Does Airway Pressure Release Ventilation Offer Important New Advantages in Mechanical Ventilator Support?

Timothy R Myers RRT-NPS and Neil R MacIntyre MD FAARC

Introduction
Pro: APRV Is an Important New Innovation
   Conceptual Advantages
   Clinical Evidence Supporting the Use of APRV
Con: APRV Has Not Yet Proven to Be an Important Innovation
   Does APRV Really Improve Gas Exchange and Lung Mechanics?
   Does APRV Prevent—or Could It Promote—Ventilator-Induced Lung Injury?
   Does APRV Enhance Spontaneous Breaths, Compared to Other Mechanical Ventilation Approaches?
   Can APRV Be Standardized to Allow Consistent Application Across Multiple Caregivers for a Given Patient?
   Do Clinical Trials Indicate Better Outcomes With APRV?

Summary

Airway pressure-release ventilation (APRV) is a mechanical ventilation strategy that is usually time-triggered but can be patient-triggered, pressure-limited, and time-cycled. APRV provides 2 levels of airway pressure (P_high and P_low) during 2 time periods (T_high and T_low), both set by the clinician. APRV usually involves a long T_high and a short T_low. APRV uses an active exhalation valve that allows spontaneous breathing during both T_high and T_low. APRV typically generates a higher mean airway pressure with a lower tidal volume (V_T) and lower positive end-expiratory pressure than comparable levels of other ventilation strategies, so APRV may provide better alveolar recruitment at a lower end-inflation pressure and therefore (1) decrease the risk of barotrauma and alveolar damage in patients with acute lung injury or acute respiratory distress syndrome (ALI/ARDS), and (2) provide better ventilation-perfusion matching, cardiac filling, and patient comfort than modes that do not allow spontaneous breaths. However, if the patient makes a spontaneous breath during T_high, the V_T generated could be much larger than the clinician-set target V_T, which could cause the end-inflation transpulmonary pressure and alveolar stretch to be much larger than intended or produced in other ventilation strategies. It is unknown whether a patient’s inspiratory effort (and consequent larger V_T) can damage alveoli in the way that mechanically delivered, positive-pressure breaths can damage alveoli in ALI/ARDS. Other ventilation modes also promote spontaneous breaths, but at overall lower end-inflation transpulmonary pressure. There is a dearth of data on what would be the optimal APRV inspiratory-expiratory ratio, positive end-expiratory pressure, or weaning strategy. The few clinical trials to date indicate that APRV provides adequate gas exchange, but none of the data indicate that APRV confers better clinical outcomes than other ventilation strategies. Key words: airway pressure release ventilation, mechanical ventilation. [Respir Care 2007;52(4):452–458. © 2007 Daedalus Enterprises]
Introduction

Mechanical ventilation is utilized to provide respiratory support for patients who are incapable of maintaining adequate gas exchange unassisted. The basic goals and objectives of mechanical ventilation are well established, and the clinical challenge is to provide adequate support while avoiding lung injury and other adverse effects. Over the last 85 years, approaches to providing mechanical ventilatory support have evolved from simple mimicking of the normal respiratory pattern to applications of sophisticated flow waveforms, inflation/deflation timing, interactive capabilities, lung-recruitment techniques, and the concept of maintaining alveolar patency during exhalation with positive end-expiratory pressure (PEEP). While many of these innovations produce physiologic benefit, interestingly, only the concept of reducing tidal volume (VT) and end-inflation distending pressure has been shown to improve mortality.

Airway pressure-release ventilation (APRV) is a relatively recent innovation, first described by Stock et al in 1987, and available in the United States since the mid-1990s. APRV can be classified as a time-triggered (and potentially patient-triggered), pressure-limited, time-cycled ventilation mode (Fig. 1). In essence, APRV provides 2 levels of airway pressure (P_high and P_low) during 2 set time periods (T_high and T_low). Although most ventilators provide a wide range of potential T_high and T_low settings, APRV strategies usually involve a long T_high and a short T_low. Because of this, many think of APRV as a ventilation mode that basically sets a level of continuous positive airway pressure that intermittently time-cycles to a lower airway pressure. A feature of APRV that distinguishes it from older forms of pressure-limited long-inflation-time ventilation strategies (eg, pressure-controlled inverse-ratio ventilation) is the use of a release valve that allows spontaneous breathing during both T_high and T_low. Although these spontaneous breaths can be unsupported, pressure-supported, or supported by automatic tube compensation, most clinical experience has been with unsupported spontaneous breathing.

