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Tracing best PEEP by applying PEEP as a RAMP

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Abstract *Objective:* The aim of this study was to show the feasibility of a slow, continuously increasing level of positive end-expiratory pressure (PEEP) (ramp manoeuvre) in selecting best PEEP and to evaluate whether best PEEP, as defined by maximal oxygen transport, coincides with best systemic arterial oxygenation or best compliance.

Design: In 11 anaesthetized piglets, PEEP was increased between 0 cmH₂O (zero end-expiratory pressure; ZEEP) and 15 cmH₂O (PEEP₁₅) with a constant rate of 0.67 cmH₂O · min⁻¹. This ramp manoeuvre was performed both under normal conditions and after induction of an experimental lung oedema. During the ramp manoeuvre, haemodynamic and pulmonary variables were monitored almost continuously.

Results: During the rise in PEEP, cardiac output declined in a non-linear way. In the series with normal

conditions, best PEEP was always found at ZEEP. In the series with experimental lung oedema, best PEEP, as defined by maximum oxygen transport, was found at PEEP₁₋₆, as defined by maximal compliance, at PEEP_{7,5} and by maximal arterial oxygen tension (PaO₂) at PEEP₁₀₋₁₄.

Conclusions: Best PEEP according to oxygen transport is lower than best PEEP according to compliance and PaO₂; the use of PEEP as a ramp might prevent unnecessarily high levels of PEEP.

Key words (Best) PEEP · Haemodynamics · Oxygen transport · Pulmonary edema

Introduction

Mechanical ventilation with positive end-expiratory pressure (PEEP) is still the usual therapy for patients with the acute respiratory distress syndrome. Since the paper by Ashbaugh et al. [1], many others have demonstrated the beneficial effect on arterial oxygen tension (PaO₂) [2–7]. PEEP leads to the augmentation of an abnormally low functional residual capacity (FRC) [4, 7–9]. This increase in FRC is due to recruitment of collapsed alveoli [6, 7, 10], or to hyperinflation [7, 11].

Care should be taken when applying PEEP, because the latter mechanism increases the risk of barotrauma. Furthermore, PEEP may have a negative effect on cardiac output, because it decreases venous return to the heart through an increase in right atrial pressure [12, 13].

As oxygen transport is the product of the oxygen content of arterial blood and cardiac output, it will be obvious that a decrease in cardiac output will counteract the beneficial effect of PEEP on arterial oxygen content. The PEEP level, where oxygen transport is maxi-

mal, has been called "best PEEP" [5]. Because of the negative influence on the circulation and the risk of barotrauma, "best PEEP" should be as low as possible [14]. Others stress the importance of preventing the collapse of recruited alveoli ("keep the lung open") as a means of preventing lung damage caused by mechanical ventilation [15]. These different goals can result in different "best PEEP" levels. Because the ultimate goal is the delivery of oxygen to the tissues, we chose maximal oxygen transport as the end-point for best PEEP. Suter et al. [5] found that the PEEP level of maximum oxygen transport coincided with the highest compliance.

In previous papers [16–18], the haemodynamic responses to PEEP, applied as a ramp in time, were found to be non-linear in piglets. Cardiac output and aortic pressure decreased in three phases, with the sharpest decline with a PEEP between 3 and 10 cmH₂O (phase II). These non-linear responses were attributed to a combination of three mechanisms. Firstly, to a linear decrease in venous return, caused by the rise in intrathoracic pressure and the concomitant rise in central venous pressure (CVP), secondly, to cardiovascular compensatory mechanisms, evoked by the fall in arterial pressure [16], and thirdly, to a lung stretch depressor reflex (phase II), inducing systemic vasodilatation and a decrease in heart rate [17]. When PEEP is applied in steps, followed by blood gas analysis and cardiac output determination, which is the usual practice, such non-linearity might be missed. This might result in a higher best PEEP level than necessary. The objective of this study in piglets was to evaluate the haemodynamic and pulmonary responses as a function of PEEP during conditions of experimentally induced pulmonary oedema. To be maximally informed on the haemodynamic changes due to PEEP at all levels between 0 and 15 cmH₂O, we applied PEEP as a continuous rising function, as a ramp. A previous study [16] has shown that cardiac output and CVP follow this PEEP ramp closely and that these variables do not change during interruptions of the ramp at different levels of PEEP.

