Induction Of Oscillatory Ventilation Pattern Using Dynamic Modulation Of Heart Rate Through A Pacemaker

1 Charlotte H Manisty
1 Keith Willson
1 Justin E.R. Davies
1 Zachary I. Whinnett
1 Resham Baruah
1 Yoseph Mebrate
1 Prapa Kanagaratnam
1 Nicholas S. Peters
1 Alun D. Hughes
1 Jamil Mayet
1 Darrel P. Francis

1 International Centre for Circulatory Health, St Mary’s Hospital and Imperial College, London, UK

Correspondence:
Dr Charlotte H. Manisty
International Centre for Circulatory Health, Imperial College,
59-61 North Wharf Road,
London W21LA, UK
Tel:+44-207-594-1264 Fax:+44-207-594-1706
Email:cmanisty@ic.ac.uk

Running title – Cardiorespiratory manipulation using pacemakers

Word Count – 5154
Abstract

Objective

For disease state characterised by oscillatory ventilation, an ideal dynamic therapy would apply a counteracting oscillation in ventilation. Modulating respiratory gas transport through the circulation might allow this. We explore the ability of repetitive alternations in heart rate, using a cardiac pacemaker, to elicit oscillations in respiratory variables, and discuss the potential for therapeutic exploitation.

Methods

By incorporating acute cardiac output manipulations into an integrated mathematical model, we observed that a rise in cardiac output should yield a gradual rise in end-tidal carbon dioxide, and subsequently ventilation. An alternating pattern of cardiac output might therefore create oscillations in carbon dioxide and ventilation.

We studied the effect of repeated alternations in heart rate of 30bpm with periodicity of 60 seconds, on cardiac output, respiratory gases and ventilation in 22 subjects with implanted cardiac pacemakers and stable breathing patterns.

Results

End-tidal CO₂ and ventilation developed consistent oscillations with period 60s during the heart rate alternations, with mean peak-to-trough relative excursions of 8.4±5.0% (p<0.0001) and 24.4±18.8% (p<0.0001) respectively. Furthermore, we verified the mathematical prediction that the amplitude of these oscillations would depend on those in cardiac output (r=0.59, p=0.001).

Conclusions

Repetitive alternations in heart rate can elicit reproducible oscillations in end-tidal CO₂ and ventilation. The size of this effect depends on the magnitude of the cardiac output response. Harnessed and timed appropriately, this cardiorespiratory mechanism might be exploited to create an active dynamic responsive pacing algorithm to counteract spontaneous respiratory oscillations, such as those causing apnoeic breathing disorders.

Key words – periodic breathing, physiology, pacing, reflex
Introduction

There are clinical conditions characterised by oscillatory ventilation patterns, for example periodic breathing in heart failure patients. In these subjects cardiorespiratory control is unstable and they suffer significant morbidity and a poor prognosis(9; 23; 25; 35). If a simple and clinically acceptable intervention were available that could add an oscillatory increment to ventilation, of a desired predictable size and timing, this could be developed into a treatment to attenuate the respiratory instability seen in these patients.

Cardiovascular function is critical to respiratory gas exchange and there is a well-observed increase in ventilation at the start of exercise. The mechanism behind this remains controversial(3), although a ‘cardiodynamic hyperpnoea’ has been described linking increased cardiac output to the rise in ventilation at the onset of exercise(43; 45). This was initially demonstrated by pharmacological manipulation of cardiac output using vasoactive drugs: when cardiac output was increased there was an accompanying increase in ventilation. It was thought that the function of this ‘cardiodynamic’ reflex was to maintain end-tidal CO₂ within narrow limits by increasing ventilation as carbon dioxide production and transport to the lungs increased, although the mechanism was unclear. Further investigations using pacemakers showed that when heart rate was re-programmed to a higher rate, there was a rise in ventilation, but only after a delay of about thirty seconds, during which period end-tidal gases changed in a direction that would be expected to stimulate ventilation (21).

If the effect of cardiac output on delivering respiratory gases to the lung is incorporated into a conventional mathematical model, it becomes apparent that an acute increase in cardiac output might be expected to produce a transient rise in end-tidal carbon dioxide. Subsequently ventilation will be expected to rise, via the chemoreflex. In brief, when cardiac output is greater than average, carbon dioxide delivery to the lungs (via the blood stream) exceeds that removed by exhalation, therefore end-tidal carbon dioxide concentrations rise. Conversely, when cardiac output is less than average, net carbon dioxide balance is negative, so lung concentrations fall. We show a simple example of such a mathematical model in the Appendix.
A significant proportion of heart failure patients have implanted cardiac devices such as biventricular pacemakers allowing manipulation of heart rate and hence cardiac output at will. This heart failure population is also at risk of apnoeic disorders including periodic breathing\(^{11; 13; 26; 34; 35; 42}\) and therefore a pacing algorithm could potentially be used to deliver oscillatory ventilatory increments to counteract the spontaneous oscillations in ventilation found in periodic breathing.

