

Textbook of
Pulmonary and
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Textbook of Pulmonary and Critical Care Medicine

Volume 1

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Foreword

In reading through the *Textbook of Pulmonary and Critical Care Medicine* edited by Professor SK Jindal of the Postgraduate Institute of Medical Education and Research, Chandigarh, my thoughts drifted to a recent best-selling book authored by Thomas Friedman, titled, *The World is Flat: A Brief History of the Twenty-first Century*. The author argues that the world is shrinking from a size small to a size tiny and this has been accompanied by a flattening of the playing field. The dynamic forces of recent globalization give a unique quality to our flat world today – the power of individuals to collaborate and compete globally. Using this 21st century power and the tools of the flat world, namely the personal computer, the fiberoptic cable, and modern publishing house software, Professor Jindal has fostered an outstanding collaboration among experts spanning several continents. He has also produced a practical, authoritative and comprehensive resource for students, physicians in training and seasoned clinicians alike, that rivals any standard textbook on this subject and can compete on equal footing with other educational tools.

However, as globalization flattens the playing field, and countries leap to industrialization, cultural beliefs, natural resources, climate and geography have slowed the pace of development in many parts of the world. Poverty leads to malnutrition, homelessness, lack of education, and poor access to health care. Overcrowded cities and rural underdevelopment are other challenges that impact health in the various parts of the world. Moreover, epidemics of HIV, drug abuse and smoking addiction take a greater toll on the population. Yes, the world is flat, but the terrain is filled with mountains and valleys and local problems demand local solutions. And these local problems need to be explored and presented with a scholarly perspective. The *Textbook of Pulmonary and Critical Care Medicine* has successfully incorporated these sociodemographic factors into the subject matter.

The text is well-written and the chapters are carefully referenced with subjects found in all traditional pulmonary and critical care textbooks, e.g. airway diseases, interstitial lung disease, pleural disease, pulmonary neoplasia, pulmonary infection, sleep and critical care. There are several nontraditional sections as well that are practical and especially helpful to the practicing physician. These include a section on the symptom approach to lung disease, an overview of the pharmacologic agents used to treat lung disease, and a comprehensive review of methods in lung diagnosis from the simple history and physical examination to the latest complex tools of interventional pulmonology. The textbook is especially unique because of the abundance of illustrations, flow charts and tables. Their clarity and at times simplicity make them especially valuable for the novice. There are many radiographic and pathologic reproductions that are especially helpful.

The textbook also offers a unique exposure to the problems in many parts of the world. Tuberculosis, the “number one” treatable condition has been extensively covered; and special topics such as multi-drug resistance, directly observed therapy, TB prevention, nonpharmacologic approaches and extrapulmonary tuberculosis are particularly relevant. Many countries are facing a growing burden of noncommunicable respiratory diseases. They have become the second leading cause of death after injuries, and their impact on indirect costs such as loss of work and home productivity is enormous. These problems are addressed and measures of prevention such as smoking cessation are included. Other special challenges including topics such as indoor and outdoor air pollution, climate change, poisoning with pesticides, snakebite toxicity, pulmonary manifestations of tropical infections and industrial accidents such as the tragedy seen in Bhopal, Madhya Pradesh, with methyl isocyanate, have been well covered.

What is most impressive about this textbook is how comprehensive and practical it is for the reader. Topics range from the history of respiratory medicine to the approach to end-of-life issues with critically ill patients. It is hard to think of a topic that is missing. While this textbook will have a special appeal and value to the physicians of the South-Asian continent, clinicians around the globe will benefit from Professor Jindal’s extensive efforts.

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Preface

It was merely a quarter of a century ago when the specialty of Pulmonary Medicine was factually recognized as an important division of Medicine. Until then, the lung diseases were generally dismissed as tuberculosis, or nondescriptive pneumonias and infections. Most of the nontuberculous lung diseases remained either undiagnosed or unknown. Of course, several stalwarts of the sixties and seventies had clearly identified this deficiency and made efforts to define the pulmonary problems and plan their solutions.

It was in 1989 that the first independent, postdoctoral DM Fellowship Program in Pulmonary Medicine was started at Chandigarh. Subsequently, the program was expanded to include the Critical Care as an essential component of the DM training. In addition, there were several postgraduate MD and/or diploma courses in tuberculosis and chest diseases, and/or respiratory diseases at different medical colleges. Unfortunately, most of the postgraduate programs lacked in their curricula especially for nontuberculous diseases and other systemic disorders. Moreover, the on-hand training in diagnostic and treatment modalities had been highly inadequate in the postgraduate courses. It is rather enigmatic that we still continue to lack the dedicated thoracic surgery courses and texts in the various countries.

