Indications

- Hypoxic respiratory failure despite “maximal medical therapy” i.e. Surfactant, sedation, conventional or HFOV/ HFJV with lung recruitment optimised, and therapy directed to maintenance of mean arterial blood pressure within the normal range commenced. An Oxygenation index of more than 20 in term infants may also indicate a trial of iNO should be considered.

- Presence of persistent pulmonary hypertension of the newborn (PPHN). Ideally a cardiac echo should be performed before starting iNO, if this is not possible then one should be arranged after iNO commences.

A cranial ultrasound should be performed if possible prior to commencing iNO therapy. A recent CXR may aid in assessing lung recruitment is optimised.

Caution

There is little trial evidence to support iNO use in preterm infants <34 weeks. Although the sub group of infants <34 weeks with prolonged rupture of membranes and pulmonary hypoplasia have been reported to show improvement with iNO therapy. iNO is used internationally in these infants as a"rescue" therapy in infants failing to improve oxygenation despite maximal medical therapy.

In addition care should be taken in infants with severe IVH or hypoxic ischemic encephalopathy or in infants with coagulopathy.

Prior to starting

Discuss the use of iNO with parents prior to starting wherever possible.

Starting Dosage of iNO

- All neonates: Start with 20 parts per million (ppm).

Assessment of response to iNO

After iNO use of 30-60 minutes medical staff to assess for response:

Positive response:

- Increase in PaO2 of ≥ 20mmHg.
- Or increase in Sp02 by 10%.
- Or able to drop FiO2 by 0.2.
Partial response:
- Increase in PaO\(_2\) of 15-20 mmHg.
- Or Increase in Sp\(_2\) by 5-10%.
- Or able to drop FiO\(_2\) by at least 0.1-0.2.

If does not meet partial or positive response criteria discuss with consultant and in general iNO should be ceased. Consultant discretion however is available to continue. If have been on iNO for less than 60 minutes can cease immediately.

If have been on iNO for over an hour can follow weaning protocol without reference to FiO\(_2\). If the FiO\(_2\) rises in this situation please call for medical review.

**Ongoing iNO**

- **Response criteria met** (See Above)
  - Yes: Wean FiO\(_2\) to keep pre-ductal Sp\(_2\) in targeted range and keep on 20ppm for 4 hours.
  - No: Discuss with consultant
    - Ceasing process:
      - If on iNO less than 60 minutes can cease immediately.
      - If greater than 60 minutes follow weaning protocol without reference to FiO\(_2\).
      - If FiO\(_2\) rises in this situation please call for medical review.

- **FiO\(_2\) less than 0.6**
  - Yes: Do not wean iNO
    - Wean FiO\(_2\) as able
      - Once FiO\(_2\) less than 0.6 wean
      - If on iNO for more than 96hours consider other medications eg sildenafil
  - No: Notify medical staff and commence weaning protocol
Monitoring Met Hb
- Met Hb levels available via blood gas.
- Met Hb less than 2.5% is safe.
- MetHb 5-10% decrease iNO by 50%.
- MetHb more than 10% cease iNO.

Weaning
After 4 hours of iNO assess for weaning. If FiO₂ is less than 0.6 can start weaning. In certain other circumstances a consultant may choose to wean even if FiO₂ is more than 0.6 is stability in FiO₂ is achieved.
In most circumstances iNO will be weaned first and then MAP. Discuss MAP weaning strategy with consultant.
The weaning process involves a step wise process with repeated assessments for weaning failure.

Weaning failure is defined as:
- Increase in FiO₂ by more than 0.2.
- Or Fall in SpO₂ by more than 5%.
- Or pre/post ductal SpO₂ gradient of more than 10% returns.
If weaning failure occurs return iNO to previous dose then wait 4 hours before re-attempting to wean.

Each weaning step should be considered 1-2 hours after the prior step if weaning criteria are met. If weaning a step is not successful, notify medical staff.

The step wise weaning process is:
- Decision by medical staff to commence weaning. Medical staff to document in the notes to wean as per protocol. Nursing staff can then follow protocol to wean each step without medical review. Nurses to notify medical staff if weaning failure occurs.
- 20ppm decreased to 10ppm.
- Assess for weaning failure.
- If none then after 2 hours reduce to 5ppm.
- Assess for weaning failure.
- If none then after 1-2 hours reduce to 4ppm.
- Thereafter reduce every 1-2 hours by 1ppm if no evidence of weaning failure at each step, until iNO ceased. Turn tank off.
Consider increasing FiO₂ by 0.1-0.2, 10 minutes prior to ceasing iNO.
Nitric Oxide Therapy (iNO)

**After 4 hours of iNO:**
Check for weaning

- **20ppm**
- **10ppm**
  - Tolerated? Yes: return to 20ppm
  - Tolerated? No: return to 20ppm
- **5ppm**
  - Tolerated? Yes: return to 10ppm
  - Tolerated? No: return to 10ppm
- **4ppm**
  - Tolerated? Yes: return to 5ppm
  - Tolerated? No: return to 5ppm
- **3ppm**
  - Tolerated? Yes: return to 4ppm
  - Tolerated? No: return to 4ppm
- **2ppm**
  - Tolerated? Yes: return to 3ppm
  - Tolerated? No: return to 3ppm
- **1ppm**
  - Tolerated? Yes: return to 2ppm
  - Tolerated? No: return to 2ppm

**Discontinue iNO**

**Failure to wean:**
Stop wean and return to previous dose if:
- Increase in FiO₂ by 0.2
- Fall in SpO₂ by more than 5%
- Increase in pre/postductal SpO₂ gradient of more than 10% returns

Wait more than 4 hours before reattempting to wean.
If on iNO for more than 96 hours consider adding in medications such as sildenafil.
References


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