The first step in determining whether pacemaker manipulation might have therapeutic potential for such diseases is to determine whether cyclical respiratory fluctuations of an appropriate frequency (typically one cycle per minute for periodic breathing diseases) can be elicited at will by a sequence of programmed pacemaker manipulations.

We hypothesised that through a protocol of alternating cardiac output between two values using a dynamic pacing protocol, we could elicit significant changes in the rate of delivery of CO\(_2\) from the tissues to the lungs. We hypothesised that this would then produce detectable phasic oscillations in ventilation at a frequency of potentially practical interest.
Methods

The initial stage to our study involved applying an acute change in cardiac output to a fundamental model of cardiorespiratory control. We then proceeded to a clinical study using dynamic alternating changes in cardiac output via pre-implanted cardiac pacemakers, to try to produce measurable respiratory oscillations.

Part 1. The cardiorespiratory model.

We modified a standard model of cardiorespiratory physiology to accommodate a cardiac output which changes with time (Appendix 1). We used this to examine the expected behaviour of end-tidal carbon dioxide levels for the short period of time after cardiac output undergoes an acute change.

Part 2. Clinical study

We examined the acute effects of cardiac output manipulation on end-tidal carbon dioxide levels and ventilation in clinical subjects.

Study Population

We recruited consecutive patients with implanted cardiac pacemakers (and/or defibrillators) from our general pacemaker clinic and our specialist heart failure clinic. All subjects were screened to exclude periodic breathing during daytime assessment in clinic. Patients were monitored for 30 minutes whilst recumbent, for oscillations of approximately one minute in ventilation and oxygen saturation recordings. If oscillations in respiratory variables were detected, then patients were excluded from the study. No changes had been made to any of the patients’ medication or their pacemaker settings for a minimum of 6 weeks prior to entering the study.

Exclusion criteria were the presence of periodic breathing, a resting native heart rate greater than 80 bpm, implantable cardiac defibrillators with anti-tachycardia therapy set at an unusually low rate (<120 bpm), and atrial fibrillation with a poorly controlled ventricular response. These patient groups were excluded to ensure that we were able to safely alternate the demand pacing rate between two values 30bpm apart.
All patients gave informed consent for this study which was approved by the St. Mary’s Hospital local research ethics committee. The investigation conforms with the principles outlined in the Declaration of Helsinki.

**Measurements**

Patients lay on a comfortable couch, with the head section tilted upwards at an angle of approximately 45 degrees, and the lower section horizontal. Their state of wakefulness was documented by visual confirmation that their eyes were open. They breathed through a calibrated pneumotachograph attached to a metabolic cart (MedGraphics Cardio CP2, Medical Graphics Corporation, MN, USA) measuring ventilation, inspiratory and expiratory respiratory gases.

An ECG signal was recorded using the Hewlett-Packard 78351A, from which we derived the heart rate. Blood pressure and cardiac output were measured non-invasively using a photoplethysmograph device (Finometer, Finapres Medical Systems, Netherlands). This uses a cuff that is placed around the finger, a built-in photo-electric plethysmograph and a volume-clamp circuit that dynamically follows arterial pressure. The device yields a continuous beat-to-beat arterial pressure waveform and incorporates the ‘Modelflow’ algorithm(44) which tracks changes in cardiac output by relating pressure changes to changes in a non-linear three-element aortic impedance model. We entered the patients age, sex, height and weight and these were used to estimate the three elements of the aortic impedance model (based on population averages)(24). The Finometer has been extensively validated against invasive measurements for absolute non-invasive measurement of changes in cardiac output(18; 32; 39; 41). We also performed non-invasive validation of the Finometer against echocardiography for measuring changes in cardiac output during reprogramming pacemaker atrioventricular delay. We found the Finometer to be significantly more reproducible than echocardiography at measuring cardiac output changes: in 12 patients the Bland-Altman difference for 2 successive measurements of cardiac output change using the Finometer across all patients was 0.17 L/min, standard deviation 0.12 L/min, compared with 0.73 +/- 0.37 L/min for cardiac output measured using echocardiography (p=0.0004).
Pacemaker reprogramming was performed via a pacemaker telemetry head positioned on the subjects’ skin over their implanted device, to enable the heart rate to be changed according to protocol.

**Protocol**

In order to enable us to control the heart rate during the study, all subjects whose clinical pacing configuration and underlying disease gave them atrial sensing at rest had their devices reprogrammed with a lower pacing rate 5 bpm above their native rate. This ensured that all subjects were paced throughout the study session.

