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## Validation of a Noninvasive Assessment of Pulmonary Gas Exchange During Exercise in Hypoxia

Howe, Connor ; MacLeod, David ; Wainman, Liisa; Oliver, Sam; Ainslie, Philip

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### **Validation of a Non-invasive Assessment of Pulmonary Gas Exchange During Exercise in Hypoxia**

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**Abbreviations**

A-aDO<sub>2</sub>: Alveolar-to-arterial oxygen difference

ABG: Arterial blood gas

AGM100: MediPines Gas Exchange Monitor

F<sub>I</sub>O<sub>2</sub>: Fraction of inspired oxygen

gPaO<sub>2</sub>: Calculated partial pressure of arterial oxygen via non-invasive methods

P<sub>50</sub>: Partial pressure of oxygen associated with 50% oxygen saturation

P<sub>A</sub>O<sub>2</sub>: Alveolar partial pressure of oxygen

P<sub>Atm</sub>: Atmospheric pressure

PaO<sub>2</sub>: Partial pressure of arterial oxygen

PCO<sub>2</sub>: Partial pressure of carbon dioxide

P<sub>ET</sub>O<sub>2</sub>: Partial pressure of end-tidal oxygen

P<sub>H<sub>2</sub>O</sub>: Partial pressure of water

PO<sub>2</sub>: Partial pressure of oxygen

RER: Respiratory exchange ratio

SaO<sub>2</sub>: Oxygen saturation of arterial haemoglobin

SpO<sub>2</sub>: Oxygen saturation of peripheral capillary

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5 2 Hypoxia

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9 4 **Running Head:** Non-invasive pulmonary gas exchange in hypoxic exercise

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11 5  
12 6 **Authors:** Connor A. Howe<sup>1</sup>, David B MacLeod<sup>2</sup>, Liisa Wainman<sup>3</sup>, Samuel J. Oliver<sup>4</sup>, Philip N.  
13 7 Ainslie<sup>1</sup>

14  
15 8  
16  
17 9 <sup>1</sup>*Centre for Heart, Lung, and Vascular Health, University of British Columbia- Okanagan,*  
18 10 *Kelowna, Canada.*

19  
20 11 <sup>2</sup>*Department of Anesthesiology, Duke University Medical Center, Durham, United States.*

21  
22 12 <sup>3</sup>*Department of Medicine, University of British Columbia, Vancouver, Canada*

23  
24 13 <sup>4</sup>*Extremes Research Group, School of Sport, Health and Exercise Sciences, Bangor University,*  
25 14 *Bangor, UK.*

26  
27 15  
28  
29 16 **Corresponding author:** Connor A Howe, Centre for Heart, Lung and Vascular Health,  
30 17 School of Health and Exercise Sciences, University of British Columbia – Okanagan, 3333  
31 18 University Way, Kelowna, British Columbia, Canada, V1V 1V7 Email address:  
32 19 connorahowe@gmail.com

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46 27 study.

1  
2  
3 **Abstract:**  
4

5 **Background:** Pulmonary gas exchange efficiency, determined by the alveolar-to-arterial  
6  $PO_2$  difference ( $A-aDO_2$ ), progressively worsens during exercise at sea-level; this response is  
7 further elevated during exercise in hypoxia. Traditionally, pulmonary gas exchange efficiency is  
8 assessed through measurements of ventilation and end-tidal gases paired with direct arterial  
9 blood gas (ABG) sampling. Since these measures have a number of caveats, particularly invasive  
10 blood sampling, the development of new approaches for the non-invasive assessment of  
11 pulmonary gas exchange is needed.  
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17 **Research Question:** Is a non-invasive method of assessing pulmonary gas exchange valid during  
18 rest and exercise in acute hypoxia?  
19

20 **Study Design and Methods:** Twenty-five healthy participants (10 female) completed a staged  
21 maximal exercise test on a cycle ergometer in a hypoxic chamber ( $F_{I}O_2=0.11$ ). Simultaneous  
22 ABGs via a radial arterial catheter and non-invasive gas-exchange measurements (AGM100)  
23 were obtained in two-minute intervals. Non-invasive gas exchange, termed the  $O_2$  deficit, was  
24 calculated from the difference between the end-tidal and the calculated  $PaO_2$  (via pulse oximetry  
25 and corrected for the Bohr effect by using the end-tidal  $PCO_2$ ). Non-invasive  $O_2$  deficit was  
26 compared to the traditional alveolar to arterial oxygen difference ( $A-aDO_2$ ) using the traditional  
27 Riley analysis.  
28

29 **Results:** Under conditions of rest at room air, hypoxic rest and hypoxic exercise, strong  
30 correlations between the calculated  $gPaO_2$  and directly measured  $PaO_2$  ( $R^2=0.97$ ;  $p<0.001$ ;  
31 mean bias =1.70 mmHg) were observed. At hypoxic rest and exercise, strong relationships  
32 between the estimated and directly measured  $PaO_2$  ( $R^2=0.68$ ;  $p<0.001$ ; mean bias =1.01mmHg)  
33 and  $O_2$  deficit with the traditional  $A-aDO_2$  ( $R^2=0.70$ ;  $p<0.001$ ; mean bias =5.24mmHg)  
34 remained.  
35

