

DID YOU KNOW?



P0.1

What is it?

P0.1 stands for the negative pressure at the start (first 100 ms) of spontaneous inspiration.

How is it measured?

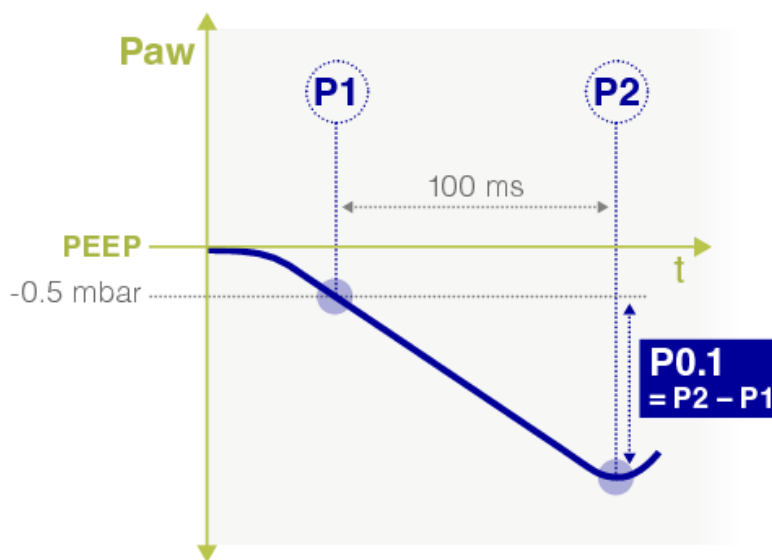
The inspiratory valve is closed after one expiration and measures the airway pressure produced by the patient's inspiratory effort during 100 ms.

P1

The interval starts when a negative pressure of -0.5 mbar (-0.5 cmH₂O) below PEEP/CPAP is measured during the inspiratory effort. The inspiratory valve is closed.

P2

After 100 ms, the second pressure value is determined and the inspiratory valve is opened.



3–4 mbar: patient with healthy lungs and regular breathing

> 4–5 mbar: high respiratory drive, sustainable only for limited period of time

>6 mbar in a COPD patient indicates impending exhaustion

Why is it relevant?

Within the first 100 ms, pressure is not influenced by physiological reactions that would try to compensate for the occlusion. Therefore

P0.1 is a direct measure of neuromuscular respiratory drive.^{[1][2]}

Why is it helpful to improve the outcome?

P0.1 has been shown to be a good predictor for successful weaning from mechanical ventilation.^[1]