The patients were monitored at this fixed baseline heart rate for 30 minutes with measurements of ECG, blood pressure, cardiac output, ventilation and end tidal carbon dioxide and oxygen recorded to confirm stable baseline respiratory control with no evidence of respiratory oscillations suggestive of periodic breathing.

We continued to monitor cardiorespiratory variables whilst alternating the pacing rate (via the pacemaker telemetry head) between baseline and 30 bpm above baseline, with a cycle time of one minute. This cycle of repeated square-wave heart rate alternations was repeated 5 times, and a signal-averaged single cycle was then calculated.

**To assess the effect of differing magnitudes of heart rate increment, in a subset of 5 patients we assessed repeated alternations in heart rate of 10bpm, 20bpm, 30bpm, 40bpm, 50bpm and 60bpm in size.**

**Data Acquisition**

The data was sampled at 1000 Hz and read into our unit’s custom data acquisition system: an analogue to digital card (DAQCard 6062E, National Instruments, Austin, TX, USA) with a workstation running custom software written in Labview instrument control language (v7.0, National Instruments). This system enables data to be collected simultaneously from different devices.
The data was later analysed off-line using custom software based on a foundation of Matlab (Natick, MA, USA) which we have developed and validated(8; 10). Heart rate, blood pressure, cardiac output, end-tidal gas concentrations and ventilation were digitally interpolated and resampled to obtain signals at 1 Hz for subsequent analysis. The reason for the lower sampling rate for data analysis is that our laboratory uses a standard acquisition rate of 1000Hz, which allows QRS complexes to be timed to 1ms, giving a precise measurement of heart rate. The end-tidal measures are only obtained at the end of each breath, and we judged therefore that a practical fixed-frequency sampling rate at which to display the results would be 1Hz: higher than the actual information rate of end-tidal and ventilation signals, and reasonable for the reader to interpret. Interpolation was done between breaths so that a value was available each second to be averaged across all cycles.

**Measurement of haemodynamic and respiratory oscillations**

The amplitude of the haemodynamic and respiratory oscillations in response to the heart rate alternation were quantified using signal averaging. Data from each of the 5 individual 60 second alternations was time-aligned using the transition point as a fiducial marker, and then the mean and standard error at each point in time were calculated (Figure 3). The amplitude and timing of the oscillations were calculated using Fourier analysis at a frequency of 1/60 Hz, corresponding to the stimulus cycle time of one minute.

We were able to calculate an index of each subject’s ventilatory sensitivity to CO₂ by calculating the ratio between the amplitudes of oscillation in ventilation and end tidal CO₂. For simplicity we have described this as a notional integrated ‘pseudo-chemoreflex gain’. This is not the conventional use of the term chemoreflex gain, which usually represents the response to a change in a single gas concentration (rather than to concomitant changes in both ETCO₂ and ETO₂).
Results

Results of the Mathematical Analysis

As shown in the Appendix, the mathematical analysis suggested that a step change in cardiac output would produce, over the following few seconds, a gradual change in lung gas concentrations. When cardiac output is acutely increased, there is an exponential increase in the rate of delivery of carbon dioxide-rich venous blood to the lungs. In the short term this raises lung pCO₂ levels and hence arterial CO₂ levels, which will in turn, via the chemoreflex, result in increased ventilation.

Results of the Clinical Study

Subject Characteristics

Of 32 patients screened, 3 were excluded because of atrial fibrillation, 3 because of baseline periodic breathing, and 4 because their native heart rate exceeded 80 bpm. The 22 remaining subjects (14 with heart failure, and 8 with normal systolic function) were enrolled.

Of the subjects with heart failure, 8 had biventricular pacemakers, and the remainder dual chamber devices. Indications for implantation of dual chamber devices included atrioventricular block, sick sinus syndrome and sinus node disease.

None of the patients with normal systolic function were taking cardiac medication and all were free of cardiac symptoms. At the time of study, four of the heart failure patients were in NYHA class I, 6 were in NYHA II and 4 were in NYHA III. All were prescribed maximal medical therapy (12 were taking beta blocker medication - bisoprolol or carvedilol), 10 were taking angiotensin-converting enzyme inhibitors, 4 were taking angiotensin-II receptor antagonists, 8 were taking spironolactone, 9 were taking a diuretic (loop or thiazide) and 3 were taking digoxin.

Effect of alternation in heart rate on respiratory parameters.

Alternating heart rate every 30 seconds by 30 bpm produced oscillations in cardiorespiratory parameters in all subjects. The mean amplitude of oscillations in cardiac output was 0.72 ± 0.43L/min, with a tendency towards higher values in subjects
with normal systolic function than in heart failure subjects (0.91 versus 0.62 L/min, 
p=0.06).

