

# CPAP ups exercise performance in tracheobronchomalacia

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(HealthDay)—Use of a portable continuous positive airway pressure

(CPAP) device can augment exercise performance in tracheobronchomalacia, according to research published online March 16 in the *American Journal of Respiratory and Critical Care Medicine*.

Maxime Patout, M.D., from Guy's & St. Thomas' NHS Foundation Trust in London, and colleagues describe the use of a lightweight portable battery-powered positive airway device with nasal pillows interface to augment [exercise performance](#) in a 62-year-old male patient recently diagnosed with tracheobronchomalacia. Three six-minute walk tests (6-MWTs) were performed: during self-ventilation, with a portable CPAP at a set [pressure](#) of 4cmH<sub>2</sub>O, and with a portable CPAP at a set pressure of 10cmH<sub>2</sub>O.

The authors found that the patient achieved a walking distance of 60 m on the first 6-MWT performed during self-ventilation and 100 m on the second 6-MWT (4cmH<sub>2</sub>O). On the third 6-MWT (10cmH<sub>2</sub>O), the patient achieved a walking distance of 100 m, but terminated the test at four minutes due to severe expiratory dyspnea.

"Portable CPAP could be a safe therapeutic option for patients with dyspnea and exercise limitation with [tracheobronchomalacia](#) but has to be validated by further studies assessing both clinical response and optimal pressure settings," the authors write.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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