



COLOURS OF SEPSIS

January 24 – 28th 2022, Ostrava Czech Republic

Hot Topics in Intensive Care

Ventilatory management of C–ARDS: Lessons from the Pandemic

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Disclosures

Advisor + Research Support/Grants

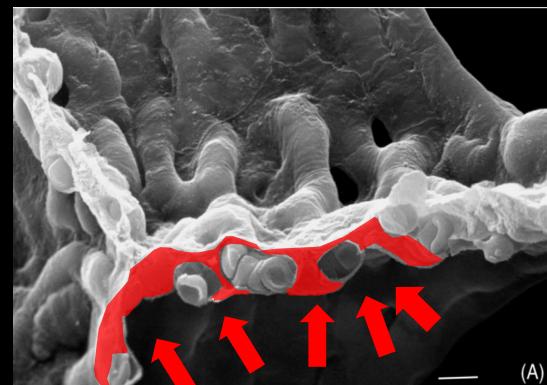
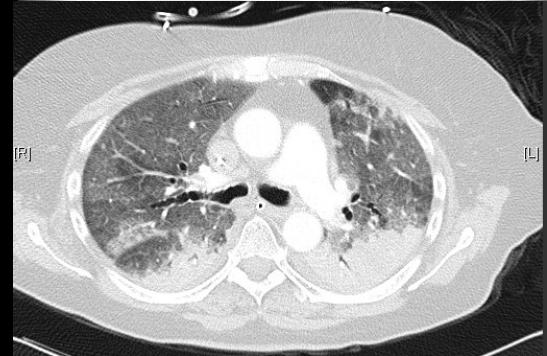
Maquet Critical Care
Timpel Medical

Speaker fees

Philips
Air Liquide

“Differential” Characteristics of C-ARDS

- Diffuse bilateral patchy infiltrates
Ground glass opacifications
Sparing of aerated spaces
- Initial Hypoxemia out of proportion from the derangement in lung mechanics and radiologic expresión
- Profound derangement in gas exchange
Increased shunt and later stages Dead space
- Angiocentric Pathophysiology
Involment: endothelium >> epithelium
Vascular dysfunction (thrombosis
Perfusion mal-distribution
Vasodilation- vascular shunt



Integrating the evidence: confronting the COVID-19 elephant

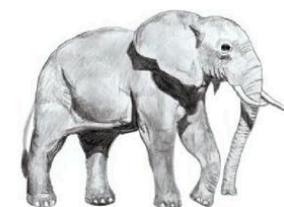
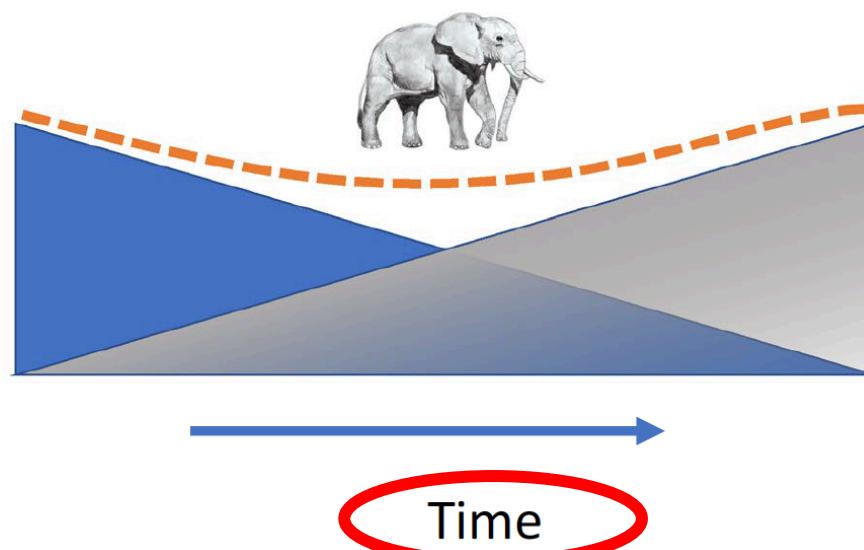
Intensive Care Med (2020) 46:1904–1907



John J. Marini^{1*} R. Phillip Dellinger² and Daniel Brodie³



Better Lung Compliance
Ineffective Recruitment
Atypical PEEP Response
V/Q Mismatching
Gas Filled Lungs
'Ground Glass' Infiltrates
Adequate Organ Function
Limited Inflammation
Immune Suppression (?)



Worse Lung Compliance
Usual PEEP & Prone Responses
Extensive Shunting
Edematous Lungs
Consolidating Infiltrates
Multi-Organ Dysfunction
Extensive Thrombogenesis
Inflammation and Fibrosis
Cytokine Release (?)



Clinical features, ventilatory management, and outcome of ARDS caused by COVID-19 are similar to other causes of ARDS

Carlos Ferrando^{1,2*} , Fernando Suarez-Sipmann^{2,3,4}, Ricard Mellado-Artigas¹, María Hernández⁵, Alfredo Gea⁶, Egoitz Arruti⁷, César Aldecoa⁸, Graciela Martínez-Pallí¹, Miguel A. Martínez-González^{9,10}, Arthur S. Slutsky^{11,12} and Jesús Villar^{2,11,13}

Take-home message

COVID-19 patients with ARDS predominantly presented a typical moderate-to-severe ARDS. Ventilatory management, and 28-day outcome did not differ from other causes of ARDS.

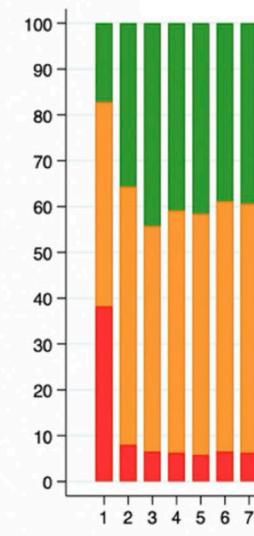
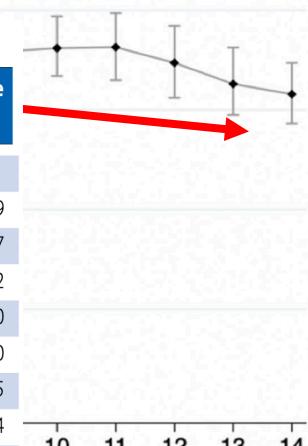


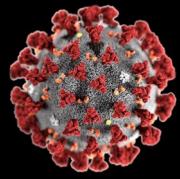
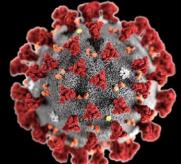
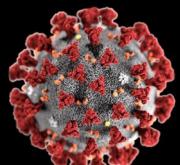
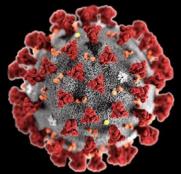
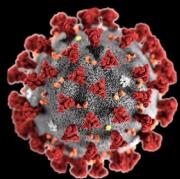
Table 2 Ventilation and outcomes according to ARDS severity

	All (n=742)	Severe ARDS (n=283)	Moderate ARDS (n=331)	Mild ARDS (n=128)	p value
Outcomes					
Ventilation-free days	4 [0–18]	0 [0–16]	6 [0–18]	8 [0–21]	0.069
Discharged from ICU	401/742 (54%)	136/283 (48%)	185/331 (55%)	80/128 (62%)	0.017
Length of time on the ventilator	14 [7–24]	14 [8–24]	14 [7–24]	13 [7–24]	0.582
Still in ICU	100 (13%)	36 (12%)	47 (14%)	17 (13%)	0.880
Still under invasive MV	72 (9.7%)	26 (9.1%)	34 (10%)	12 (9.3%)	1.000
28-day mortality	241 (32%)	111 (39%)	99 (29%)	31 (24%)	0.005
ICU length of stay	19 [11–37]	19 [12–35]	19 [11–39]	19 [11–36]	0.894
ICU length of stay of discharge patients	17 [11–28]	17 [12–28.5]	17 [11–30]	17.5 [10–27]	0.940
ICU length of stay of deceased patients	17 [10–25]	17 [11–27]	17 [9–26]	17 [10–21]	0.803



Lessons (I..) Learned From the Pandemic

- Lung Protection is key
- Reappraisal of the use of Adjuvant interventions: Sinergies!
- PEEP Individualization is Key
- Dangerous transition to spontaneous breathing



Ventilatory Management of C-ARDS

Lung Protective Ventilation

VT limitation to 4 - 8 mL/kg ideal 6-mL/kg

Pplat limitation ideal $\leq 28 \text{ cmH}_2\text{O}$ max $\leq 30 \text{ cmH}_2\text{O}$

Driving Pressure limitation $\leq 15 \text{ cmH}_2\text{O}$

RR minimum necessary to ensure sufficient CO₂ elimination

PEEP individualized to minimize lung collapse and overdistension

Adjuvant measures

Muscle relaxation

Prone positioning

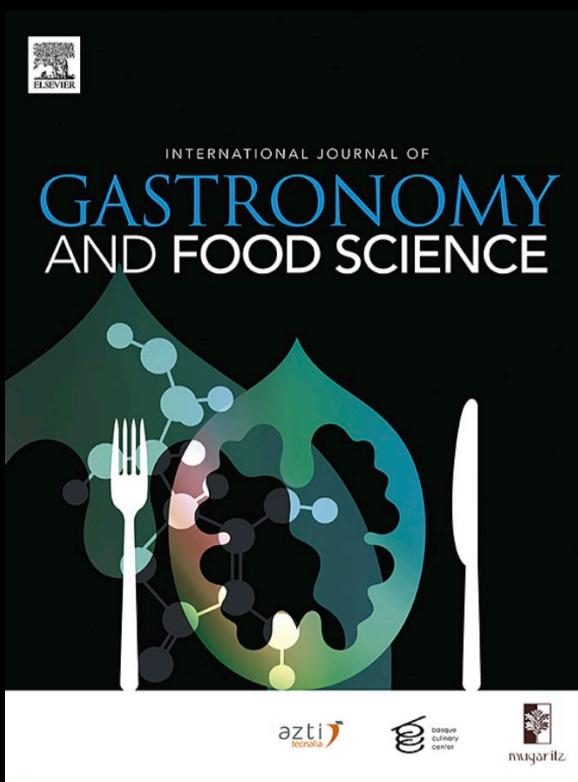
Recruitment maneuvers

Nitric oxide

And so... the Paella is ready



But....



Contents lists available at [ScienceDirect](#)

International Journal of Gastronomy and Food Science

journal homepage: www.elsevier.com/locate/ijgfs

A nightmare glocal discussion. What are the ingredients of Paella Valenciana?

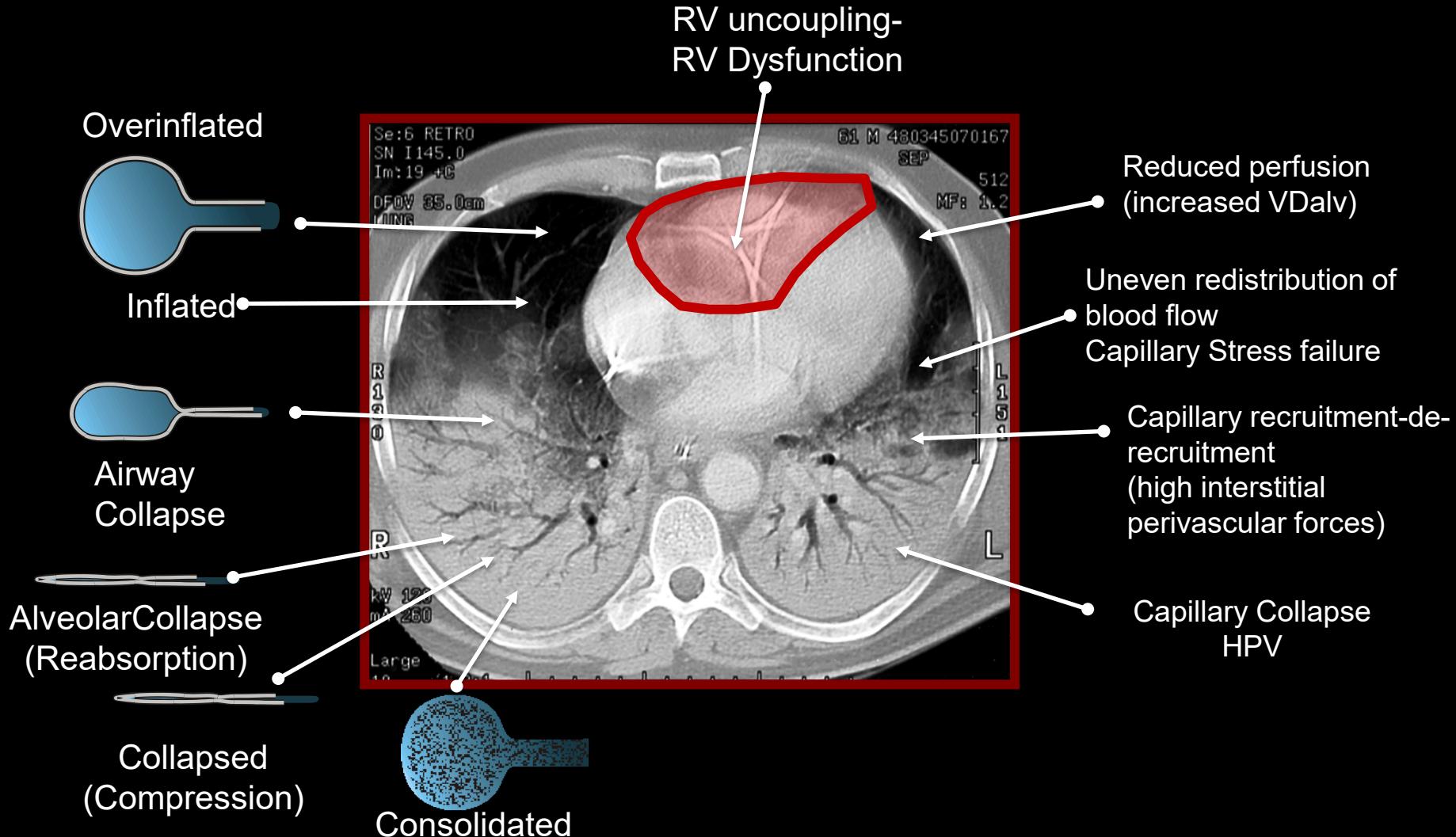
P. Vidal-González ^{a,*}, P. Medrano-Ábalos ^b, E.J. Sáez Álvarez ^b

^a Anthropology Research Institute, Universidad Católica de Valencia, Spain

^b Nursing School, Universidad Católica de Valencia, Guillem de Castro, 94, 46003, Valencia, Spain