Following the increase in paced heart rate, end-tidal CO₂ rose and then, after a delay, 
ventilation increased (Figure 2). Correspondingly, when the paced heart rate was 
restored there was initially a decrease in end-tidal CO₂, followed by a fall in ventilation.
The pattern of repeated alternations in paced heart rate therefore elicited oscillations in 
ETCO₂, ETO₂ and ventilation (Figures 1 and 2).

In all subjects the rise in end-tidal CO₂ occurred shortly after the rise in cardiac output 
and preceded the increase in ventilation (average time delay from peak cardiac output to 
peak end-tidal CO₂ was 4.9 ±7.4 s, and mean delay from peak cardiac output to peak 
ventilation was 33.7 ± 10.5 s). The average delay between peak end-tidal CO₂ and peak 
ventilation was 21.3 ± 4.7 s.

Figure 1 shows an example of data from one subject with heart failure showing baseline 
measurements of end-tidal CO₂ and O₂ with a stable heart rate, followed by the effect of 
6 repeated 30 bpm alternations in heart rate with period (cycle time) 60 seconds, and 
then a return to baseline heart rate.

**Magnitude of respiratory oscillations in response to heart rate alternations**

The mean amplitude of the elicited oscillations in end-tidal CO₂ was 0.20 ± 0.15 kPa 
which represented a relative amplitude of 4.2 ± 2.5%. The mean amplitude of 
oscillations in end-tidal O₂ was 0.39 ± 0.22 kPa (relative amplitude of 2.6±1.5%). The 
magnitude of oscillations in ventilation was 1.08 ± 0.84 L/min (relative amplitude 12.2 
± 9.4%).

There was good reproducibility in the response to repeated heart rate alternations within 
individual subjects (the standard error for the ETCO₂ response averaged 0.073kPa, and 
for ventilation averaged 0.59 L/min). Between different subjects, the same 30 bpm 
oscillation in heart rate produced different sizes of oscillations in respiratory parameters 
(Figure 5).
The relationship between cardiac output oscillations and oscillations in respiratory variables.

The mathematical model (Appendix) predicts that the relative size of oscillations in end-tidal carbon dioxide should be directly proportional to the relative size of oscillations in cardiac output: $\frac{\Delta C}{C_0} \propto \frac{\Delta Q}{Q_0}$.

This was verified in the clinical data: there was a strong relationship within individual patients between these variables. In all 5 patients who underwent heart rate alternations of different magnitudes, the relative size of oscillations in cardiac output and end-tidal carbon dioxide were strongly correlated (mean of within-patient correlation coefficients was 0.83± 0.10, p<0.0001 in all cases, Figure 4). Because end-tidal carbon dioxide and ventilation are closely related via the chemoreflex (average individual correlation coefficient 0.78±0.1) the relative amplitude of oscillations in ventilation was also correlated with the relative amplitude of oscillations in cardiac output within an individual subject (mean within-patient r=0.48, p=0.006).

Across the entire study group, the relationship between the relative size of oscillations in end-tidal carbon dioxide and the relative size of oscillations in cardiac output was still significant (r=0.59, p=0.01; Figure 5).

Ventilatory sensitivity to changes in respiratory gases ('Pseudo-chemoreflex gain')

This measure of pseudo-chemoreflex gain was inversely correlated with ejection fraction (r=-0.47, p=0.03). Pseudo-chemoreflex gain was significantly higher in subjects with heart failure than in those subjects without heart failure (716±412 L/min/kPa versus 387±122 L/min/kPa, p=0.04). Thus this measure of chemoreflex gain, albeit unconventional, gives values broadly similar to those obtained by conventional methods(4; 13; 19; 40).
**Discussion**

We have demonstrated a direct cardiorespiratory reflex whereby oscillations in the respiratory system can be induced using a purely cardiac intervention. We found that serially changing a subject’s heart rate (and thereby cardiac output) by dynamic pacemaker reprogramming can modulate ventilation.

Heart rate alternations of depth 30 bpm at a frequency of one cycle per minute (similar to that found physiologically in periodic breathing and other apnoeic disorders) caused consistent oscillations in end-tidal carbon dioxide, end-tidal oxygen and ventilation of reproducible magnitude and phase within individuals. Different individuals had different ventilatory responses to the heart rate alternation, and this was dependent on the cardiac output increment induced and the individual subject’s ventilatory sensitivity to CO₂.

The concept of such an interaction between the cardiac and respiratory systems was raised by Wasserman’s group as a potential mechanism for early exercise hyperpnoea (43; 45): the process received the name “cardiodynamic reflex” because of its perceived relevance to exercise. Newer studies, using spinal cord transaction patients, have excluded a prominent role for this in the genesis of early exercise hyperpnoea(3; 28). Yet the process does exist, and the present study shows how it can be readily elicited in phasic form. Instead of thinking of this as a failed candidate mechanism for early exercise hyperpnoea, we propose that it should be considered a potential candidate mechanism for dynamic intervention on the respiratory system using a cardiac pacemaker, and accordingly we propose it be given a more appropriately descriptive term, such as “cardiocapnic”.