Pro: APRV Is an Important New Innovation

Conceptual Advantages

Much of the rationale for APRV is based on the “open lung” concept, which is a mechanical ventilation approach designed to maximize and maintain alveolar recruitment throughout the ventilatory cycle (Table 1). With APRV this is accomplished by setting P_high well above the closing pressure of recruitable alveoli. Thus, the majority of the ventilatory cycle is spent at a pressure and volume well above the lower inflection point of the pressure-volume curve. The set T_high generally maintains this pressure (and thus alveolar recruitment) for several seconds, while the set T_low is of a duration adequate to assist in CO₂ removal but not be so long as to permit substantial de-recruitment. Put another way, during the long inflation phase, recruitment is maintained, whereas during the brief release, inherent lung recoil properties facilitate ventilation and the slower-emptying alveolar compartments remain expanded through intrinsic PEEP. This “reverse” concept form of ventilation thus provides an alternative way to assist ventilation and maximize and maintain alveolar recruitment (and thereby maximize oxygenation) with substantial mean airway pressure.
VILI is produced by several mechanisms. Among the important effects on ventilator-induced lung injury (VILI), other forms of mechanical support. The ventilator pressure requirement may be less than with spontaneous breathing, the benefits of which are a reduced need for neuromuscular blockade and sedation, improved distribution of aeration to the dependent lung regions, less risk for acute respiratory distress syndrome (ARDS). One enrolled 30 mechanically ventilated trauma patients at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Another conceptual advantage to APRV over volume-controlled or pressure-controlled modes is the preservation of better ventilation distribution and ventilation-perfusion matching. These changes can have important effects on gas exchange and hemodynamics. A well-designed clinical trial addressed this issue in depth, with 35 patients. APRV with spontaneous breaths, compared to APRV without spontaneous breaths, at a comparable V̇E required lower inflation pressure and had better cardiac output, Pao2, and oxygen delivery. When APRV with spontaneous breaths was compared to pressure-support ventilation at comparable inflation pressure or comparable V̇E, APRV provided significantly better oxygenation, cardiac output, and oxygen delivery.

One crossover study compared various APRV settings and pressure-support settings in 12 patients. APRV with spontaneous breaths, compared to APRV without spontaneous breaths, at a comparable V̇E required less mechanical breaths, at a comparable V̇E required lower inflation pressure and had better cardiac output, Pao2, and oxygen delivery. When APRV with spontaneous breaths was compared to pressure-support ventilation at comparable inflation pressure or comparable V̇E, APRV provided significantly better oxygenation, cardiac output, and oxygen delivery.

Another crossover study also found better cardiac filling during APRV with spontaneous breaths than during APRV without spontaneous breaths. These cardiovascular benefits are not surprising, given the lower inflation pressure required and the negative inspiratory pressure generated by spontaneous breathing. A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Another conceptual advantage to APRV over volume-controlled or pressure-controlled modes is the preservation of better ventilation distribution and ventilation-perfusion matching. These changes can have important effects on gas exchange and hemodynamics. A well-designed clinical trial addressed this issue in depth, with 35 patients. APRV with spontaneous breaths, compared to APRV without spontaneous breaths, at a comparable V̇E required lower inflation pressure and had better cardiac output, Pao2, and oxygen delivery. When APRV with spontaneous breaths was compared to pressure-support ventilation at comparable inflation pressure or comparable V̇E, APRV provided significantly better oxygenation, cardiac output, and oxygen delivery.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Another conceptual advantage to APRV over volume-controlled or pressure-controlled modes is the preservation of better ventilation distribution and ventilation-perfusion matching. These changes can have important effects on gas exchange and hemodynamics. A well-designed clinical trial addressed this issue in depth, with 35 patients. APRV with spontaneous breaths, compared to APRV without spontaneous breaths, at a comparable V̇E required lower inflation pressure and had better cardiac output, Pao2, and oxygen delivery. When APRV with spontaneous breaths was compared to pressure-support ventilation at comparable inflation pressure or comparable V̇E, APRV provided significantly better oxygenation, cardiac output, and oxygen delivery.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Another conceptual advantage to APRV over volume-controlled or pressure-controlled modes is the preservation of better ventilation distribution and ventilation-perfusion matching. These changes can have important effects on gas exchange and hemodynamics. A well-designed clinical trial addressed this issue in depth, with 35 patients. APRV with spontaneous breaths, compared to APRV without spontaneous breaths, at a comparable V̇E required lower inflation pressure and had better cardiac output, Pao2, and oxygen delivery. When APRV with spontaneous breaths was compared to pressure-support ventilation at comparable inflation pressure or comparable V̇E, APRV provided significantly better oxygenation, cardiac output, and oxygen delivery.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.

