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Effect of High-Flow Nasal Oxygen vs Standard Oxygen on 28-Day Mortality in Immunocompromised Patients With Acute Respiratory Failure

The HIGH Randomized Clinical Trial

Elie Azoulay, MD, PhD; Virginie Lemiale, MD; Djamel Mokart, MD, PhD; Saad Nseir, MD, PhD; Laurent Argaud, MD, PhD; Frédéric Pène, MD, PhD; Loay Kontar, MD; Fabrice Bruneel, MD; Kada Klouche, MD, PhD; François Barbier, MD, PhD; Jean Reignier, MD, PhD; Lilia Berrahil-Meksen, MD; Guillaume Louis, MD; Jean-Michel Constantin, MD, PhD; Julien Mayaux, MD; Florent Wallet, MD; Achille Kouatchet, MD; Vincent Peigne, MD; Igor Théodose, MS; Pierre Perez, MD; Christophe Girault, MD; Samir Jaber, MD, PhD; Johanna Oziel, MD; Martine Nyunga, MD; Nicolas Terzi, MD, PhD; Lila Bouadma, MD, PhD; Christine Lebert, MD; Alexandre Lautrette, MD, PhD; Naike Bigé, MD, PhD; Jean-Herlé Raphalen, MD; Laurent Papazian, MD, PhD; Michael Darmon, MD, PhD; Sylvie Chevret, MD, PhD; Alexandre Demoule, MD, PhD

IMPORTANCE High-flow nasal oxygen therapy is increasingly used for acute hypoxemic respiratory failure (AHRF).

OBJECTIVE To determine whether high-flow oxygen therapy decreases mortality among immunocompromised patients with AHRF compared with standard oxygen therapy.

DESIGN, SETTING, AND PARTICIPANTS The HIGH randomized clinical trial enrolled 776 adult immunocompromised patients with AHRF (Pao_2 <60 mm Hg or Spo_2 <90% on room air, or tachypnea >30/min or labored breathing or respiratory distress, and need for oxygen ≥6 L/min) at 32 intensive care units (ICUs) in France between May 19, 2016, and December 31, 2017.

INTERVENTIONS Patients were randomized 1:1 to continuous high-flow oxygen therapy (n = 388) or to standard oxygen therapy (n = 388).

MAIN OUTCOMES AND MEASURES The primary outcome was day-28 mortality. Secondary outcomes included intubation and mechanical ventilation by day 28, Pao_2:Fio_2 ratio over the 3 days after intubation, respiratory rate, ICU and hospital lengths of stay, ICU-acquired infections, and patient comfort and dyspnea.

RESULTS Of 778 randomized patients (median age, 64 [IQR, 54-71] years; 259 [33.3%] women), 776 (99.7%) completed the trial. At randomization, median respiratory rate was 33/min (IQR, 28-39) vs 32 (IQR, 27-38) and Pao_2:Fio_2 was 136 (IQR, 96-187) vs 128 (IQR, 92-164) in the intervention and control groups, respectively. Median SOFA score was 6 (IQR, 4-8) in both groups. Mortality on day 28 was not significantly different between groups (35.6% vs 36.1%; difference, −0.5% [95% CI, −7.3% to +6.3%]; hazard ratio, 0 98 [95% CI, 0.77 to 1.24]; *P* = .94). Intubation rate was not significantly different between groups (38.7% vs 43.8%; difference, −5.1% [95% CI, −12.3% to +2.0%]). Compared with controls, patients randomized to high-flow oxygen therapy had a higher Pao_2:Fio_2 (150 vs 119; difference, 19.5 [95% CI, 4.4 to 34.6]) and lower respiratory rate after 6 hours (25/min vs 26/min; difference, −1.8/min [95% CI, −3.2 to −0.2]). No significant difference was observed in ICU length of stay (8 vs 6 days; difference, 0.6 [95% CI, −1.0 to +2.2]), ICU-acquired infections (10.0% vs 10.6%; difference, −0.6% [95% CI, −4.6 to +4.1]), hospital length of stay (24 vs 27 days; difference, −2 days [95% CI, −7.3 to +3.3]), or patient comfort and dyspnea scores.

CONCLUSIONS AND RELEVANCE Among critically ill immunocompromised patients with acute respiratory failure, high-flow oxygen therapy did not significantly decrease day-28 mortality compared with standard oxygen therapy.

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Editorial
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Author Affiliations: Author affiliations are listed at the end of this article.

Corresponding Author: Elie Azoulay, MD, PhD, Medical Intensive Care Unit, APHP, Hôpital St-Louis, 1 Ave Claude Vellefaux, 75010 Paris, France (elie.azoulay@aphp.fr).

Section Editor: Derek C. Angus, MD, MPH, Associate Editor, *JAMA* (angusdc@upmc.edu).

Survival with immune deficiencies is increasingly common,[1] owing to the increasing life expectancy after cancer[2] and expanding use of transplantation[3] and immunosuppressant drugs.[4] In immunocompromised patients, intensive treatments improve survival[2] but only at the cost of life-threatening events, chiefly affecting the lungs.[5] Acute hypoxemic respiratory failure (AHRF) in immunocompromised patients, the first reason for intensive care unit (ICU) admission,[6,7] is still associated with high mortality rates.[5] Need for invasive mechanical ventilation (IMV) is a key prognostic factor in immunocompromised patients, and avoiding IMV has become a major treatment goal. However, no survival benefit of noninvasive ventilation (NIV) compared with standard oxygen therapy was reported from a multicenter randomized clinical trial (RCT),[8] in contrast to an earlier single-center study.[9]

High-flow nasal oxygen therapy, which delivers warm and humidified oxygen through a nasal cannula, has shown conflicting results regarding its benefit over standard oxygen therapy in RCTs. Although high-flow oxygen therapy significantly increased the number of ventilator-free days and decreased day-90 mortality in patients with AHRF,[10] this was not confirmed in immunocompromised patients, based on 2 post hoc analyses of RCTs.[11,12] Moreover, high-flow oxygen therapy failed to improve comfort, dyspnea, or thirst compared with a Venturi mask in a pilot multicenter RCT.[13] Thus, uncertainty remains about whether benefits can be expected from high-flow oxygen therapy in immunocompromised patients with AHRF.

The HIGH multicenter RCT was designed to test the hypothesis that high-flow oxygen therapy, compared with standard oxygen therapy, decreases all-cause day-28 mortality in critically ill immunocompromised patients with AHRF.[14]

Key Points

Question In immunocompromised patients with acute hypoxemic respiratory failure, is high-flow nasal oxygen therapy superior to standard oxygen therapy with respect to mortality at day 28?

Findings In this randomized clinical trial that included 776 critically ill immunocompromised patients receiving at least 6 L/min of oxygen, high-flow oxygen therapy compared with standard oxygen therapy did not significantly reduce day-28 mortality (35.6% vs 36.1%, respectively).