Besides tracing best PEEP in terms of oxygen transport, the purpose of this study was to evaluate whether indicators, other than oxygen transport, could be used to identify this best PEEP level during the continuous rise in PEEP.

Materials and methods

All experiments were performed according to the *Guide for the Care and Use of Laboratory Animals*, published by the National Institutes of Health (NIH publication 85-23, revised 1985) and approved by the Animal Care Committee of Erasmus University Rotterdam, The Netherlands.

Eleven piglets (5–7 weeks old, 7–11 kg) were anaesthetized with pentobarbital sodium (30 mg · kg⁻¹ intraperitoneally) and placed in the supine position. Rectal temperature was maintained

at about 38°C on a thermocontrolled operating table. A tracheostomy was performed. Anaesthesia was maintained by a continuous intravenous infusion of pentobarbital 7.5 mg · kg⁻¹ · hr⁻¹. The animals were paralysed with d-tubocurarine (0.1 mg · kg⁻¹) administered over a period of 3 min followed by a continuous infusion of 0.2 mg · kg⁻¹ · h⁻¹ to avoid spontaneous breathing during the experimental procedures. The animals were ventilated with room air with a volume ventilator with a sinusoidal inspiratory flow pattern and an inspiratory : expiratory ratio of 4 : 5. The respiratory rate was 10 breaths · min⁻¹ and the tidal volume was adjusted to an arterial CO₂ tension (PaCO₂) between 38 and 45 mmHg. Tidal volume was then kept constant during the experiment.

Two polyethylene catheters were inserted into the right common carotid artery: one, a double-walled injection catheter (1.14 mm i.d.), was placed with the tip 2.5–3.0 cm beyond the aortic valve into the left ventricle, the other (1.14 mm i.d.), with a thermistor at its tip, was positioned in the aortic arch near the origin of the brachiocephalic artery. A flow-directed pulmonary artery catheter (5 F) was inserted via the right internal jugular vein into the pulmonary artery. A four-lumen catheter (7 F) was placed through the right internal jugular vein in the superior caval vein at the level of the right atrium for the administration of anaesthetics, muscle relaxants and fluids and for CVP measurement. Loss of blood was compensated for with 6% dextran (Macrodex).

Measurements

Airway pressure was measured in a short, wide-bore (i.d. 8 mm) tracheal cannula. Mean aortic pressure (MAP), mean pulmonary artery pressure (MPAP) and CVP were also continuously monitored. Cardiac output was determined by both the thermodilution technique and the direct Fick method for O₂ [20]. For the estimation by thermodilution, 0.5 ml saline at room temperature was injected automatically into the left ventricle through the double-walled catheter. The injection was given at a fixed moment in the ventilation cycle about at the end of spontaneous expiration (i.e. 60% of the cycle from the beginning of inspiration), which provides, for any level of PEEP, a representative estimate of the mean cardiac output [20]. For the direct Fick method, CO₂ production and O₂ consumption were calculated from the ventilatory variables and the inspired and mixed expired CO₂ and O₂ concentrations. CO₂, O₂ and N₂ concentrations in air were measured with a mass spectrometer (Perkin-Elmer type MGA 1100). PaO₂ and PaCO₂ were measured in arterial and mixed venous blood samples of 0.5 ml by means of an automatic blood gas analyser. O₂ saturation and haemoglobin values were measured with an oximeter (Radiometer). In four animals instantaneous PaO₂ was continuously measured with a catheter provided with a Clark electrode, positioned via the carotid artery into the aorta. This PaO₂ was matched with the PaO₂ measured by the blood gas analyser.

Oxygen transport was calculated, using the formula: oxygen transport = cardiac output × oxygen content, in which oxygen content in ml per 100 ml of blood is

$$\text{SaO}_2 \times \text{Hb} \times 0.013 + \text{PaO}_2 \times 0.003 \quad (1)$$

in which arterial O₂ saturation (SaO₂) is expressed in whole numbers from 0–100, haemoglobin (Hb) in g · dl⁻¹ and PaO₂ in mmHg.

