Contents

PART I Respiratory Physiology

1. Anatomy of Respiration **3**
Respiratory Organs 3
Mucociliary Clearance 7
Control of Ventilation 10
Basic Elements of Respiratory Control 11
Components for the Normal Functioning of Respiratory System 14

2. Respiratory Mechanics **16**
Five Stages of Respiration in Humans 16
Respiratory Muscles 21
Respiratory Pressure Relationships in the Thoracic Cavity 22
Normal Regulation of Breathing 28

3. Applied Respiratory Physiology **29**
Respiratory Homoeostasis 31
External Respiration or Respiratory Exchange Ratio 31
Regional Differences in Ventilation/perfusion Concept 32
Internal Respiration 36

4. Distribution of Ventilation **38**
Minute Ventilation (MV) or Minute Volume ($\dot{V}_E$) 38
Alveolar Ventilation ($\dot{V}_A$) or Effective Ventilation 39
Alveolar Air Equation 40
Transportation, Production and Elimination of Carbon Dioxide 41
Alveolar Ventilation Equation 42
Relationship of $PACO_2$, $PaCO_2$ and Alveolar Ventilation 46
Ventilatory Failure 47
Clinical Importance of Administration of Minimum 33% Oxygen 48
$PaCO_2$ and Need for Ventilatory Assistance 48
Steps to Improve Minute Alveolar Ventilation in Ventilated Patient 49
Dead Space Ventilation 51
Dead Space Quotient (V_D/V_T) 51

5. Compliance **60**
Elastic Recoil 60
Review of Pulmonary Pressures 61
Compliance 62

Lung Compliance (C_{lung} or C_{pulm}) 62
Chest Wall Compliance (C_{cw} or $C_{chest\ wall}$) 63
Total Compliance (C_{tot}) 64
Compliance and Ventilation 65
Factors Affecting the Compliance 67
Total Elastance (Elastic Recoil of the Chest Wall and Lungs) 69
Factors Influencing Elastic Recoil 70
Clinical Significance of Abnormal Compliance/Elastance 70
Compliance and Work of Breathing 72
Compliance in the Newborn 73

6. Resistance 77
Resistance and Compliance 78
Features of Increased Airway Resistance 84
Clinical Significance of Airway Resistance in Mechanical Ventilation 85
Airway Resistance and Work of Breathing 86
Airway Resistance and Infant 87

7. Shunt (Assessment of the Lung as an Oxygenator) 88
Arterial Hypoxaemia 88
Intrapulmonary Shunt 89
Deriving the Classic Shunt Equation 91
Analysis of Iso-shunt Diagram 96

8. Distribution of Ventilation and Perfusion 98
Ways to Express V/Q Ratio 98
Relationship between Ventilation and Perfusion 100
Clinical Significance of V/Q Mismatch 102

9. Diffusion Defect 103
Gas Physics 103
Components of Gas Exchange 106
Oxygen Diffusion 108
Carbon Dioxide Diffusion 112
Clinical Significance of Diffusion Defects 112
Oxygenation Failure 113

10. Lung Volumes and Capacities 114
Lung Volumes and Capacity 116
Mechanism of Decrease of FRC during Anaesthesia and Postoperative Period 119
Mechanism of Hypoxaemia in Postoperative Periods 120
Restrictive and Obstructive Defects 121
Closing Volume (CV) 123
Closing Capacity (CC) 124

Airway Closure 124
Normal Respiratory Values 126

11. Work of Breathing 127
Pressure, Force and Work of Breathing 127
Component of Work of Breathing 129
Factors Resisting Lung Expansion 131
Pressure Volume Curve of the Lung 132
WOB and Airway Resistance or Compliance 134
Magnitude of the Component of the WOB 137
Comparison of Normal, Increased Elastic and Obstructive Work Load 139

PART II Effects of Controlled Ventilation

12. Physiological Effects of Spontaneous Breathing versus Controlled Ventilation 147
Roles of Various Respiratory Pressures in Pulmonary Ventilation 147
Types of Pressure Needed to Inflate the Lungs and Chest 147
Model of Respiratory System 148
Clinical Significance of Ventilation in Relation to Perfusion in Supine Patient 155
Clinical Importance of Respiratory Changes 157

13. Harmful Effects of Controlled Ventilation 158
Harmful Effects of Controlled Ventilation on Various System 158
Effects of PPV on Cardiovascular System 159
Effects of PPV on Respiratory System 169
Non-cardiorespiratory Effects of PPV 174
Role of Normoventilation in Ventilated Patient 179