Meaning Among immunocompromised patients with acute respiratory failure, high-flow oxygen therapy did not significantly reduce mortality compared with standard oxygen therapy.

Methods

Study Design and Oversight

From May 19, 2016, to December 31, 2017, this randomized, parallel-group trial was conducted in 32 hospitals in France (24 university-affiliated and 8 non–university-affiliated) belonging to the *Groupe de Recherche Respiratoire en Réanimation Onco-Hématologique* (GRRR-OH). The study protocol was approved by the CPP Ile de France IV St-Louis ethics committee (March 3, 2016, #NIRB00003835/2016/08) and French health authorities (Agence Nationale de Sécurité du Médicament et des Produits de Santé, EudraCT2016-A00220-51). The protocol and statistical analysis plan have been published[14] and are also available in Supplement 1. The trial was overseen by an independent data and safety monitoring board. Written informed consent was obtained from all patients or their proxies.

Patients

Patients were recruited in 32 ICUs having experience and expertise with immunocompromised patients and respiratory care strategies.[8,15] Eligibility criteria were ICU admission; age 18 years or older; AHRF with Pao_2 less than 60 mm Hg or oxygen saturation by pulse oximetry (Spo_2) less than 90% on room air, or tachypnea greater than 30/min or labored breathing or respiratory distress; need for oxygen flow of 6 L/min or greater; known immunosuppression, defined as use of long-term (>3 months) or high-dose (>0.5 mg/kg/d) steroids, use of other immunosuppressant drugs, solid organ transplantation, solid tumor requiring chemotherapy in the last 5 years, hematologic malignancy regardless of time since diagnosis and received treatments, or primary immune deficiency; and written informed consent from the patient or proxy. Patients with AIDS were not eligible.

Exclusion criteria were imminent death; refusal of study participation by the patient; anatomical factors precluding the use of a nasal cannula; hypercapnia indicating NIV ($Paco_2$ ≥50 mm Hg); isolated cardiogenic pulmonary edema indicating NIV; pregnancy or breastfeeding; absence of coverage by the French statutory health care insurance system; and surgery within the last 6 days.

Randomization

Eligible patients were included by investigators in each ICU, then randomly assigned in a 1:1 ratio to either high-flow oxygen therapy or standard oxygen therapy throughout the ICU stay. Randomization was stratified on study center, oxygen flow rate at randomization (>9 L/min vs ≤9 L/min), need for vasopressors, and time since ICU admission (≤2 vs ≥3 days), based on preestablished lists with permutation blocks having a fixed size of 4; block size was concealed. Randomization was achieved using an electronic system incorporated in the electronic case report form to ensure allocation concealment. The nature of the intervention precluded blinding of patients and health care staff. Baseline was defined as time of randomization.

Treatments

All management decisions other than oxygen therapy were made by the managing physicians according to standard practice in each ICU. All patients in both groups received the best standard of care according to local management protocols. The randomly allocated treatment (high-flow oxygen therapy or standard oxygen therapy) was started within 15 minutes after randomization.

In the intervention group, oxygen was delivered only by continuous high-flow oxygen therapy, initiated at 50 L/min and 100% fraction of inspired oxygen (Fio_2), with a subsequent flow rate increase to achieve Spo_2 of 95% or greater, up to at least

50 L/min within the first 3 days then up to 60 L/min as needed. Fraction of inspired oxygen was tapered as possible while maintaining Spo_2 of 95% or greater. In patients who required IMV, high-flow oxygen therapy was used during laryngoscopy and immediately after extubation. Patients with discomfort from high-flow oxygen therapy had their flow rate decreased until the discomfort resolved. Standard oxygen therapy was used in this group only if the nasal cannula generated significant discomfort or skin breakdown, in which case a Venturi mask was used until high-flow oxygen therapy could be tolerated again. Criteria for weaning off high-flow oxygen therapy were improvement in clinical signs of respiratory distress, Pao_2:FIo_2 ratio greater than 300, and ability to maintain Spo_2 of 95% or greater with less than 6 L/min of standard oxygen therapy. After weaning, patients whose oxygen flow was 6 L/min or greater at any time were returned to high-flow oxygen therapy.

In the standard oxygen therapy (control) group, oxygen was delivered via any device or combination of devices used for standard care (nasal prongs or mask with or without a reservoir bag and with or without a Venturi system). Oxygen flow was set to achieve Spo_2 of 95% or greater. High-flow oxygen therapy could be used only for patients with do-not-intubate orders for whom standard oxygen therapy had failed. ICU discharge was considered when patients maintained Spo_2 values of 95% or greater with less than 6 L/min oxygen.

Noninvasive ventilation has been found either nonbeneficial[8] or harmful[10,11,16] and was therefore used only when, and as long as, hypercapnia or pulmonary edema were present.

In both groups, intubation decisions were based on the therapeutic response, clinical status (including Spo_2, respiratory rate, signs of respiratory distress, and bronchial secretion volume). Ventilator settings for IMV complied with the best standard of care.[17]

Study Outcomes

The primary end point was overall mortality within 28 days after randomization.

The secondary end points were the proportion of patients requiring IMV by day 28, respiratory rate (normal values, 12-20), lowest Pao_2:FIo_2 ratio (normal values, 500-600; values <300 indicate severe dysfunction of gas exchange in the lungs), patient comfort score (range, 0 [severe discomfort] to 10 [perfect comfort]), dyspnea score (range, 0 [anchor; "no dyspnea"] to 10 ["severe dyspnea"]), ICU and hospital lengths of stay, and incidence of ICU-acquired infections. Minimal clinically important differences were not established.

Data reported in the tables and figures were collected prospectively using an electronic case report form. No blinding of adjudication was performed for outcome assessments.

Statistical Analysis

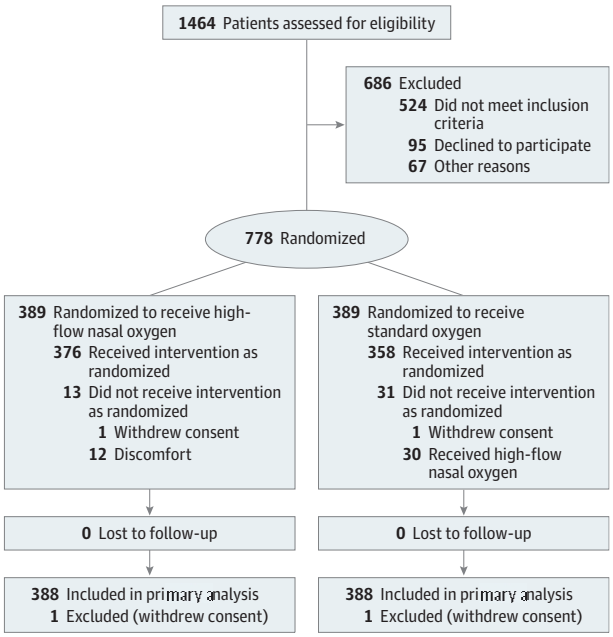
The protocol first submitted for the grant application was for a noninferiority RCT with a 9% noninferiority margin and with different secondary end points. However, based on the results of the FLORALI trial[10] and as a condition of awarding the grant, the jury requested that the study be changed to a superiority trial. The revised protocol submitted to the institutional review board has been published.[14] Based on an expected 30% day-28 mortality rate in the standard oxygen therapy group with a decrease to 20% in the high-flow oxygen therapy group[11] and with α set at 5%, 779 patients (389 in each group) were required to obtain 90% power for demonstrating an decrease in day-28 mortality.