Oxygen saturation was derived from an adjusted Kelman's formula, in which oxygen saturation is a function of the partial pressure of oxygen, with adjustments for pH and partial pressure of carbon dioxide [21, 22]. This adjusted formula was derived from a separate series of experiments in pigs, in which oxygen dissociation curves were constructed.

Table 1 Control data for each series^a

	Series 1 (control): FIO ₂ = 0.21			Pre-oedema: FIO ₂ = 0.40 ZEEP	Series 2 (oedema): FIO ₂ = 0.40		
	ZEEP ₁	PEEP ₁₅	ZEEP ₂		ZEEP ₁	PEEP ₁₅	ZEEP ₂
PaO ₂ (mm Hg)	78.3 (6.5)	84.7 (7.8)*	78.9 (5.5)	156.5 (12.8)	60.3 (19.5)***	154.0 (28.3)**	58.7 (15.3)***
PaCO ₂ (mm Hg)	43.7 (1.9)	42.9 (2.5)	43.2 (1.9)	42.9 (2.5)	53.2 (4.2)***	44.4 (3.4)**	50.9 (4.0)***
CO (Fick) ml · s ⁻¹ · kg ⁻¹	2.65 (0.37)	1.29 (0.25)**	2.61 (0.39)	–	2.43 (0.58)	1.20 (0.21)**	2.12 (0.63)*

* $p < 0.01$ and ** $p < 0.001$ compared to ZEEP₁ of the same series,

*** $p < 0.001$ compared to the pre-oedemic value with FIO₂ = 0.40

^a Values are means ± SD ($n = 11$) taken before the positive ramp

(ZEEP₁), during the 8-min interval (PEEP₁₅) and after the reversed ramp (ZEEP₂). Before the induction of lung oedema, FIO₂ was raised to 0.40

Experimental procedure

A control PEEP ramp was established before the induction of lung oedema (series 1). Before the ramp at zero end-expiratory pressure (ZEEP₁), cardiac output was determined by the thermodilution technique and the direct Fick method. With thermodilution, cardiac output was taken as the mean of five successive measurements. The Fick method was used to estimate cardiac output at ZEEP and at PEEP₁₅ (at 15 cmH₂O), whereas the thermodilution technique was used for the cardiac output changes during the PEEP ramp. Immediately after the control measurements at ZEEP, the end-expiratory pressure was linearly increased by moving the expiratory line at constant speed into a water seal down to 15 cmH₂O in 22.5 min. Thus PEEP was applied as a positive ramp with a velocity of 0.67 cmH₂O · min⁻¹.

During the ramp procedure, thermodilution measurements were performed at intervals of 30 s. At the same time, the mean vascular pressures over the cardiac cycle and other variables were determined at end-expiration. At the end of the positive ramp, PEEP₁₅ was maintained for 8 min. Then a reversed ramp was established with the same velocity. During maintenance of PEEP₁₅, and at ZEEP after the reversed ramp (ZEEP₂), cardiac output was determined again by both methods.

Next, lung oedema was induced by the intravenous administration of both alloxan (75 mg · kg⁻¹) [23, 24] and oleic acid (0.05 ml · kg⁻¹) [3, 25]. Cardiac output was restored to its pre-oedemic value at ZEEP with 6% dextran (Macrodex). Before the induction of lung oedema, fractional inspired oxygen (FIO₂) was raised to 0.40. After a stabilization period of 30 min, cardiac output was measured by both methods, and the same PEEP ramp procedure, positive and reversed, was carried out again (series 2).

Data analysis and statistics

The end-expiratory value of the mean CVP of each experiment during ZEEP ventilation in the initial control phase in series 1 and 2 was reset to zero. All other measured pressures were related to this zero level.

Previously, it was shown that the changes in mean CVP (Δ CVP) by PEEP are equal to the changes in mean intrathoracic pressure (Δ P_{it}) [16]. Therefore Δ CVP was used for the calculation of transmural MPAP (MPAP_{tm}) changes, with CVP reset to 0 at end-expiration at ZEEP.