Clinical Evidence Supporting the Use of APRV

A number of simple clinical crossover studies have looked at physiologic end points with APRV (Table 2). In general, these studies found that APRV required less applied inflation pressure and less sedation, and APRV often produced better oxygenation than other forms of mechanical ventilation. Spontaneous breathing contributed a substantial amount to the total ventilation in those study patients, so mechanical support was generally less with APRV than with the control strategy. The improved oxygenation probably reflected the substantial mean pressure generated by the prolonged inflation period and the improved distribution with spontaneous breathing.
sure-controlled time-cycled ventilation with sedation and paralysis for 72 hours. After 72 hours the pressure-controlled time-cycled ventilation group was crossed over to APRV. APRV was associated with significant increases (p < 0.05) in respiratory-system compliance, PaO2/FIO2, cardiac index, and oxygen delivery, as well as significant (p < 0.05) decreases in venous admixture shunt and oxygen extraction. In addition, patients initially ventilated with pressure-controlled time-cycled ventilation required significantly (p < 0.05) higher doses of sedation and vasopressors for hemodynamic instability. Initial APRV use significantly decreased the duration of mechanical ventilation (APRV 15 ± 2 d, pressure-controlled time-cycled ventilation 21 ± 2 d, p < 0.05) and intensive care unit (ICU) stay (APRV 23 ± 2 d, pressure-controlled time-cycled ventilation 30 ± 2 d, p < 0.05). Mortality, however, was not affected.

In a more recent randomized controlled trial, Varpula et al21 assessed the effects of the combination of spontaneous breathing in APRV versus pressure-controlled synchronized intermittent mandatory ventilation with pressure support (SIMV-PS) and prone positioning on gas exchange in 33 patients with ARDS or acute lung injury. APRV significantly improved the ratio of Pao2 to fraction of inspired oxygen (FIO2) prior to both proning episodes, compared to the SIMV-PS-group (p = 0.02). These differences, however, were not maintained during the proning episodes. Importantly, there was no difference in mortality or ICU stay.

**Con: APRV Has Not Yet Proven to Be an Important Innovation**

**Does APRV Really Improve Gas Exchange and Lung Mechanics?**

As noted above, numerous studies have purported to show better gas exchange at lower pressure with APRV than with “conventional” ventilation (see Table 2).12–17 One must be cautious in accepting these claims, however. Specifically, the control strategy in a comparison study must be carefully assessed. In many of these studies, the control strategy involved ventilator settings that included longer inspiratory time, unacceptably higher VT, or modes that required heavy sedation or paralysis. To be fair, APRV should be compared in a randomized fashion to modes and strategies that are generally accepted as providing safe and effective support, such as the ARDS Network approach.2 This has not been generally the case.

**Does APRV Prevent—or Could It Promote—Ventilator-Induced Lung Injury?**

With conventional ventilation, the standard approach to managing hypoxemia is to recruit additional lung units by raising the mean airway pressure with increases in either VT or PEEP (or both). Unfortunately, these approaches also increase the end-inflation stretch and thus increase the risk of VILI, as noted above.1,9,10 APRV uses a longer inflation duration rather than a larger VT or PEEP to recruit atelectatic lung units and thereby better match ventilation and perfusion. APRV can thus increase mean airway pressure without adding to the end-inflation stretch. Because spontaneous breaths are allowed, a lower inflation pressure may be used with APRV than with a comparable level of conventional support.