A scheduled interim analysis was performed when 100 deaths had occurred, using the Haybittle-Peto boundary, ie, a *P* value threshold of .001 for the interim analysis (because of the risk of inflation of the type I error rate). The interim analysis was reviewed by the independent data and safety monitoring board. To assess the between-group difference in terms of futility or efficacy, the Bayesian posterior probabilities of the day-28 mortality rate and of the log odds ratio were computed, using a uniform noninformative prior; no specific stopping rules were prespecified.

The analysis used the intent-to-treat approach, ie, all patients were analyzed in the group allocated by randomization, with no exclusion after randomization except exclusions for withdrawn consent according to the French regulation at the time. Continuous variables were described as medians (interquartile ranges) and categorical variables as proportions. No participants were excluded from analyses because of missing or incomplete data.

Overall mortality was estimated using the Kaplan-Meier method, with administrative censoring of patients alive in the ICU on day 28. The effect size was evaluated by computing the absolute risk difference with its 95% CI and the hazard ratio (HR) with 95% CI as estimated from univariable Cox regression models; the proportional hazards assumption was checked (*P* = .72), based on weighted residuals.[18] The cumulative incidence of IMV (with death without IMV as a competing risk)

Figure 1. Flow of Patients Through the HIGH Trial



The number of patients excluded and the reasons for the exclusions were not available in all centers.

Table 1. Patient Characteristics at Randomization

Characteristic	No. (%) High-Flow Oxygen Therapy (n = 388)	No. (%) Standard Oxygen Therapy (n = 388)
Demographics		
Age, median (IQR), y	64 (55-70)	63 (56-71)
Sex		
Men	270 (69.6)	247 (63.6)
Women	118 (30.4)	141 (36.4)
Comorbidities		
Chronic		
Respiratory[a]	115 (29.6)	127 (32.7)
Heart failure	23 (5.9)	27 (6.9)
Liver	45 (13.3)	56 (14.4)
Kidney disease	73 (18.8)	69 (20.4)
Charlson Comorbidity Index[b]	5 (4-7)	5 (3-7)
Underlying conditions[c]		
Cancer	294 (75.8)	319 (82.2)
Hematologic malignancies	167 (43.0)	181 (46.6)
Solid tumors	127 (32.7)	138 (35.6)
Immunosuppressive drugs	133 (34.3)	135 (34.8)
Non-transplant-related reasons	89 (22.9)	98 (25.2)
After solid organ transplantation	44 (11.3)	37 (9.5)
Time since diagnosis of underlying condition, median (IQR), mo	6.4 (1-29)	7.0 (0.8-40.0)
Chemotherapy at ICU admission	221/294 (75.2)	228/319 (71.5)
Autologous stem cell transplantation	26/167 (15.6)	22/181 (12.1)
Allogeneic stem cell transplantation	28/167 (16.8)	33/181 (18.2)
Poor performance status (3 or 4)[d]	61 (15.7)	54 (13.9)
Randomization and Other Characteristics		
Randomization		
Day of ICU admission	244 (62.9)	251 (64.7)
Day after ICU admission	77 (19.8)	79 (20.4)
Two days after ICU admission	47 (12.1)	38 (9.8)
≥3 days after	20 (5.1)	20 (5.1)
No. randomized in the postextubation period	14 (4.1)	18 (5.3)
SOFA at randomization, median (IQR)[e]	6 (4-8)	6 (4-8)
SAPSII at randomization, median (IQR)[f]	36 (28-46)	37 (28-48)
Vasopressors at randomization	33 (8.5)	39 (10.0)
Goals of care at randomization		
Full code management	308 (79.4)	309 (79.6)
Do not intubate	13 (3.3)	15 (3.9)
Do not resuscitate	3 (0.7)	1 (0.2)
Time-limited trial of intensive care	35 (9.0)	36 (9.3)
Unknown	29 (7.5)	27 (6.9)
Respiratory status immediately before randomization		
Respiratory rate, median (IQR), /min	33 (28-39)	32 (27-38)
Pao_2:FIO_2 ratio, median (IQR)	136 (96-187)	128 (92-164)
Received standard oxygen therapy before randomization	311 (80.1)	334 (86.1)
Oxygen flow, median (IQR), L/min	10 (6-15)	10 (6-15)
Pao_2 with standard oxygen, median (IQR)	81 (65-111)	75 (65-93)
Estimated Pao_2:FIO_2 ratio (on oxygen), median (IQR)	120 (86-164)	114 (82-149)
Received NIV or high-flow oxygen therapy before randomization		
NIV	25 (6.4)	18 (4.6)
High-flow oxygen therapy	52 (13.4)	36 (9.3)
Pao_2:FIO_2 ratio, median (IQR)	117 (87-173)	108 (76-167)

Abbreviations: FIO_2, fraction of inspired oxygen; ICU, intensive care unit; IQR, interquartile range; NIV, noninvasive ventilation; SOFA, Sequential Organ Failure Assessment; SAPSII, Simplified Acute Physiology Score version II.

[a] Chronic respiratory insufficiency includes obstructive and restrictive chronic respiratory disease.

[b] Contains 19 categories of comorbidities and predicts the 10-year mortality for a patient who may have a range of comorbid conditions. The physician assigns each condition a score of 1, 2, 3, or 6, depending on the patient's risk of dying associated with the condition; higher scores indicate greater comorbidity, resulting in an index ranging from 19 (low risk of death) to 114 (high risk of death). It is measured by physicians.

[c] Main hematologic malignancies were acute myeloid leukemia (n = 123), non-Hodgkin lymphoma (n = 97), and myeloma (n = 41). Solid tumors primarily affected the lung (n = 72), digestive tract (n = 60), and breast (n = 30). Immunosuppressive drugs included steroids in 174 patients; the main transplanted solid organs were the kidney (n = 46) and liver (n = 19).

[d] Indicates patients who are bedridden or dependent.