With the objective of data reduction, cardiac output and the other variables corresponding in time plotted against PEEP are the means of three successive measurements. Because the measurements were performed every 0.5 min and the velocity of the PEEP ramp was 0.67 cmH₂O · min⁻¹, these mean values represent a 1-cm PEEP interval. Statistical analyses were done with Student's *t*-test for paired variables. A statistical program, Timvar

[26], was used for each animal to test for a non-linear relationship between the change in cardiac output with PEEP. This program analyses regression over time. Because PEEP increased linearly with time, cardiac output responses could be tested against PEEP. Values are presented as mean ± SD.

Results

Stability of the model

Table 1 presents the results of the steady-state measurements of the 11 experiments before the induction of lung oedema (series 1) and after the induction of lung oedema (series 2), at ZEEP₁, at PEEP₁₅, and after the reversed ramp at ZEEP₂. In each series, there was no difference in PaO₂ or PaCO₂ at ZEEP before and after the PEEP ramp procedure. Cardiac output in series 1 was similar at ZEEP₁ and ZEEP₂. In series 2, cardiac output, which was restored to its pre-oedemic value with dextran 9.5 ± 4.1 ml · kg⁻¹ body weight, did not return to its baseline values after the PEEP ramp procedure; a small difference ($p < 0.01$) remained.

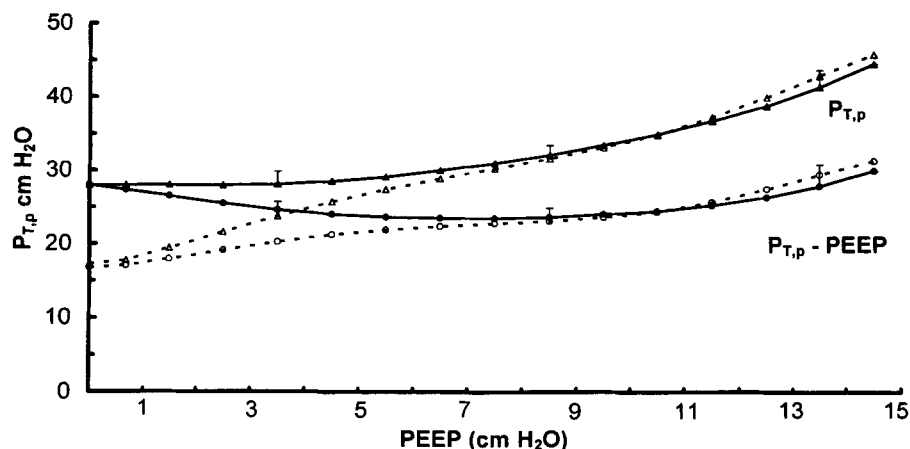
In series 1, there was a small but significant ($p < 0.01$) increase in PaO₂ at PEEP₁₅, compared to ZEEP. PaCO₂ was not influenced by PEEP in series 1. Before the induction of lung oedema FIO₂ was increased to 0.40, which resulted in a large increase in PaO₂, while PaCO₂ remained stable. After the induction of oedema, PaO₂ decreased, and PaCO₂ increased significantly ($p < 0.001$) compared to the pre-oedemic values at FIO₂ = 0.40.

At PEEP₁₅ in series 2, PaO₂ and PaCO₂ were significantly increased and decreased, respectively ($p < 0.001$), compared to the values at ZEEP₁ and were restored to their pre-oedemic values.

Ramp procedures

In series 1, tracheal peak pressure (P_{T,p}) (Fig. 1) increased over the whole range of PEEP. In series 2, P_{T,p} was significantly ($p < 0.02$) higher compared to the corresponding values for series 1 up to PEEP_{5.5}. Above

Fig. 1 Tracheal peak pressures $P_{T,p}$ triangles and tracheal peak pressures minus PEEP $P_{T,p} - PEEP$, circles in series 1 dashed lines, open symbols and series 2 solid lines, closed symbols during the positive PEEP ramp. Values are means \pm SD: $n = 11$



PEEP_{5,5}, the peak pressures were not significantly different from series 1. When the PEEP level was subtracted from the tracheal peak pressure ($P_{T,p} - PEEP$), this pressure difference increased over the whole range of PEEP in series 1 (Fig. 1). But in series 2, $P_{T,p} - PEEP$ declined significantly up to PEEP_{7.5 \pm 1.5} ($p < 0.01$) and increased above PEEP_{7.5}.

