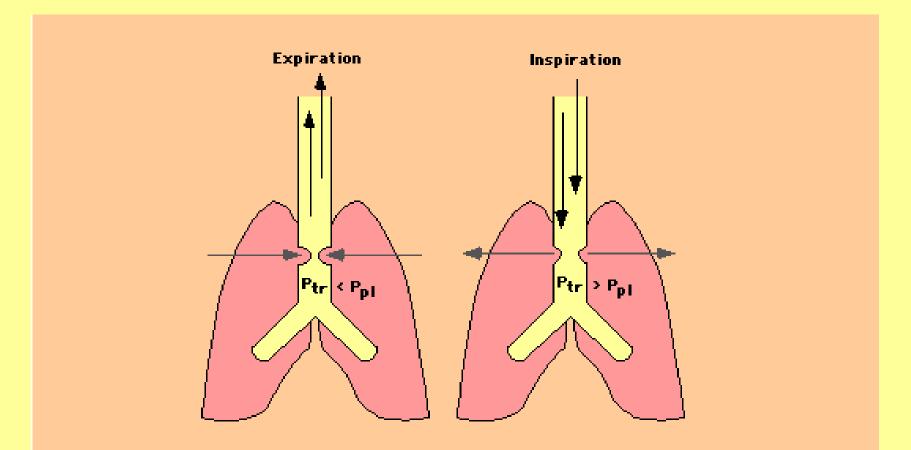
#### FIXED



**Extrathoracic** 

**Intrathoracic** 



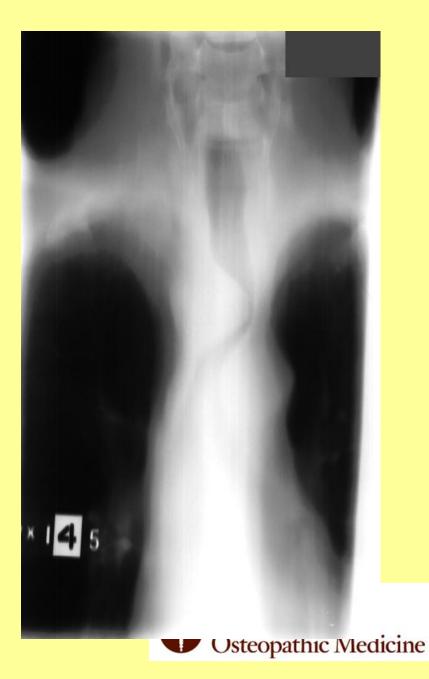


**Effects of dynamic intrathoracic airway obstruction** Left panel, during forced expiration, the intrathoracic intratracheal pressure (Ptr) is less than the pressure in the pleural pressure (PpI), worsening the obstruction. Right, during forced inspiration, intratracheal pressure exceeds the pleural pressure, lessening the degree of obstruction. (Redrawn from Kryger, M, Bode, F, Antic, R, et al, Am J Med 1976; 61:85.)