[e] SOFA score collects information on the presence and intensity of respiratory, coagulation, hemodynamic, neurologic, liver, and kidney failures. Each organ is assessed from 0 (no failure) to 4 (worst possible failure); score range, 0 (no organ failure) to 24 (all organ failures). The highest value was recorded. A score between 7 and 9 indicates a mortality risk of 15% to 20%.

[f] SAPSII score was calculated as previously reported.[20] The score ranges from 0 (predicted hospital mortality of 0%) to 163 (predicted hospital mortality of 100%). A score of 36 indicates a mortality risk of 18% to 20%.

in each group was estimated using a nonparametric estimator and compared using the Gray test[19]; effect size was measured using a univariable cause-specific Cox model. The proportions of ICU-acquired infections in the 2 groups were compared by χ^2 test. The Wilcoxon rank-sum test was chosen for comparisons of the visual analog scale scores for comfort and dyspnea, respiratory rate, and ICU length of stay. Relative risk was estimated as a measure of treatment effect in terms of ICU and hospital mortality.

Effect of high-flow oxygen therapy vs standard oxygen therapy was measured using HRs estimated from Cox regression models in subgroups defined by stratification variables, then displayed in forest plots. The Gail and Simon interaction test was then applied to assess whether these estimates were homogeneous across subsets ie, to test for quantitative interactions between the study treatment and stratification variables (baseline oxygen flow rate, need for vasopressors, and time from ICU admission to randomization).

Because there was no handling of the potential for type I error inflation due to multiple comparisons of secondary analyses, those analyses should be considered exploratory. Post hoc analyses included the search for site effect in terms of the primary end point, using frailty model and subset analyses in intubated patients.

Table 2. Primary and Secondary End Points[a]

End Points	No. (%) High-Flow Oxygen Therapy (n = 388)	No. (%) Standard Oxygen Therapy (n = 388)	Mean Difference, % (95% CI)[b]	Relative Difference (95% CI)	*P* Value
Primary					
All-cause day-28 mortality	138 (35.6)	140 (36.1)	−0.5 (−7.3 to 6.3)	HR, 0.98 (0.77 to 1.24)	.94
Secondary					
Invasive mechanical ventilation[c]	150 (38.7)	170 (43.8)	−5.1 (−12.3 to 2.0)	HR, 0.85 (0.68 to 1.06)[d]	.17
ICU-acquired infection	39 (10.0)	41 (10.6)	−0.6 (−4.6 to 4.1)	HR, 1.01 (0.96 to 1.06)[d]	.91
ICU mortality	123 (31.7)	122 (31.4)	0.3 (−6.3 to 6.8)	RR, 1.01 (0.82 to 1.24)	.64
Hospital mortality	160 (41.2)	162 (41.7)	−0.5 (−7.5 to 6.4)	RR, 0.99 (0.84 to 1.17)	.77
Length of stay, median (IQR), d					
ICU	8 (4-14)	6 (4-13)	0.6 (−1.0 to 2.2)	NA[e]	.07
Hospital	24 (14-40)	27 (15-42)	−2 (−7.3 to 3.3)	NA[e]	.60

Abbreviations: HR, hazard ratio; ICU, intensive care unit; IQR, interquartile range; NA, not available; RR, relative risk.

[a] No patients were lost to follow-up.

[b] Mean difference was defined across intervention and controls groups by absolute risk difference for binary outcomes (mortality, invasive mechanical ventilation, infections) and difference in means for quantitative outcomes (lengths of stay in ICU and in hospital).

[c] The use of invasive mechanical ventilation was based on the clinical response to oxygen or noninvasive ventilation, clinical status (including oxygen saturation by pulse oximetry [Spo_2], respiratory rate, signs of respiratory distress, and bronchial secretion volume), and patient adherence to noninvasive ventilation. Criteria for invasive mechanical ventilation were severe hemodynamic instability (requiring norepinephrine or epinephrine >0.3 µg/kg/min) or cardiorespiratory arrest or ongoing myocardial infarction, severe encephalopathy (Glasgow Coma Scale score <11), severe airway secretion retention or worsening of respiratory distress (SpO_2 <92% or respiratory rate >40/min regardless of oxygen flow rate or use of accessory respiratory muscles), inability to maintain Pao_2 greater than 65 mm Hg with fraction of inspired oxygen (Fio_2) greater than 0.6 or dependency on noninvasive ventilation with inability to remain off noninvasive ventilation for longer than 2 hours, greater than 50% increase in the time on noninvasive ventilation from one day to the next (eg, 6 hours of noninvasive ventilation on day 1, then >9 hours on day 2).

[d] Cause-specific HR.

[e] Effect of high-flow oxygen therapy on length-of-stay measures could not be expressed by HRs.

All reported *P* values are 2-sided; $P < .05$ was considered statistically significant. All analyses were performed using R version 3.1.0 (R Foundation for Statistical Computing [http://www.R-project.org/]).

Results

Patients

Of 778 patients (median age, 64 [interquartile range {IQR}, 54-71] years; 259 [33.3%] women)randomized to high-flow nasal oxygen therapy (n = 389) and standard oxygen therapy (n= 389), 776 (99.7%; n = 388 in each group) completed the trial (**Figure 1**). No patient was lost to follow-up. Baseline characteristics were evenly distributed between the 2 groups (**Table 1**). Malignancies and their treatments were the main causes of immunosuppression.

At randomization, median respiratory rate was 33 (IQR, 28-39) and 32 (IQR, 27-38) and median Pao_2:Fio_2 ratio was 136 (IQR, 96-187) and 128 (IQR, 92-164) in the high-flow oxygen therapy and standard oxygen therapy groups, respectively. The median Sequential Organ Failure Assessment score was 6 (IQR, 4-8) in both groups (Table 1). The leading cause of AHRF was bacterial pneumonia (n = 320), followed by invasive fungal infection (n = 91, including 59 cases of *Pneumocystis* pneumonia) and lung involvement from the underlying disease (n = 80). At randomization, 32 patients (4.1%) had do not intubate/do not resuscitate orders in place (16 in each group) (Table 1). In addition, 37 patients (4.8%) who did not have do not intubate/do not resuscitate orders in place at randomization acquired this status during the ICU stay (20 in the high-flow oxygen therapy group, 17 in the standard oxygen therapy group).

Interventions

All patients in the intervention group received continuous high-flow oxygen therapy starting immediately after randomization, with an oxygen flow of 50 L/min or greater and Fio_2 of 100%. Intolerance required switching from high-flow oxygen therapy to a Venturi mask in 12 patients (3%), of whom 3 died. In the standard oxygen therapy group, median oxygen flow was 10 (IQR, 6-15) L/min through a thin nasal cannula (29.5%), mask with no bag (23.5%), mask with a bag (40.6%), or Venturi mask (6.4%). Of the 30 patients (7.7%) in the standard oxygen therapy group with do-not-intubate orders who were switched to high-flow oxygen therapy after failure of standard oxygen therapy, 14 (46.7%) died.