Using manipulation of programmed cardiac pacemaker parameters we were able to deliver an acute step change in heart rate making determination of the chronology of the changes easier. In addition, the acute time-frame over which we were measuring the respiratory effects of the cardiac output change (30 seconds post-transition) and the likelihood that there will be less sympathetic activation following a pacemaker-induced
cardiac output change than an exercise-induced one mean that we should have minimised neurohumoral effects in our study.

Several observations support a causative role for cardiac output in the changes to ventilation. First, there is only a short delay between the increase in heart rate and the rise in end-tidal CO₂ (approximately 5 seconds), followed by a delay of approximately 20 seconds before ventilation increased (a value similar to published chemoreflex delays(13; 16; 31)). This is consistent with the rate of delivery of CO₂ to the lungs increasing immediately following an increase in heart rate, and resulting in a gradual rise in arterial CO₂ that then stimulates the chemoreceptors to increase ventilation.

One possible mechanistic proposal is that the initial rise in end-tidal CO₂ is at least partly due to an improvement of ventilation-perfusion matching with the increased cardiac output. In our data, ventilation increased following the increase in end-tidal CO₂, which contradicts this. If the increased cardiac output improved perfusion of ventilated lung fields, more CO₂ would be removed from the venous blood. This would result in lower CO₂ levels in the arterial blood reaching the chemoreceptors, and therefore a \textit{fall} in ventilation after the chemoreflex delay.

Additionally, we were able to measure beat-to-beat changes in cardiac output using the Finometer. This data strongly supports the changes in end-tidal CO₂ and ventilation being related to the increase in cardiac output. Within individual subjects the relationship was extremely strongly correlated across a wide range of cardiac outputs.

There was a significantly lower cardiac output response to the programmed heart rate change in the heart failure subjects than the non-heart failure subjects, which was to be expected. Previous evidence has shown that heart failure subjects have decreasing cardiac index with increasing heart rate(15), and in vitro studies have shown abnormalities in the force-frequency relation in heart failure subjects(17; 30). However because of their enhanced ventilatory sensitivity to respiratory gas fluctuations the magnitude of the ventilation oscillations was similar in the two groups.
Although our model described explicitly only the CO₂ response to dynamic changes in cardiac output, there are also small oscillations in end-tidal oxygen in almost exact antiphase to the oscillations in end-tidal carbon dioxide(12). Cardiac output, in addition to determining the rate of delivery of CO₂-rich venous blood to the lungs, also determines the rate of delivery of oxygen-depleted venous blood to the lungs for oxygenation. The immediate consequence of a step rise in cardiac output will therefore be a gradual decline in end-tidal oxygen levels in the lungs. The effect of this on ventilation may well be very small but will be in the same direction as the effect of the concomitant CO₂ change.

We were able to calculate an index for an individual subject’s ventilatory sensitivity to carbon dioxide because the heart rate alternations produced oscillations in carbon dioxide which produced oscillations in ventilation via the chemoreflex. Although the small oscillations in oxygen may also have stimulated ventilation, and this is neither the conventional separated central or peripheral chemoreflex gains, it allows some measure of ventilatory sensitivity. It also refers preferentially to the processes with a frequency of once per minute (1/60 Hz) relevant to periodic breathing and correlates with ejection fraction.

**Comparison with other Studies**

One group of investigators showed using isolated step changes in heart rate in patients with pacemakers that it is possible to increase ventilation in resting patients, and that this was likely to be via the chemoreflex(21). They did not measure cardiac output directly, but instead extrapolated the immediate changes in PETO₂ after the heart rate change to conclude that \( \dot{V}O₂ \) was changing. By assuming that that there was little change in arterial and mixed venous oxygen contents, they therefore could use changes in \( \dot{V}O₂ \) as a proxy for changes in pulmonary blood flow and cardiac output.

Our results add to their findings by demonstrating the ability to induce oscillations in respiratory parameters (using repeated heart rate alternations). We also showed the
predictability of the ventilatory response and also the dependence on the cardiac output increment and the individual subject’s ventilatory sensitivity to CO₂.

There may also be a role for the carotid baroreflex in the interaction between the cardiac and respiratory systems, as large changes in ventilation are likely to affect cardiac filling and hence blood pressure and cardiac output (33; 38).

Clinical Implications

Interaction between the cardiovascular and respiratory systems in heart failure has long been recognized, but little clinical work has been directed at utilizing this complex interaction therapeutically. In particular, the effect of dynamic alternations in cardiac parameters on respiratory variables (including ventilation and CO₂) has not been studied in detail.