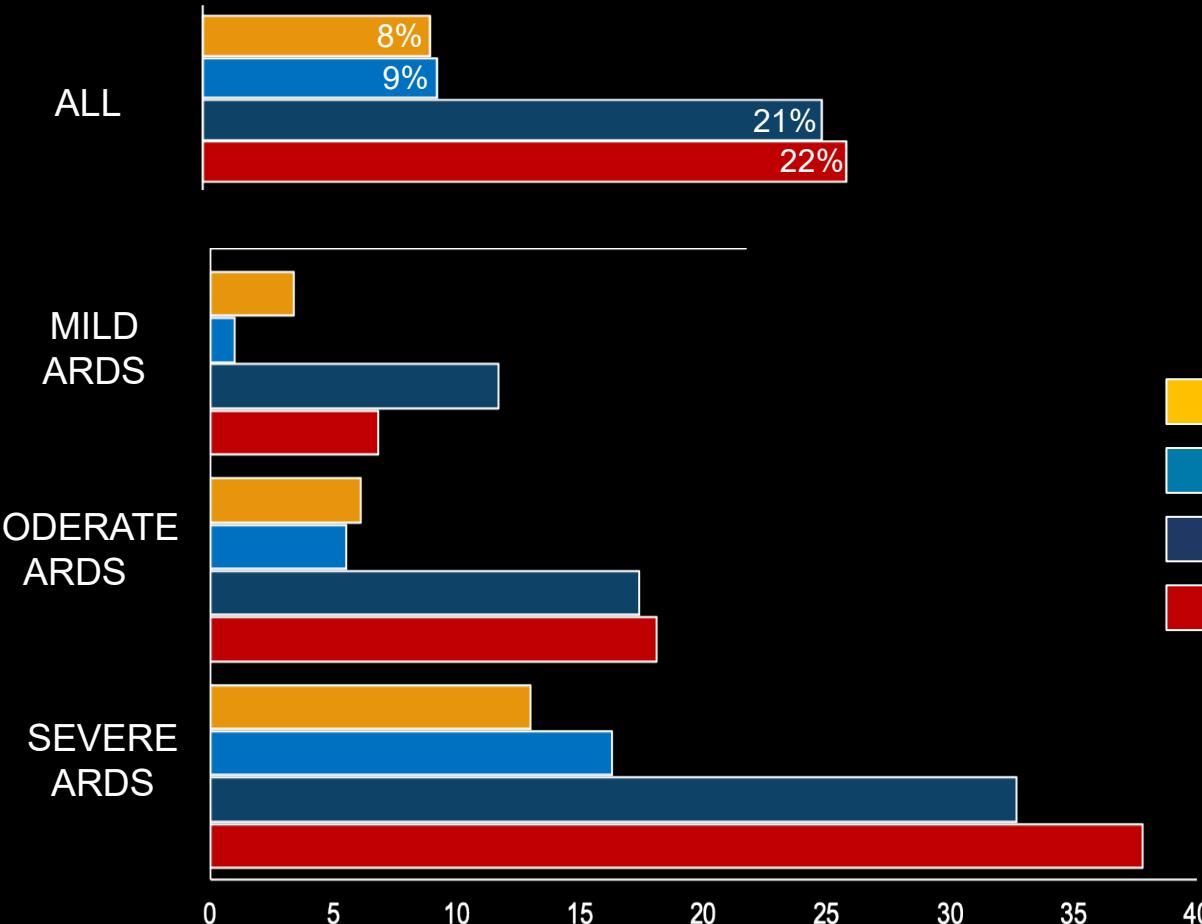
After a quantitative investigation among non-professional chefs from the 266 towns in the province of Valencia, we found that 10 ingredients are repeated with a very high frequency and that we consider to be the basic ingredients. Fifty other ingredients were identified that are used occasionally, as a sign of the diversity and richness of the dish. This study is provided to offer guidelines to focus debate and social discussion on what the ingredients of a “true Paella Valenciana” should be.

The complex heterogeneous ARDS lung



Use of Adjunctive Measures in ARDS

Status Before the Pandemic



LUNG SAFE Study



2377 ARDS patients
459 ICUs
50 countries
5 continents.

- iNO
- Prone position
- Recruitment Maneuvers
- Muscle Relaxants

Synergies

The search and use of synergistic effects is common (and necessary) in clinical medicine

Oncology

- Chemotherapy
(adyuvant, early consolidation)

Infectious diseases

- Antibiotics

(early, aggressive)

..... Many more examples...
Ventilatory Management of ARDS?

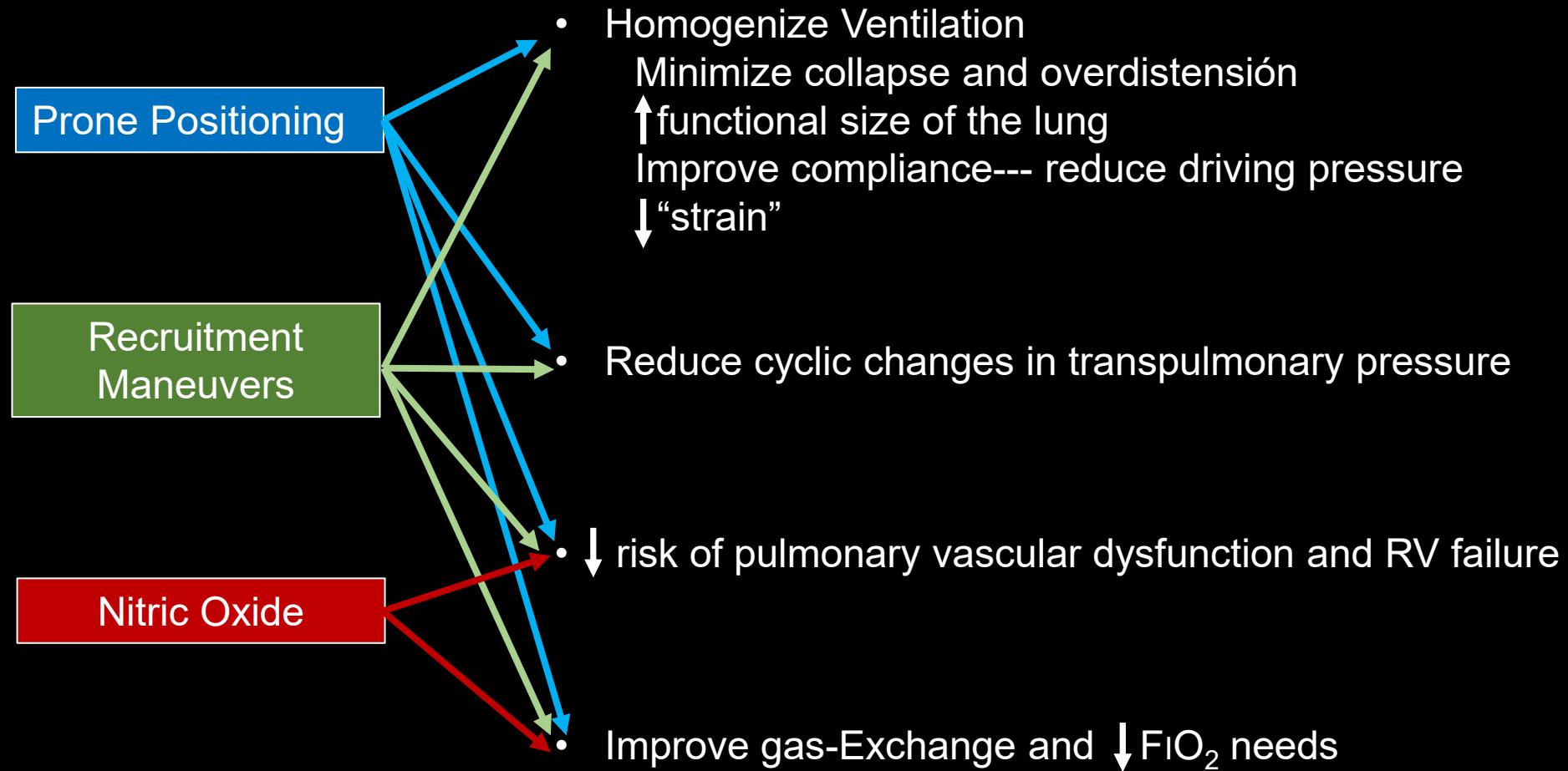


Knowledge of mechanisms of action and predominant pathophysiological aspects of each stage of the evolution is critical for applying the correct therapeutic strategies

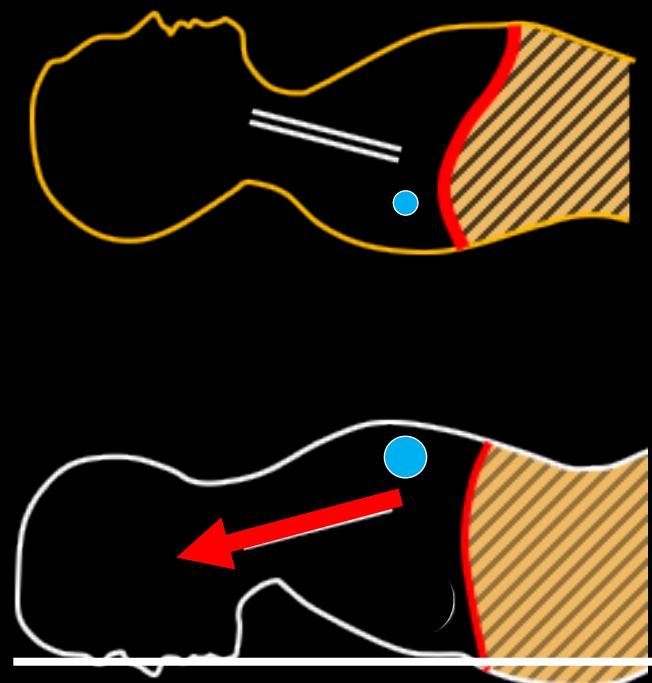
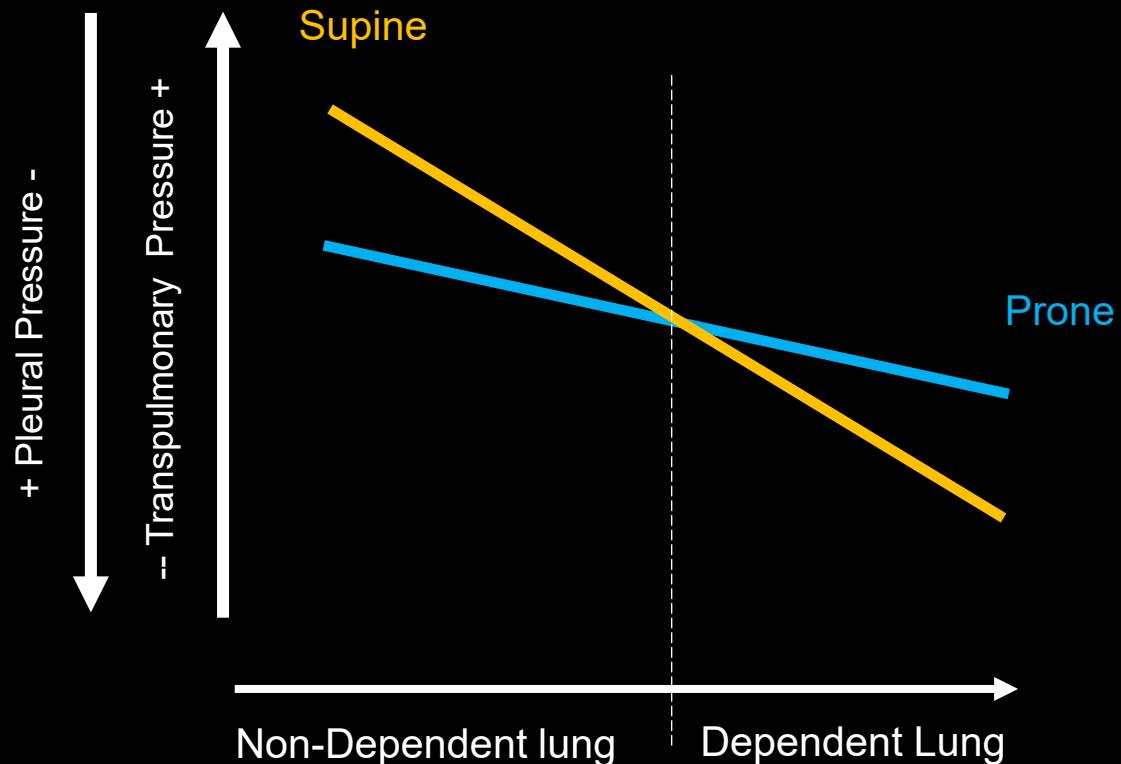
Adjuvant Measures- Sinergies

Adjuvant Measures

Objectives



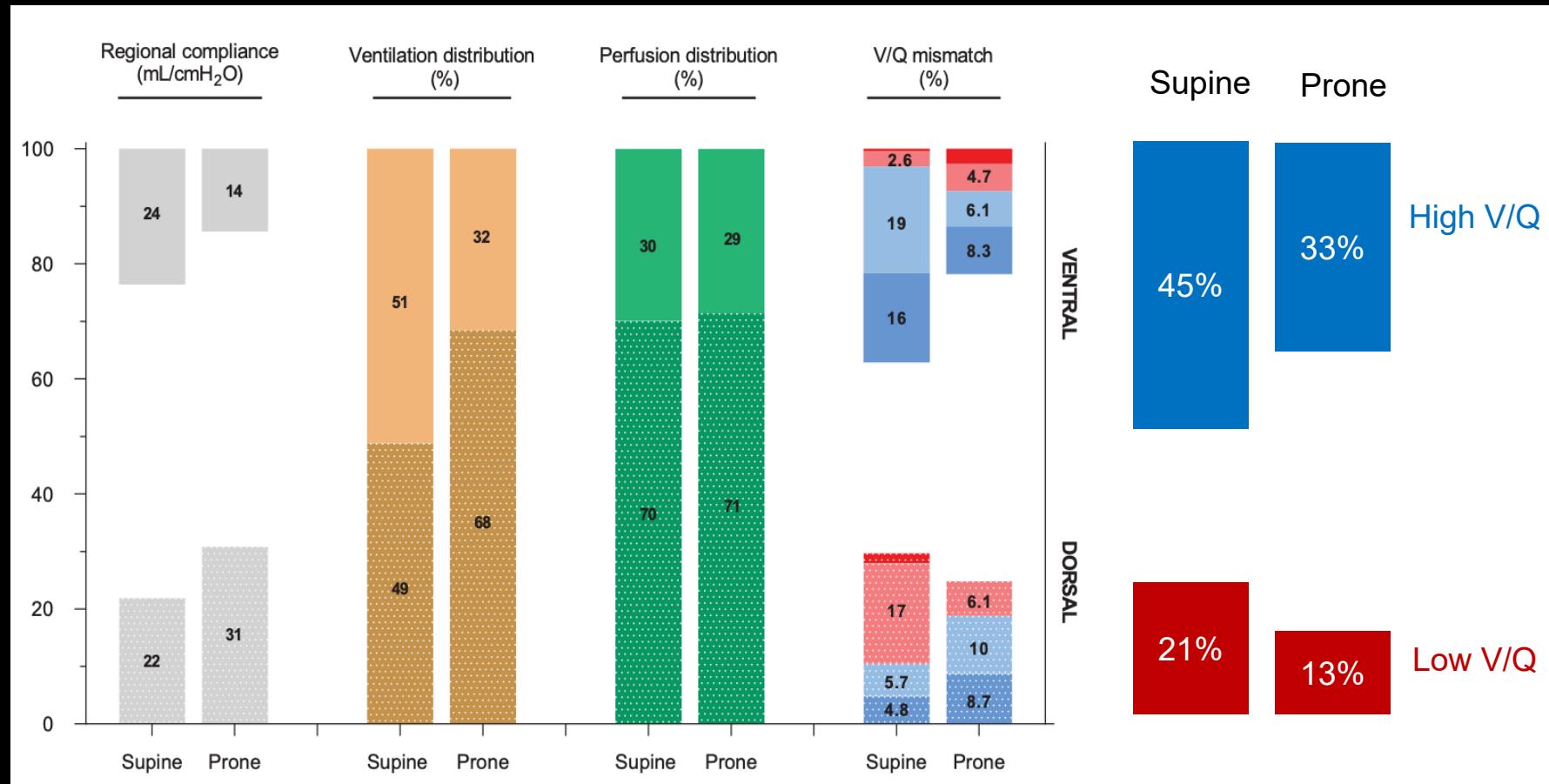
Effects of Prone Positioning



Re-aeration of dorsal lung regions that maintain a greater perfusion

Effects of proning measured by EIT

9 C-ARDS patients



Perier F et al AJRCCM 2020 epub)

Changing the Prone Positioning Paradigm



Jochmans et al. Ann. Intensive Care (2020) 10:1186
<https://doi.org/10.1186/s13673-020-01065-w>

LETTERS

RESEARCH

Duration of a prospective study

Sébastien Jochman, Nathalie Thieulot-Rouzeau, Jean Serbousek-Godard

Abstract
Background: Prolongation of PP sessions may have a therapeutic effect, but to date no study has been performed to evaluate the duration of PP sessions required to obtain a significant decrease in P_{aO_2}/F_{iO_2} ratio. Methods and results: We conducted a prospective study in 12 patients with severe ARDS. Patients were randomly assigned to receive prolonged mechanical ventilation in the prone position for 16 h or for 4 h. Patients were intubated and mechanically ventilated with a pressure-controlled mode. The primary outcome was the change in P_{aO_2}/F_{iO_2} ratio at 24 h. Conclusions: Our study shows that a 16-h duration of PP is superior to a 4-h duration in terms of oxygenation improvement.