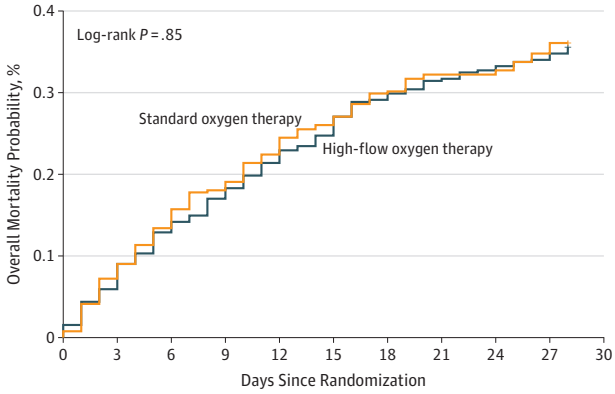
Interim Analysis

Interim analysis, performed as planned after 100 deaths, yielded a *P* value of .94; the trial was therefore continued.

Primary Outcome

By day 28 after randomization, 138 of 388 patients (35.6%) randomized to high-flow oxygen therapy and 140 of 388 patients (36.1%) randomized to standard oxygen therapy had died, and day-28 mortality was not significantly different between groups (risk difference, −0.5% [95% CI, −7.3% to +6.3%]; HR, 0.98 [95% CI, 0.77-1.24]; $P = .94$) (**Table 2** and **Figure 2**). There was no significant interaction between the intervention effect and the 3 predefined subgroups (**Figure 3**).

Figure 2. Probability of Day-28 Mortality in Immunocompromised Patients With Acute Respiratory Failure Receiving High-Flow Oxygen Therapy or Standard Oxygen Therapy



No. at risk

High-flow oxygen therapy	388	365	338	322	305	292	275	266	261	256	0
Standard oxygen therapy	388	360	336	318	301	287	272	263	263	253	0

Median survival was not reached in either group.

Secondary Outcomes

Need for IMV was not significantly different between groups, required in 150 patients (38.7%) receiving high-flow oxygen therapy and 170 patients (43.8%) receiving standard oxygen therapy (absolute risk difference, −5.1% [95% CI, −12.3% to +2.0%]; cause-specific HR, 0.85 [95% CI, 0.68 to 1.06]; P = .17). The cumulative incidence of intubation was not significantly different between groups (eFigure 1 in Supplement 2). With high-flow oxygen therapy vs standard oxygen therapy, the respiratory rate was significantly lower after 6 hours (25/min vs 26/min; mean difference, −1.8 [95% CI, −3.2 to −0.3]), and Pao_2:FIO_2 ratio was significantly higher until day 4 (150 vs 119; mean difference, 19.5 [95% CI, 4.4 to 34.6]) (eFigure 2 and eTable in Supplement 2). Comfort and dyspnea scores were not significantly different between groups at any time (eFigure 3 in Supplement 2). There was no significant difference in ICU-acquired infections (10.0% vs 10.6%; absolute risk difference, −0.6% [95% CI, −4.6% to +4.1%]), ICU length of stay (8 vs 6 days; mean difference, 0.6 days[95% CI, −1.0 to +2.2]), or hospital length of stay (24 vs 27 days; mean difference, −2 days [95% CI, −7.3 to +3.3]). None of the other secondary outcomes differed significantly between groups (Table 2).

Post Hoc Outcomes

There was no significant center effect on mortality (P = .33) or intubation rate (P = .07). In the overall population, vasopressors and renal replacement therapy were needed in 153 patients (19.7%) randomized to high-flow oxygen therapy and 31 patients (4%) randomized to standard oxygen therapy, with no statistical difference between groups.

Duration of high-flow oxygen therapy was 2 (IQR, 1-5) days, and all patients were discharged from the ICU with standard oxygen therapy (3 L/min, with no significant difference between groups). In patients who needed IMV, median time from randomization to intubation was 1 (IQR, 0-2) day, and this did not differ significantly between groups (mean difference, −0.5 days [95% CI, −1.2 to 0.1]). Mortality in intubated patients was not significantly different (55.3% with high-flow oxygen therapy vs 52.3% with standard oxygen therapy; absolute risk difference, +3% [95% CI, −8.5% to +14.5%]) (P = .65). Decisions to limit treatment were made for 170 patients (21.9%), of whom 135 (79.4%) died before day 28, with no significant difference between groups. Day-28 mortality was not significantly different in patients with and without cancer as the cause of immunosuppression (absolute risk difference, +1.8% [95% CI, −10.8% to +14.3%]) (P = .50).

Day-90 mortality did not differ significantly between groups (46.9% with high-flow oxygen therapy, 48.2% with standard oxygen therapy).

Discussion

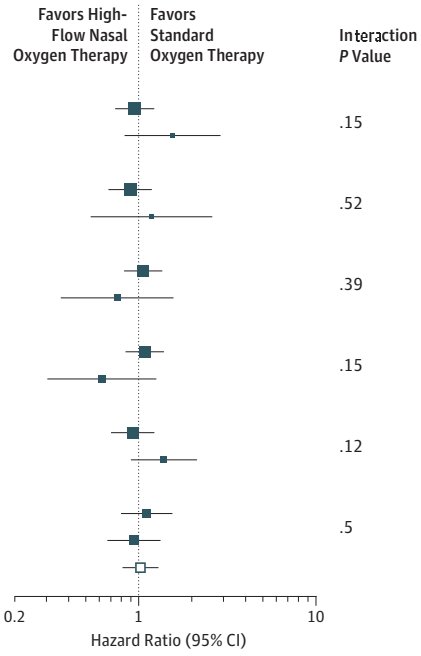
This RCT found no significant survival benefits with high-flow oxygen therapy compared with standard oxygen therapy in immunocompromised patients with AHRF. Neither were significant differences found for intubation requirements, ICU-acquired infections, subjective dyspnea and comfort, or ICU length of stay. These results suggest that attention to oxygenation strategies may not be the best means of improving survival among immunocompromised patients with AHRF.

Improving oxygenation is relevant in all patients with AHRF, but even more so in those who are immunocompromised. These patients are more severely hypoxemic[11] and most often require a diagnostic strategy[5,21,22] for which high-flow oxygen therapy, which effectively improves oxygenation, can translate into improved outcomes. However, this trial did not find a significantly reduced intubation rate in immunocompromised patients receiving high-flow oxygen therapy. These results agree with those of 2 post hoc analyses showing no significant clinical benefits from high-flow oxygen therapy compared with standard oxygen therapy in immunocompromised patients with AHRF.[11,12] Noninvasive ventilation was either neutral[8] or harmful[11] in that population. Also, both standard oxygen therapy and high-flow oxygen therapy are valid options in immunocompromised patients with AHRF.

