Ethical limits for noninvasive ventilation prescription

Limites éticos para a prescrição de ventilação não invasiva

To the Editor:

Non-Invasive Ventilation (NIV) is the treatment of choice in acute respiratory failure (ARF) related to Chronic Obstructive Pulmonary Disease exacerbation and Acute Cardiogenic Pulmonary Edema. It has also demonstrated good results in a set of other consensual and systematized pathologies. In addition NIV has been used as an alternative for ARF in situations where there is no legitimate benefit from them could be considered ethically reprehensible because, as a consequence, treatment may not be available for those who would benefit. NIV can on occasions contribute to a patient’s comfort, when combined with other measures (like administration of morphine) in the appropriate institutions, but not in hospital emergency room.

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Arterial Blood Gas (ABG) parameters evolution.</th>
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<tbody>
<tr>
<td>Parameters</td>
<td>Baseline</td>
</tr>
<tr>
<td>pH</td>
<td>7.31 ± 0.18</td>
</tr>
<tr>
<td>PaCO₂ (mmHg)</td>
<td>58.3 ± 25.0</td>
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<tr>
<td>PaO₂/FiO₂</td>
<td>187.9 ± 60.2</td>
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</table>

NIV, non-invasive ventilation.

NIV was administered to one patient despite a lack of RF criteria. The average PaO₂/FiO₂ ratio was 187.9 ± 60.2, and average PaCO₂ was 58.3 ± 25.0 mmHg. Seven patients presented acidosis (average pH: 7.19 ± 0.13): mixed in 4 cases, respiratory in 2, and metabolic in one patient. The application of pressure support ventilation of 11.4 ± 2.8 cmH₂O, with 50.4 ± 21.7% FiO₂ led to improved pH, PaO₂/FiO₂ and PaCO₂ but showed no statistical significance (Table 1). After 3.0 ± 4.2 days of NIV 13 of the 15 patients died. None of the 10 patients capable of assessing the efficacy subjectively referred relief of dyspnea.

In conclusion, we do not consider it appropriate to use NIV in situations where there is no legitimate justification. On the contrary: it is an inefficient and costly approach and often leads to misperceptions about end of life management. With our limited public health resources providing differentiated treatments to those who do not benefit from them could be considered ethically reprehensible because, as a consequence, treatment may not then be available for those who would benefit. NIV can on occasions contribute to a patient’s comfort, when combined with other measures (like administration of morphine) in the appropriate institutions, but not in hospital emergency room.

References

Towards a 100% smoke-free Portugal: No more delays

Para um Portugal 100% livre de tabaco: Sem mais demoras

We read with the greatest of interest the study by Paradela et al., 2013 assessing self-reported exposure (e) to second-hand smoke (SHS) in private/public enclosed settings. Although only a regional survey, it is one of the few that has assessed post-ban perception about the change in SHSe. The main findings are:

- Exposure to SHS is high, significantly higher in public leisure settings where vulnerable populations such as young people should be protected by law.
- Young adults are highly exposed.
- Perceived exposure in the home and workplaces is similar to the pre-ban period.

In 2013, a similar survey conducted in Covilhã observed the same trends. Furthermore, several studies have reported: (1) high SHSe in restaurants/casinos/bars/discos/mental health services; (2) patchy compliance with the ban, especially in settings which allow exemptions; (3) poor ban enforcement (non-published research: Calheiros et al., 2010; Ravara et al., 2012; Reis et al., 2011). Moreover, Portuguese children’s exposure to SHS is high; one of the highest in the EU (non-published research: Reis et al., Democophes 2012), several studies have reported low motivation to quit, few attempts at giving up, and an increasing prevalence among youth and females. These indicators mirror the failure of tobacco control policies enacted by successive governments/legislators. At the moment, the Portuguese government is about to revise the smoke-free policy (SFP). The government has publicly announced its intention to pass a 100% SFP. However, an 8 years moratorium has been proposed for hospitality venues, allowing smoking and assisted ventilation. In: Simonds AK, editor. Non-Invasive Respiratory support a practical handbook. 3rd ed. London: Hodder Arnold ND Hachette UK Company; 2007. p. 345–54.

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References