Keywords: Prone position ventilation, Acute respiratory distress syndrome, COVID-19

Background
Prone position (PP) treatment of moderate-severe acute respiratory distress syndrome (ARDS) in controlled trials has improved in the PP [2–6]. It could also provide a therapeutic effect.

Methods and results
Central tendon deviation or median variables were compared. Variables were compared and approved under the supervision of Dr. M.R.W. Participants in the study analysis. Data analysis was provided by the authors who provided manuscript submission.

Conclusion
Prone position (PP) treatment of moderate-severe acute respiratory distress syndrome (ARDS) in controlled trials has improved in the PP [2–6]. It could also provide a therapeutic effect.

Keywords: Prone position ventilation, Acute respiratory distress syndrome, COVID-19

RESEARCH LETTER

Critical Care

Open Access

RESEARCH LETTER

Prolonged prone position ventilation for SARS-CoV-2 patients is feasible and effective

Andrea Carsetti^{1,2}, Agnese Damia Paclarini^{1,2}, Benedetto Marini², Simona Pantanetti², Erica Adriano^{1,2} and Abele Donati^{1,2*}

Keywords: SARS-CoV-2, Prone position ventilation

Recently, novel coronavirus 2019 (nCoV-19) is spreading all around the world causing severe acute respiratory syndrome (SARS-CoV-2) requiring mechanical ventilation in about 5% of infected people [1, 2]. Prone position ventilation is an established method to improve oxygenation in severe acute respiratory distress syndrome (ARDS), and its application was able to reduce mortality rate [3]. Although the severity of critically ill patients with SARS-CoV-2 may require pronation [4], the huge number of patients requiring intensive care unit (ICU) admission may create management problems due to the limited number of healthcare workers compared to the number of patients. Often, sustained oxygenation improvement can only be achieved after several cycles of pronation, with a workload over healthcare staff. To face these problems, we implemented a pronation protocol that allows to extend the time for the prone position beyond 16 h, aiming to reduce the number of pronation cycles per patient. Thus, the aim of this report was to assess the feasibility and efficacy of prone position ventilation beyond the usual 16 h.

We retrospectively collected data from 10 critically ill patients intubated and mechanically ventilated for SARS-CoV-2. Six patients underwent both standard and prolonged pronation, the latter after one standard cycle failure; 3 patients underwent prolonged pronation only and 1 patient just to the standard one. We recorded P_{aO_2}/F_{iO_2} values before pronation (T0), during pronation (T1), and in the supine position after the pronation cycle (T2). Friedman's test has been used for comparisons, considering a p value < 0.05 as significant.

All patients were male, with a median age of 58 years (IQR 50–64). Six patients (54%) were obese. All standard pronation cycles lasted for 16 h whereas the median duration of prolonged pronation cycles was 36 h (IQR 33.5–39). Ventilatory parameters before the first pronation trial are listed in Table 1. Oxygenation significantly improved during ventilation in prone position after a prolonged pronation trial was significantly higher than P_{aO_2}/F_{iO_2} recorded in the supine position ($p = 0.034$). On the other hand, the gain in oxygenation was not maintained after the standard pronation cycle ($p = 0.423$). Static compliance of the respiratory system did not change significantly following prone ventilation ($p = 0.038$). Application of prolonged prone position did not expose patients to an increased incidence of skin pressure lesions, and other complications were not reported.

Our report showed that prone position beyond 16 h may probably be safely performed in patients with SARS-CoV-2 and severe hypoxemia not responsive to conventional mechanical ventilation. This approach might have several potential advantages. First, oxygenation improvement might be higher during prolonged pronation than during standard pronation, and the gain

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†Department of Biomedical Sciences and Public Health, Università Politecnica delle Marche, Ancona, Italy
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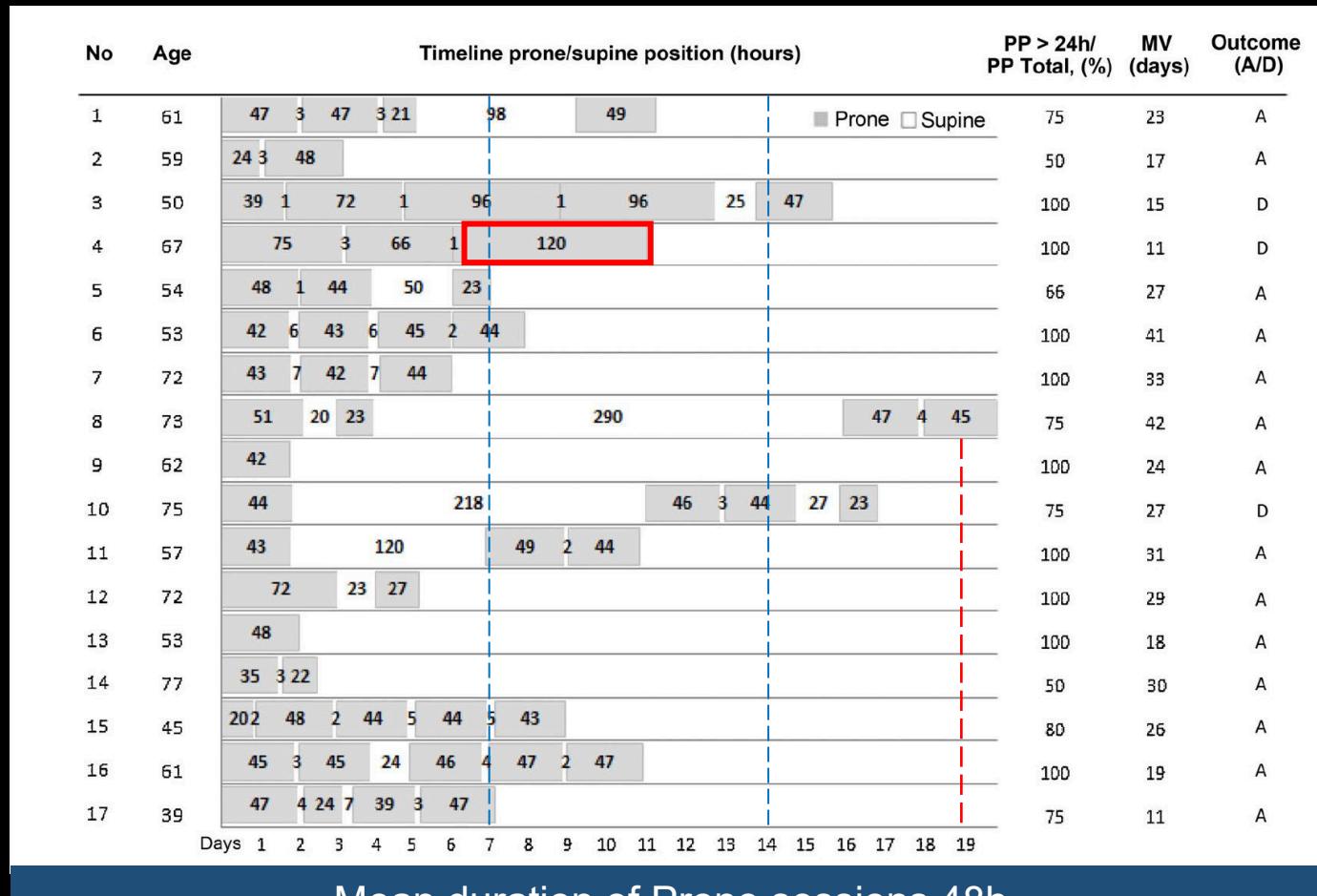
BMC

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Prolongued/Delayed Prone Positioning

- Feasible
- Safe (Low incidence of adverse events)
- Potential clinical – organizational benefits

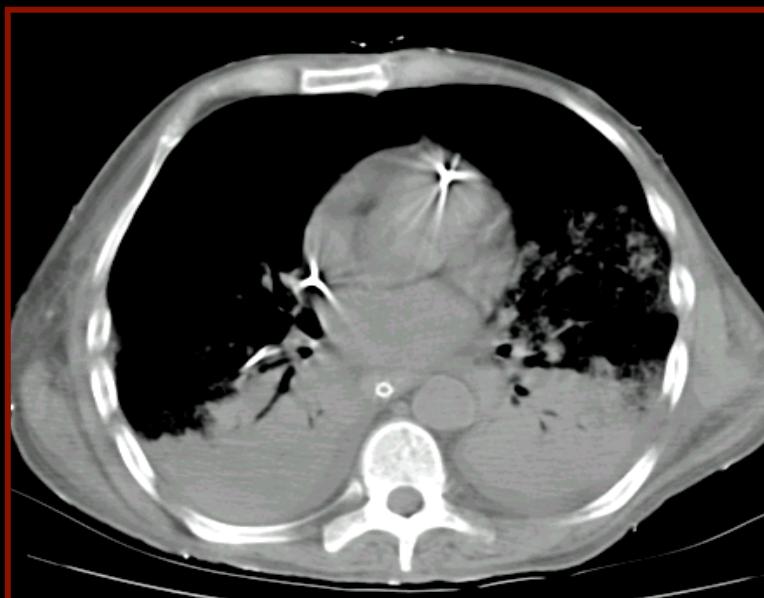
Prolongued/Delayed Prone sessions



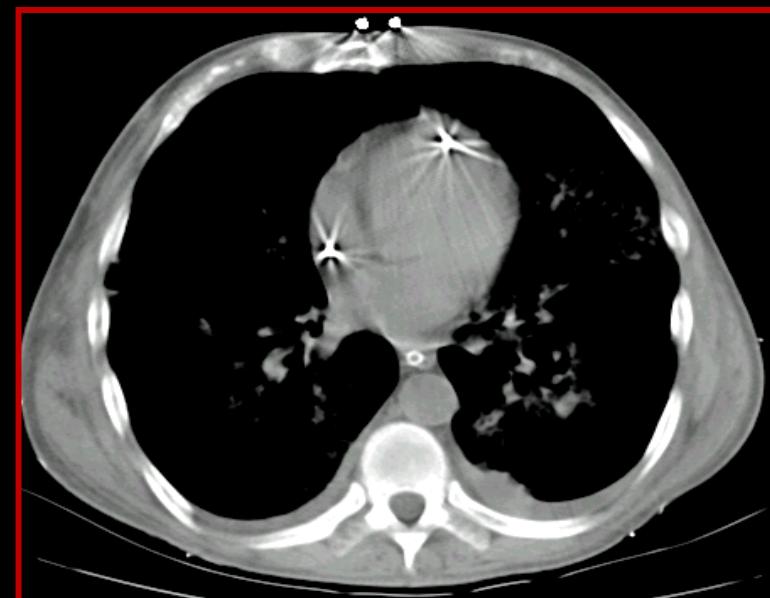
Lung Recruitment and individualized PEEP

When lung collapse is an important pathophysiological component...

Baseline

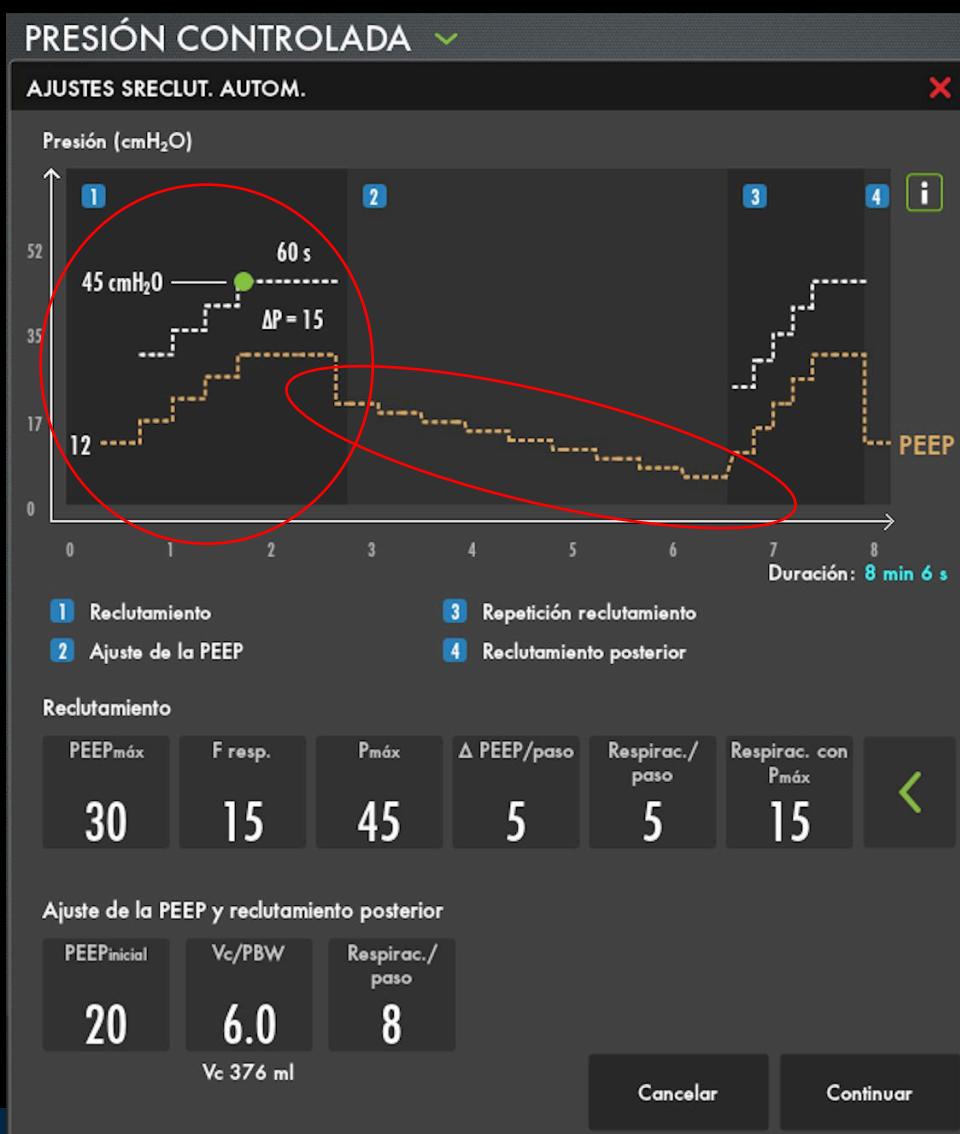


Post-Recruitment + PEEP



- Less heterogeneity
- Increased functional size
- Increased compliance
- Lager EELV