36 **Interpretations:** Our findings support the use of a non-invasive measure of gas exchange during  
37 acute hypoxic exercise in healthy humans. Further studies are required to determine if this  
38 approach can be used clinically as a tool during normoxic exercise in patients with pre-existing  
39 impairments in gas exchange efficiency.  
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## 61 INTRODUCTION:

62 It is well established that pulmonary gas exchange efficiency, determined by the alveolar-to-  
63 arterial  $PO_2$  difference (A-a $DO_2$ ) progressively worsens (i.e., the A-a $DO_2$  increases) in a  
64 workload-dependent manner during exercise in normoxia due to both pulmonary factors (a  
65 combination of alveolar ventilation-to-perfusion inequalities, diffusion limitation, and  
66 intrapulmonary right-to-left shunt) and non-pulmonary factors (i.e., extrapulmonary right-to-left  
67 shunt) [reviewed in: <sup>1</sup>]. This impairment in pulmonary gas exchange efficiency during exercise is  
68 further exacerbated in acute hypoxia, such that for any given oxygen consumption, the A-a $DO_2$  is  
69 greater when compared to exercise in normoxic conditions resulting in further hypoxemia <sup>2</sup>.

70  
71 The current gold-standard for assessing changes in gas exchange during exercise and/or in  
72 pathological conditions is via invasive sampling of arterial blood gases (ABG). However, there  
73 are several technical and logistical limitations that make the acquisition of these samples  
74 difficult; time to complete sampling & processing procedure; repeated blood sampling that may  
75 increase risk of infection and/or anemia; variability in the measure; requirement of a technically  
76 skilled operator; confinement to a laboratory or hospital; damage to the endothelium during  
77 catheter insertion <sup>3</sup>; possible anxiety during cannulation; and limitations of the traditional ideal  
78 A-a $DO_2$  calculations relating to the traditional Riley method of measuring alveolar  $O_2$  [reviewed  
79 in: <sup>4</sup>]. For these reasons, there has been recent progress in a noninvasive method utilizing the  
80 MediPines Gas Exchange Monitor (AGM100)<sup>1</sup> for assessing impaired pulmonary gas exchange  
81 <sup>5-8</sup>. This method employs measuring end-tidal  $PO_2$  and  $PCO_2$  from the expired gas during steady-  
82 state breathing and then deriving the arterial  $PO_2$  via pulse oximetry. Allowing for the Bohr  
83 effect by use of the end-tidal  $PCO_2$ , the difference between the end-tidal, which is assumed to  
84 equal alveolar  $PO_2$ , and the calculated  $PO_2$  is defined as the oxygen deficit ( $O_2$  deficit).  
85 Collectively, these studies have confirmed that this non-invasive procedure is a highly sensitive  
86 indicator of impaired pulmonary gas exchange in lung disease <sup>5</sup>. Additionally, in resting  
87 conditions in elderly healthy volunteers and in patients with lung disease, the estimated oxygen  
88 deficit correlates well with the directly measured A-a $DO_2$  <sup>5,7,8</sup>. Despite the promising  
89 developments in this non-invasive procedure, it has not been established if the AGM100 can

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<sup>1</sup> The MediPines Gas Exchange Monitor was cleared by the US FDA

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2  
3 90 accurately detect changes in pulmonary gas exchange efficiency during exercise, particularly  
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5 91 under hypoxic conditions where substantial increases in the A-aDO<sub>2</sub> occur resulting in further  
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7 92 arterial hypoxemia.  
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9 93

10  
11 94 The aim of this study was to compare the predicted arterial PO<sub>2</sub> and oxygen deficit from the non-  
12  
13 95 invasive method with directly measured arterial blood gases at rest and during graded exercise in  
14  
15 96 acute hypoxia. We examined the related hypotheses that the non-invasive measures would be  
16  
17 97 strongly related to the direct arterial blood gas assessments of pulmonary gas exchange  
18  
19 98 efficiency.  
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## 23 101 **METHODS**

### 24 102 *Ethical approval*

25  
26  
27 103 All participants gave written informed consent prior to participating. This study was approved by  
28  
29 104 the University of British Columbia Clinical Research Ethics Board (H17-02687-A008) and  
30  
31 105 conformed to the standards set by the *Declaration of Helsinki* (except registry in a database) and  
32  
33 106 the Canadian Government Tri-council Policy Statement (TCPS2) for integrity in research.  
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36 107

### 37 108 *Participants:*

38  
39 109 Fifteen male (28.1±6.2 years; body mass 77.2±9.4 kg; height 178.6±5.2 cm; BMI 24.2±2.5 kg/m<sup>2</sup>)  
40  
41 110 and ten female (24.9±3.6 years; body mass 63.1±3.9 kg; height 170.0±5.0 cm; BMI 21.9±1.7  
42  
43 111 kg/m<sup>2</sup>) participants were recruited from the University of British Columbia Okanagan (344 m  
44  
45 112 elevation). All participants were healthy and free from respiratory or cardiovascular disease, did  
46  
47 113 not smoke, and self-reported engaging in 3-5hrs of moderate/vigorous physical activity per week.  
48  
49 114 Participants were instructed to refrain from caffeine and alcohol for 12 hrs and strenuous exercise  
50  
51 115 for 24 hrs before testing.  
52  
53 116