These effects of APRV have led to the notion that APRV might reduce end-inflation stretch and thus reduce VILI.4,6 It is important to remember, however, that the intrathoracic inflation pressure generated by the patient’s respiratory muscles during the spontaneous breaths will add to the end-inflation volume and stretching pressure during APRV. For example, if the set APRV inflation pressure is 28 cm H2O and the patient generates an additional 12 cm H2O for the spontaneous breath, then the end-inflation pressure across the alveolar structures (transpulmo-

---

**Table 2. Clinical Trials of APRV That Have Examined Physiologic End Points**

<table>
<thead>
<tr>
<th>First Author</th>
<th>n</th>
<th>Study Design</th>
<th>Key Findings With APRV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sydow17</td>
<td>18</td>
<td>Crossover with APRV vs volume-controlled inverse-ratio ventilation</td>
<td>Lower end-inflation airway pressure, better Pao2/FIO2, less neuromuscular blockade</td>
</tr>
<tr>
<td>Rasonen14</td>
<td>50</td>
<td>Crossover with APRV vs conventional ventilation</td>
<td>Lower end-inflation airway pressure, better Pao2/FIO2</td>
</tr>
<tr>
<td>Cane12</td>
<td>18</td>
<td>Crossover with APRV vs conventional ventilation</td>
<td>Lower end-inflation airway pressure, same Pao2/FIO2</td>
</tr>
<tr>
<td>Schultz15</td>
<td>15</td>
<td>Crossover with APRV vs SIMV</td>
<td>Lower end-inflation airway pressure, same Pao2/FIO2</td>
</tr>
<tr>
<td>Dart16</td>
<td>46</td>
<td>Crossover with APRV vs SIMV or pressure support</td>
<td>Lower end-inflation airway pressure, better Pao2/FIO2</td>
</tr>
<tr>
<td>Kaplan13</td>
<td>12</td>
<td>Crossover with APRV vs pressure-controlled inverse-ratio ventilation</td>
<td>Lower end-inflation airway pressure, less neuromuscular blockade, better oxygen delivery</td>
</tr>
</tbody>
</table>

APRV = airway pressure-release ventilation
Pao2/FIO2 = ratio of Pao2 to fraction of inspired oxygen
SIMV = synchronized intermittent mandatory ventilation

---

**Respiratory Care • April 2007 Vol 52 No 4 455**
nary stretching pressure) is 40 cm H₂O, which is a potentially injurious level.¹ The claim that APRV set pressure can be lower than conventional set pressure thus has little meaning when we think about the total end-inflation stretch in a spontaneously breathing patient.

APRV might have additional VILI effects. For example, the alveolar stresses associated with a long inflation time and/or the rapid flow reversals associated with the deflation-reinflation APRV pattern could also have a VILI effect. These have not been well studied, and until further data are available, it would seem premature to state that APRV reduces the risk of VILI—it might actually increase it. Admittedly, these concepts are hypothetical, but nevertheless they should raise at least some concern about the apparent simplicity and safety of APRV.

**Does APRV Enhance Spontaneous Breaths, Compared to Other Mechanical Ventilation Approaches?**

There is no question that allowing spontaneous patient efforts in a mechanical ventilation strategy will better distribute gas in the lung (especially to basilar lung units), improve cardiac filling, reduce the risk of ventilator-induced diaphragmatic dysfunction (atrophy), and improve comfort.⁷ The observation that adding spontaneous breaths to a ventilatory strategy such as APRV improves comfort, cardiac function, and gas exchange thus is not surprising.

However, the claim that sedation needs are less with APRV deserves further scrutiny. This claim is derived from studies that compared APRV with controlled (and often inverse-ratio) ventilation modes that usually require heavy sedation or neuromuscular blockade.⁴⁻⁶⁻¹² However, in modern ICUs, rarely is controlled ventilation, let alone inverse-ratio ventilation, utilized. Instead, assisted ventilation modes such as volume-assist or pressure-assist control or pressure support with SIMV are used in the vast majority of patients around the world.²² Indeed, in the one study where sedation needs were carefully examined during APRV versus a patient-triggered spontaneous/assisted mode (SIMV plus pressure support), the sedation needs were identical.²¹