Automated Open Lung Procedure



Recruitment Phase

Cycling Pressure Controlled Ventilation
Incremental PEEP steps with fixed ΔP

PEEP titration

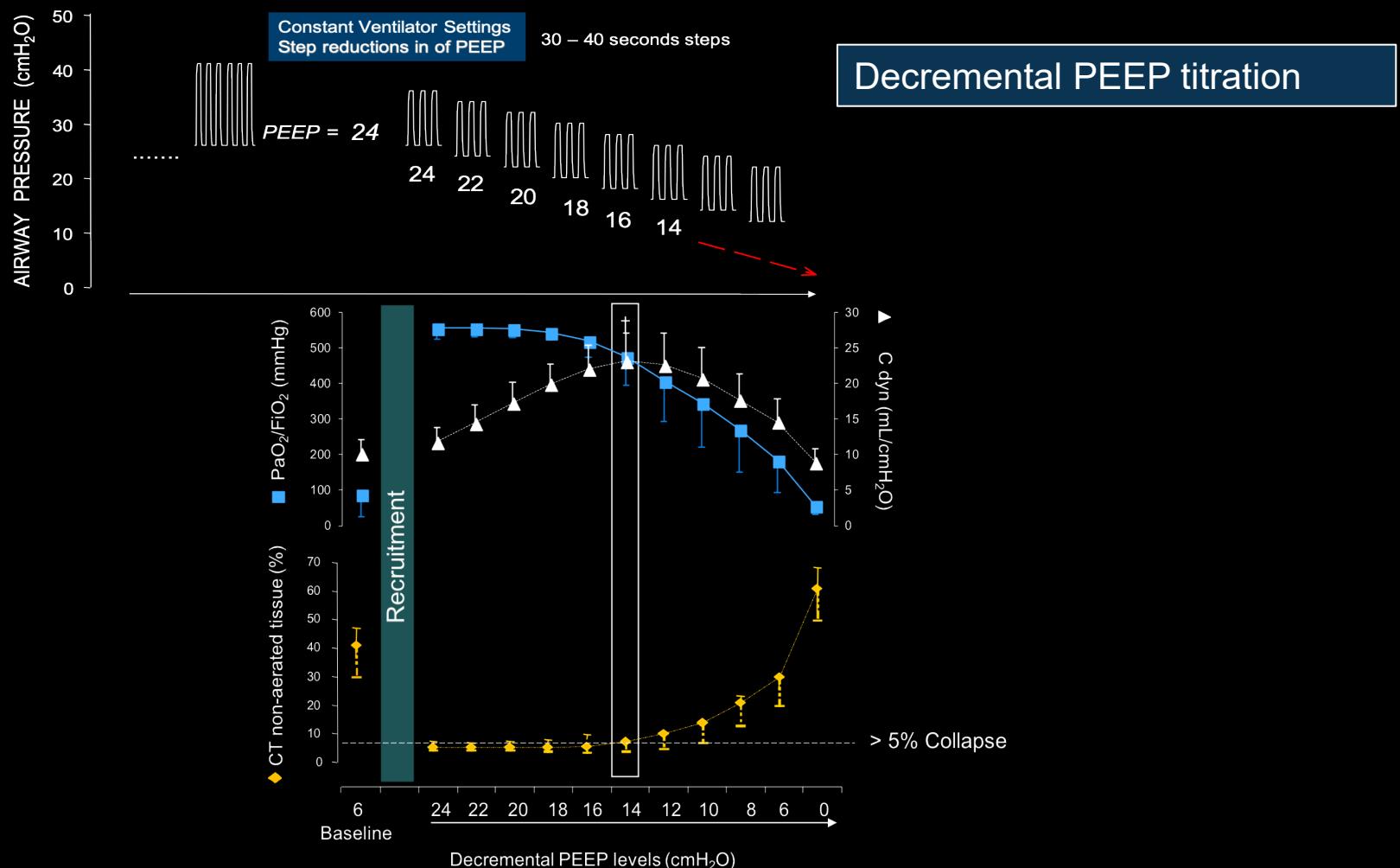
Volume Controlled Ventilation

2 cmH₂O PEEP steps

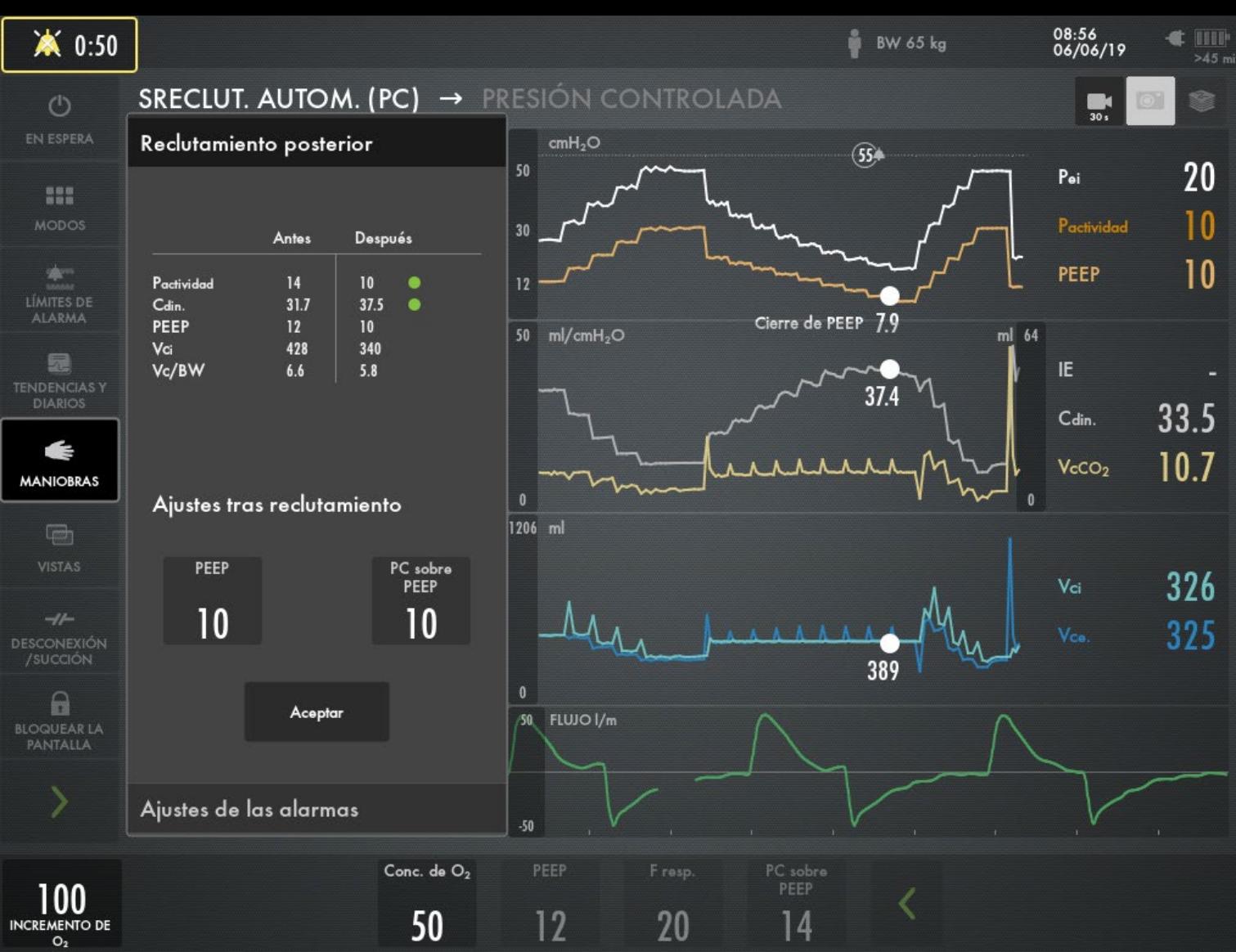
Automatic detection of optimal PEEP
Based on maximal Cdyn

Individualized PEEP

PEEP that minimizes lung collapse and overdistension



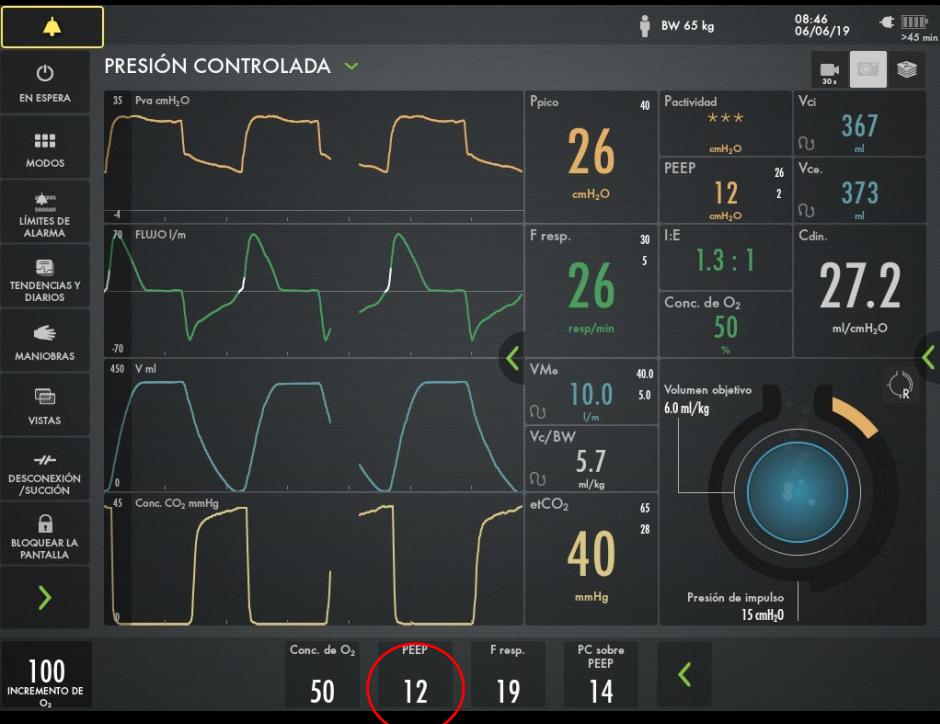
Automatic PEEP detection



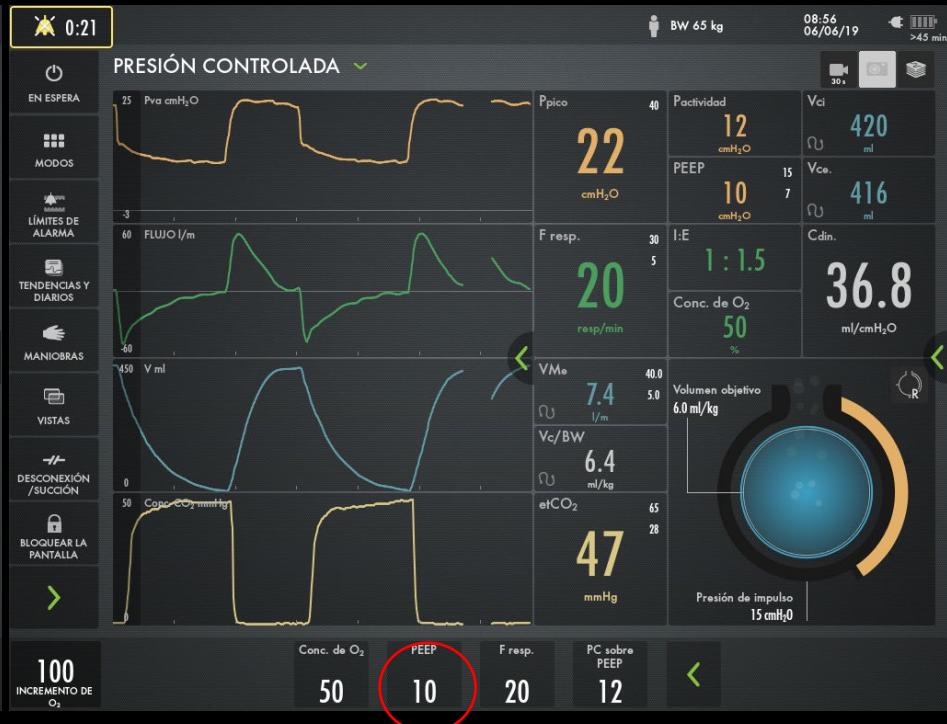
Automatic
PEEP
detection at
10 cmH₂O

PaO₂/FiO₂ 161 mmHg
PaCO₂ 49 mmHg
Cdyn 37 mL/cmH₂O

Before



After..... (10 min later)



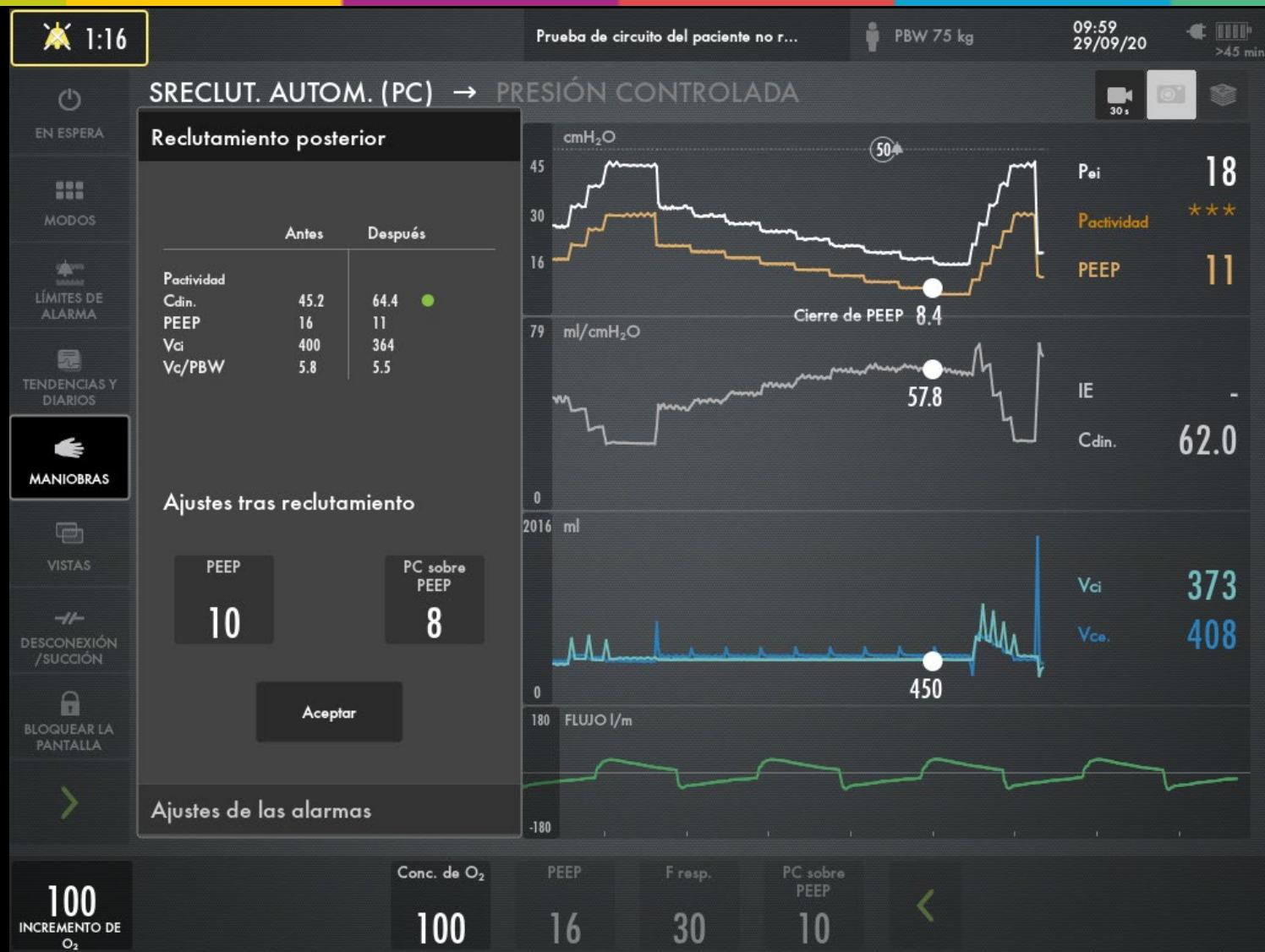
PaO₂/FiO₂ 136 mmHg
PaCO₂ 47 mmHg
Cdyn 33 mL/cmH₂O