### 54 117 *Experimental overview*

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2  
3 118 While resting in the supine position a radial artery catheter (20-gauge; Arrow, Markham, ON,  
4  
5 119 Canada) was inserted into the left radial artery under local anesthesia (Lidocaine, 1.0%) and  
6  
7 120 ultrasound guidance. The arterial catheter was attached to an inline waste-less sampling system  
8  
9 121 (Edwards Lifesciences, TruWave VAMP, CA, USA). Following cannulation, participants entered  
10  
11 122 a normobaric hypoxia chamber ( $F_{I}O_2 = 0.11$ ) for 30-minutes. Following a 30-minute period of  
12  
13 123 seated rest (in hypoxia), participants completed an incremental cycling test to exhaustion on an  
14  
15 124 up-right cycle ergometer (Excalibur Sport, Lode, London, UK). To match relative exercise time  
16  
17 125 between sexes, male participants began cycling at 20 watts, increasing by 30 watts every 2 minutes,  
18  
19 126 while females began cycling at 15 watts, increasing by 20 watts every 2 minutes. All participants  
20  
21 127 were instructed to cycle at a comfortable cadence (between 50 and 80 RPM) on an individual basis  
22  
23 128 and to exercise until maximal volitional exhaustion. Subjects were asked to breathe through a small  
24  
25 129 mouthpiece connected to a galvanic  $O_2$  and infrared  $CO_2$  analyzer, and were fitted with a pulse  
26  
27 130 oximeter (Unimed U405S-06 Reusable Soft Finger Sensor, Unimed, Shenzhen, China) for  
28  
29 131 AGM100 (MediPines Corporation, Yorba Linda, USA) measurements both at rest and throughout  
30  
31 132 the exercise test. Simultaneous AGM100 measurements and arterial ABG samples were obtained  
32  
33 133 during normoxic rest prior to entering the hypoxia chamber, during hypoxic rest, and in the last 30  
34  
35 134 seconds of each exercise stage. From each blood gas sample, any air bubbles were immediately  
36  
37 135 evacuated from the syringe, and blood analysis was performed within 10-minutes of sampling with  
38  
39 136 a commercially available gas analyzer (ABL90 FLEX, Radiometer, Copenhagen, Denmark). The  
40  
41 137 blood gas analyzer was calibrated at a minimum of every 8 hours using manufacturer's standard  
42  
43 138 internal quality checks. Reported variables that were calibrated and analyzed included  $PaO_2$ ,  
44  
45 139  $PaCO_2$ , pH and oxygen saturation of arterial oxyhaemoglobin ( $SaO_2$ ). For the present study, the  
46  
47 140 within day coefficient of variation of measurement for  $PaO_2$  was 1.5% and 2.1% for  $PaCO_2$ ,  
48  
49 141 respectively. The between-day coefficient of variation of the main variables (end-tidal gases,  $SpO_2$   
50  
51 142 and  $O_2$  deficit) of the AGM100 following exposure to normobaric hypoxia ( $F_{I}O_2 = 0.12$ ) was <5%.

143

#### 144 ***Non-invasive gas exchange monitoring***

51 145 Non-invasive gas-based assessment of arterial  $PaO_2$  ( $gPaO_2$ ) was obtained by converting  $SpO_2$   
52  
53 146 obtained from the finger pulse-oximeter using the Hill equation as shown below:

$$55 \quad 147 \quad PaO_2^n = (P_{50}^n) \times [SpO_2 / (1 - SpO_2)] \quad \text{Eq 3.}$$



1  
2  
3 148 Whereby  $P_{50}$  represents the  $PO_2$  associated with 50% oxygen saturation (27mmHg), and  $n$   
4  
5 149 represents a constant of 2.7. The  $P_{50}$  was adjusted by the measured end-tidal  $PCO_2$  <sup>9,10</sup>.  
6  
7 150 Simultaneous assessment of end-tidal gases allows for  $PCO_2$  associated changes in the oxygen  
8  
9 151 affinity of hemoglobin to be accounted for using the Kelman subroutine. However, it is not  
10  
11 152 possible to allow for changes in pH caused by alterations in base excess, as discussed previously  
12  
13 153 <sup>5-8</sup>. Although the AGM100 software, by default, averages breath data over the previous eight  
14  
15 154 breaths to get steady normalized sampling, for this study, gas exchange data were averaged over  
16  
17 155 20-seconds at the end of each stage to limit the influence of ventilatory artifacts on influencing  
18  
19 156 the measure. It has been previously stated that it is important to capture “steady state” values  
20  
21 157 during each non-invasive session <sup>4</sup>. During steady-state respiration, a dynamic equilibrium exists  
22  
23 158 between oxygen and carbon dioxide and averaged values are highly reproducible as they are  
24  
25 159 derived from the lung at functional residual capacity.

