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HEATED HUMIDIFIED HIGH FLOW NASAL CANNULA – PRACTICAL ASPECTS

***Gowrishankar NC**

Abstract: *Heated humidified, high flow, nasal cannula, oxygen therapy is a form of non-invasive respiratory support which may reduce the need for either continuous positive airway pressure or invasive ventilation. It delivers heated fully humidified mixture of air and oxygen with high flow via a non-sealing nasal interface (nasal cannula). It can be used in any condition with respiratory distress but not if there is altered sensorium, central apnea and upper airway obstruction. Escalation of respiratory support is indicated if the degree of respiratory distress remains unchanged or worsens within two hours. The complications are few. This article deals with only the practical aspects of high flow nasal cannula oxygen therapy outside intensive care settings.*

Keywords: *Oxygen therapy, Respiratory distress, High flow, Indications, Flow rate, Monitoring.*

* Head - Pediatrics and Pediatric Pulmonologist, Mehta Multispeciality Hospitals India Pvt Ltd, Chennai.

email : cugowri@yahoo.com

Points to Remember

- ***HHHFNC acts as a bridge between simple flow nasal cannula therapy and continuous positive airway pressure therapy and is increasingly used outside intensive care units.***
- ***While on HHHFNC, monitoring of heart rate, respiratory rate and oxygen saturation is mandatory.***
- ***Failure of treatment is indicated if there is no reduction in heart rate and respiratory rate in the first two hours after initiating HHHFNC.***
- ***Choosing nasal cannula size correctly is highly essential.***
- ***Use of HHHFNC in emergency room promptly reduces the need for intubation.***
- ***Flow rate based on weight is superior to the one based on age.***

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