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Health newsfeed for Monday, April 2, 2012

HEADLINE: SMALLER BREATHS

ANCHOR LEAD: MODIFYING HOW MUCH AIR IS USED WITH EACH BREATH IMPROVES OUTCOMES IN THE ICU, ELIZABETH TRACEY REPORTS

People in the ICE who are on ventilators, or breathing machines, need to have the volume of each breath provided by the device adjusted to them individually, and this adjustment has long term benefits. That's according to research by Dale Needham and colleagues at Johns Hopkins.

NEEDHAM: What we studied was lung protective ventilation. Meaning using a ventilator, an artificial breathing machine, giving patients smaller sized breaths with smaller pressures on their lung. :11

Benefits are substantial with this approach.

NEEDHAM: We didn't understand if we applied this in the real world setting and followed patients out two years, if there would be a benefit in the real world over a prolonged period. What we found was a tremendously important benefit. :14

People whose breath volume was adjusted experienced an 8 percent reduction in mortality over two years of follow up. At Johns Hopkins, I'm Elizabeth Tracey.