26  
27 161 Alveolar  $PO_2$  ( $P_{AO_2}$ ) was calculated via the alveolar gas equation <sup>11</sup> and coupled with direct  
28  
29 162 arterial  $PaO_2$  measurements for the standard assessment of A-a $DO_2$  gradient to compare against  
30  
31 163 the non-invasive  $O_2$  deficit measure:

$$32 \quad 164 \quad P_{AO_2} = (P_{Atm} - PH_2O) \times F_{IO_2} - P_{ACO_2} \times [F_{IO_2} + ((1-F_{IO_2})/RER)] \quad \text{Eq 4.}$$

33  
34 165 Where  $P_{Atm}$  and  $PH_2O$  are the barometric pressure and water vapor pressure, respectively;  $P_{AO_2}$   
35  
36 166 and  $P_{ACO_2}$  are the alveolar partial pressures of oxygen and carbon dioxide, respectively;  $F_{IO_2}$  is  
37  
38 167 the fraction of inspired oxygen; RER is the respiratory exchange ratio. RER was estimated using  
39  
40 168 linear regression whereby RER was assumed to equal 0.80 at rest and 1.10 during the final stage  
41  
42 169 of exercise.

43  
44 170 The traditional A-a $DO_2$  was calculated from  $P_{AO_2} - PaO_2$  obtained from equation 4 above and  
45  
46 171 from the ABG.  $O_2$  deficit assessed by the AGM100 was determined to be the difference from  $P_{AO_2}$   
47  
48 172 –  $gPaO_2$  whereby  $P_{AO_2}$  is assumed to equal end-tidal  $O_2$  and  $gPaO_2$  is calculated as described  
49  
50 173 earlier. A third method of assessing pulmonary gas exchange efficiency was also employed to  
51  
52 174 account for variability in the traditional Riley method of assessing  $P_{AO_2}$ . Termed the “modified  
53  
54 175 method”, A-a $DO_2$  was calculated as  $P_{AO_2} - PaO_2$  whereby  $P_{AO_2}$  is assumed to equal end-tidal  $PO_2$   
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56 176 as is the case with the non-invasive method, while  $PaO_2$  is obtained from the direct arterial sample.

177

**178 Data Statistical Analyses**

179 Statistical analyses were performed using Prism Graphpad 8, IBM SPSS Statistics Version 24, and  
180 R statistical software. Linear regression and Bland–Altman analysis was performed <sup>11</sup> using Prism  
181 Graphpad to evaluate the agreement between the estimated arterial PO<sub>2</sub> and oxygen deficit from  
182 the non-invasive method with directly measured ABGs at rest and during graduated exercise in  
183 acute hypoxia. Further, repeated measures correlation analysis <sup>13</sup> were performed using R (rmcorr  
184 package Version 0.3.0; <https://cran.r-project.org/web/packages/rmcorr/>) to account for inter-  
185 individual variability. Mean bias and precision ( $\pm 1$  SD) are reported using the Bland-Altman plots  
186 whereby the difference between the non-invasive measure and “gold standard” (Y-axis) are plotted  
187 against the “gold standard” (X-axis). Potential sex differences between males and females during  
188 exercise were evaluated using a linear mixed model in SPSS with sex and exercise stage assigned  
189 as fixed effects and participants as random effects. Reported p-values are two tailed with  
190 significance set at  $P \leq 0.05$  for all statistical tests.

191

192

**193 RESULTS**

194 Twenty-five volunteers were included in this study, yielding N=206 data points for comparison  
195 between AGM100 and ABG. Oxygen deficit during rest and exercise in males and females are  
196 presented in Figure 1A & 1B. Linear regression data comparing non-invasive and directly  
197 measured PO<sub>2</sub> in males and females during rest and all exercise time points in hypoxia are  
198 presented in Figure 2A. Under combined conditions of normoxic rest, hypoxic rest and hypoxic  
199 exercise, the results revealed strong correlations between the calculated gPaO<sub>2</sub> and directly  
200 measured PaO<sub>2</sub> ( $R^2=0.97$ ;  $p<0.001$ ; mean bias =1.70 mmHg). During rest in normoxic  
201 conditions, a moderate correlation was observed across all participants ( $R^2=0.29$ ;  $p=0.013$ ) with  
202 low mean bias and relatively large variability (mean bias=  $-0.95 \pm 9.33$  mmHg). At hypoxic rest  
203 and exercise, the strong correlations between gPaO<sub>2</sub> and ABG PaO<sub>2</sub> ( $R^2=0.68$ ;  $p<0.001$ )  
204 remained with no statistical differences between sexes ( $P=0.99$ ) (males:  $R^2=0.69$ , females  
205  $R^2=0.62$ ; both  $p<0.001$ ). This relationship remained present when analyzed using repeated

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2  
3 206 measures correlation ( $R^2=0.59$ ;  $p<0.001$ ). When compared against rest conditions in hypoxia, the  
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5 207 correlation was also very strong ( $R^2=0.85$ ;  $p<0.001$ ). However, if resting data is excluded, the  
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7 208 strength of correlation was reduced (males:  $R^2=0.53$ , females:  $R^2=0.46$ ; both  $p<0.001$ ). Although  
8  
9 209 the  $O_2$  deficit was not different at maximal exercise, females exhibited greater arterial hypoxemia  
10  
11 210 (both ABG  $PaO_2$  and  $gPaO_2$  were lower) than males across exercise trials ( $p<0.001$ ). Bland-  
12  
13 211 Altman analysis are presented in Figure 2B in the corresponding right-hand panel. There was  
14  
15 212 low mean bias between  $gPaO_2$  and  $PaO_2$  ( $0.96\pm 2.75$  mmHg) during rest and all exercise stages in  
16  
17 213 hypoxia with minimal differences between sexes (males= $0.80$  mmHg, females= $1.17$  mmHg).  
18