A large proportion of patients with left ventricular dysfunction have unstable respiratory control which manifests as periodic breathing with cyclical hypopnoeas and hyperpnoeas, driven by oscillations in blood gases (20; 36). Patients with periodic breathing have significant symptomatology (including sleep disruption with daytime fatigue), and a worse prognosis than subjects with similar cardiac function but stable cardiorespiratory control (9; 25).

Attempts to stabilize breathing have focussed on improving overall cardiac function (for example through drugs(22) or cardiac resynchronisation therapy using biventricular pacing(14; 37)) or respiratory devices(5) which are poorly tolerated and non-portable (e.g. continuous positive airways pressure). Most of these currently-available treatments for periodic breathing are essentially static – providing continuous treatment throughout the periodic breathing cycle, rather than applying phasic treatment to address the underlying pathophysiological oscillations. The proportion of heart failure patients with implanted cardiac devices (biventricular pacemakers and/or defibrillators) is rapidly expanding due to the growing body of evidence for both their prognostic and symptomatic benefits (1; 2; 6; 7; 29).

We have shown that intentional changes in cardiac output can dynamically control ventilation. If this could be combined with currently-available ventilation monitoring
pacemaker technology(27), an algorithm of variable dynamic changes in cardiac output might
be created to counteract the respiratory gas oscillations that sustain periodic breathing. This
would offer patients a therapy for periodic breathing without the need for compliance with
external devices that many patients find unacceptably uncomfortable or inconvenient. This
newly-reported process for active phasic control of respiratory variables via acute cardiac
modulation could be used to dynamically stabilize breathing in patients who have cardiac
pacemakers or defibrillators in situ.

Pacemaker-induced changes to cardiac output produce predictable amplitude and
timings of ventilatory responses within an individual due to the good reproducibility. If
this method of influencing ventilation were to be incorporated into a therapy for
periodic breathing, this information is very helpful. As a patient with periodic breathing
can have varying amplitudes of oscillations in ventilation, the reasonably linear
correlation with amplitude of cardiac output would allow an algorithm to produce a
ventilatory effect of the desired size to counteract the spontaneous oscillations.

Study Limitations

We performed this study non-invasively, measuring end-tidal gas concentrations and a
non-invasive beat-to-beat index of cardiac output. To minimise trauma to the subjects
for this proof of concept study, we did not insert intra-arterial catheters for sampling of
blood gases, nor for cardiac output quantification. However, we obtained good time
resolution with our expired gas analysis which would have been difficult to obtain
invasively, even with an arterial line and very frequent sampling of arterial gas
concentrations. We believe that end-tidal and arterial gases parallel each other to a
reasonable degree within individual patients(46) over durations as short as this study.
Other methods for non-invasive measurement of gases such as transcutaneous
assessment using the TINA device have been shown to be accurate at tracking changes
over chronic time scales, but pilot efforts at our institution found that its time resolution
could not match that of end-tidal monitoring. We were also unable to investigate the specific part that the carotid baroreflex plays in cardiorespiratory interaction in a study of this design, and further experiments would be required to elucidate these mechanisms.

The gold standard measure of cardiac output is invasively-measured thermodilution, but this does not easily lend itself to tracking acute changes over such a short cycle time, with good time resolution. The ability of modifications in peripheral pulse waveforms to faithfully reflect modulation of haemodynamic parameters might be questioned, and we therefore performed validation of the Modelflow method for measurement of cardiac output against a reference method, Doppler echocardiography. We performed these studies in the context of this experimental method for tracking changes in cardiac output induced by pacemaker reprogramming, and found the Finometer to be more sensitive and reproducible.

We only screened patients for periodic breathing during daytime assessments in clinic. It is possible that some of the patients with impaired systolic function would have features of periodic breathing if they were assessed with sleep studies, but all patients had stable baseline respiration prior to the onset of pacemaker reprogramming.

**Perspective and Significance**

In this study we demonstrate the ability to elicit oscillations in respiratory variables by alternating heart rate and cardiac output. Both the amplitude and phase of respiratory oscillations produced are predictable and reproducible. This technique has potential translational clinical application for the stabilisation of periodic breathing in heart failure. However, this would require further technical developments for the detection of the amplitude and phase of periodic breathing, and a method for conveying this information to a system which can dynamically reprogramme a pacemaker in real-time. Such automated technology is not currently available, but in principle could be developed.
Conclusion

Respiratory oscillations can be produced at will by dynamic modulation of heart rate using a cardiac pacemaker. The mechanism of this appears to be dynamic alteration of the rate of cardiac output and thereby CO₂ transport from the systemic tissues to the lungs. This might be developed into a potential therapeutic modality for the treatment of dynamic breathing disorders such as periodic breathing.
Appendix - The Cardiorespiratory Model