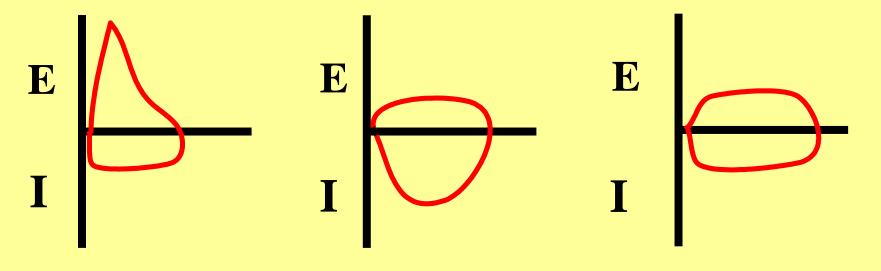
#### Intrathoracic

#### Tracheal Compression



# Intra and Extra Thoracic Obstructions



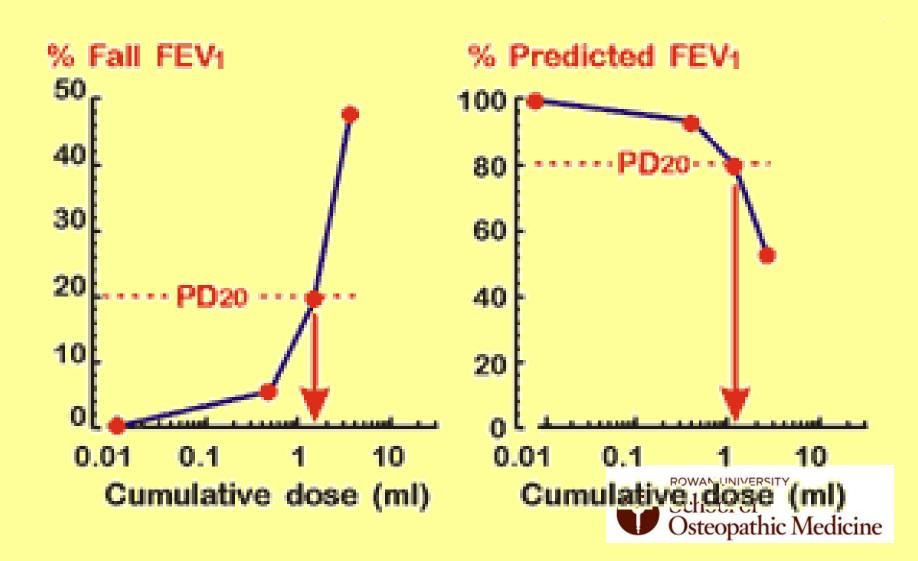


**Extrathoracic** 

**Intrathoracic** 



## **Bronchial Provocation Testing**



#### Diseases associated with Nonspecific Bronchial Hyperresponsiveness

Asthma COPD **Bronchiolitis** Viral URI **Hay Fever Cystic Fibrosis Foreign body aspiration** Near drowning **Smoke inhalation** Sarcoidosis Post ARDS



#### PFTs ACOI Board Review 2017

#### Thomas F. Morley, DO, FACOI, FCCP, FAASM

Professor of Medicine Chairman Department of Internal Medicine Director of the Division of Pulmonary, Critical Care and Sleep Medicine NOW ROWAN SOM



## No Disclosures



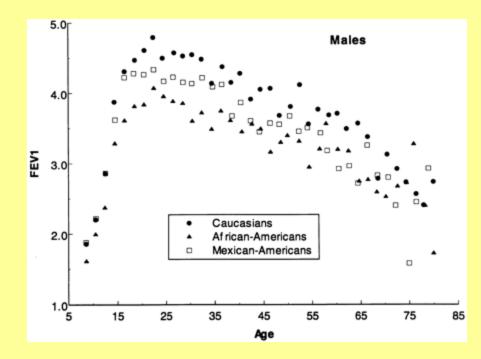
## In order to compute normal predicted values you need THREE things

- Age Lungs get smaller with age
- Gender Men have bigger lungs
- Height Tall people have bigger
  lungs

Actually you need Air temp, Baro Pressure too

ROWAN UNIVERSITY

## **Prediction Equations**



Hankinson JL et al. Am. J. Respir Crit. Care Med. Jan 1, 1999; 159(1):179-187



#### Crapo RO, Morris AH, Clayton PD, and Nixon CR. Lung Volumes in Healthy Nonsmoking Adults. Bull. Europ.

Physiopathol. Respir. 1982; 8:419-425.

FVC = 0.1524\*Height(inches) - 0.0214\*Age(years) - 4.6500 [Men] FVC = 0.1247\*Height(inches) - 0.0216\*Age(years) - 3.5900 [Women] FEV1 = 0.1052\*Height(inches) - 0.0244\*Age(years) - 2.1900 [Men] FEV1 = 0.0869\*Height(inches) - 0.0255\*Age(years) - 1.5780 [Women]

FEV1% = Predicted FEV1 / Predicted FVC RV = 0.0495\*Height(inches) + 0.0246\*Age(years) - 2.6830 [Men] RV = 0.0251\*Height(inches) + 0.0216\*Age(years) - 0.9470 [Women] TLC = 0.2019\*Height(inches) + 0.0032\*Age(years) - 7.333 [Men]TLC = 0.1499\*Height(inches) - 4.5370 [Women]



