

Recruitment Maneuvers in ARDS: Should or Shouldn't

Lung protective ventilation strategies has been use in acute respiratory distress syndrome (ARDS). Alveolar derecruitment may occur and leads to hypoxemia due to shunt mechanism.

Recruitment maneuvers (RM) are characterized by the application of airway pressure to increase transpulmonary pressure transiently to reopen the collapsed alveoli. In the responders, improvements are observed in compliance of respiratory system, reaeration on computed tomography, and improvements in gas exchange. There are some concerns regarding the safety of RM in terms of hemodynamics effects (hypotension, arrhythmias) and barotrauma. Assessing potential for lung recruitment can avoids inappropriate use of RM. However, the effects of RM on clinical outcome are inconclusive, and further evidence is needed.