Figure 3. Hazard Ratios for Day-28 Mortality (Primary Outcome) and Cumulative Incidence of Mechanical Ventilation, Overall and in Predefined Subgroups, in Immunocompromised Patients With Acute Respiratory Failure Receiving High-Flow Oxygen Therapy or Standard Oxygen Therapy

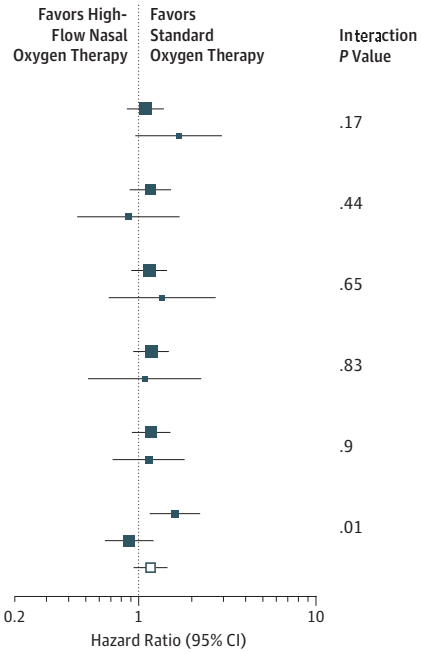
A Day-28 mortality

Subset	Deaths at Day 28/Total No. of Patients: High-Flow Nasal Oxygen Therapy	Deaths at Day 28/Total No. of Patients: Standard Oxygen Therapy	Hazard Ratio (95% CI)	Interaction *P* Value
ICU admission to randomization, d				
0-1	120/321	118/330	0.95 (0.74-1.22)	.15
≥2	18/67	22/58	1.55 (0.83-2.90)	
Pa_{O_2}: FI_{O_2} ratio				
<200	99/237	95/251	0.89 (0.68-1.19)	.52
≥200	16/65	10/35	1.18 (0.54-2.60)	
Oxygen flow at randomization, L/min				
≤9	122/348	127/347	1.06 (0.83-1.36)	.39
>9	16/40	13/41	0.76 (0.36-1.57)	
Catecholamines				
No	121/355	126/349	1.08 (0.84-1.39)	.15
Yes	17/33	14/39	0.62 (0.31-1.26)	
Unknown diagnosis				
No	99/297	95/303	0.93 (0.70-1.23)	.12
Yes	39/91	45/85	1.39 (0.90-2.13)	
Hematologic malignancy				
No	66/199	72/198	1.11 (0.79-1.55)	.5
Yes	64/167	65/181	0.94 (0.67-1.33)	
All patients	138/388	140/388	1.02 (0.81-1.29)	



B Cumulative incidence of IMV

Subset	No. With IMV at Day 28/Total No. of Patients: High-Flow Nasal Oxygen Therapy	No. With IMV at Day 28/Total No. of Patients: Standard Oxygen Therapy	Hazard Ratio (95% CI)	Interaction *P* Value
ICU admission to randomization, d				
0-1	128/321	142/330	1.1 (0.87-1.40)	.17
≥2	22/67	28/58	1.69 (0.96-2.95)	
Pa_{O_2}: FI_{O_2} ratio				
<200	99/237	117/251	1.17 (0.90-1.53)	.44
≥200	27/65	13/35	0.88 (0.46-1.71)	
Oxygen flow at randomization, L/min				
≤9	136/348	151/347	1.15 (0.91-1.45)	.65
>9	14/40	19/41	1.37 (0.68-2.72)	
Catecholamines				
No	137/355	154/349	1.18 (0.94-1.49)	.83
Yes	13/33	16/39	1.09 (0.52-2.26)	
Unknown diagnosis				
No	114/297	135/303	1.18 (0.92-1.52)	.9
Yes	36/91	35/85	1.15 (0.72-1.82)	
Hematologic malignancy				
No	61/199	89/198	1.61 (1.16-2.23)	.01
Yes	78/167	77/181	0.89 (0.65-1.22)	
All patients	150/388	170/388	1.17 (0.94-1.46)	



Square sides of data markers are proportional to subgroup sizes, with the exception of the open squares in "All patients" rows. Error bars indicate 95% confidence intervals. The Gail and Simon test for interaction was used.

Strengths of this trial should be noted. First, to the best of our knowledge, it is the largest trial to date enrolling immunocompromised patients with AHRF. Second, the assumptions made for the sample size estimation were met. Third, the participation of a large number of ICUs in university-affiliated and community hospitals supports external validity. Fourth, the results are consistent with a pilot trial and 2 post hoc studies in smaller numbers of patients.[11-13]

In the current trial, high-flow oxygen therapy compared with standard oxygen therapy failed to decrease the intubation rate, despite producing better oxygenation. Moreover, in agreement with results from a pilot trial in immunocompromised patients, comfort and dyspnea were not improved.[13] RCTs in unselected patients with AHRF have produced conflicting results when high-flow oxygen therapy was used for AHRF,[23] during intubation,[24-26] after extubation,[27-29] or after thoracic surgery.[30,31] These apparent contradictions, combined with the lower mortality with high-flow oxygen therapy in 1 trial,[10] led to the choice of mortality as the primary end point.

This study has several limitations. First, all participating centers were located in France, raising questions about the general applicability of these findings. Second, the NIV-high-flow oxygen therapy combination was not assessed. However, NIV failed to provide clinical benefits in immunocompromised patients in an RCT,[8] and the NIV-high-flow oxygen therapy combination was associated with increased mortality in another RCT.[10,11] Third, the lack of blinding may have affected the likelihood of differential treatment or assessments of outcomes. Fourth, a minimal Spo_2 of 95% was targeted without having an upper target. However, findings have strongly suggested that a conservative protocol for oxygen therapy vs conventional therapy resulted in lower mortality rates.[32,33] Fifth, estimates of treatment effect were not adjusted on stratification factors, and this may have resulted in an overestimation of the *P* value for the difference between end point rates in treatment groups. Sixth, potential risk of false-positive findings attributable to repeated testing should be taken into account and results of the secondary analyses considered as exploratory.

Conclusions

Among critically ill immunocompromised patients with acute respiratory failure, high-flow oxygen therapy did not significantly decrease day-28 mortality compared with standard oxygen therapy.