19 215 The A-a $DO_2$  and oxygen deficit data are compared in Figure 2C and 2D. Although the  
20  
21 216 conventional A-a $DO_2$  gradient measure and  $O_2$  deficit show both a strong correlation ( $R^2=0.71$ ;  
22  
23 217  $P<0.001$ ) and repeated measures correlation ( $R^2=0.74$ ),  $O_2$  deficit was reflected in a positive  
24  
25 218 mean bias ( $5.24\pm 4.96$  mmHg). Part of the positive mean bias was evident in the lower A-a $DO_2$   
26  
27 219 values at each exercise stage, including negative values during rest and light exercise. Finally, as  
28  
29 220 displayed in Figure 3, the mixed method utilizing  $P_{ET}O_2$  rather than the Riley estimated alveolar  
30  
31 221  $O_2$  (via Eq 4.) to calculate A-a $DO_2$  presents similar values compared to  $O_2$  deficit ( $R^2=0.87$ ;  
32  
33 222 mean bias= $1.72\pm 2.69$  mmHg).  
34  
35 223  
36  
37 224

## 37 225 **DISCUSSION**

38  
39 226 The purpose of this study was to test the validity and reliability of a non-invasive method for  
40  
41 227 assessing pulmonary gas exchange at rest and during exercise in acute hypoxia. The main  
42  
43 228 findings of this investigation were the following: Despite the modest results in resting room air  
44  
45 229 conditions, strong relationships and low mean bias were observed during hypoxic rest and  
46  
47 230 exercise between the calculated  $gPaO_2$  and directly measured  $PaO_2$  ( $R^2=0.68$ ;  $p<0.001$ ; mean  
48  
49 231 bias = $1.01$  mmHg) and  $O_2$  deficit with A-a $DO_2$  ( $R^2=0.71$ ;  $p<0.001$ ; mean bias = $5.24$  mmHg).  
50  
51 232 Moreover, a small yet significant difference in exercise-induced hypoxemia was also revealed  
52  
53 233 whereby females presented with greater degree of arterial hypoxemia across rest and exercise  
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55 234 that was detected in both directly measured and calculated  $PaO_2$ . The following discussion

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3 235 considers the evidence, experimental limitations and the relevance underlying the findings of this  
4  
5 236 study.

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8  
9 238 ***Validation during exercise***

10  
11 239 During exercise in acute hypoxia, albeit with a positive mean bias of ~5 mmHg, the non-invasive  
12  
13 240 AGM100 was strongly correlated with that of the classic A-aDO<sub>2</sub> measure. Exercise intensity  
14  
15 241 dependent increases in O<sub>2</sub> deficit in both male and female participants occurred following a  
16  
17 242 similar pattern of pulmonary gas exchange impairment compared to previous hypoxic exercise  
18  
19 243 studies using invasive techniques [e.g., <sup>2,14,15</sup>]. Moreover, during rest and exercise in acute  
20  
21 244 hypoxia the AGM100 estimated gPaO<sub>2</sub> was strongly correlated with PaO<sub>2</sub> and exhibited low  
22  
23 245 mean bias (<3 mmHg). This finding is consistent with previous reports at rest in healthy  
24  
25 246 participants in acute hypoxia <sup>6</sup> and in patients with chronic obstructive pulmonary disease <sup>5</sup>.  
26  
27 247 Improvements in pulse oximeter design and related signal detection algorithms may explain our  
28  
29 248 improved results compared to previous reports during exercise <sup>16</sup>. A further important  
30  
31 249 observation was that the AGM100 detected a significant difference in gPaO<sub>2</sub> during exercise  
32  
33 250 whereby female participants exhibited a greater degree of hypoxaemia during exercise. This is  
34  
35 251 not a novel finding in itself and is likely due to differences in lung volume and airway diameter  
36  
37 252 [reviewed in; <sup>17</sup>], work of breathing <sup>18</sup>, and mechanical ventilatory constraint between sexes <sup>19,20</sup>  
38  
39 253 however, this finding and the high reproducibility of measures (i.e., between-day coefficient of  
40  
41 254 variation of O<sub>2</sub> deficit in hypoxia of <5%), highlights the sensitivity of the non-invasive  
42  
43 255 AGM100 to detect subtle differences in pulmonary gas exchange between even healthy  
44  
45 256 volunteers.