To read spirometry you only really need THREE numbers

FVC
 predicted

80% or >

FEV1
 predicted

80% or >

FEV1/FVC ratio



#### Data for spirometry can be presented in THREE ways

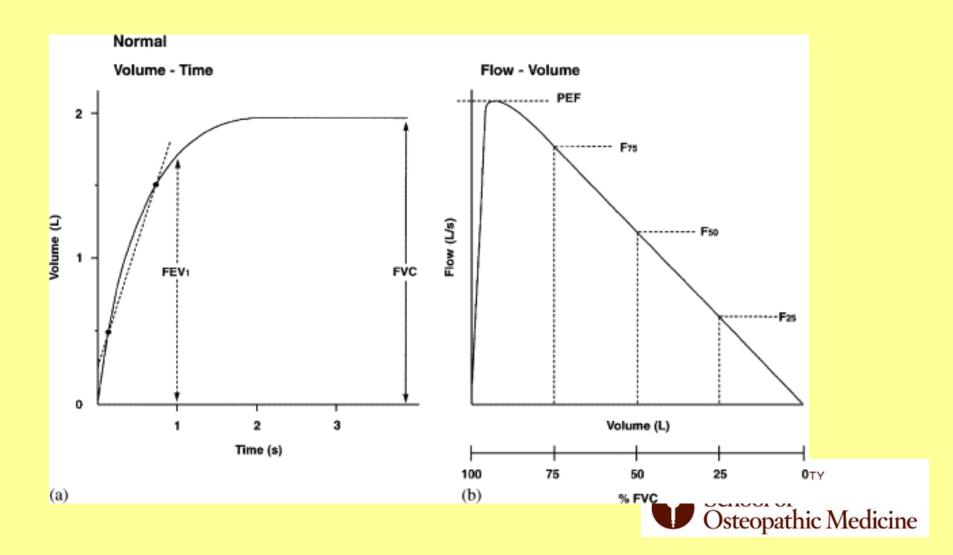
Volume time curve

Flow-Volume loop

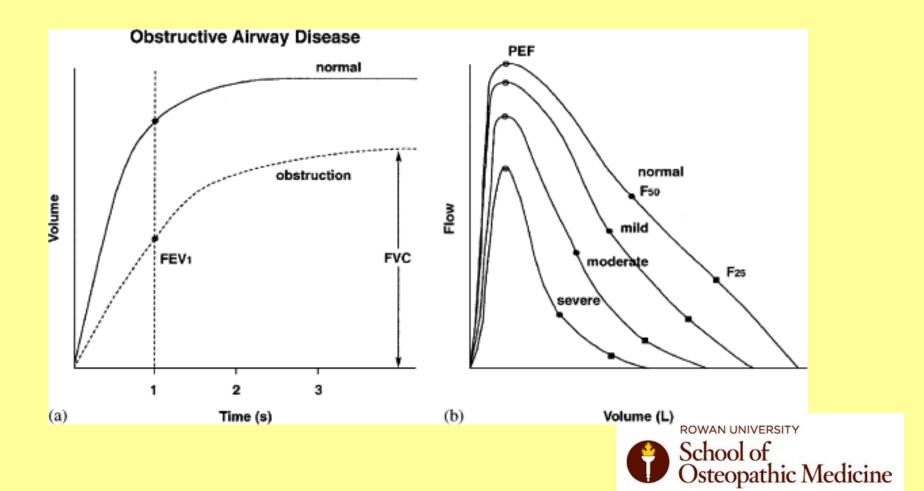
Numerical data



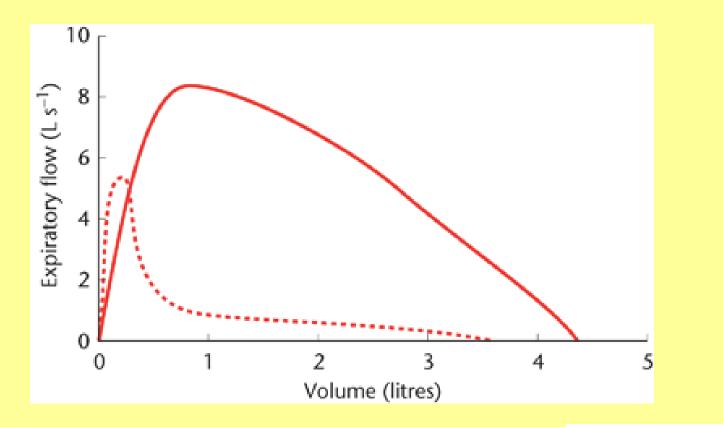
## **Normal VTC and FVL**



### **Obstructed VTC and FVL**

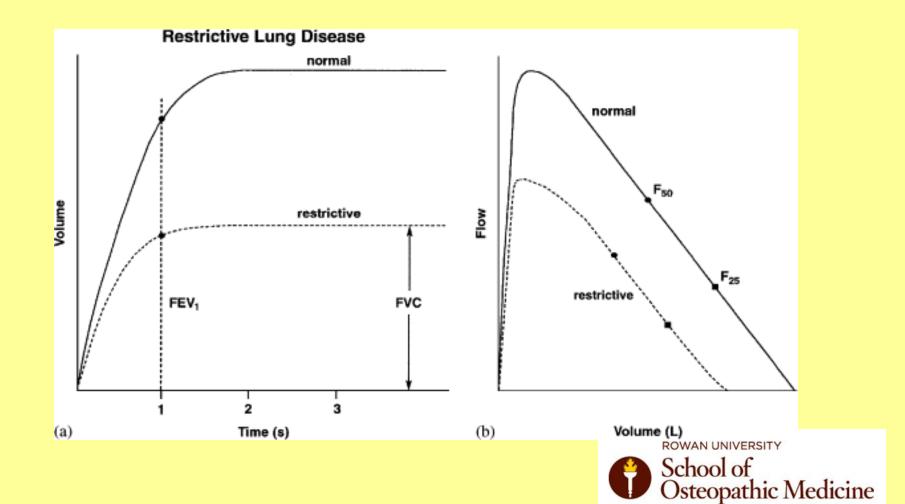