In our model, ventilation (\( \dot{V} \)) is considered to be controlled by a chemoreflex response to changes in carbon dioxide. For simplicity, we directly modelled this with only a single variable for carbon dioxide (end-tidal CO2), with \( C \) representing its concentration at time \( t \). Physiologically, the rate of change of lung CO2 concentration is determined by the difference between the rate of CO2 delivery to the pulmonary circulation, and the rate of its removal from the lungs by ventilation and arterial blood. Blood entering the pulmonary circulation has two components of which the first is the CO2 originally in the blood (\( C_{t-\delta} \)) when it first left the pulmonary circulation at time \( t-\delta \). The second component is the CO2 gained when flowing through tissues at a rate \( Q_{t-\varepsilon} \), (at time \( t-\varepsilon \)) as a product of metabolism (whose rate of production is \( \dot{V}_{CO2} \)).

CO2 is removed from the lungs by alveolar ventilation (\( \dot{V} \)), and diffusion into the bloodstream. Both the rate of delivery of CO2 in the venous blood, and the rate of removal of CO2 in the arterial blood are influenced by cardiac output (\( Q \)) and the solubility of CO2 in blood (\( \beta \)).

The simplest form of the fundamental equation that determines \( \frac{dC}{dt} \), the rate of change of lung CO2 concentration, is:

\[
\frac{dC}{dt} \times V_L = \beta Q \left( C_{t-\delta} + \frac{\dot{V}_{CO2}}{\beta Q_{t-\varepsilon}} \right) - \left( \beta QC + \dot{V} C \right)
\]

Equation 1:

If cardiac output is increased in this theoretical cardiorespiratory control system, there will be 3 principal consecutive effects on CO2:

1. The rate of delivery of CO2 from the peripheries to the lungs will increase

2. The CO2 added to the circulation by the body’s metabolic stores falls, as the peripheral tissue stores of CO2 become depleted.
3. The concentration of CO$_2$ in the blood leaving the lungs will increase, as lung CO$_2$ levels rise.

For simplicity we have therefore divided the circulation into 3 phases, with 3 locations of interest (see Figure 6) which occur at different time points with reference to current time, \( t \). The circulation time (time delay between blood leaving the lungs, and returning again) is \( \delta \) seconds.

A. CO$_2$ depleted blood leaves the lungs, \( t-\delta \) seconds prior to returning to the lungs.

B. CO$_2$ is added to the blood by metabolism in the body, approximately halfway around the circulatory cycle of blood travelling from and returning to the lungs. This occurs at \( (t-\varepsilon) \) seconds prior to returning to the lungs.

C. CO$_2$ rich blood returns to the lungs at time \( t \).

We therefore make two simplifications about the effect on lung CO$_2$ (\( C_0 \)), when cardiac output is changed from \( Q_0 \) to \( Q_I \). First, until time \( t+\delta \), \( C_{(t+\delta)} \) is equivalent to the concentration of CO$_2$ in the lungs prior to the cardiac output change (\( C_0 \)). Second, until time \( t+\varepsilon \), \( Q_{(t-\varepsilon)} \) is equivalent to \( Q_0 \) (the cardiac output prior to the increase in heart rate). After time \( t+\varepsilon \) but before time \( t+\delta \), \( Q_{(t-\varepsilon)} \) is \( Q_1 \) (the new cardiac output). Using these assumptions, we can predict that the time course of lung CO$_2$ under these conditions will initially be an exponential approach to another value, of the general form:

\[
C_t = C_0 + k_1 \left(1 - \exp^{-k_2 t}\right).
\]

Specifically, the expected behaviour is:

**Equation 2:**

\[
C = C_0 + \frac{C_0}{\beta Q_1 + \dot{V}} \frac{Q_1 - Q_0}{Q_0} \left(1 - \exp\left[-\frac{\beta Q_1 + \dot{V}}{V_L} t\right]\right).
\]

This means that the predicted initial effect of a rise in cardiac output is that lung CO$_2$ will increase according to an exponential trajectory towards an asymptote (Figure 6b).
Grants

CHM was supported by a Research Training Fellowship from the Wellcome Trust (077049/Z/05/Z) and the Coronary Flow trust. DPF (FS/04/079), ZIW (FS/05/068) and JED (FS/05/006) were supported by the British Heart Foundation and KW received support from the Foundation for Circulatory Health.

Disclosures

None of the authors have any disclosures.
Reference List


Figure Legends

Figure 1 – The effect of repeated heart rate alternations on respiratory parameters

Data from one subject showing baseline measurements of end-tidal CO₂ and O₂ with a stable heart rate, followed by the effect of 6 repeated 30 bpm alternations in heart rate with period (cycle time) 60 seconds, and then a return to baseline heart rate.