46  
47 257

48  
49 258 Although the classic A-aDO<sub>2</sub> method is considered the current “gold standard” and is used  
50  
51 259 extensively in research for assessing pulmonary gas exchange both at rest and during exercise, it  
52  
53 260 is not without its caveats. Indeed, it is not uncommon to observe negative A-aDO<sub>2</sub> values at rest  
54  
55 261 or during light exercise [reviewed in: <sup>1</sup>], a physiologically improbable finding. This was also the  
56  
57 262 case in our study whereby utilizing the classic A-aDO<sub>2</sub> equation exhibited a mean negative  
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59 263 gradient at rest and low intensity exercise in acute hypoxia in 59 out of 203 sample points. Linear  
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264 regression analysis between the classic A-aDO<sub>2</sub> equation and the non-invasive O<sub>2</sub> deficit measure

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3 265 revealed a strong correlation between the two measures (see Fig 2C and 2D); however, O<sub>2</sub> deficit  
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5 266 exhibited a relatively higher mean bias, eliminating the physiologically improbable negative  
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7 267 gradient, though presenting with greater levels of impaired gas exchange during strenuous  
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9 268 exercise. Utilization of a “modified method” A-aDO<sub>2</sub> equation whereby P<sub>ET</sub>O<sub>2</sub> was assumed to  
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11 269 equal alveolar O<sub>2</sub> - as is the case with the AGM100 - eliminated the occurrence of negative  
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13 270 pulmonary gradient values. Thus, the possible sources of error in the traditional method are  
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15 271 likely resultant of issues with the calculation of P<sub>A</sub>O<sub>2</sub> utilizing Riley analysis and can be divided  
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17 272 into two possible areas of concern that should be considered. 1) variability in the values for  
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19 273 alveolar PCO<sub>2</sub> acquired from the arterial sample and 2) the ventilatory parameters which are  
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21 274 acquired non-invasively and are not physiologically produced or rely on certain assumptions  
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23 275 including F<sub>I</sub>O<sub>2</sub> and respiratory quotient. Utilizing single timepoint arterial sampling to assess  
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25 276 pulmonary gas exchange during an exercise stage is likely highly susceptible to ventilatory  
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27 277 artifacts and sampling time discrepancies between the arterial and ventilatory variables required  
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29 278 for the classic A-aDO<sub>2</sub> equation whereby brief episodes of altered ventilation may result in  
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31 279 transient fluctuations in PaCO<sub>2</sub><sup>5</sup>. Indeed, lack of steady state conditions through anxiety induced  
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33 280 hyperventilation at rest while seated on a cycle ergometer have previously been suggested to  
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35 281 cause negative A-aDO<sub>2</sub> values<sup>1</sup>. This observation indicates that this lack of steady-state may be  
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37 282 exacerbated under acute hypoxic conditions whereby marked hyperventilation and related  
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39 283 arterial hypocapnia are elicited<sup>20</sup>. As the non-invasive AGM100 measurement utilized a 20s  
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41 284 average of each exercise stage for the assessment of gPaO<sub>2</sub> and O<sub>2</sub> deficit, it is likely less  
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43 285 influenced by acute ventilatory artifacts which may occur during exercise or in hypoxia whereby  
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45 286 a “steady-state” is difficult to obtain unless averaged over a period of time. Further, as discussed  
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47 287 previously<sup>5</sup>, the traditional A-aDO<sub>2</sub> equation is heavily favoured towards regions of the lung  
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49 288 with abnormally low ventilation-perfused ratios whereas end-tidal PO<sub>2</sub> values represent a more  
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51 289 uniform distribution of ventilation-perfused areas of the lung.

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### 291 ***Methodological Considerations***

51 292 The AGM100 has emerged to be effective for the non-invasive quantification of abnormal  
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53 293 pulmonary gas exchange<sup>5-8</sup>; however, this approach cannot differentiate between the  
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55 294 contributing mechanisms of impaired gas exchange (e.g., diffusion limitation, hypoventilation,

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3 295 ventilation/perfusion heterogeneity and shunting). Although different approaches (e.g., multiple  
4 296 inert gas elimination techniques, etc.) may provide insight into these factors, it is important to  
5 297 note that no assessment is perfect, and the AGM100 assessment provides a simple, non-invasive  
6 298 method for assessing pulmonary gas exchange, via  $O_2$  deficit, in a time conscious and easily  
7 299 repeatable manner<sup>4</sup>. Moreover, the method in which the  $O_2$  deficit is calculated overcomes  
8 300 several limitations of the classic Riley analysis of the A-a $DO_2$ , including: 1) lung units with high  
9 301 V/Q are included in the analysis rather than only units with abnormally low V/Q<sup>5</sup>; 2) it provides  
10 302 instantaneous calculations of gPa $O_2$ ; 3) the  $O_2$  deficit is completely non-invasive; and, on the  
11 303 basis of the current study, 4) the calculation of gPa $O_2$  and  $O_2$  deficit remain valid during  
12 304 exercise. Of note, some limitations of the AGM100 device have been elegantly reviewed<sup>22</sup>. The  
13 305 relevant points in the context of our experimental design are as follows. First, the Pa $O_2$   
14 306 calculations are based on the subroutines developed by Kelman to correct for the allosteric effect  
15 307 of changes in PCO<sub>2</sub> on the oxygen affinity of hemoglobin, known as the Bohr effect<sup>9,10</sup>. The  
16 308 Kelman's solutions assume that the change in PCO<sub>2</sub> shifts the arterial PO<sub>2</sub> along the normal  
17 309 buffer line. Second, given the shape of the oxyhemoglobin dissociation curve is flatter at the  
18 310 upper range of oxygen saturation, the variability of gPa $O_2$  widens at the SpO<sub>2</sub> >97% as  
19 311 indicated by the weaker relationship ( $R^2=0.3$ ) observed in our study. Third, the same  
20 312 considerations of the effects of temperature on gPa $O_2$  also remain unknown. Our validation data  
21 313 during exercise support the absence of a major influence of temperature on gPa $O_2$  and  $O_2$  deficit.  
22 314 Moreover, recent mathematical simulations suggest that the influence of both temperature and  
23 315 base excess on calculated gPa $O_2$  are modest (e.g., <3mmHg)<sup>4</sup>. Although we would not  
24 316 anticipate any compensatory alterations in acid-base balance in the current acute study, the  
25 317 changes in core (esophageal) temperature with acute exercise are also small (<0.5 °C).  
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## 320 CONCLUSION