## **Obstruction – Airway Collapse**

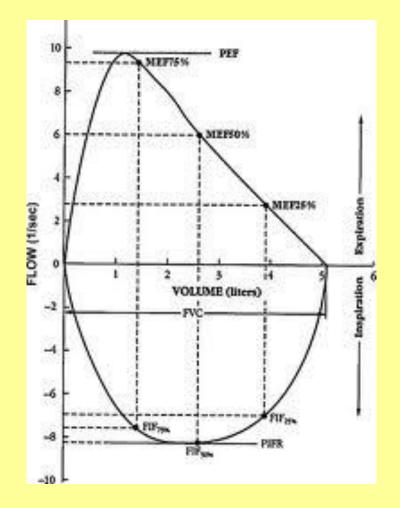




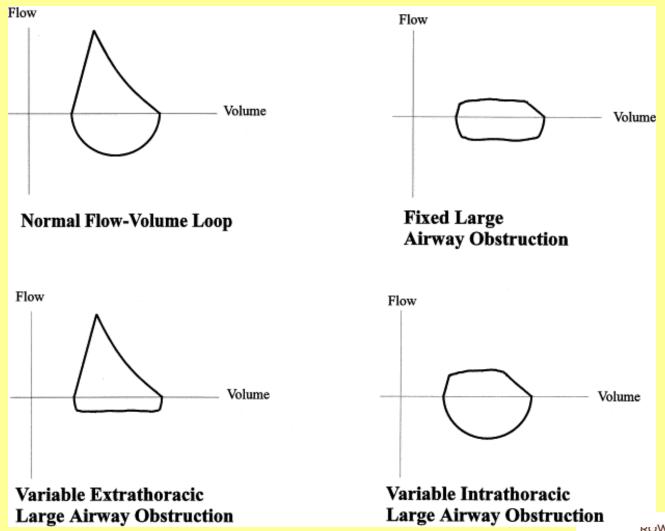
## **Restricted VTC and FVL**



## **Normal Flow Volume Loop**







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- Normal
- Restricted
- Obstructed
- Combined

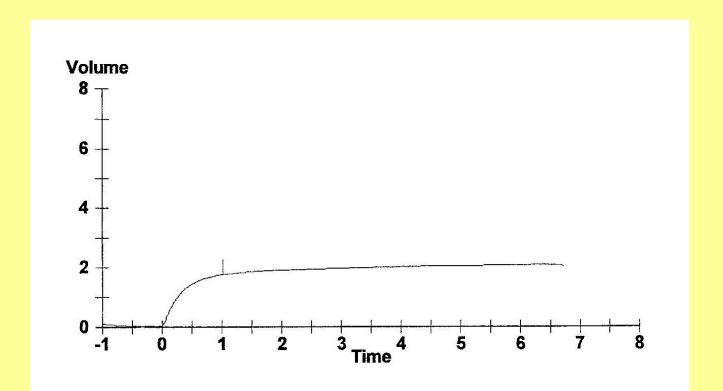




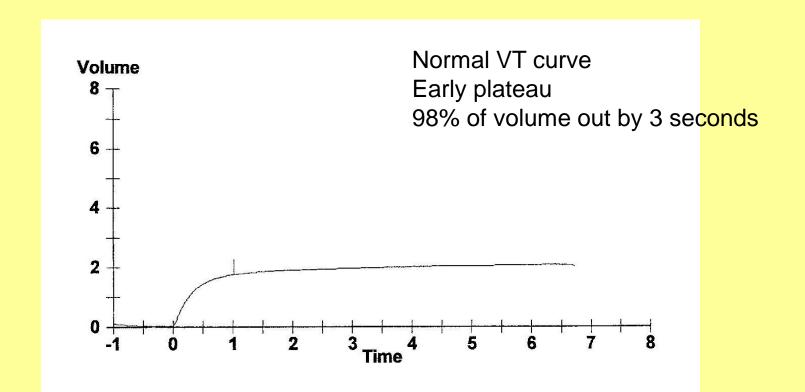
Gender: Female Room: Out-Pt Age: 59 Race: Caucasian Height(in): 58 Weight(lb): 183 Any Info: ASTHMA