PaO₂/FiO₂ 161 mmHg
PaCO₂ 49 mmHg
Cdyn 37 mL/cmH₂O

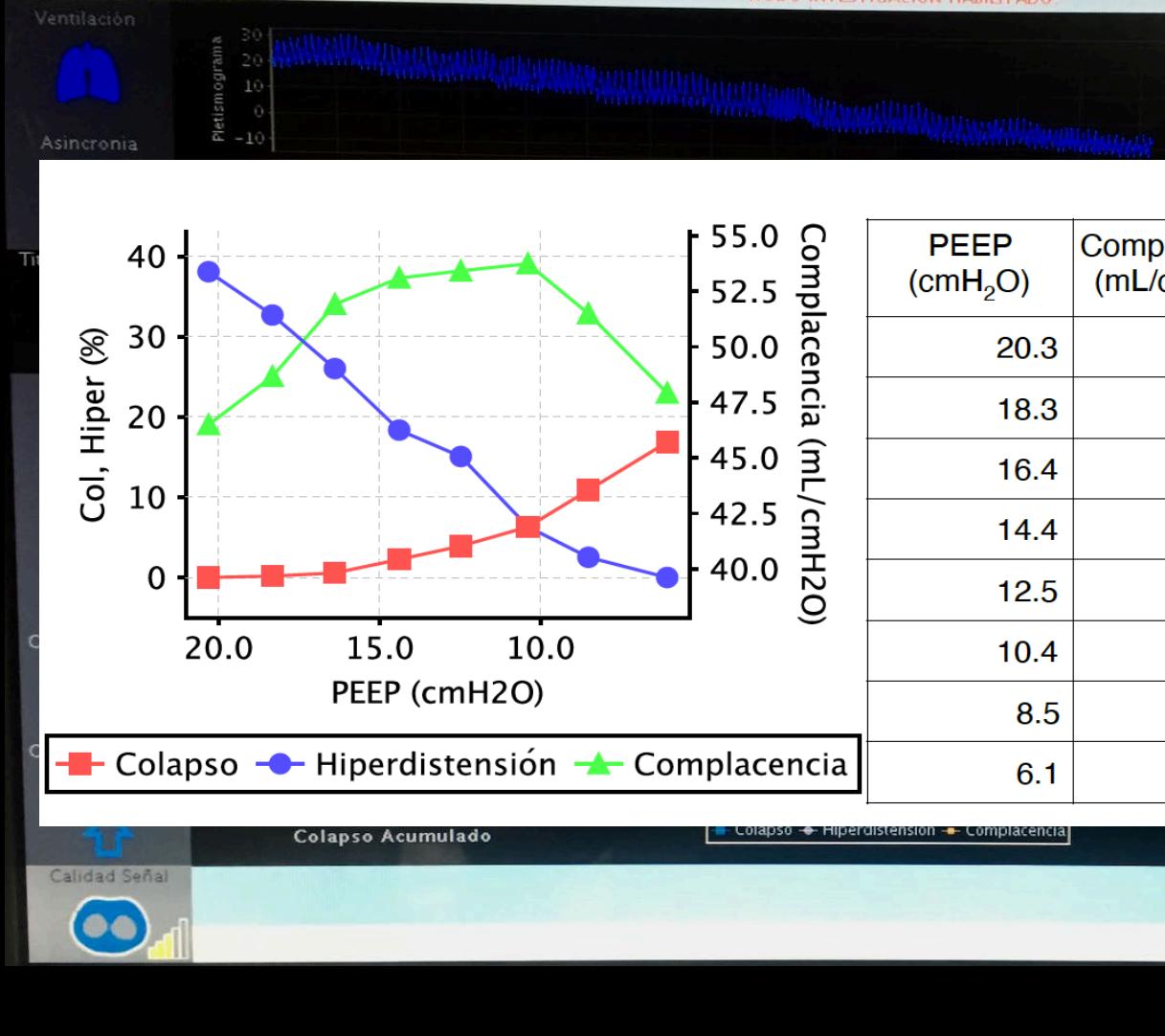
Assessment of recruitability



COVID-ARDS PEEP titration examples



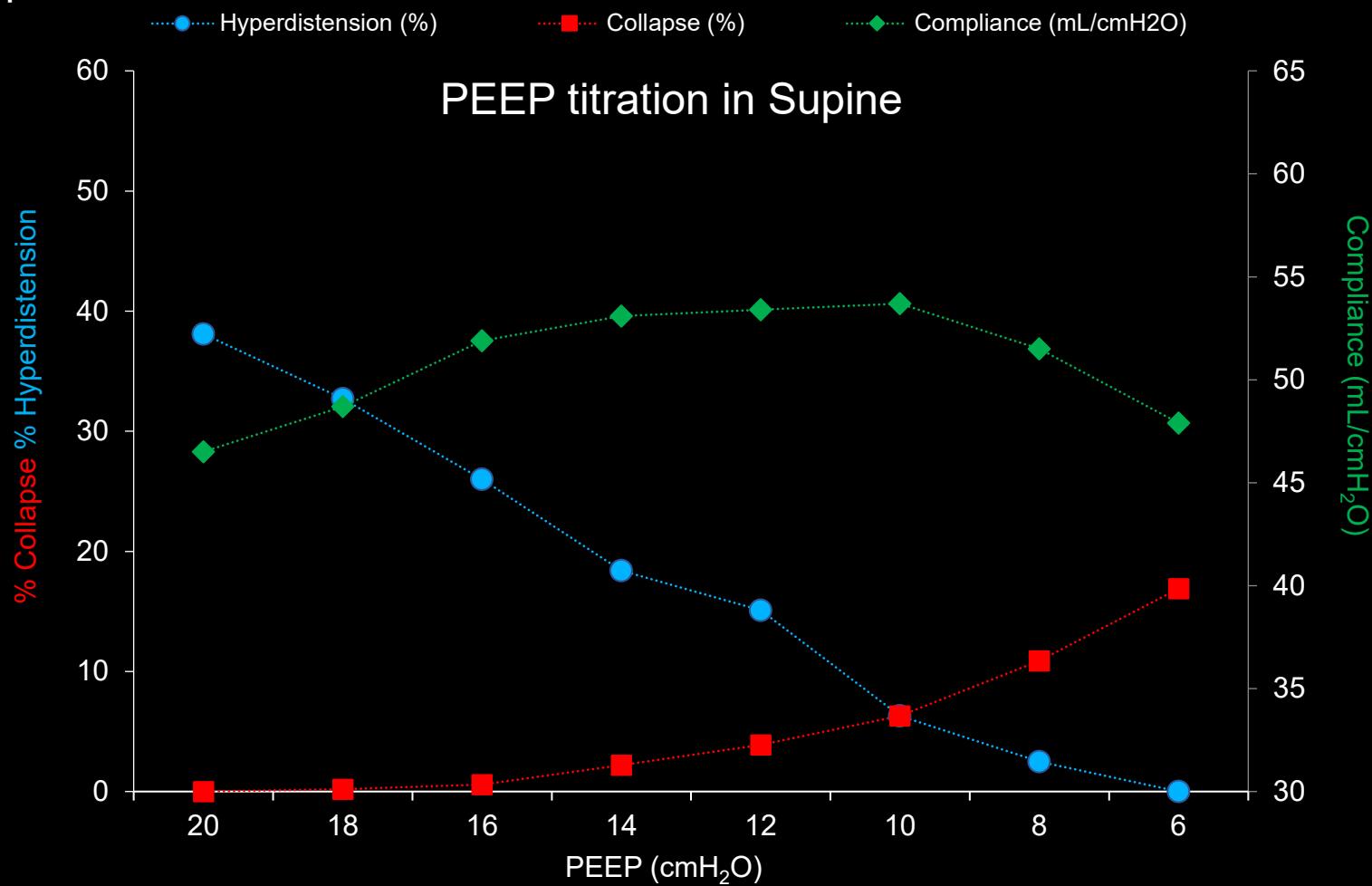
Decremental PEEP titration



Paso de la PEEP: 1	Hiperdistensión	Colapso Acumulado	PEEP: 20.3 cmH ₂ O Hiperdistensión: 38.1% Colapso: 0.0% Complacencia: 46.5 mL/cmH ₂ O
Paso de la PEEP: 2	Hiperdistensión	Colapso Acumulado	PEEP: 18.3 cmH ₂ O Hiperdistensión: 32.7% Colapso: 0.2% Complacencia: 48.7 mL/cmH ₂ O
Paso de la PEEP: 3	Hiperdistensión	Colapso Acumulado	PEEP: 16.4 cmH ₂ O Hiperdistensión: 26.0% Colapso: 0.6% Complacencia: 51.9 mL/cmH ₂ O
Paso de la PEEP: 4	Hiperdistensión	Colapso Acumulado	PEEP: 14.4 cmH ₂ O Hiperdistensión: 18.4% Colapso: 2.2% Complacencia: 53.1 mL/cmH ₂ O
Paso de la PEEP: 5	Hiperdistensión	Colapso Acumulado	PEEP: 12.5 cmH ₂ O Hiperdistensión: 15.1% Colapso: 3.9% Complacencia: 53.4 mL/cmH ₂ O
Paso de la PEEP: 6	Hiperdistensión	Colapso Acumulado	PEEP: 10.4 cmH ₂ O Hiperdistensión: 6.3% Colapso: 6.3% Complacencia: 53.7 mL/cmH ₂ O
Paso de la PEEP: 7	Hiperdistensión	Colapso Acumulado	PEEP: 8.5 cmH ₂ O Hiperdistensión: 2.5% Colapso: 10.9% Complacencia: 51.5 mL/cmH ₂ O
Paso de la PEEP: 8	Hiperdistensión	Colapso Acumulado	PEEP: 6.1 cmH ₂ O Hiperdistensión: 0.0% Colapso: 16.9% Complacencia: 47.9 mL/cmH ₂ O