321 This study found that pulmonary gas exchange efficiency measured using a non-invasive gas  
322 exchange monitor provided a valid and reliable measure against directly measured arterial blood  
323 gasses during hypoxic exercise. Further, the non-invasive oxygen deficit was strongly correlated  
324 with A-a $DO_2$  values obtained from the classic A-a $DO_2$  equation without presenting with negative  
325  $O_2$  gradient values. These results provide promising evidence to support the use of non-invasive



326 gas exchange assessments during hypoxic exercise which may be applicable to both laboratory  
327 and clinical patient assessments. Further studies are now required to determine if this approach  
328 can be used clinically as a tool during normoxic exercise in patients with pre-existing  
329 impairments in gas exchange efficiency.

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### 332 **Author contributions**

333 C.A.H., D.B.M., L.W., S.J.O., and P.N.A were involved in data collection. C.A.H. and P.N.A.  
334 were involved in data analyses and interpretation. C.A.H. and P.N.A. drafted the manuscript. All  
335 authors critically reviewed the manuscript. C.A.H. and P.N.A. conceived the study design. All  
336 authors approved the final version of this manuscript and agree to be accountable for all aspects  
337 of the work. All persons designated as authors qualify for authorship, and all those who qualify  
338 for authorship are listed.

339

### 340 **Acknowledgments**

341 The AGM100 was kindly provided by MediPines Corporation, Orange Country, CA.

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### **Figure Legends**

345 **Figure 1:** Oxygen deficit ( $O_2$  deficit) during rest and cycling exercise during stages 1-9 of an  
346 incremental maximal exercise test in normobaric hypoxia ( $F_1O_2=0.11$ ). Figure 1A; Data are  
347 presented as individual data points normalized to percent of maximal workload with lines of best  
348 fit. Male participants are represented by blue open circles with a solid line and female  
349 participants are represented by red open circles with a dashed line. Figure 1B; Data are presented  
350 as group means  $\pm$  SD for each absolute workload. Male participants (blue bars) began cycling at  
351 20 watts, increasing by 30 watts every two minute while females (red bars) cycled at 15 watts,  
352 increasing by 20 watts every two minutes. The total number of exercise stages completed are as  
353 follows: six stages= 1 male, 1 female; seven stages= 5 males, 4 females; eight stages= 7 males, 4  
354 females; nine stages= 2 males, 1 female.

