Non-invasive ventilation (NIV) immediately after extubation reduces ventilatory failure and 90-day mortality in patients with hypercapnia

This randomised open controlled trial took place from 2005–7 in three Spanish intensive care units. The aim was to assess whether non-invasive ventilation (NIV) would prevent respiratory failure and hence reintubation, an independent risk factor for mortality, nosocomial pneumonia and length of hospital stay in patients who developed hypercapnia (arterial carbon dioxide tension >45 mm Hg) during a spontaneous breathing trial prior to extubation. The secondary end point was 90-day mortality.

One hundred and sixty-four consecutive patients were registered and 106 underwent randomisation. Fifty-four were assigned NIV (mean pressure 17/4 cm H$_2$O) immediately after extubation for a maximum of 24 h while the control group was given oxygen alone. Both groups were monitored for ventilatory failure and, if found, were either managed with reintubation or rescue NIV according to predefined criteria.

Statistically significant differences in the development of respiratory failure were found in the NIV group compared with the controls (15% vs 48%), the impact occurring within the first 24 h. There was, however, no difference in the rate of reintubation or in the length of stay in hospital or in the intensive care unit (ICU). This may have been a result of rescue NIV being deployed in both groups; 20/25 controls in respiratory failure met the criteria for rescue NIV, leading to 75% avoiding reintubation, a better outcome than in previous reports.

Although overall mortality in the ICU and hospital did not differ, 90-day mortality was significantly reduced in the NIV group, suggesting longer term benefits of NIV which cannot be explained by re-intubation avoidance alone and warrants further assessment.

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**Lung alert**

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