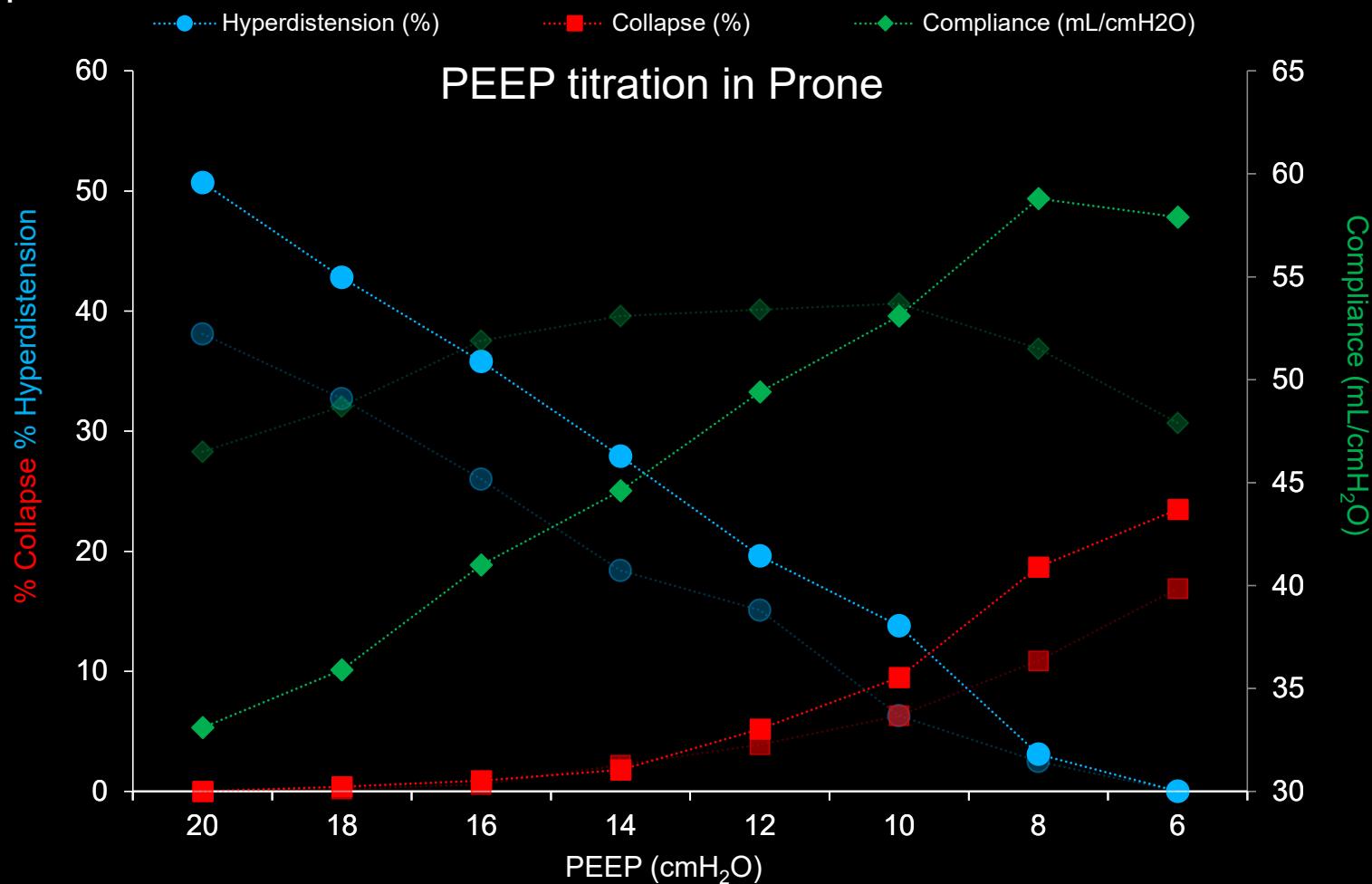
Individualizing the PEEP level

C-ARDS patient



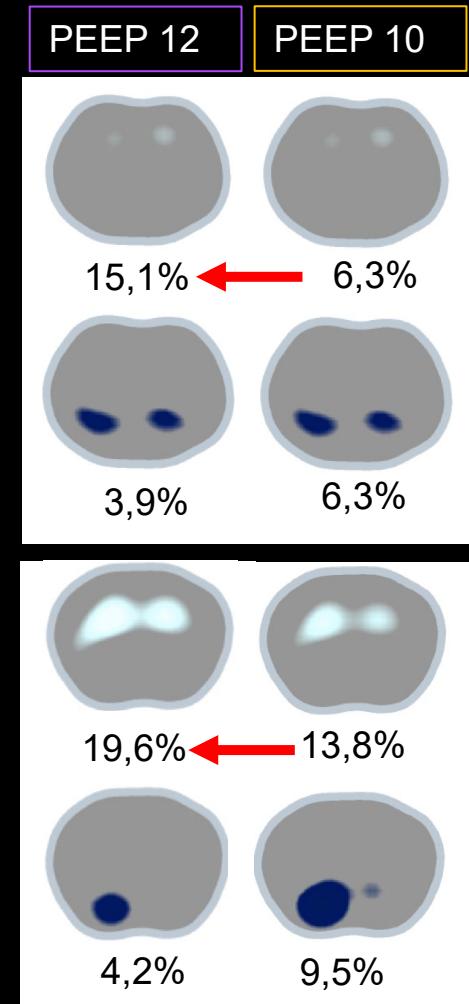
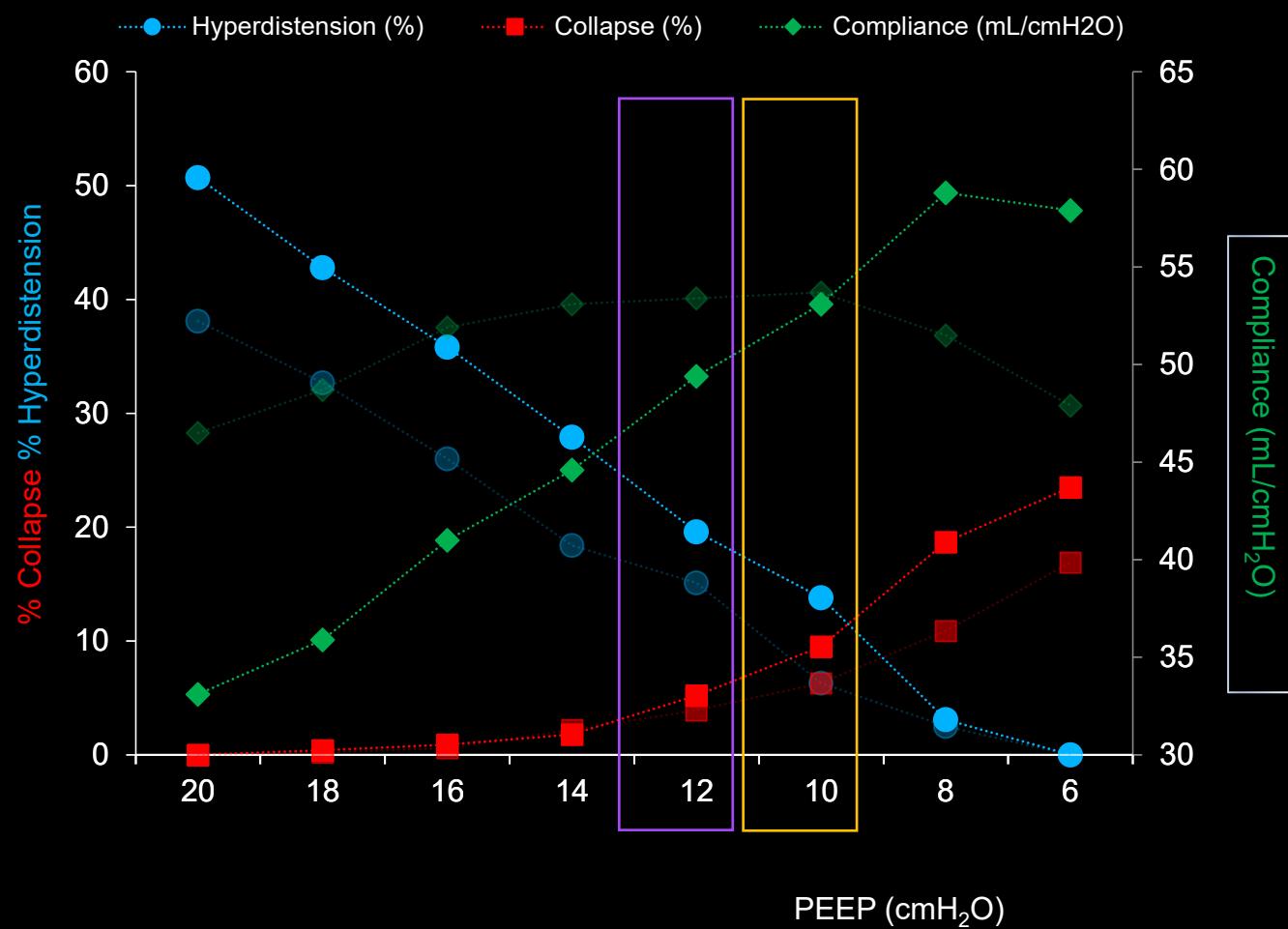
Individualizing the PEEP level

C-ARDS patient



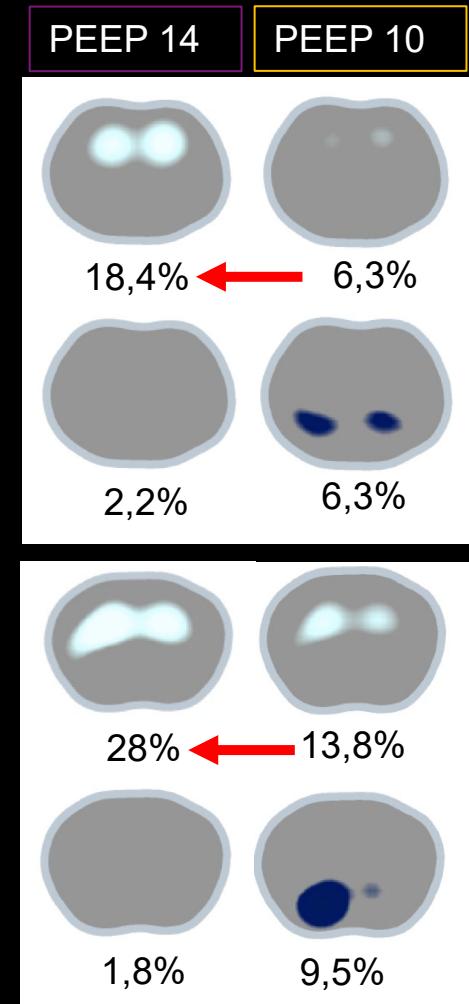
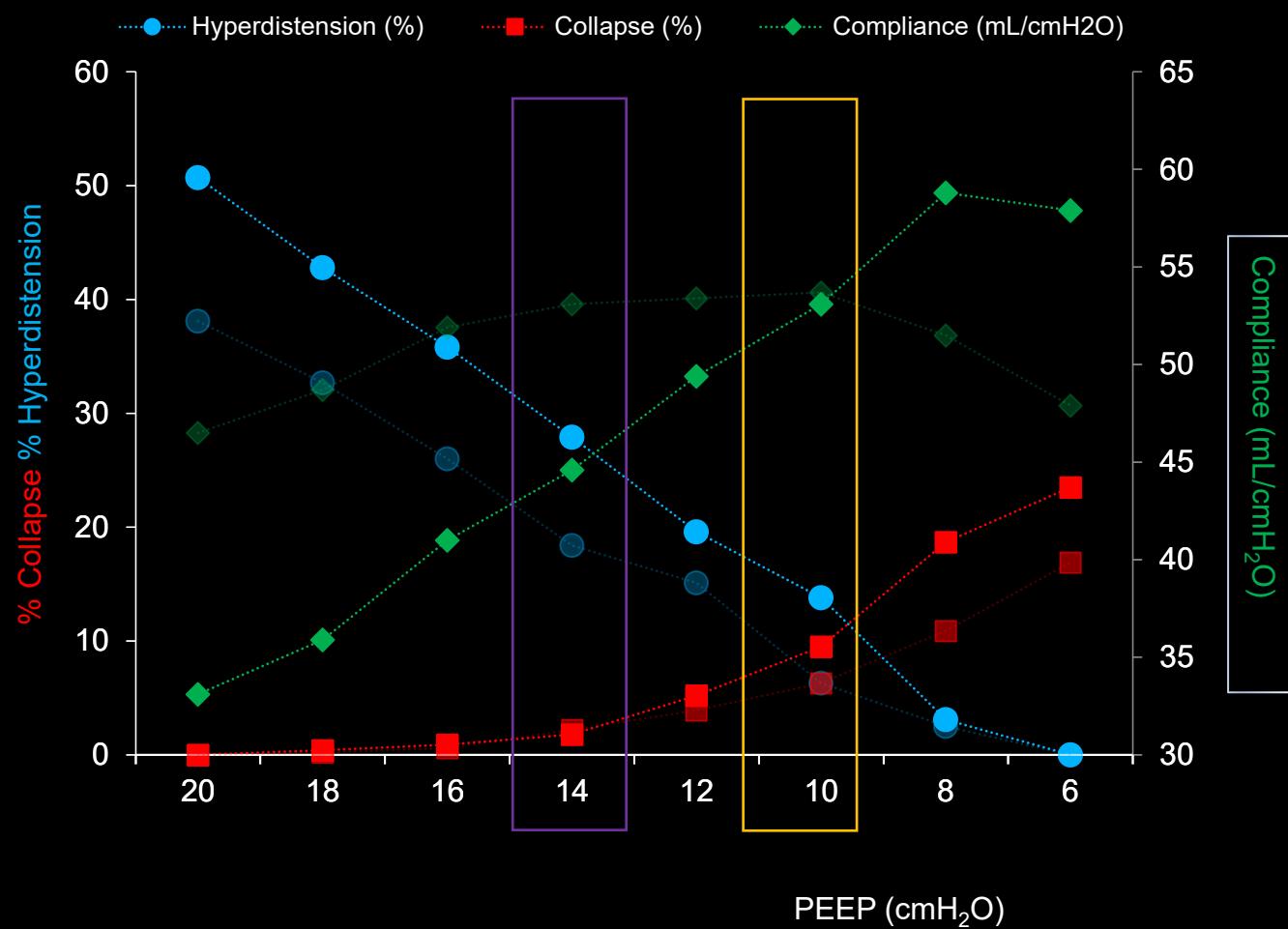
Careful when selecting your PEEP!

C-ARDS patient



Careful when selecting your PEEP!

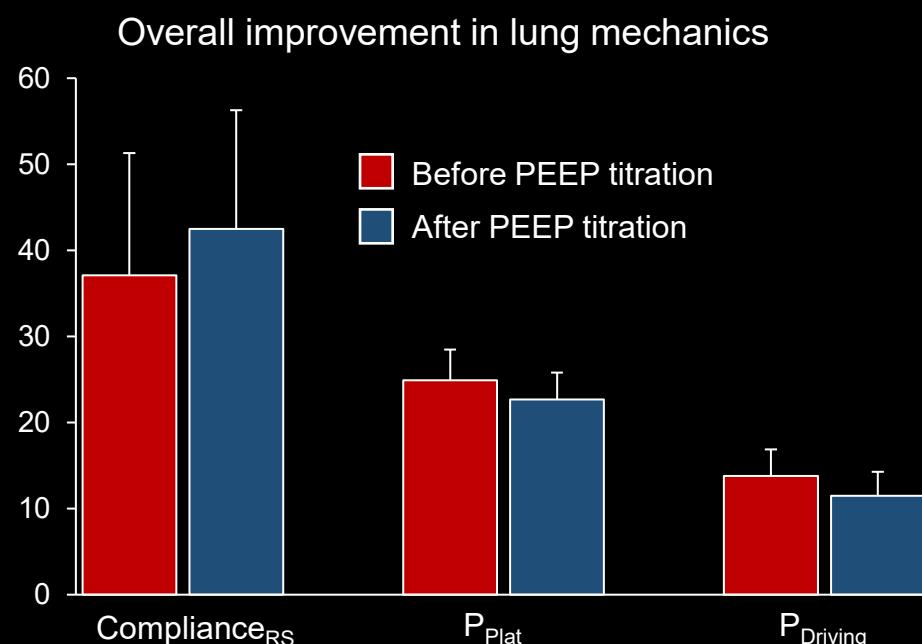
C-ARDS patient



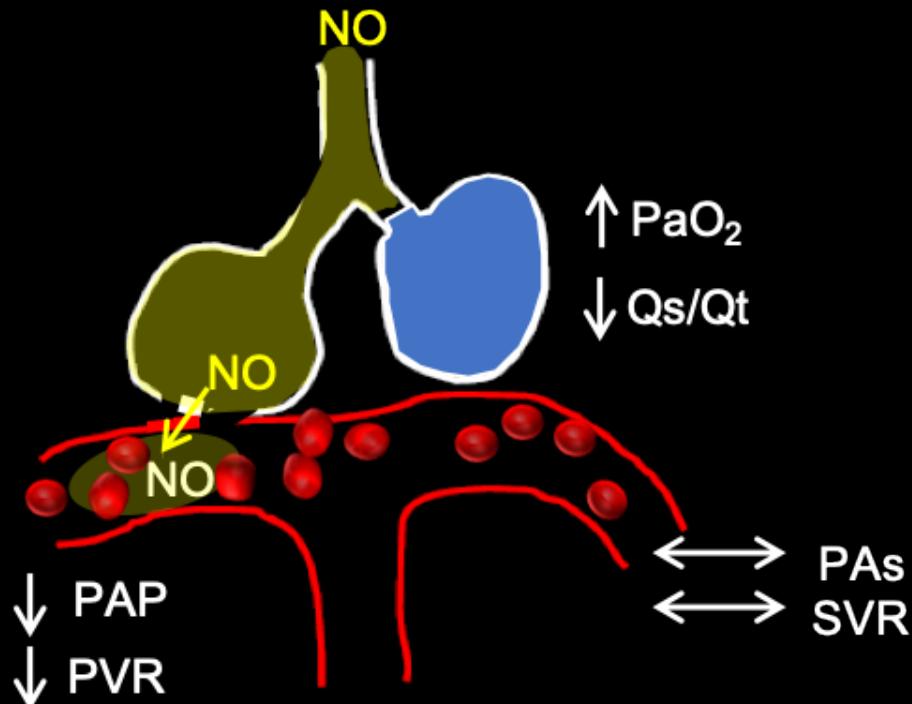
90 Fully recored Decremental PEEP titrations (60 in supine 30 in prone)

$\text{PEEP}_{\text{Clin}}$ 11.3 ± 3.6
 $\text{PEEP}_{\text{Cdyn}}$ 10.5 ± 3.1

$\text{PEEP}_{\text{Cdyn}} < \text{PEEP}_{\text{CLIN}}$ 62% ($2.6 \pm 2 \text{ cmH}_2\text{O}$)
 $\text{PEEP}_{\text{Cdyn}} > \text{PEEP}_{\text{CLIN}}$ 28% ($3.1 \pm 1.7 \text{ cmH}_2\text{O}$)
 $\text{PEEP}_{\text{Cdyn}} = \text{PEEP}_{\text{CLIN}}$ 10%



Physiological effects of iNO



- Selective Pulmonary Vasodilator
- Improved V/Q
Blood Flow redistribution to better aerated regions
Dosis ≤ 10 ppm
- Improved Pulmonary Hemodynamics
 $\downarrow \text{PVR}$ and PAP
Dosis $\geq 15-20$ ppm

Nitric Oxide in C-ARDS

Inhaled related COVID-19

Alessia L Mervyn S Bloomsbury *Corresponding Editor-Inhalation capillary membrane increase was used as a test with corona respiratory burden of microthromb by COVID-19 with COVID increment in patients with COVID-19 We conducted study of patients College London 2020. Data on COVID-19 records comparison. highest iNO steroid use, and effect, and to materials As this was define any s analysis. Com missing data pulmonary ang limb Doppler diagnosis of Only eight an increment tients (7%) PaO₂/FiO₂ ratio ventilation, type natriuretic pressure, da compliance, between CO (Supplement)

Potent COVID

Benjam Aikateri Colm M *Adult Inte London, Lo Service, Ro College Lond *Correspondin Editor-Inhalation capillary membrane increase was used as a test with corona respiratory burden of microthromb by COVID-19 with COVID increment in patients with COVID-19 We conducted study of patients College London 2020. Data on COVID-19 records comparison. highest iNO steroid use, and effect, and to materials As this was define any s analysis. Com missing data pulmonary ang limb Doppler diagnosis of Only eight an increment tients (7%) PaO₂/FiO₂ ratio ventilation, type natriuretic pressure, da compliance, between CO (Supplement)

RESEA

Osama Ab and Yazin Christopher Philipp M Markus H

RESEA

Received: 31 A Tavazzi et al. *Critical Care* (2020) 24:508 DOI: 10.1186/s13054-020-03222-9

ORIGINAL

RESEARCH LETTER

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Inhaled nitric oxide in patients admitted to intensive care unit with COVID-19 pneumonia

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Dear Editor,

Patients with ARDS due to COVID-19 are characterised by poor oxygenation with a various extent of pulmonary alterations [1]. Ventilation strategies for COVID-19 patients have been suggested basing on the pathophysiological evidence to date [1]; however, there are no data regarding the use of inhaled nitric oxide (iNO). We report herein our experience of iNO administration in COVID-19 mechanically ventilated patients with refractory hypoxaemia and/or right ventricular (RV) dysfunction. Refractory hypoxaemia was defined as $\text{PaO}_2/\text{FiO}_2 < 100$ despite high PEEP ($\geq 10 \text{ cmH}_2\text{O}$) and prone position. RV dysfunction was defined as acute *cor pulmonale* at echocardiography with hemodynamic impairment requiring infusion of inotropic drugs [2].