Cardiovascular responses

The cardiac output measured by thermodilution yielded a non-linear relation with PEEP (Fig. 2A). By means of regression analysis the response can be divided into three parts: phase I from ZEEP to PEEP₃, phase II from PEEP₃ up to PEEP₁₀ and phase III from PEEP₁₀ up to PEEP₁₅. During phase II there is a significantly ($p < 0.05$) sharper decline in cardiac output compared with that during phases I and III. There were no differences in cardiac output between the two series (Fig. 2A). MAP also decreased over the three phases, with the sharpest decline in phase II, with no significant differences between the two series (Fig. 2B).

In series 1, MPAP_{tm} did not change. In series 2, MPAP_{tm} was significantly higher over the whole range of PEEP compared to series 1 ($p < 0.01$). In series 2, MPAP_{tm} at end-expiration decreased up to PEEP_{7.5} and remained constant during a further increase of PEEP.

CVP at end-expiration increased nearly linearly with PEEP in series 1. In series 2, mean CVP at ZEEP was 2 mm Hg higher, but was reset to 0 for each animal individually (Fig. 2D). From ZEEP to PEEP_{8.5}, the increase in CVP with PEEP was significantly less in series 2 compared to the control group ($p < 0.05$). At PEEP values higher than PEEP_{8.5}, the increase of CVP was similar in both groups.

Oxygen transport

Four animals with continuous PaO₂ measurements showed a similar cardiac output response to the application of PEEP as the whole group. In these four animals, PaO₂ decreased after the induction of lung oedema. This decrease was not uniform; in two animals, PaO₂ decreased substantially (to 35 and 38 mm Hg, respectively), whereas in the other two animals the decrease was moderate (to 63 and 67 mm Hg). In all animals, PaO₂ increased with PEEP (Fig. 3A).