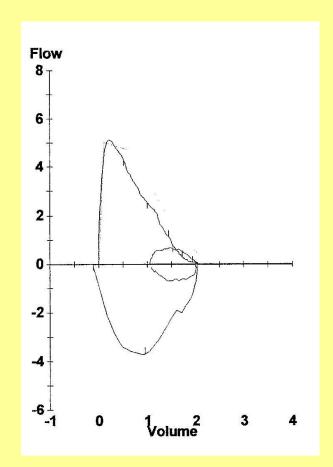




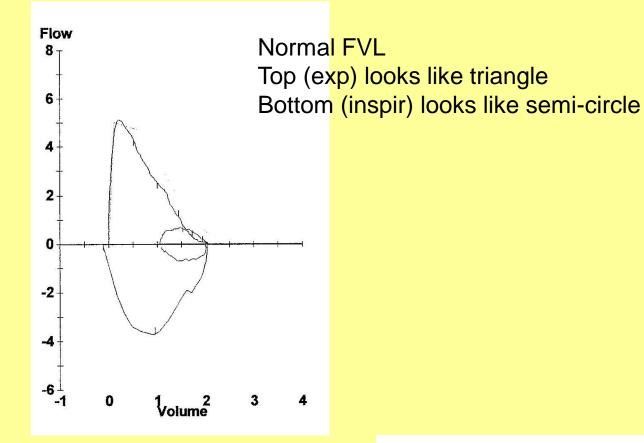














F/V Parameters		PRE-RX		
		BEST	%PRED	PRED
FVC	Liters	2.04	88	2.34
FEV1	Liters	1.72	89	1.94
FEV1/FVC	%	84		85
FEV3	Liters	1.94	89	2.17
FEV3/FVC	%	95		81
FEF25-75%	L/sec	2.09	96	2.18
PEF	L/sec	5.12	102	5.01
FEF25%	L/sec	4.28	91	4.72
FEF50%	L/sec	2.51	88	2.87
FEF75%	L/sec	0.74	84	0.88
PIF	L/sec	3.78		
FIF50%	L/sec	3.72		
SVC Paramet	ers			
VC ERV	Liters Liters	2.16	92	2.34
IC	Liters	2.05		



FRC Parameters				
FRC Liters TLC Liters	1.37 3.41 1.0	81 92	1.68 3.70	
FRC Time RV Liters RV/TLC%	1.26 37	93	1.35 37	
DLCO/sb Parameters				
DLCOsb/STPD VA/BTPS DLCOsb/VA	17.0 3.31	82	20.7	
	5.12	130	3.94	





 Normal – no obstructive or restrictive defect

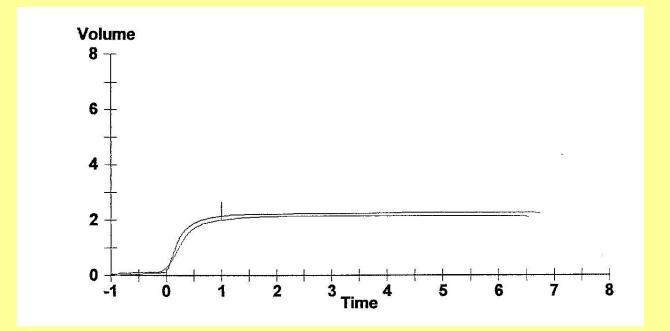




Gender: MaleRoom: Out-PtAge: 57Race: CaucasianHeight(in): 73Weight(lb): 205Any Info: PULM FIBROSIS