14. Minimising the Harmful CVS Effects of Controlled Ventilation 180
Reduction of the Mean Intrapulmonary Pressure 180

PART III Know Your Ventilator

15. Ventilator: At a Glance 185
Components of a Ventilator 185
Power Source or Input Power 186
Positive or Negative Pressure Ventilator 188
Control Systems and Circuits 194
Control Panel (User Interface) 197
Power Transmission and Conversion System 199

Ventilator at Glance 201
Diagrammatic Representation Showing the Operation of a Microprocessor Controlled Ventilator 202
The Basic Model of Breathing (Equation of Motion) 203
Humidification 206

PART IV Ventilator Parameter

16. Fractional Inspired Oxygen Concentration 213
Transport System of Oxygen 213
Oxygen Content of Arterial Blood (CaO_2) 219
Important Applications of Dissociation Curve in Critical Care Medicine 228
Oxygen Flux/Oxygen Delivery (DO_2) 229
Goals of O_2 Therapy 230
Setting of FiO_2 in Various Clinical Conditions 233
Clinical Significance of MAP 234
Use of PaO_2/FiO_2 Ratio: Carrico Index 236

17. Tidal Volume during Mechanical Ventilation 238
Types of Pressure Needed to Inflate the Lungs and Chest 240
Terminology of Tidal Volumes 242
Tidal Volume and Modes of Ventilation 243
Guidelines for Selection of Tidal Volume and Minute Ventilation 246
Practical Approach to Decide Inflation Volume 248

18. Inspiratory Flow Rate 252
Inspiratory Flow Rate 252
Expiratory Flow Rate 253
Types of Flow Patterns 254
Selection of Inspiratory Flow Rate and I:E Ratio Depending on Mode of Ventilation 259
High Inspiratory Flow Rates 260
Low Inspiratory Flow Rates 261
Setting the Peak Flow and Flow Waveform 261

19. Peak Inspiratory Pressure 265
Airway Pressures (P_{aw}) 265
Alarm Settings 269
Summary: Settings to Improve Oxygenation and Ventilation in Controlled Ventilation 270

20. Breathing Cycle and Inspiratory/Expiratory Time 271
Time Parameters in Ventilation 271
Expiration Time (T_e) 279

21. Distribution of Inspired Gas and Ventilator Rate 285
Distribution of Inspired Gas 286
Alveolar Ventilation 286
Goals of Selecting Ventilatory Rate Depends on Respiratory Mechanics 288
Selection of Ventilatory Frequency 289
Evaluation of the Patient 290

22. Ventilator Alarms and Indicators 293
Alarm 293
Status Indicator 293
Alarm Categories and Visual Alarm Displays 294
Importance of Ventilatory Monitoring 295
Classifications of Alarms 295

23. Time Constants in Mechanical Ventilation 308
Exponential Curve 309
Time Constants in Various Conditions 322

24. Monitoring of Lung Mechanics 323
Impedance to Lung Inflation 323
Significance of Change in Peak and Plateau Pressure 332
Acute Respiratory Deterioration 332

PART V Modes of Ventilation

25. What is Mode? 337
Components of a Mode 337
Types of Breaths 338
Control or Limit or Target Variable 339
Phase Variables 342
Cycle Variable 350
Baseline Variable 355
Conditional Variable 356
Inspiratory Rise Time or Inspiratory Slope or Flow Acceleration 356

26. Controlled Mandatory Ventilation 362
Description of Controlled Mandatory Ventilation (CMV) 362
Components of CMV Mode 362
Clinical Applications of CMV/AMV 363
Indications of Controlled Mandatory Ventilation 364
Mandatory Ventilatory Alarms 366

27. Assisted Controlled Mandatory Ventilation 367
Mandatory and Assist Control Breath 367
Components of Assisted Controlled Ventilation (ACV) 368

Changes in Airway Pressure Produced by ACV 369
Indications for Assist Controlled Mandatory Ventilation (ACMV) 371
Contradictions for Assist Controlled Mandatory Ventilation (ACMV) 371

28. Volume Controlled Ventilation 372
Degree of Freedom 372
Characteristics of the Volume Controlled Ventilation 372
Ventilatory Pressure Changes with Various Inspiratory Flows in VCV 380
Inspiratory: Expiratory Ratio 381
Ventilator/Machine Rate 382
Output Variables of VCV 382
Alarms in Volume Ventilation 383
Indications for VCV 383