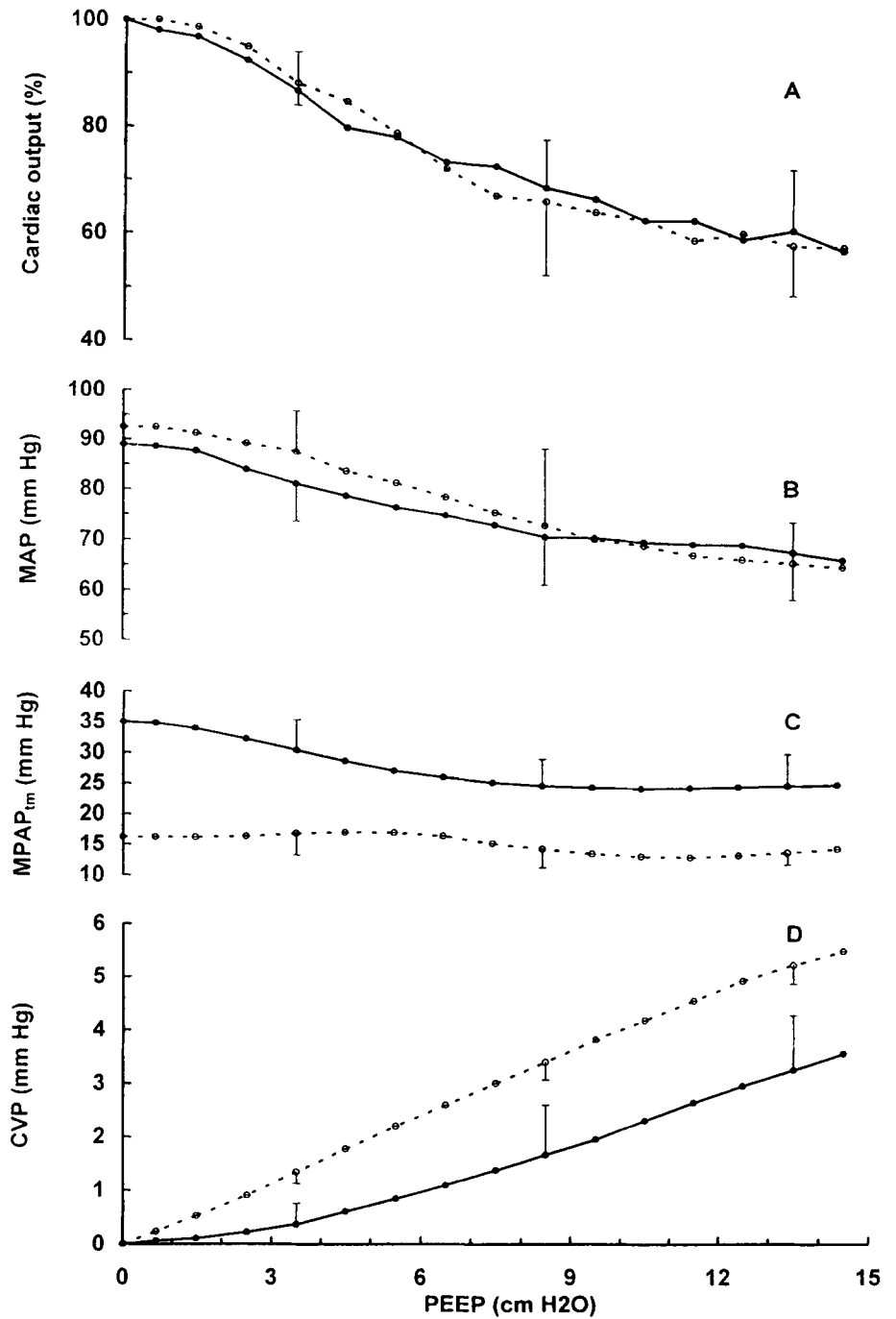
The effect of PEEP on oxygen transport in these individual animals is shown in Fig. 3B. Oxygen transport in the two animals with the higher PaO₂ did not benefit from PEEP, but in the two animals with the initial low PaO₂, PEEP clearly improved oxygen transport.

Discussion

The animal model

In both series, gas exchange before and after the PEEP ramp was identical. In series 1, cardiac output returned to baseline values after the reversed ramp. In series 2, a small difference remained between cardiac output values at ZEEP₁ and ZEEP₂ (Table 1), but this was regarded as physiologically insignificant. Therefore, it is reasonable to suppose that the animal model was satisfactorily stable for this study. The stability of this animal model has been confirmed by other studies [16, 25, 27], and indicates that the effects of PEEP are reversible. Stable cardiac outputs were found during periods of arrested PEEP at the same velocity of the PEEP ramp [16]. Also, CVP was adapted at this speed. These results indicate that the control mechanisms of cardiac output are adapted completely at the applied velocity of 0.67 cmH₂O · min⁻¹. How-

Fig. 2 Haemodynamic variables during the positive PEEP ramp. Series 1: preoedema *dashed lines*; series 2: oedema *solid lines*. **A** Cardiac output relative to the cardiac output at ZEEP. **B** Mean aortic pressure *MAP*. **C** Mean transmural pulmonary artery pressure at end-expiration *MPAP_{tm}*. **D** Change in mean central venous pressure at end-expiration Δ *CVP*. Values are means \pm SD; $n = 11$



ever, $MPAP_{tm}$ decreased during the first 15 min [16]. This delayed vascular response was ascribed to either a decrease of hypoxia in atelectatic regions, or to vasoactive influences. Peak airway pressure also decreased during the first 15 min after the arrest in PEEP, which was ascribed to either diminished recoil forces in the pulmonary tissue or a decrease in atelectatic regions, or both [16].