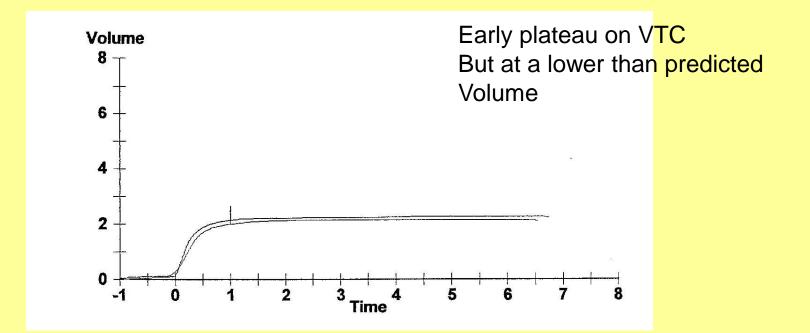




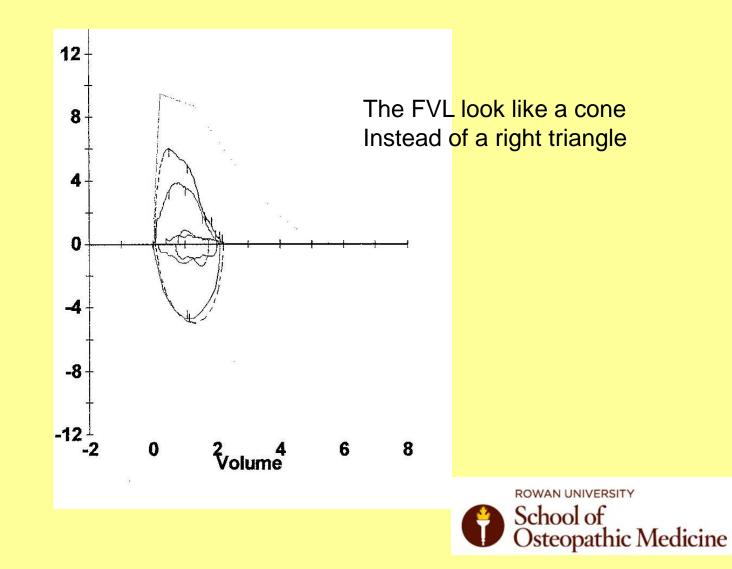












F/V Parameters	BEST	PRE-RX %PRED
FVC Lite	ers 2.11	41
FEV1 Lite	ers 1.96	48
FEV1/FVC %	93	
FEV3 Lite	ers ** 2.11	** 45
FEV3/FVC %	100	
FEF25-75%L/s	ec 3.17	77
PEF L/s	ec ** 3.83	** 41
FEF25% L/s	ec 3.29	38
FEF50% L/s	ec 3.54	70
FEF75% L/s	ec 1.72	89
PIF L/s	ec 4.80	
FIF50% L/s	ec 4.73	



#### **FRC** Parameters

FRC Liters TLC Liters FRC Time RV Liters RV/TLC%	** 1.93 ** 3.81 1.4 ** 1.69 44	** 48 ** 51 ** 67	4.04 7.42 2.53 36
DLCO/sb Parame	eters		
DLCOsb/STPD VA/BTPS	** 7.6 3.43	** 28	26.9
<b>DLCOsb/VA</b>	2.22	56	3.99



- A restrictive defect is present
- No obstructive defect

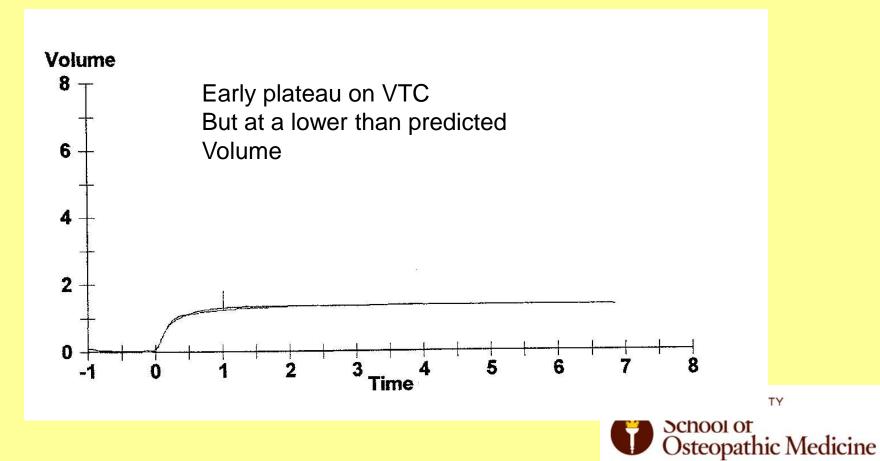


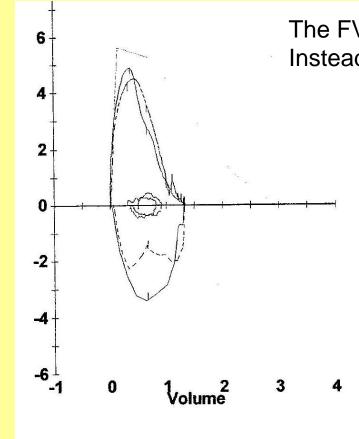


Gender: Female Room: Out-Pt Age: 59 Race: Caucasian Height(in): 63 Weight(lb): 143 Any Info: ILD,ASTHMA









#### The FVL look like a cone Instead of a right triangle



F/V Parameters		PRE-RX
1771 Grannord, -	BEST	%PRED
FVC Liters	s 1.34	46
FEV1 Liters	s 1.22	51
FEV1/FVC %	91	
FEV3 Liters	s ** 1.34	** 51
FEV3/FVC %	100	
FEF25-75% L/sec		89
PEF L/sec		87
FEF25% L/sec		92
FEF50% L/see		84
FEF75% L/see		76
PIF L/see	c 3.43	
FIF50% L/see	c 3.40	
SVC Parameters		
VC Liter	s 1.34	46
ERV Liter	s 0.11	
IC Liter	s 0.88	



#### **FRC Parameters**

	<b>.</b>	** 1.20	** 45
FRC	Liters	** 2.08	** 44
TLC	Liters	1.1	
FRC T		** 0.74	** 42
RV	Liters	36	
RV/TL	C%		