There is also the concern that if patient efforts occur at the onset of an APRV machine inflation and/or deflation period, substantial discomfort and asynchrony can occur. While this is not a common occurrence, clinical studies have shown that it happens in a substantial number of patients.²³

**Can APRV Be Standardized to Allow Consistent Application Across Multiple Caregivers for a Given Patient?**

The “optimal” APRV settings are not known. The Δ pressure setting (VT) and respiratory rate setting are probably straightforward when focused on modest VT (6–8 mL/kg) and pH (7.20–7.35) targets. Problems come, however, in determining the best deflation time and PEEP settings. In essence, there are 2 schools of thought. First, a short deflation time that produces a long inspiratory-expiratory ratio will give a higher mean pressure, because more intrinsic PEEP is applied. This may reduce the need for applied PEEP (which may facilitate lung emptying) and has been shown to produce less spontaneous breath variability. The VT, however, will be reduced as intrinsic PEEP increases for a constant maximum applied inflation pressure. The other school of thought is to use a longer deflation time that will shorten the inspiratory-expiratory ratio and minimize the development of intrinsic PEEP. This approach requires more applied PEEP for a given mean pressure, and it appears this may produce more spontaneous breath variability. Unfortunately, there are few data to help us decide which of these approaches is optimal (or if in fact they may be equivalent).

Another unresolved question about setting up APRV is how to address hypoxemia. Specifically, should clinicians add more inflation pressure, apply more PEEP, or create more intrinsic PEEP? If the patient is hypercapnic, should the adjustment be to add more breaths (with shorter inflation times), more inflation pressure, or lengthen deflation time to reduce intrinsic PEEP? Finally, when weaning a patient, should the clinician reduce the VT, the inspiratory-expiratory ratio, or both? Perhaps one should simply just go to spontaneous breathing trials on a modest level of continuous positive airway pressure. The answers to these questions are unknown, and few data exist with which to make rational decisions.

Because of these uncertainties, clinically applying APRV is problematic. It would thus seem reasonable for institutions that want to utilize APRV to apply it in some sort of uniform way. To do this, a protocol and data-collection sheet should be developed. This will allow the ventilator “philosophy” to be carried over from caregiver to caregiver and shift to shift. Moreover, a data-collection sheet will allow clinical departments to assess protocol performance and adjust accordingly.

**Do Clinical Trials Indicate Better Outcomes With APRV?**

The ultimate challenge for proponents of any new technique such as APRV is to show better outcomes. Though physiologic improvements appeal to clinicians, it must always be remembered that sometimes the ultimate outcome of a physiologic improvement may be unacceptable. A classic example is from the low-VT study by the ARDS Network, which found that the high-VT strategy produced better oxygenation and mechanical functioning over the
first 2 days, but it ultimately produced more VILI and higher mortality.\textsuperscript{2}

With APRV there have been 2 randomized controlled trials on outcomes in patients with acute respiratory failure. The first was by Putensen et al.\textsuperscript{20} Importantly, and for unclear reasons, the control group strategy in that study required paralysis for the first 3 days. Not surprisingly then, the inflation pressure setting on the ventilator was reduced with APRV, since spontaneous breaths were allowed. However, as noted above, the actual end-inflation transpulmonary pressure and volume during the spontaneous breaths had to be higher but were unmeasured. Interestingly, $P_{O_2}$ improved slightly (but significantly) with the APRV strategy but decreased dramatically from baseline with the control strategy, for unclear reasons. Because of this need for paralysis and worsening of oxygenation, the appropriateness of the control group strategy in that study is called into serious question. The APRV group had a significantly shorter duration of ventilation, intubation, and ICU stay. However, these results must be viewed with great caution, given the problem with the control group.

The other randomized controlled trial was by Varpula et al.\textsuperscript{21} They randomized 58 ARDS patients to either APRV or a more rational control group than did the Putensen et al study,\textsuperscript{20} in that Varpula et al employed SIMV plus 10 cm H$_2$O of pressure support. Again, a lower inflation pressure was required with APRV, but recall that the spontaneous breaths during the inflation period probably raised end-inflation volume and transpulmonary pressure to an equivalent or even higher level than the control group. Importantly, this carefully done study showed similar gas exchange, sedation needs, ventilator-free days, and mortality between APRV and a clinically relevant control strategy.