ARTICLE INFORMATION

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Author Affiliations: Medical Intensive Care Unit and Department of Biostatistics, APHP, Hôpital St-Louis, Paris, France. (Azoulay, Lemiale, Théodose, Chevret); Intensive Care Unit, Paoli Calmettes Institut, Marseille, France (Mokart); Critical Care Center, CHU de Lille, Lille, France (Nseir); Medical Intensive Care Unit, Hospices Civils de Lyon, Hôpital Edouard Herriot, Lyon, France (Argaud); Medical Intensive Care Unit, Hôpital Cochin, APHP, Université Paris Descartes, Paris, France (Pène); Medical Intensive Care Unit, INSERM U1088, Amiens University Hospital, Amiens, France (Kontar); Medical Intensive Care Unit, André Mignot Hospital, Versailles, France (Bruneel); Medical Intensive Care Unit, CHU de Montpellier, Montpellier, France (Klouche); Medical Intensive Care Unit, La Source Hospital, CHR Orléans, Orléans, France (Barbier); Medical Intensive Care Unit, Hotel Dieu, CHU de Nantes, Nantes, France (Reignier); Intensive Care Unit, Institut Gustave Roussy, Villejuif, France (Berrahil-Meksen); Intensive Care Unit, CHR de Metz-Thionville, Metz, France (Louis); Department of Perioperative Medicine, CHU Clermont-Ferrand, Clermont-Ferrand, France (Constantin); Medical Intensive Care Unit and Respiratory Division, APHP, Hôpital Pitié-Salpêtrière, Sorbonne University, Paris, France (Mayaux, Demoule); Intensive Care Unit, Lyon Sud Medical Center, Lyon, France (Wallet); Medical Intensive Care Unit, CHRU, Angers, France (Kouatchet); Intensive Care Unit, Centre Hospitalier Métropole-Savoie, Chambery, France (Peigne); Medical Intensive Care Unit, Hôpital Brabois, Vandoeuvre Les Nancy, France (Perez); Medical Intensive Care Unit, Hôpital Charles Nicolle, Rouen, France (Girault); Montpellier University Hospital, PhyMedExp, INSERM U-1046, CNRS 34295 Montpellier, France (Jaber); Medical Intensive Care Unit, Avicenne University Hospital, Bobigny, France (Oziel); Intensive Care Unit, Roubaix hospital, Roubaix, France (Nyunga); Medical Intensive Care Unit, CHU de Grenoble Alpes, Grenoble, France (Terzi); Medical Intensive Care Unit, CHU Bichat, Paris, France (Bouadma); Intensive Care Unit, Centre Hospitalier Départemental Les Oudairies, La Roche Sur Yon, France (Lebert); Medical Intensive Care Unit, Gabriel-Montpied University Hospital, Clermont-Ferrand, France (Lautrette); Medical Intensive Care Unit, CHU St-Antoine, Paris, France (Bigé); Department of Anesthesia and Critical Care, Necker Hospital, Paris, France (Raphalen); Réanimation des Détresses Respiratoires et Infections Sévères, Assistance Publique–Hôpitaux de Marseille, Hôpital Nord, Aix-Marseille Université, Faculté de Médecine, Marseille, France (Papazian); Respiratory Intensive Care Unit, Hôpital Cochin, Paris, France (Darmon).

Author Contributions: Dr Azoulay had full access to all of the data in the study and takes responsibility for the integrity of the data and the accuracy of the data analysis. Dr Chevret conducted and is responsible for the data analysis.
Concept and design: Azoulay, Lemiale, Mokart, Mayaux, Kouatchet, Chevret, Demoule.
Acquisition, analysis, or interpretation of data: All authors.
Drafting of the manuscript: Azoulay, Kontar, Théodose, Chevret, Demoule.
Critical revision of the manuscript for important intellectual content: Azoulay, Lemiale, Mokart, Nseir, Argaud, Pène, Bruneel, Klouche, Barbier, Reignier, Berrahil-Meksen, Louis, Constantin, Mayaux, Wallet, Kouatchet, Peigne, Perez, Girault, Jaber, Oziel, Nyunga, Terzi, Bouadma, Lebert, Lautrette, Bigé, Raphalen, Papazian, Darmon, Chevret, Demoule.
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Supervision: Azoulay, Mokart, Klouche.

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Additional Contributions: Antoine Rabbat, MD (Hopital Cochin, Paris, France), contributed to the study by providing a high level of medical expertise

in the care if immunocompromised patients. He helped design the trial, defend the application, and included patients but died before publication.

Data Sharing Statement: See Supplement 3.

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高流量鼻氧与标准氧气对急性呼吸衰竭免疫功能低下患者 28 天死亡率的影响

HIGH 随机临床试验

Elie Azoulay，医学博士，博士；Virginie Lemiale，医学博士；Djamel Mokart，医学博士，博士；Saad Nseir，医学博士，博士；Laurent Argaud，医学博士，博士；Frdric Pne，医学博士，博士；

Loay Kontar，医学博士；Fabrice Bruneel，医学博士；Kada Klouche，医学博士，博士；Franois Barbier，医学博士，博士；Jean Reignier，医学博士，博士；Lilia Berrahil-Meksen，医学博士；

Guillaume Louis，医学博士；Jean-Michel Constantin，医学博士，博士；Julien Mayaux，医学博士；Florent Wallet，医学博士；Achille Kouatchet，医学博士；Vincent Peigne，医学博士；

Igor Thodose，MS；Pierre Perez，MD；Christophe Girault，MD；Samir Jaber，MD，PhD；Johanna Oziel，MD；Martine Nyunga，MD；Nicolas Terzi，MD，PhD；

Lila Bouadma，MD，PhD；Christine Lebert，MD；Alexandre Lautrette，MD，PhD；Naike Big，MD，PhD；Jean-Herl Raphalen，MD；

Laurent Papazian，MD，PhD；Michael Darmon，MD，PhD；Sylvie Chevret，MD，PhD；Alexandre Demoule，MD，PhD

重要性高流量鼻氧疗法越来越多地用于治疗急性低氧血症性呼吸衰竭 (AHRF)。

目的确定与标准氧疗法相比，高流量氧疗法是否能降低 AHRF 免疫功能低下患者的死亡率。

设计、设置和参与者 HIGH 随机临床试验于 2016 年 5 月 19 日至 2017 年 12 月 31 日期间在法国 32 个重症监护病房 (ICU)招募了 776 名患有 AHRF 的成人免疫功能低下患者（PaO2 <60 mm Hg 或 SpO2 <90%，室内空气中，或呼吸急促 >30/min 或呼吸困难或呼吸窘迫，并且需要氧气 6 L/min）。

干预措施患者按 1:1 随机分配接受持续高流量氧气治疗（n =388）或标准氧气治疗（n =388）。

主要结果和测量指标主要结果是第 28 天死亡率。次要结果包括第 28 天的插管和机械通气情况、插管后 3 天内的 PaO2:FIO2 比值、呼吸频率、ICU 和医院住院时间、ICU 获得性感染以及患者舒适度和呼吸困难。

结果 778 名随机患者（中位年龄 64 [IQR,54-71]岁；259 名 [33.3%]为女性）中，776 名（99.7%）完成了试验。随机分组时，干预组和对照组的中位呼吸频率分别为 33 次/分钟（IQR,28-39）vs 32（IQR,27-38），PaO2：FIO2 分别为 136（IQR,96-187）vs 128（IQR,

