DID YOU KNOW?

THE NEGATIVE INSPIRATORY FORCE INDEX (NIF)

What is it?
The Negative Inspiratory Force Index (NIF) measures a patient’s maximum inspiratory effort after exhaling. It is also known as the Maximum Inspiratory Pressure (MIP).

How is it measured?
The breathing circuit is closed following a manually extended expiration by the patient. The ventilator then measures the maximum inspiratory effort made by the patient. The NIF value is measured as a pressure relative to PEEP.

Why is it relevant?
The NIF indicates the probability that the patient can be weaned successfully.

Why is it helpful in improving the outcome?
Having a tool predicting the success of the weaning can decrease the risk of weaning failure. Unsuccessful weaning may prolong the length of stay in the ICU and extubation failure. Extubation failure may increase mortality rate and could lead to prolonged patient care and increased costs.