The increased importance and scope of respiratory and critical care medicine had also necessitated the need to develop the indigenous teaching and training materials including the texts with incorporation of local problems and possible solutions. Undeniably, the science is the same all over the world, but the experiences are different. Excellent texts and reference materials on the subject are available for long which continues to guide the students, the teachers and the practicing physicians. In the present literature, quite a few textbooks of pulmonary medicine have been published and continue to remain available. Ours is one more attempt in this direction to add to the existing literature on lung diseases available worldwide. This book contains contributions by approximately hundred international esteemed pulmonary medicine consultants and teachers.

There are, however, a few important additions in the present textbook. It is fairly comprehensive with contributions from several internationally eminent authors. It includes the basic principles as well as the recent advances related to different subjects. We have also attempted to incorporate allied clinical sciences relevant to the practice of the pulmonologist. A classical example is the critical care which forms an integral component of pulmonary medicine. It also incorporates tuberculosis, other pulmonary infections, environmental and occupational medicines, sleep disorders and general systemic diseases affecting the respiratory system in one or the other way. Although the critical care is relevant to most of the medical and surgical specialties, the pulmonologists have a more vested interest than other specialists. Assisted respiration which forms the core of most critical care lies in the primary domain of pulmonologists.

We have taken care not to forget the need to push forward and meet the goals of excellence in health care. The real test of merit of a book lies in its readership by the students and adoption of its recommendations in clinical practice. Hopefully, the material in the text will benefit a diverse category of people including internists, general physicians, pulmonologists, pediatricians, intensivists, anesthesiologists and others who need to handle patients with respiratory diseases and critical care.

Acknowledgments

I was greatly encouraged by my friends and colleagues in the department and elsewhere across the world. Almost none had refused my request to participate in this venture and provided best of his/her inputs. I am especially indebted to my Associate Editors and the Section Editors who have put extra efforts to make each section as all-inclusive. Drs PS Shankar, VK Vijayan, R Guleria, SK Chhabra, George D'Souza, and Sundeep Salvi had taken a lot of load on their shoulders. Most importantly, the international contributors had taken a lot of pains to enrich the book, purely for academic and scientific investments. In particular, I am thankful to Drs Om P Sharma, Irwin S Richards, Sidney S Braman, Robert McCaffree, Kalplatha K Guntupalli, Pravin Mathur, Ruby Pawankar, Peter Barnes, Daniel Banks and Suhail Raof who have not only contributed themselves but also helped in getting the best from many others.

My faculty colleagues, Drs D Behera, Dheeraj, Ashutosh, Ritesh and Navneet, Senior Residents and Pulmonary-Fellows had remained a constant source of assistance. I greatly pay my sincerest appreciation to all of them. Ms Manju Aggarwal, my Secretary had done a remarkable job of refining and typing the manuscripts. I also owe a great deal of gratitude to my wife Umesh and children who have borne with my being busy and helping me in sorting out difficult matters.

Nothing could have been accomplished without the efficient editing and publishing by M/s Jaypee Brothers Medical Publishers (P) Ltd, Delhi who have done an excellent job. Shri Jitendar P Vij, CEO, had taken his personal interest in this publication. Dr Naren Aggarwal and Dr Richa Saxena deserve my special thanks for coordinating the process of publication.

Contents

SECTION 1: HISTORY AND DEVELOPMENT

SK Jindal

- 1. History of Respiratory Medicine** 3
FE Udhwadia
Introduction 3; The Discovery of Chemotherapy and Antibiotics 6
- 2. Anatomy and Architecture: A Clinical Perspective** 9
SK Jindal
Lung Anatomy and Morphology 9; Architecture of Lung Parenchyma 12; Blood Supply of Lungs 13; Lymphatic Drainage 14; Nerve Supply 15
- 3. Lung Development** 18
Meenu Singh, Nidhi Anil, Amit Agarwal
Introduction 18
- 4. Genomics of Lung Diseases** 24
L Keith Scott
Introduction 24; Genomics and Disease 24; Genomic Nomenclature and Investigational Tools 25

SECTION 2: RESPIRATORY PHYSIOLOGY

SK Chhabra

- 5. Applied Respiratory Physics** 35
SK Jindal, VK Jindal
Introduction 35; State of Matter 35; Physical Properties of Gases 36; The Gas Laws 38; Gas Solution and Tension 39; Vapors 39; Expression of Gas Volumes and Pressures 40; Flow of Gases 40
- 6. Respiratory Function and Mechanics** 43
D Gupta, R Agarwal, Ashutosh N Aggarwal
Introduction 43; Ventilation 44; Pulmonary Circulation 48; Diffusion 50; Ventilation-perfusion (\dot{V}/\dot{Q}) Relationships 51; Control of Ventilation 52
- 7. Gas and Fluid Exchange in the Lung** 54
Marc Zelter
Gas Exchange 54; Dead Space and Alveolar Gas 56; Transfer of Gas across the Alveolar Capillary Membrane 57; Gas Transport to and from the Periphery 58; Ventilation Perfusion Ratio 60; Fluid, Solutes and Protein Exchange in the Lung 64; Clinical Implications 71; Measurement of Extravascular Lung Water 72
- 8. Tissue Oxygenation** 74
Puneet Malhotra, SK Jindal
Introduction 74; Oxygen Delivery (DO_2) 74; Oxygen Consumption (VO_2) 76; Assessment of Tissue Oxygenation 78; Recent Developments 79
- 9. Respiratory Physiology in Specific Physiological States** 81
Sunil K Chhabra, Mansi Gupta
Introduction 81; Exercise 81; Pregnancy 84; High Altitude 86; Deep Diving 88