29. Pressure Controlled Ventilation 386
Introduction 386
Components of Pressure Controlled Ventilation 386
Scalar Graphics or Waveforms in Pressure Controlled Ventilation (PCV) 387
Parameters to be Set 388
Output Variables of PCV 393
Advantages of PCV 396
Indications 397
Disadvantages of Pressure Controlled Ventilation 399
Pressure Controlled Ventilation and Pressure Support Ventilation 401

30. Synchronised Intermittent Mandatory Ventilation 403
Types of Breaths in SIMV Mode 406
Types of Mandatory/Assist Mandatory Breaths in SIMV Mode 406
Synchronisation or Timing or Trigger Window 407
Advantages of the SIMV Mode 410
Disadvantages of SIMV Mode 412
Indications for the SIMV Mode 413
Contraindications of SIMV 413

31. Pressure Support Ventilation 414
Principle of Pressure Support Ventilation (PSV) 414
Interactive Modes or Support Modes 418
Classification of PSV 419
Components of a Pressure Support Breath 420
Goals of Setting Adequate Pressure 423
Extra Safety Mechanism 426

Physiological Effects of PSV 426
Rationale of Using PSV 428
Principle for Conditioning of Respiratory Muscle 432
Contraindication of PSV 432
Current Approaches to the Clinical Applications 432
Clinical Uses 433
Precautions for Selecting PSV 436
Advantages of PSV 436

32. Volume Support Ventilation 437
Special Features of Volume Support 438
Ventilatory Parameters 438
Alarms for Volume Support 440
Benefits and Risks 441

33. Biphasic Positive Airway Pressure Ventilation 442
Schematic View of BiPAP Principles 443
Special Features of BiPAP 445
Modes of Total and Partial Ventilatory Support by BiPAP 446
Ventilatory Parameters with BiPAP Ventilation 451
Output Variables of BiPAP 452
Clinical Effects of IPAP and EPAP 453
Setting of Various Parameters in BiPAP Mode 453
Differentiation between Oxygenation Problems and Impairment of Ventilation 458
Principles of Ventilation with BiPAP in Oxygenation Failure 459
Principles of Ventilation with BiPAP in Ventilation Failure 460
Summary to Improve Oxygenation 463
Summary to Improve Ventilation 464
Summary 465
Bi-Vent/Bi-Level Mode 33.24 466

34. Pressure Regulated Volume Control Mode 468
Components of Pressure Regulated Volume Control Ventilation (PRVC) Mode 468
Special Features 468
Ventilator Parameter 469
Strength of PRVC 472

35. Autoflow/Automode 474
Autoflow: Interactive Ventilation 474
Trigger Timeout 476

36. Continuous Positive Airway Pressure and Extrinsic Positive End-expiratory Pressure 477
Factors Essential for Keeping the Small Airways Open 477

Effects of Increased Elastic Recoil of Lung 479
CPAP/PEEP 481
Effects of External PEEP on Various Systems 482
Pulmonary Effects 482
Cardiovascular Effects 489
Non-cardiorespiratory Effects of PEEP 497
Mechanism of Application of PEEP/CPAP 506
Current Recommendations to Set PEEP Levels 507
Commonly Used Techniques for Setting PEEP 508
Common Monitoring of CPAP/PEEP Therapy 510
Evaluation of Response to PEEP and CO_2 Exchange 513
Indications for PEEP 514
Use of PEEP in Various Clinical Conditions 516
Contraindications of PEEP 520

37. Intrinsic Positive End-expiratory Pressure 521
Pathogenesis of Intrinsic PEEP 521
Monitoring Occult PEEP 522
Consequences of Occult PEEP 525
Sensitivity Setting to Trigger Breath in Presence of Auto PEEP 526
Predisposing Factors for Occult-PEEP 528
Ventilatory Factors that Promote Hyperinflation Leading to Auto-PEEP 528
Ventilatory Strategies to Limit End-expiratory Alveolar Volume and Pressure 528

38. Interpretation of Scalar Graphics of Mechanical Ventilation 533
How Graphics Helps 533
How to Read Scalar Graphics 534
Flow Scalar 535
Pressure Scalar 543
Volume Scalar 552

PART VI Ventilatory Strategy

39. Applications of Basic Principles in Respiratory Failure 561
Types of Respiratory Failure 561
Clinical Features of Acute Respiratory Failure 568
Indications of Respiratory Support 570
Modified Goals of Mechanical Ventilation 572
How to Start Mechanical Ventilation 572
Summary of Management of Respiratory Failure 576