The inevitable conclusion from these 2 clinical trials is that APRV does seem to supply reasonable gas exchange, but an APRV advantage in patient outcomes has yet to be demonstrated. Of note is that a recent evidence-based review gave similar low marks to the evidence in support of APRV for gas exchange or outcomes benefit.\textsuperscript{24}

**Summary**

APRV does provide a higher mean pressure with a lower $V_T$ and PEEP than do comparable levels of other forms of ventilation. Good lung recruitment thus may occur at lower levels of applied end-inflation pressure. However, because spontaneous breaths are encouraged during the inflation period, end-inflation transpulmonary pressure (stretch) will be higher than the applied inflation airway pressure and could be higher than conventional assist-control modes. The spontaneous breaths permitted during APRV improve ventilation-perfusion matching, cardiac filling, and comfort, compared to controlled ventilation. However, this can also be seen on other forms of mechanical ventilation that permit spontaneous efforts and spontaneous or assisted breaths. Though there is conceptual simplicity to APRV settings, there is no consensus or data to help resolve some of the most important questions involving inspiratory-expiratory ratio, PEEP, and weaning strategy. Finally, though the few clinical trials to date show that APRV does supply reasonable gas exchange, none have shown any meaningful clinical outcome benefit over conventional strategies.

**REFERENCES**

AIRWAY PRESSURE RELEASE VENTILATION

Discussion

Branson: The first patients we put on APRV were in 1985, and we didn’t even use a ventilator; we used a CPAP setup, a valve that went back and forth between 30 cm H2O or 10 cm H2O of CPAP. It’s clear to me that if you want to increase mean airway pressure, whether via APRV or high-frequency oscillation, compared to your PEEP-FI02 paper from the ARDS Network, you can improve oxygenation. I don’t understand why people think that’s so amazing, when you go from a PEEP of 12 cm H2O to—whether its APRV or CPAP, the end-inspiratory volume is just as important as pressure?

MacIntyre: We do that all the time. Pressure-assist control is our standard ventilation mode. It’s very easy to set the inspiratory pressure to a target Vt. If you have a very unstable patient, with unstable respiratory drive or unstable mechanics, you could consider using something like a pressure-regulated volume-controlled mode, but, in our experience, we can keep people in the target Vt range using pressure-assist-control without a whole lot of difficulty.

Pierson: But in the context of this discussion of APRV, as you pointed out, you don’t limit the Vt. You made the point that the transalveolar distending pressure is bigger than you think it is; but also that Vt is bigger than you think it is, right? Aren’t you also failing to be able to control the Vt in the context that distending volume is just as important as pressure?

MacIntyre: Distending volume is the key driver here, and, sure enough, with pressure-assist control, if you deliver a 6-mL/kg Vt on top of a PEEP, the end-inspiratory volume is the functional residual capacity plus Vt. But it’s the same thing with volume-controlled ventilation, in which the end-inspiratory volume is the functional residual capacity plus the applied Vt. The point is that you can set the inspiratory assistance to whatever level is appropriate for your Vt target.

Pierson: *In view of your statement, with which I agree completely, how do you limit Vt in a pressure-limited ventilation mode, except with a paralyzed patient?


* David J Pierson MD FAARC, Division of Pulmonary and Critical Care Medicine, Harborview Medical Center, University of Washington, Seattle, Washington.
Pierson: But my point was that the $V_T$ you were giving the patient is constant in a volume-targeted mode, whereas it is not controlled or constant with a pressure mode.

MacIntyre: Yes, volume is the dependent variable in pressure-assist control ventilation. What I’m saying, though, is that mechanics don’t change that rapidly, and patient efforts don’t change that dramatically in most ARDS patients. And if you’re concerned, then go to a volume-controlled mode. I have no problem with that. Pressure-regulated volume control will also address that very same issue, to maintain $V_T$ in the target range.

Pierson: One last quibble. In this era of mandated sedation vacations and movement away from sedation drips to bolus use, I think the patient’s level of consciousness and air hunger vary quite a bit, and more than they did in the past. So I think $V_T$ in a pressure-limited situation is, by my observation, varying more than what you imply.