Figure 2 – Dynamic changes to cardiac output result in acute changes in respiratory parameters.

A step increase in paced heart rate results in a gradual rise end-tidal CO₂. After the chemoreflex delay, ventilation similarly increases.

Figure 3 - Measurement of the amplitude of oscillations in end-tidal CO₂, end-tidal O₂ and ventilation in response to heart rate alternation.

Each individual intervention (step increase in heart rate by 30bpm, followed 30 seconds later by a 30bpm decrease) is superimposed and the mean and standard deviation is calculated for each time point, for each of ETCO₂, ETO₂ and ventilation.

Figure 4 – The relationship between cardiac and respiratory parameters in response to different amplitudes of heart rate alternations, in a subset of 5 subjects.

Although in each individual subject there is a different slope in the relationship between the increment in cardiac output and the relative amplitude of oscillations in carbon
dioxide when heart rate is alternated, each subject has a linear relationship between the amplitude of oscillations in these two variables.

**Figure 5 – The relationship between oscillations in ETCO₂ and cardiac output across the patient group.**

The magnitude of the ETCO₂ oscillations was closely related to the magnitude of cardiac output oscillations during heart rate alternation, throughout the group of subjects.

**Figure 6 – The mathematical model of cardiorespiratory control.**

(a) The concentration of alveolar carbon dioxide at any give time is dependent of the amount of carbon dioxide added to the blood by metabolism at time \( t - \varepsilon \) ago, the amount of carbon dioxide in the blood leaving the lungs at time \( t - \delta \) ago, and the amount of carbon dioxide removed from the lungs by ventilation and diffusion back into the blood at that time.

(b) A step increase in cardiac output is predicted to result initially in an exponential rise in end tidal carbon dioxide towards an asymptote.

**Table 1 – Baseline Subject Characteristics**
<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Non-heart failure subjects</th>
<th>Heart failure subjects</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean ± SD</td>
<td>Mean ± SD</td>
<td></td>
</tr>
<tr>
<td>Male/ Female</td>
<td>7/1</td>
<td>13/1</td>
<td>0.90</td>
</tr>
<tr>
<td>Ejection fraction (%)</td>
<td>68.7 ± 8.4</td>
<td>32.4 ± 10.7</td>
<td>&lt;0.0001</td>
</tr>
<tr>
<td>Age (years)</td>
<td>63.6 ± 14.6</td>
<td>73.9 ± 7</td>
<td>0.04</td>
</tr>
<tr>
<td>Baseline heart rate (bpm)</td>
<td>55 ± 12.0</td>
<td>60 ± 10.2</td>
<td>0.30</td>
</tr>
<tr>
<td>Baseline mean arterial BP (mmHg)</td>
<td>97.2 ± 26.4</td>
<td>88.6 ± 24.5</td>
<td>0.45</td>
</tr>
</tbody>
</table>
Figure 1 - The effect of 6 repeated heart rate alternations on respiratory parameters. Data from one subject showing baseline measurements of end-tidal CO2 and O2 with a stable heart rate, followed by the effect of 6 repeated 30 bpm alternations in heart rate with period (cycle time) 60 seconds, and then a return to baseline heart rate.
Figure 2  Dynamic changes to cardiac output result in acute changes in respiratory parameters. A step increase in paced heart rate results in a gradual rise end-tidal CO2. After the chemoreflex delay, ventilation similarly increases.
Figure 4  The relationship between cardiac and respiratory parameters in response to different amplitudes of heart rate alternations, in a subset of 5 subjects. Although in each individual subject there is a different slope in the relationship between the increment in cardiac output and the relative amplitude of oscillations in carbon dioxide when heart rate is alternated, each subject has a linear relationship between the amplitude of oscillations in these two variables.
Figure 5  The relationship between oscillations in ETCO2 and cardiac output across the patient group. The magnitude of the ETCO2 oscillations was closely related to the magnitude of cardiac output oscillations during heart rate alternation, throughout the group of subjects.

$r = 0.59$
Figure 6  The mathematical model of cardiorespiratory control. (a) The concentration of alveolar carbon dioxide at any give time is dependent of the amount of carbon dioxide added to the blood by metabolism $t-\varepsilon$ ago, the amount of carbon dioxide in the blood leaving the lungs $t-\delta$ ago, and the amount of carbon dioxide removed from the lungs by ventilation and diffusion back into the blood at that time. (b) A step increase in cardiac output is predicted to result initially in an exponential rise in end tidal carbon dioxide towards an asymptote.

Asymptote = \[ C_0 + \frac{Q_0 V}{\beta Q_0 + V} - \frac{Q_0}{Q_0} \]

Time since increase in cardiac output

81x60mm (300 x 300 DPI)