#### **DLCO/sb** Parameters

DLCOsb/STPD	** 8.3	** 42
VA/BTPS	1.77	
DLCOsb/VA	4.68	119





- A restrictive defect is noted
- No obstruction is present

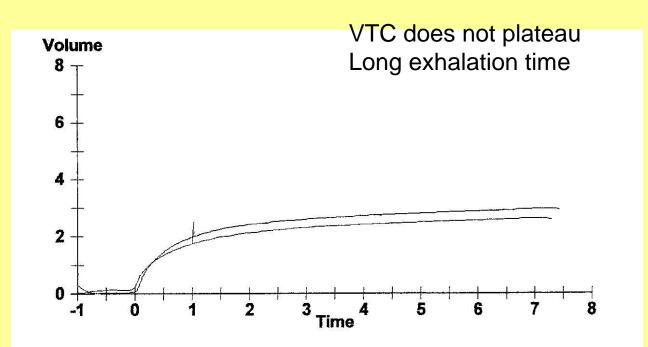




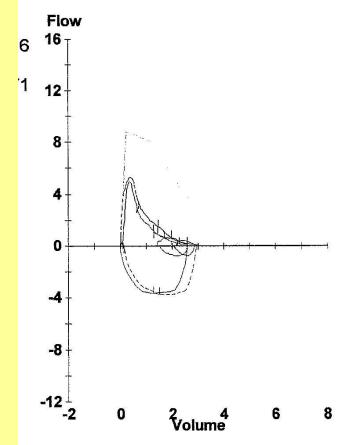
# Gender: MaleRoom: Out-PtAge: 68Race: CaucasianHeight(in): 72Weight(lb): 214Any Info: COPD











The line between PEF And RV becomes concave Instead of straight Indicates airflow obstruction



F/V Parameters	DEOT	PRE-RX %PRED			
	BEST	70FRED I			
FVC Liter	s 2.60	56			
FEV1 Liter	s 1.69	46			
FEV1/FVC %	65				
FEV3 Liter	s ** 2.27	** 55			
FEV3/FVC %	87				
FEF25-75%L/se	c 0.94	26			
PEF L/se		56			
FEF25% L/se	c 3.06	38			
FEF50% L/se	c ** 1.11	** 25			
FEF75% L/se	c 0.35	22			
PIF L/se	c 3.81				
FIF50% L/se	c 3.70				
SVC Parameters					
VC Liter	s 2.61	56			
ERV Liter					
IC Liter	s 2.88				

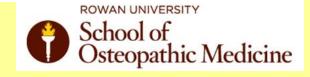


### **FRC Parameters**

FRC	Liters	3.58 6.46	94 92	3.79 7.02
TLC FRC T RV RV/TLO	Liters	2.0 ** 3.85 ** 60	** 145	2.65 40

### **DLCO/sb Parameters**

DLCOsb/STPD	18.9	77
VA/BTPS	4.97	
DLCOsb/VA	3.82	103



24.6

3.71

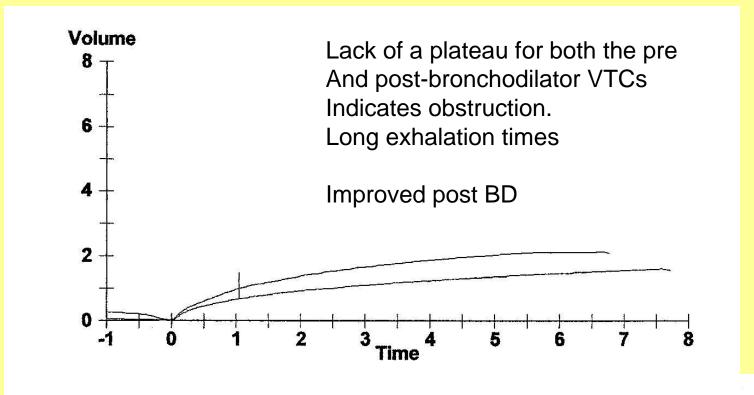
- A mild obstructive defect is noted.
- No restriction is identified by TLC
- TLC is used rather than FVC to determine restriction

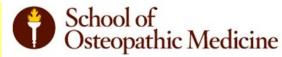


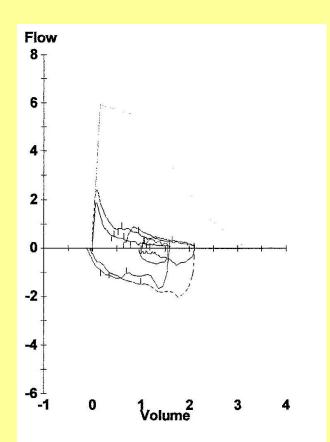


# Gender: FemaleRoom: Out-PtAge: 57Race: CaucasianHeight(in): 65Weight(lb): 100Any Info: COPD









The line between PEF And RV becomes concave Instead of straight Indicates airflow obstruction.