40. Ventilatory Management of Severe Asthma 577
Pathophysiology and Clinical Presentation of an Acute Asthma Attack 577
Clinical Assessment of Dynamic Hyperinflation 579
Indications for Intubation and Ventilation 581
Anaesthetic Management for Ventilating Patient 582
Drugs Used to Facilitate Intubation 583
Sedation in ICU 584
Initial Goals of Mechanical Ventilation 586
Strategy of Ventilator Management in Severe Asthmatics 586
Initial Ventilator Settings in Patients with Severe Asthma 589
Use of NPPV (Non-invasive Positive Pressure Ventilation) in Asthma 594
Monitoring 594
Weaning 596
Pharmacological Strategy in Severe Asthma 596

41. Ventilatory Management of Chronic Obstructive Pulmonary Diseases 607
Pathogenesis 607
Important Clinical Manifestations in Exacerbation of COPD 608
Indications for Ventilation 611
Strategy for Chronic Airflow Limitation 612
Non-invasive Mechanical Ventilation (NIMV) 612
Ventilatory Settings 616
Role of Extrinsic PEEP in COPD Patient 618
Goals of Pharmacological Strategy in COPD 619
Timing for Tracheostomy 621
Weaning Strategies 621
Challenges in Ventilating COPD 622

42. Ventilatory Strategy for ARDS 624
Berlin ARDS Definition 2012 625
Normal Fluid Dynamics within Lungs 626
Diagnostic Dilemmas 632
Pathophysiological Features Relevant to Ventilatory Support 634
Consequences of Parenchymal Lung Injury 635
Investigations 637
Indications of Ventilatory Support 638
General Guidelines for Ventilatory Management in ARDS 638
Ventilatory Strategies used in ARDS 641
Types of Mode which can be used in ARDS 642
Ventilatory Settings in ARDS 646
Ventilatory Parameter for Preventing Iatrogenic Injury 653

Therapeutic Adjuncts to Mechanical Ventilation in ARDS 654
Prone Positioning 659
Other Measures which Help Outcome 660
Anti-MODS (Multiple Organ Dysfunction Syndrome) Monitoring 661
Specific Therapies 662
Outcome of Parenchymal Respiratory Failure 666
NIH NHLBI ARDS Clinical Network Mechanical Ventilation Protocol Summary 667

43. Ventilatory Strategy for Traumatic Brain Injury 671
Cerebral Autoregulation 671
Definition of Brain Injury 673
In General, TBI is divided into Two Discrete Periods: Primary and Secondary Brain Injury 674
Guidelines for the Management of Severe Traumatic Brain Injury 674
Goals of Ventilatory Strategy in Head/Brain Injury 675
Indications for Intubation and Mechanical Ventilation in Head/Brain Injury 675
General Principles of Management 676
Recent Advances in Therapeutic Hyperventilation 677
Brain-Lung Cross Talk: Role of Systemic Inflammatory Response 678
Principle of Balanced Ventilation Strategy in Severe TBI with ALI or ARDS 679
Ventilator Parameters 680
Use of High Frequency Oscillatory Ventilation (HFOV) in TBI 683
Patient with Abnormal Ventilatory Pattern 684
Monitoring of TBI patient 684
Analgesia, Sedation and Paralysis 685
Weaning from Severe Head Injury 686
Summary 686

44. Ventilatory Strategy for Neuromuscular Diseases 687
Neuromuscular Disease Associated with Respiratory Impairment or Failure 687
Anaesthetic Significance of Ascending Paralysis 688
Indications for Initiation of Mechanical Ventilation 689
Subjective Symptoms of Progressive Respiratory Failure 690
Goals of Mechanical Ventilation in Chronic Neuromuscular Disease 693
Mode of Ventilation 693
Role of PEEP 694
Role of Non-invasive Ventilation (NIV) for Chronic NMD 694

45. Weaning from Mechanical Ventilation **698**
Liberation/Weaning 698
Misconception Regarding Weaning 700
Common Criteria of Weaning 700
Primary Goals of Weaning 701
Classification of Patients with Weanability 702
Various Criteria Used for Assessing Readiness to Wean/Weaning Indices/Predictor of Success 705
Measures of Respiratory Muscle Load 713
Combined Weaning Indices 714
Spontaneous Breathing Trial (SBT) 715
Techniques of Weaning 717
Methods of Discontinuing Mechanical Ventilation 718
Cuff Leak Test 729
Tracheostomy 730
Failed Extubation 731
Difficult to Wean 735

Abbreviations *739*

Index *745*