MacIntyre: We can obviously argue about this until the cows come home, because neither of us has data on it. But in my institution we like the pressure-targeted modes, because they tend to require less sedation and, at least in our experience as an ARDS Network center for 10 years, we have gotten very comfortable with reasonably stable $V_T$ in the target range using pressure-targeted ventilation modes.

Kallet: A few points I want to make regarding pressure control ventilation and $V_T$ variation. We recently published a study on $V_T$ stability and work of breathing with volume-regulated and pressure-regulated modes, basically using the ARDS Network protocol. In about 40% of the patients with pressure control or pressure-regulated volume control, there was very poorly controlled $V_T$, with very large changes in esophageal pressure, but 60% of the patients—who were basically sedated to a Ramsey score of about 4 during the study—were fine. When we looked at the daily reference ventilator checks from our ARDS Network clinical quality-assurance data,2 about 20–30% of the patients were on an alternative mode. Actually the $V_T$ were pretty tight. So I think if you are at the bedside and really looking at breath-to-breath data, you sometimes can see large variations, but in patients who are kept fairly well sedated, the pressure-regulated modes appeared to work very well most of the time.

On the use of APRV for lung-protective ventilation, I agree with Neil’s position. They were originally setting this mode up with a peak pressure of 35 cm H$_2$O over a PEEP of about 5 cm H$_2$O. If you assume a representative compliance of 30 mL/cm H$_2$O, with a pressure differential of 30 cm H$_2$O, you are talking about a 900 mL volume differential with full equilibration. Even subsequently allowing for a brief release of 1–2 time constants (63–88% equilibration), you are still talking about approximately a 600–800 mL volume change!

And with these APRV studies, they almost never report the release volumes. Sure, I can put someone with ARDS on intermittent mandatory ventilation, like I did 20 or 30 years ago, give them 700–900 mL $V_T$, and let them breathe spontaneously in between. Their work of breathing is going to be better, and they are going to appear more comfortable than on assist-control with a low $V_T$. But there are other problems with some of these studies.

Putensen et al.3 for example, paralyzed people on pressure control ventilation for 3 days while the APRV cohort could breathe spontaneously from the start. And the difference in the duration of mechanical ventilation between the 2 groups was 3 days. This is just disingenuous to claim APRV is superior to assist-control modes, and clinicians need to be careful when they read such claims.

Habashi4 even claimed that his patients on APRV had a better outcome than the ARDS Network, but he works primarily with a trauma population, whereas in the ARDS Network study most of our patients had pneumonia or sepsis, which carries a higher mortality risk, and trauma patients were a minority. But if you look at the sub-studies of ARDS Network patients who had trauma, their mortality was about 11%, I think.5 Neil, you can correct me on that.


MacIntyre: They were lower.

Kallet: Yeah, so you have to be very careful. There are people who are pushing a mode, and I think you have to look very carefully and very skeptically both at study designs and interpretation.

Steinberg: One of the compelling data sets for low-$V_T$ ventilation in
acute lung injury is from Ranieri et al., who found lower pulmonary and systemic inflammatory cytokines. Has any similar work been done on APRV compared to volume control or pressure control ventilation? Because, in theory, if APRV is supposed to be more lung-protective, you would expect less inflammatory cytokines.


MacIntyre: I don’t know of any studies that have looked at cytokines in humans.

Fessler: There are 2 aspects of APRV that make me a little dysphoric. One is the patient-ventilator dysynchrony that occurs if the patient makes an inspiratory effort as the release phase begins. That’s equivalent to sucking on the airway as they attempt to inhale, and it seems like that would decrease patient comfort. The other is the claim that the brevity of the $P_{low}$ phase prevents lung derecruitment during that phase. But if 500 mL come out, then some lung regions will derecruit, and if those 500 mL come out in 0.4 seconds, they are primarily going to come out of the short-time-constant areas, so I would think that APRV would have the same or even greater tendency to derecruit and then reopen certain lung regions than any other mode.

MacIntyre: I agree. Some of the prettier pictures I’ve seen are from Nieman’s group in Syracuse. They studied inflation and deflation with in vivo microscopy, and it’s impressive how fast these alveoli can collapse when pressure is suddenly removed.