Improved post BD

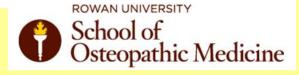


F/V Paramete	rs	BEST	PRE-RX %PRED
FVC	Liters	1.58	50
FEV1	Liters	0.65	25
FEV1/FVC	%	41	
FEV3	Liters	** 1.08	** 38
FEV3/FVC	%	68	
FEF25-75%	L/sec	0.24	9
PEF	L/sec	** 1.88	** 32
FEF25%	L/sec	0.52	9
FEF50%	L/sec	** 0.26	** 7
FEF75%	L/sec	0.15	12
PIF	L/sec	1.70	
FIF50%	L/sec	1.08	

#### **SVC Parameters**

VC	Liters	2.10
ERV	Liters	0.29
IC	Liters	1.81

66



X POST-RX				
PRED	BEST	% PRED	% Chg	
3.17	2.12	67	34	
2.57	0.96	37	48	
83	45			
2.84	1.65	58	52	
86	78			
2.78	0.45	16	90	
5.93	** 2.40	** 40	28	
5.53	0.79	14	51	
3.49	** 0.45	** 13	77	
1.24	0.26	21	78	
	2.06		21	
	1.51		40	



### **FRC Parameters**

FRC Liters TLC Liters FRC Time RV Liters RV/TLC%	3.42 5.23 2.1 ** 3.13 ** 60	105 102 ** 165	3.27 5.12 1.90 37			
DLCO/sb Parameters						
DLCOsb/STPD VA/BTPS	12.5 3.14	75	16.7			
DLCOsb/VA	3.99	100	3.99			



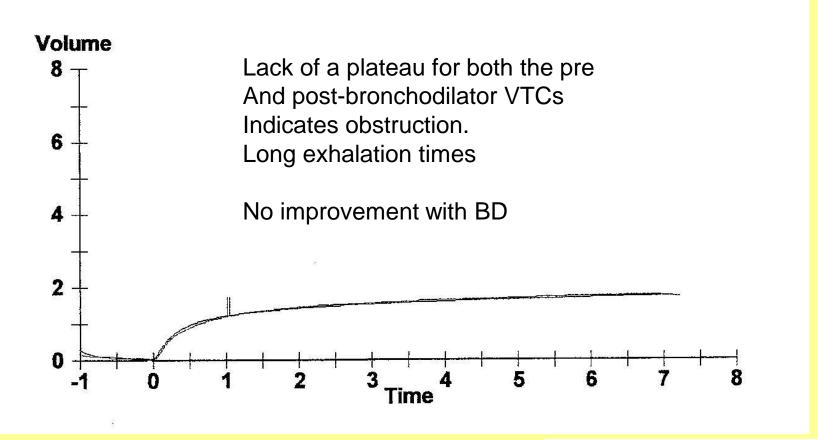
- Severe obstructive defect with significant improvement after bronchodilator treatment
- Air trapping is present
- No restriction is noted



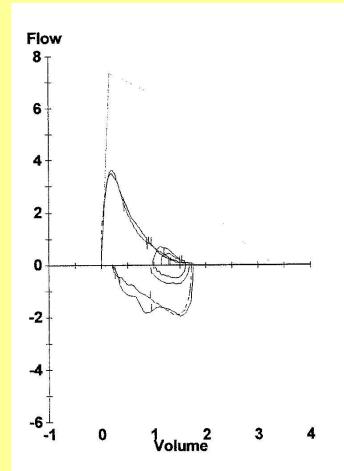


Gender: MaleRoom: Out-PtAge: 62Race: CaucasianHeight(in): 65Weight(lb): 221Any Info: COPD









The line between PEF And RV becomes concave Instead of straight Indicates airflow obstruction.

Not improved post BD



F/V Paramete	ers	BEST	PRE-RX %PRED	
FVC	Liters	1.76	53	
FEV1	Liters	1.19	45	
FEV1/FVC	%	68		
FEV3	Liters	1.54	47	
FEV3/FVC	%	87		
FEF25-75%	L/sec	0.70	25	
PEF	L/sec	3.62	49	
FEF25%	L/sec	2.31	34	
FEF50%	L/sec	0.86	25	
FEF75%	L/sec	0.24	20	
PIF	L/sec	1.99		
FIF50%	L/sec	1.76		
SVC Parameters				
VC ERV	Liters Liters	1.76	53	
IC	Liters	1.61		



### **FRC Parameters**

FRC Liters TLC Liters FRC Time RV Liters RV/TLC%	2.41 ** 4.02 1.2 2.26 ** 56	93 ** 74 109	2.58 5.44 2.06 38			
DLCO/sb Parameters						
DLCOsb/STPD	** 15.2	** 63	24.0			
VA/BTPS DLCOsb/VA	3.21 4.74	123	3.86			





 Combined obstructive and restrictive defect

