High Flow Nasal Therapy Benefits

High Flow Nasal Therapy (HFNT) is a technique in which humidified and heated gas is delivered to the airways through the nose via small nasal prongs at flows that are higher than the rates generally applied during conventional oxygen therapy. The delivered high flow rates combine mixtures of air and oxygen and enable different inspired oxygen fractions.[1]

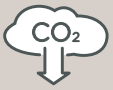
Information compiled from multiple published studies, noted below.

Physiological Benefits of HFNT[2-4]

IMPROVED
Mucociliary Clearance

REDUCED
Work of Breathing

REDUCED
Respiratory Rate



REDUCED
CO2

Benefits of HFNT Outside the ICU

Reduced escalation
- Reduced exacerbations
- Reduced exacerbation days
- Reduced hospital days

Improved quality of life
- Comfort

Improved oxygenation

Reduced hypercapnia
- Reduced CO2

Patient Groups Benefiting from HFNT

- Hypoxemic COPD on LTOT
- Hypercapnic COPD on LTOT
- COPD and/or bronchiectasis
- Hypoxemic respiratory failure

Setting & Use Summary at Home[5-9]

O2 L/min settings
- Most common around 2L/min
- Range 1 – 13L/min

Flow Rate L/Min
- Most common around 20 – 25 L/min
- Range 20 – 35L/min

Daily Use
- Most common 5 – 6H/day
- Range 2 – >7H/day

1. Cortegiani A et al. BMC Anesthesiology, 2018, 2. Crimi C et al, JCOPD, 2020, 3. Pisani L et al, Thorax, 2017, 4. McKinstry S et al, Respirology, 2019, 5. Storgaard LH et al, Int J Chron Obstruct Pulmon Dis, 2018, 6. Nagata K et al, Ann Am Thorac Soc, 2018, 7. Braunlich J et al, Int J Chron Obstruct Pulmon Dis, 2019, 8. Dodilon S et al, Ther Adv Respir Dis, 2019

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