

IAP - IJPP CME 2018

HIGH FLOW NASAL CANNULA OXYGEN THERAPY - DOES IT CHANGE OUR PRACTICE?***Priyavarthini Venkatachalapathy**

Abstract: High flow nasal cannula oxygen therapy is a relatively new form of respiratory support in children that provides high flows of heated, humidified blended air and oxygen non-invasively. It is well studied in acute viral bronchiolitis and is found to reduce the need for escalation of respiratory support. Though evidence is very sparse, it is also increasingly used in other conditions of respiratory distress like pneumonia, asthma, cardiac failure, etc. Remarkable patient comfort, coupled with good safety profile, ease of use and efficacy has made high flow nasal cannula oxygen therapy a popular initial choice of respiratory support in children with moderate to severe respiratory distress, both within and outside the intensive care environment.

Keywords: High flow nasal cannula, Bronchiolitis, Respiratory distress, Respiratory support.

Points to Remember

- *Heating and humidification are the key determinants of efficacy and tolerance of HFNC.*
- *HFNC decreases the need for invasive mechanical ventilation in bronchiolitis.*
- *Improved patient comfort and tolerance are the principal reasons for HFNC being used in children with moderate to severe respiratory distress of any etiology, although evidence for its efficacy and safety are scanty.*
- *HFNC is not a replacement for invasive mechanical ventilation.*
- *Undue reliance on HFNC without repeated clinical assessments and timely escalation of care can potentially increase mortality.*

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* Consultant, PICU and ER ,
Apollo Children's Hospital, Chennai.
email: priyavarthiniv@gmail.com

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