Cardiac output and aortic pressure

This study confirms earlier results that individual responses of cardiac output and aortic pressure to PEEP, applied as a ramp, are non-linear, characterized by three phases [16–18]. Although the averaged response curve has the same three-phase pattern, it is smoothed due to individual differences, especially to the differences in

the PEEP range and steepness of phase II. Thus, the mechanisms, to which we attributed this non-linearity, compensating cardiovascular reflexes and the lung stretch depressor reflex [16], were operative in both the control and oedema series. In clinical practice, the fall in cardiac output and systemic arterial pressure will be compensated for by intravascular volume expansion and by infusion of inotropic drugs. The aim of this animal study was to evaluate the physiological variables without these interventions.

Central venous pressure

In series 1, CVP rose nearly linearly with PEEP. Because changes in CVP equal changes in P_{it} [16], one might conclude that the non-oedematous lungs were expanded by PEEP. After the induction of lung oedema, mean CVP at end-expiration was increased with 2 mmHg. It can be hypothesized, that the total lung volume (fluid + air) was increased by the induction of oedema, resulting in a higher intrathoracic pressure. The increase in CVP at ZEEP might also be explained by a rise in right ventricular afterload [28], because mean pulmonary artery pressure markedly increased, probably as a result of the lung oedema and vasoconstriction [19]. However, the lower increase in CVP during the PEEP ramp contradicts right ventricular failure due to an increased right ventricular afterload. Moreover, in a former study, the increase in CVP in hypervolaemic animals during the PEEP ramp was similar compared to a control series, while $MPAP_{tm}$ in the hypervolaemic animals was markedly increased [18]. Thus, the increase in CVP is caused by an increase in lung volume and not by an increase in right ventricular afterload.

The lower increase in CVP in the oedema series up to $PEEP_{8.5}$ can be explained by decreased lung compliance. This will impair lung expansion, resulting in a smaller increase in P_{it} and, consequently, in CVP [16]. Above $PEEP_{8.5}$, the change in CVP was similar for the control and lung oedema series (Fig. 2D). In both series, we think that an increase in CVP was caused by an increase in lung volume and thus in P_{it} . Using the deflection point (i.e. the PEEP value from which the rise in CVP in series 2 paralleled that in series 1) as an indicator for best PEEP, best PEEP in the oedema series, derived from the change in CVP, is at $PEEP_{8.5}$.

Gas exchange

The decrease in PaO_2 and the increase in $PaCO_2$ after induction of pulmonary oedema is the result of intrapulmonary shunting and ventilation-perfusion mismatch. The increase in PaO_2 with PEEP in these animals is a typical phenomenon and is attributed to recruitment of