The NO/nitrogen mixture was introduced into the inspiratory limb of the ventilator tubing. Respiratory and haemodynamic parameters were collected immediately before iNO administration (t_0) and after 15–30 min (t_1). Responders were defined by an increase of $\text{PaO}_2/\text{FiO}_2$ of 20% compared to t_0 [3].

Results in the text are shown as median [IQR] or number (%). Wilcoxon test for paired samples and Mann-Whitney test, as appropriate (MedCalc version 19.2 MedCalc Software), were performed considering $p < 0.05$ as significant.

iNO was used in sixteen out of 72 (22%) consecutive mechanically ventilated patients (66.0 [59.6–69.7] years old; 93% male). All patients required iNO for refractory hypoxaemia of whom 4 (25%) had also superimposed RV dysfunction, in 1 case associated with pulmonary embolism. The iNO dosage was 25 (20–30) parts per million (ppm).

Respiratory parameters at t_0 and t_1 are shown in Table 1. Overall, iNO did not improve oxygenation in our population. Only 4 (25%) patients were responders, of whom 3 have superimposed RV dysfunction, showing a median increase of $\text{PaO}_2/\text{FiO}_2$ of 26.9% [24.1–45.5]. A trend towards a larger improvement of oxygenation was observed in patients with RV dysfunction as compared with those without RV dysfunction as $\text{PaO}_2/\text{FiO}_2$ increase 24.1% [9.2–45.3] vs. 3.3% [$-$] ($\text{PaO}_2/\text{FiO}_2$ increase 12.5% [8.2–25.2] at t_1 and did not change ($p = 0.875$) 24 h later (146.4 [102.2–225.1]).

iNO is a free radical gas that diffuses across the alveolar-capillary membrane into the subjacent smooth muscle of pulmonary vessels enhancing endothelium-dependent vasorelaxation and improving oxygenation by increasing blood flow to ventilated lung units [3]. In previous studies, iNO was effective in improving $\text{PaO}_2/\text{FiO}_2$ and oxygenation index, although it failed in reversing acute lung injury, reducing mechanical ventilation days and mortality [4].

In our population, the improvement of oxygenation in responders was probably magnified by an iNO-induced decrease of RV afterload, enhancing cardiac output and finally leading to an increase of mixed venous oxygen saturation.

Although the reason why patients with refractory hypoxaemia without RV dysfunction were not responder is yet to be determined, some speculation can be done. Severe endothelial injury with cytoplasmic vacuolization

Fig 1. (a) Patients with COVID-19 infection, defined as moderately severe or worse, are average $\text{PaO}_2/\text{FiO}_2 < 200$ during iNO therapy.

Abbreviations: ARDS, acute respiratory distress syndrome; mixed venous oxygen saturation; PVR, pulmonary vascular resistance; $*p < 0.05$; ** $p < 0.01$.

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Keywords: Acute respiratory distress syndrome, COVID-19, iNO, nitric oxide, oxygenation, pulmonary hypertension, refractory hypoxemia, respiratory failure

iNO improves oxygenation in a majority of C-ARDS patients

Causes for lack of response are not known

There may be benefits beyond oxygenation (not thoroughly studied)

Inhaled nitric oxide in patients admitted to intensive care unit with COVID-19 pneumonia



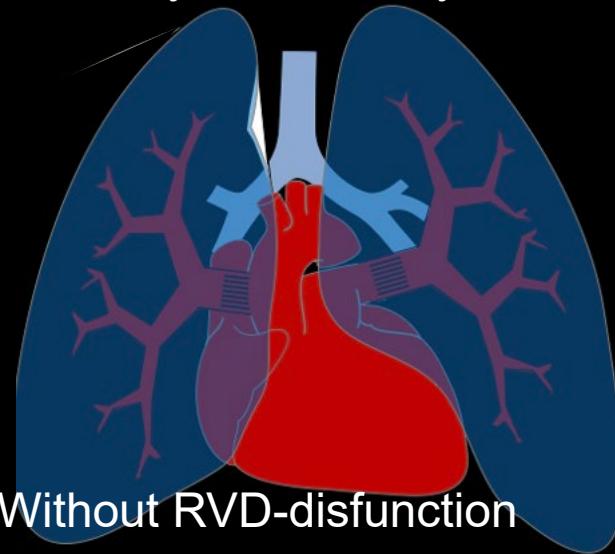
Tavazzi et al. *Critical Care* (2020) 24:508
<https://doi.org/10.1186/s13054-020-03222-9>

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Conclusion

Overall, iNO did not improve oxygenation in COVID-19 patients with refractory hypoxaemia, when administered as a rescue treatment after prone position. A subgroup of patients with RV dysfunction was better iNO responders probably due to the haemodynamic improvement associated with RV unloading.

Pulmonary Vascular Dysfunction



iNO 20 - 30 ppm

With RV disfunction

Without RVD-disfunction

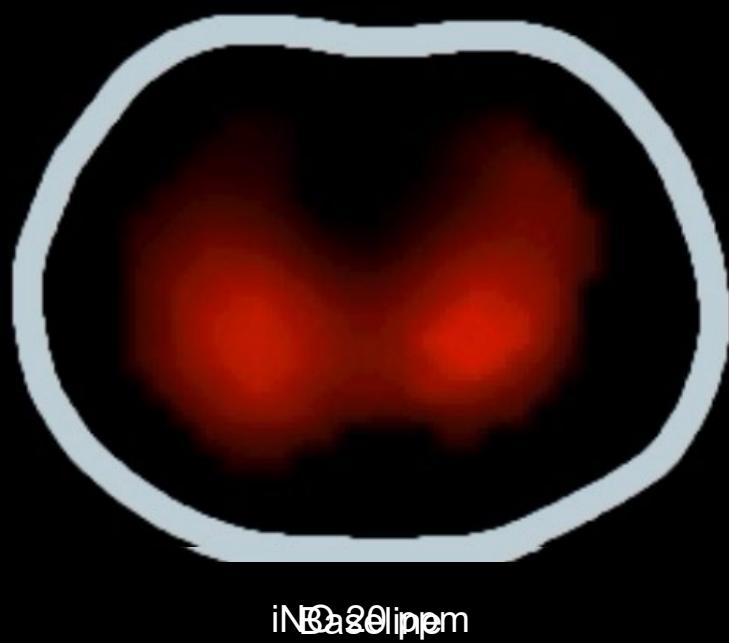
PaO₂/FIO₂ improvement

24.1% [9.2–43.5]

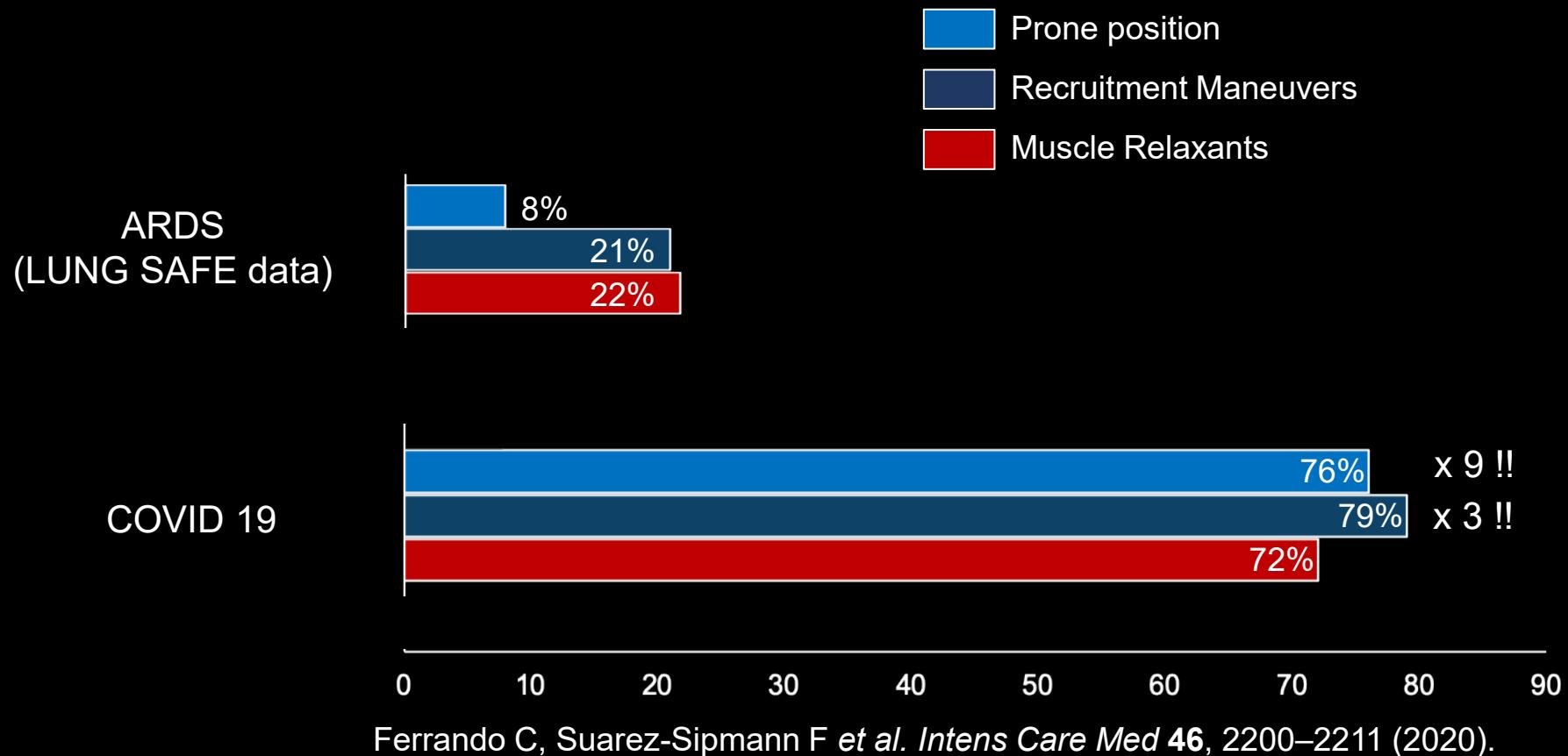
3.3% [-10.8 –11.5]

p = 0.069

- Variable response N= 8
- Shift of perfusion measured by EIT
- Dorsal shift --- decrease in oxygenation and efficiency
- Ventral shift – Increase in oxygenation $\text{PaO}_2/\text{FiO}_2$ by $30 \pm 28\%$
- Decrease in PaCO_2 by 2.3%
- Best response evident between 5 and 15 ppm of iNO