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3 356 **Figure 2:** Linear regression and Bland-Altman figures for gas exchange monitor assessed partial  
4 357 pressure of arterial oxygen (gPaO<sub>2</sub>) vs arterial blood gas assessed partial pressure of arterial  
5 358 oxygen (ABG PaO<sub>2</sub>) [A,B] and oxygen deficit vs the traditional alveolar to arterial difference of  
6 359 oxygen (A-aDO<sub>2</sub>) [C,D] presented as individual data points at hypoxic rest and at all stages of  
7 360 hypoxic exercise. Male data points are indicated by blue open circles and solid linear regression  
8 361 lines. Female data points are indicated by red open circles and dashed linear regression lines. R<sup>2</sup>  
9 362 and P-values presented in the figures represent both male and female data points combined. The  
10 363 single solid line and dotted lines in the Bland-Altman plots represent mean bias and ± SD  
11 364 respectively.  
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17 366 **Figure 3.** Pulmonary gas exchange efficiency displayed as the 1) Traditional A-aDO<sub>2</sub> (black  
18 367 line); calculated using estimated alveolar O<sub>2</sub> from Riley analysis and directly measured partial  
19 368 pressure of arterial oxygen (PaO<sub>2</sub>) via arterial catheterization, 2) O<sub>2</sub> deficit (dark grey line); non-  
20 369 invasively assessed using estimated alveolar PO<sub>2</sub> from end-tidal PO<sub>2</sub> and calculated PaO<sub>2</sub>. 3) A  
21 370 mixed method A-aDO<sub>2</sub> (light grey line); assessed using estimated alveolar O<sub>2</sub> from end-tidal O<sub>2</sub>  
22 371 and directly measured PaO<sub>2</sub> via arterial catheterization. Data are presented as group means ± SD  
23 372 during rest and cycling exercise during an incremental maximal exercise test in normobaric  
24 373 hypoxia (F<sub>1</sub>O<sub>2</sub>=0.11).  
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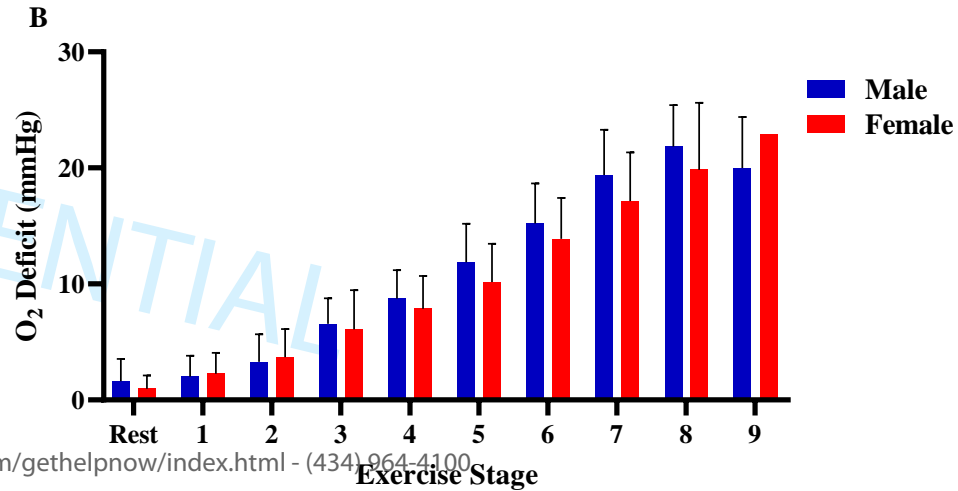
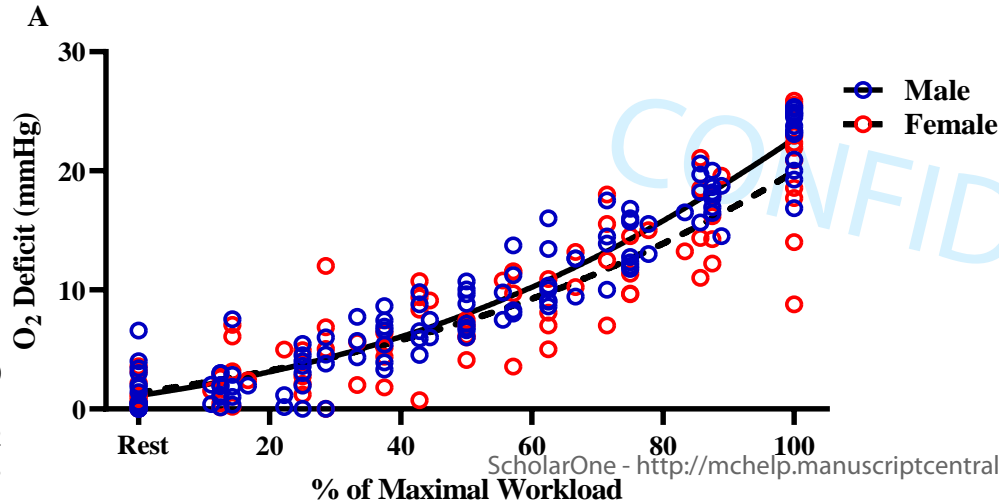
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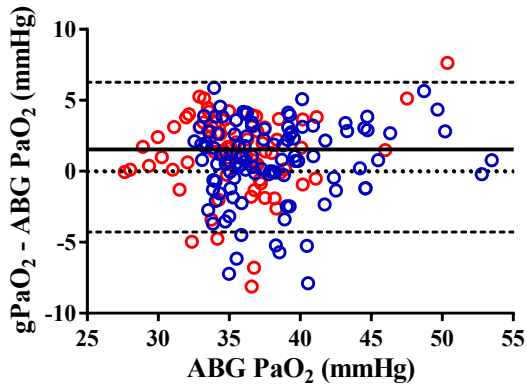
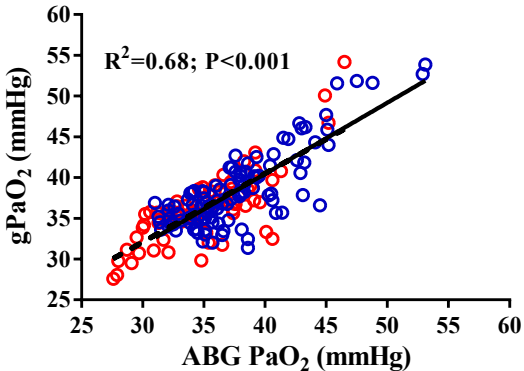
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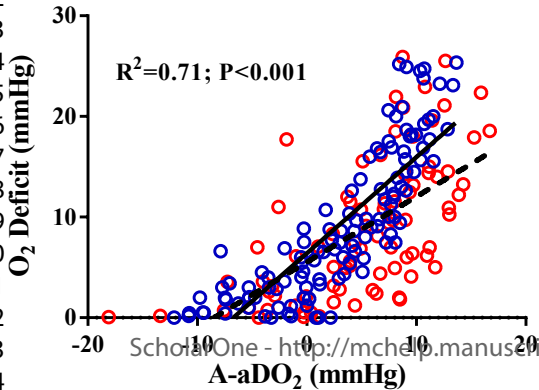


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