92-164）。两组的中位 SOFA 评分均为 6（IQR,

4-8）。第 28 天两组的死亡率无显著差异

35.6%vs 36.1%；差异，0.5%[95%CI,7.3%至 +6.3%]；风险比，0.98 [95%CI,

0.77 至 1.24];P =.94）。两组插管率无显著差异（38.7%vs 43.8%；差异，5.1%[95%CI，12.3%至 +2.0%]）。与对照组相比，随机接受高流量氧疗的患者 PaO2：FIO2 较高（150 vs 119；差异，19.5

95%CI，4.4 至 34.6]）且 6 小时后呼吸频率较低（25/min vs 26/min；差异，

1.8/min [95%CI，3.2 至 0.2]）。ICU 住院时间无显著差异

8 vs 6 天；差异，0.6 [95%CI，1.0 至 +2.2]），ICU 获得性感染（10.0%vs 10.6%；

差异，0.6%[95%CI，4.6 至 +4.1])、住院时间（24 天 vs 27 天；差异，

2 天 [95%CI，7.3 至 +3.3])，或患者舒适度和呼吸困难评分。

结论和相关性在患有急性呼吸衰竭的重症免疫功能低下患者中，与标准氧疗相比，高流量氧疗并未显着降低第 28 天死亡率。

试验注册 clinicaltrials.gov 标识符：NCT02739451。

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通讯作者：Elie Azoulay，

医学博士，博士，重症监护室，

APHP，Hpital St-Louis，1 Ave Claude

Vellefaux，75010 Paris，法国

elie.azoulay@aphp.fr）。

部分编辑：Derek C.Angus，医学博士，

公共卫生硕士，JAMA 副主编 (angusdc@upmc.edu)。研究

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下载自：2018 年 10 月 24 日由于癌症后预期寿命的增加 2 以及移植 3 和免疫抑制药物的广泛使用 4，免疫缺陷患者的存活率越来越高。在免疫功能低下的患者中，强化治疗可以提高存活率 2，但代价是危及生命的事件，主要影响肺部。5 免疫功能低下患者的急性低氧性呼吸衰竭 (AHRF)是重症监护病房 (ICU)入院的首要原因，6,7 仍然与高死亡率有关。5 需要侵入性机械通气 (IMV)的有效性是免疫功能低下患者的关键预后因素，避免 IMV 已成为主要治疗目标。然而，一项多中心随机临床试验 (RCT)报告称，与标准氧疗相比，无创通气 (NIV)没有生存获益，8 这与早期的单中心研究形成鲜明对比。9

高流量鼻氧疗法通过鼻导管输送温暖湿润的氧气，在 RCT 中，其优于标准氧疗的结果相互矛盾。虽然高流量氧疗显著增加了 AHRF 患者的无呼吸机天数并降低了 90 天死亡率，10 但根据 2 项 RCT 事后分析，这在免疫功能低下患者中并未得到证实。11,12 此外，高流量氧疗未能改善一项多中心 RCT 试验表明，与文丘里面罩相比，高流量氧疗在缓解舒适度、呼吸困难或口渴方面均优于文丘里面罩。13 因此，对于免疫功能低下的 AHRF 患者能否从高流量氧疗中获益仍存在不确定性。

HIGH 多中心 RCT 旨在检验以下假设：与标准氧疗相比，高流量氧疗可降低 AHRF 重症免疫功能低下患者的 28 天全因死亡率。14

方法研究设计和监督从 2016 年 5 月 19 日至 2017 年 12 月 31 日，这项随机、平行组试验在法国 32 家医院进行（24 家附属于大学，8 家非附属于大学），这些医院属于肿瘤-血液学呼吸与呼吸研究小组 (GRRR-OH)。研究方案已获得 CPP Ile de France IV St-Louis 伦理委员会的批准委员会（2016 年 3 月 3 日，编号 NIRB00003835/2016/08）和法国卫生当局（AgenceNationaledeScuritduMdicamentetdes

ProduitsdeSant，EudraCT2016-A00220-51）批准了本研究。研究方案和统计分析计划已发布 14，也可在附录 1 中找到。试验由独立的数据和安全监测委员会监督。所有患者或其代理人均已获得书面知情同意书。

患者患者招募自 32 个 ICU，这些 ICU 具有治疗免疫功能低下患者和呼吸护理策略的经验和专业知识。8,15 资格标准为 ICU 入院；

年龄 18 岁或以上；AHRF，PaO2 低于 60 mm Hg 或室内空气中脉搏血氧饱和度 (SpO2)低于 90%，或呼吸急促大于 30/min 或呼吸困难或呼吸窘迫；需要氧气流量为 6 L/min 或更高；已知免疫抑制，定义为使用长期 (>3 个月)或高剂量 (>0.5 mg/kg/d)类固醇、使用其他免疫抑制药物、实体器官移植、过去 5 年内需要化疗的实体肿瘤、

血液系统恶性肿瘤（无论诊断和接受治疗后的时间如何）或原发性免疫缺陷；以及患者或代理人的书面知情同意书。艾滋病患者不符合条件。

排除标准包括：即将死亡；患者拒绝参与研究；解剖因素导致无法使用鼻导管；高碳酸血症提示需要 NIV（PaCO2 50 mm Hg）；孤立性心源性肺水肿提示需要 NIV；怀孕或哺乳；不在法国法定医疗保险体系的承保范围内；以及过去 6 天内接受过手术。随机化研究人员将符合条件的患者纳入每个 ICU，然后在整个 ICU 住院期间以 1:1 的比例随机分配到高流量氧疗或标准氧疗组。

随机化根据研究中心、随机化时的氧气流量（>9 L/min vs 9 L/min）、对血管加压药的需求以及自 ICU 入院以来的时间（2 天 vs 3 天）进行分层，基于预先建立的列表，其中置换块的大小固定为 4；块大小被隐藏。使用电子病例报告表中的电子系统实现随机化，以确保分配隐藏。干预的性质排除了对患者和医护人员的盲法。

基线定义为随机化时间。

治疗除氧气治疗外，所有管理决策均由管理医生根据每个 ICU 的标准做法做出。两组所有患者均根据当地管理协议接受了最佳标准护理。

随机分配的治疗（高流量氧气治疗或标准氧气治疗）在随机化后 15 分钟内开始。

在干预组中，仅通过持续高流量氧疗，起始流量为 50L/min，吸入氧分数为 100%(FIO2)，随后增加流量以达到 SpO2 达到 95%或更高，最高可达要点问题对于患有急性低氧血症性呼吸衰竭的免疫功能低下患者，高流量鼻氧疗法在第 28 天的死亡率方面是否优于标准氧疗？