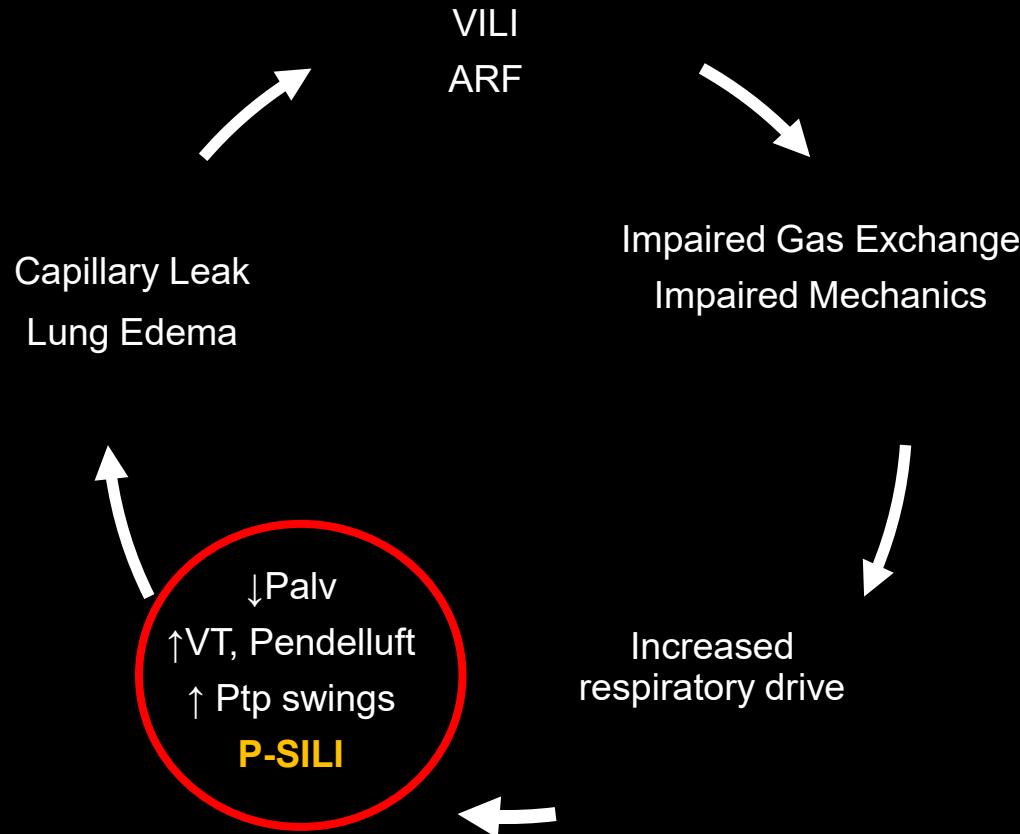


Adjunctive measures during C-ARDS



The transition to spontaneous breathing

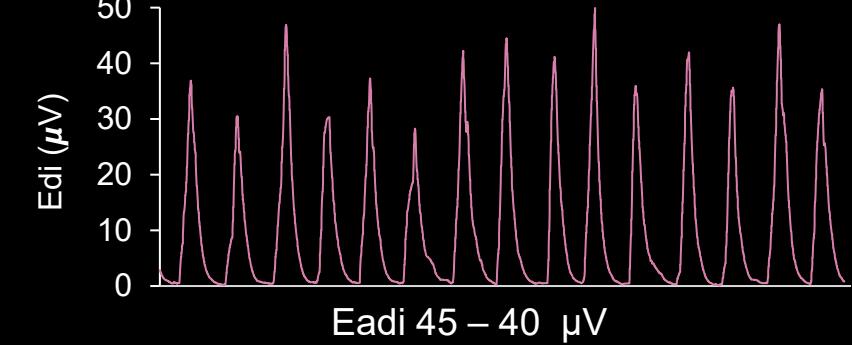
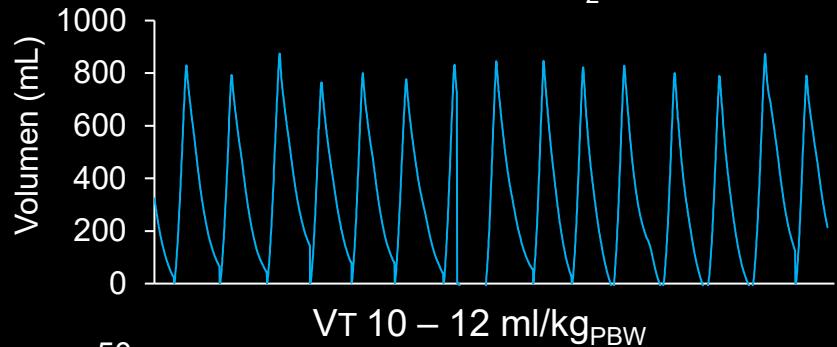
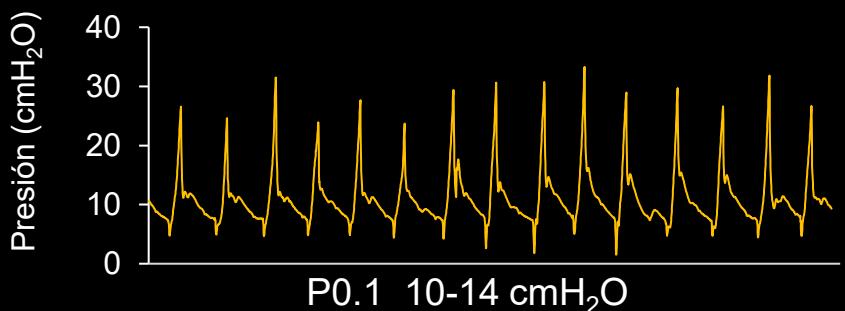
P-SILI Patient Self Inflicted Lung Injury



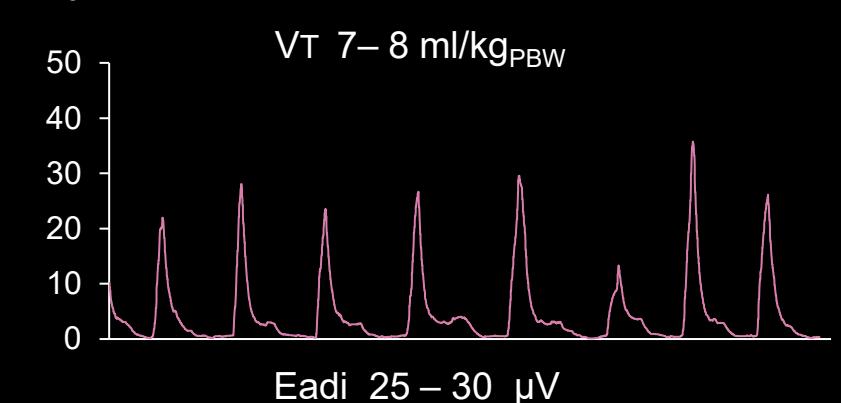
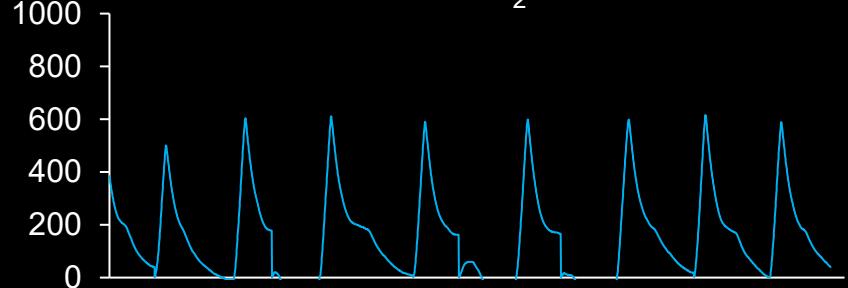
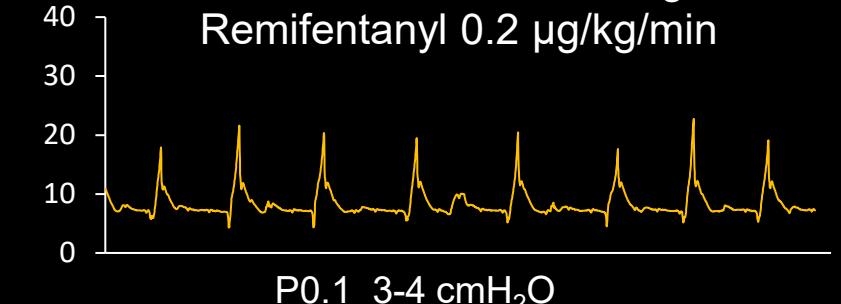
Modified from Brochard et al AJRCCM 2017;195, 438–442

High respiratory drive

NAVA level 0.4

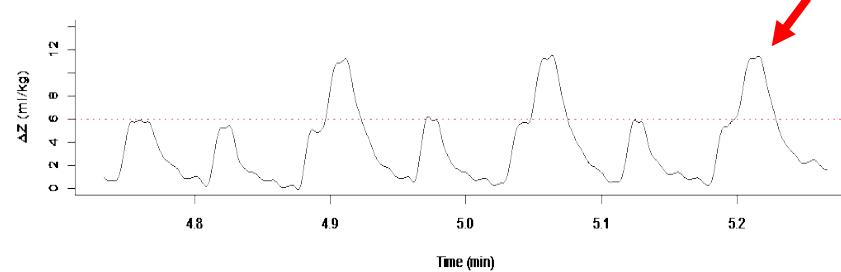
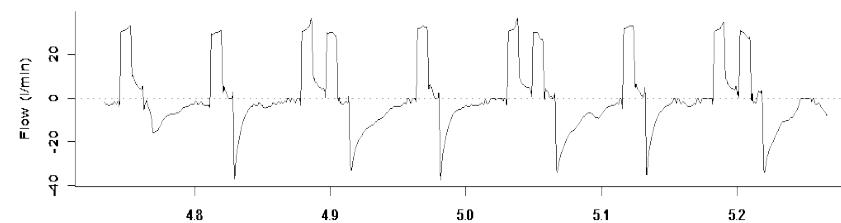
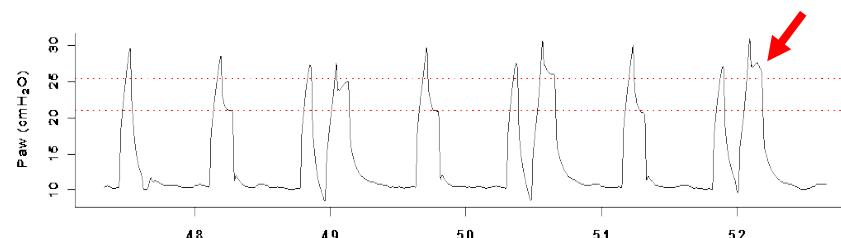


After 16h Rocuronium 5 – 6 mg/h
Remifentanil 0.2 $\mu\text{g/kg/min}$

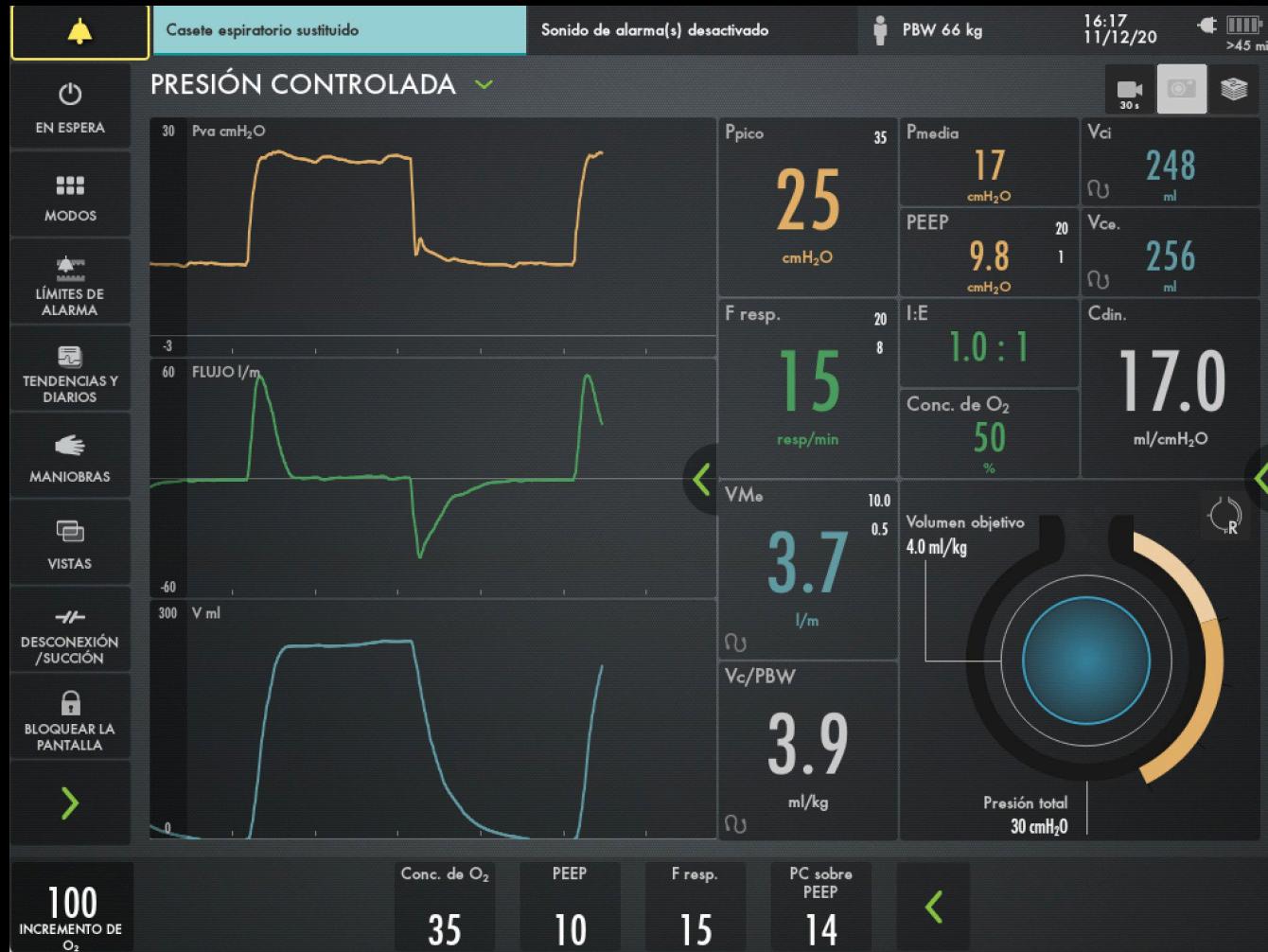


Double Triggering and breath stacking

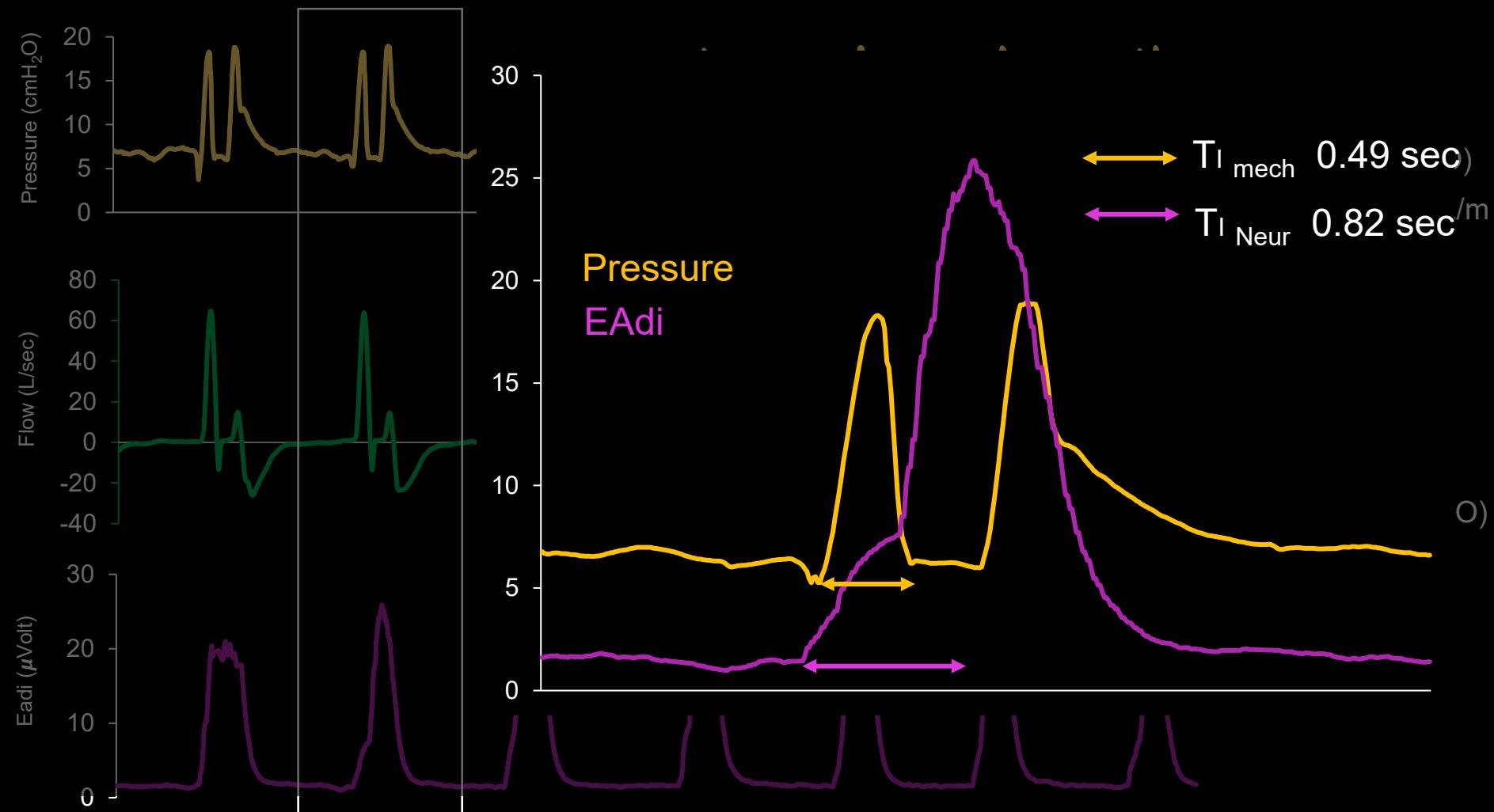
Patient ventilated with set $V_T = 6 \text{ mL/kg}$ –
Sacked breaths : $V_T = 12 \text{ mL/kg}$ and $P_{PLAT} = 28 \text{ cmH}_2\text{O}$



Do you recognize this...?



C-ARDS after 3 weeks of evolution



And so... the Paella is ready



Děkuji mnohokrát!! / Muchas Gracias!!



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