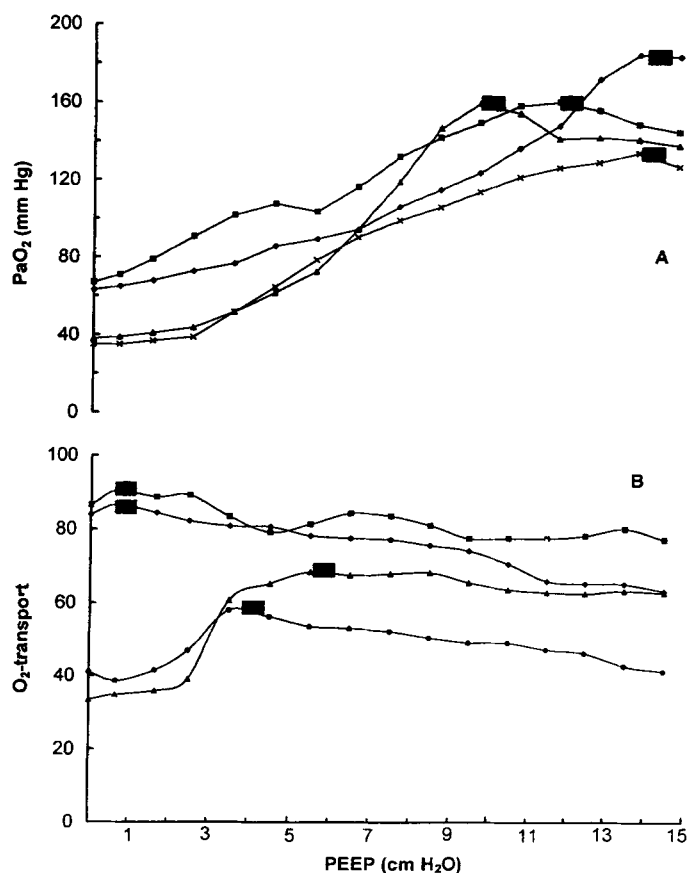


Fig. 3 Series 2 (oedema): four animals with continuous PaO_2 measurement. **A** PaO_2 in the individual animals during the positive ramp. **B** Oxygen transport in the individual animals during the positive ramp, in arbitrary units. PaO_2 : ■ 67, ◆ 63, ▲ 38 and ● 35 mmHg at ZEEP₁. Black rectangles "best PEEP" (see text)

collapsed alveoli, reducing this shunt [6, 7, 10]. Normalization of the $PaCO_2$ with PEEP in the oedema group also indicates a restoration of alveolar ventilation. In the oedema series, best PEEP, defined according to maximal PaO_2 [29], was found at $PEEP_{10-14}$ (Fig. 3 A).

Tracheal peak pressure

We ventilated the animals with a sinusoidal flow pattern with a fixed volume (co-sinusoidal volume pattern), i.e. with an airflow of zero at both the beginning and end of inflation. At these times, the airway resistance part of the tracheal pressure (flow \times resistance) equals zero, and only the compliant part of the pressure remains. Therefore, the difference between the pressures at the end of inflation and the end of expiration is a measure of lung compliance.

P_{Tp} in the pre-oedema group rose during the whole PEEP ramp. This could indicate overstretching of al-

ready ventilated alveoli. In the oedema group, the higher $P_{T,p}$ at the same tidal volume indicates an increased stiffness of the lungs. During the PEEP ramp, $P_{T,p}$ remained constant up to PEEP₄, followed by a slight increase up to PEEP_{7.5}. This rise was less than the applied PEEP. Thus, $P_{T,p}$ minus PEEP declined up to PEEP_{7.5}, implicating an increase in compliance due to recruitment of alveoli. We ascribe the increase in $P_{T,p}$ - PEEP above PEEP_{7.5} to a stretching of ventilated alveoli. Therefore, according to the $P_{T,p}$ - PEEP, mean best PEEP should be at PEEP_{7.5}.

Oxygen transport

Because in series 1 the rise in PaO₂ with PEEP hardly increased oxygen content (Formula 1) while cardiac output decreased with PEEP, oxygen transport decreased with PEEP. Thus, in the pre-oedema series, under the conditions of controlled ventilation with room air, best PEEP is at ZEEP.

In the two animals with lung oedema and continuous PaO₂ measurements with the lowest PaO₂ at ZEEP, best PEEP was found at PEEP₅₋₆ (Fig. 3B). In the other two

animals, in which the PaO₂ decrease had been moderate (Fig. 3A), best PEEP was observed at a lower level of PEEP (Fig. 3B). This difference in best PEEP levels is mainly due to the shape of the oxygen saturation curve. Raising PaO₂ when PaO₂ is near normal already, which was the case in two animals with lung oedema and continuous PaO₂ measurements, hardly influences oxygen content.

In conclusion, best PEEP, according to maximal PaO₂, was found at PEEP₁₀₋₁₄. However, best PEEP, derived from compliance ($P_{T,p}$ - PEEP), and from the rise in CVP, was observed at PEEP_{7.5} and at PEEP_{8.5}, respectively. Best PEEP, in terms of oxygen transport, was observed at even lower levels, at PEEP₁₋₆. Searching for best PEEP by the continuous measurement of arterial PaO₂, or oxygen content, and cardiac output is not an easy task in a clinical setting. In addition, the fall in cardiac output and systemic arterial pressure is often counteracted by intravascular volume expansion and by the infusion of inotropic drugs. Even then, the application of PEEP as a ramp procedure might be advisable, as cardiac output remaining constant, maximum oxygen transport coincides with maximum oxygen content.

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