- 10. Mechanisms of Dyspnea in Respiratory Diseases** 93
Sunil K Chhabra, Ashima Anand
 Introduction 93; Definitions 93; Perception: The Subjective Element in Dyspnea 94; Neural Pathways of Dyspnea 94; Pathophysiological Mechanisms of Dyspnea 97
- 11. Surfactant** 107
Gyanendra Agrawal, SK Jindal
 Introduction 107; Composition of Lung Surfactant 107; Functions of Lung Surfactant 109; Surfactant Metabolism and Surfactant Film Formation 110; Disorders of Surfactant Metabolism 112; Conclusion 115
- 12. Respiratory Defenses and Immunology** 118
Padmavathi Ramaswamy, Padma Srikanth, Vijayalakshmi Thanasekaraan
 Introduction 118; Particle Deposition in the Respiratory Tract 119; The Defense Mechanisms of Conducting Zone of the Airways 119; The Defense Mechanisms of Respiratory Zone of the Airways 124; Surfactant and Surfactant Protein A (Sp-A) 125; Respiratory Immune Mechanisms 126; Alveolar Macrophages 127; Impact of Bacteria and Viruses on Lung Immunology 130; HLA and Mycobacterial Diseases 131

SECTION 3: PHARMACOLOGICAL AGENTS

Nusrat Shafiq, Samir Malhotra

- 13. Antibacterial Drugs** 135
Nusrat Shafiq, Samir Malhotra
 Introduction 135; Beta-lactams 135
- 14. Antiviral Drugs** 155
Nusrat Shafiq, Samir Malhotra
 Introduction 155; Mechanism of Action of Antiviral Drugs 156
- 15. Antifungal Drugs** 159
J Whig, Bharti Mahajan, Rajesh Mahajan
 Introduction 159; Specific Issues 166; Clinical Implications of the Antifungal Drugs 166
- 16. Anti-inflammatory Agents for Asthma** 171
Nusrat Shafiq, Samir Malhotra
 Introduction 171; Corticosteroids 171; Dissociated Steroids 173; Mast Cell Stabilizers 176; Miscellaneous Drugs 177
- 17. Immunosuppressant Drugs** 180
Nusrat Shafiq, Samir Malhotra
 Introduction 180; Glucocorticoids 180; Calcineurin Inhibitors 181; Antiproliferative/Antimetabolic Drugs 182; Immunosuppressive Cytotoxic Drugs 183; Miscellaneous Immunosuppressants 184

SECTION 4: SYMPTOM-APPROACH TO RESPIRATORY DISEASE

Richard S Irwin

- 18. Cough in the Adult** 189
Scott E Kopec, Deirdre L Kathman, Richard S Irwin
 Introduction 189; Epidemiology 189; Physiology 189; Pathophysiology 190; Benefits of Cough 190; Complications of Cough 190; Causes of Cough 191
- 19. Hemoptysis** 204
Andrés F Sosa, J Mark Madison, Paulo J Oliveira
 Introduction 204; Anatomy 205; Etiology and Pathogenesis 205; Treatment 213

20. Dyspnea	222
<i>J Mark Madison, Richard S Irwin</i>	
Introduction 222; Physiology 222; Positional and Nocturnal Dyspnea 224; Evaluating Acute Dyspnea 224; Evaluating Chronic Dyspnea 225; Treatment 226	
21. Wheeze and Respiratory Disease	229
<i>J Mark Madison, Richard S Irwin</i>	
Introduction 229; Physiology of Wheeze 229; History and Physical Examination 229; Pulmonary Function Testing 230; Differential Diagnosis for Wheezing 232; Approach to the Diagnosis of Wheeze 235; Treatment 235	
SECTION 5: RESPIRATORY DIAGNOSIS	
<i>SK Jindal</i>	
22. History and Physical Examination	241
<i>PR Gupta</i>	
Introduction 241; History Taking 241; History of Previous Diagnosis and Treatment 244, The Physical Examination 244	
23. Microbiological Approach to Respiratory Infections	251
<i>Pallab Ray</i>	
Upper Respiratory Tract Infections 251; Lower Respiratory Tract Infections 255	
24. Systematic Approach to Interpretation of Plain Chest Radiographs	264
<i>D Behera</i>	
Introduction 264; Radiology and Imaging 264	
25. Pulmonary Imaging: Systematic Approach to Interpretation of Computed Tomography of the Chest	296
<i>Rubal Patel, Rakesh Shah, Sabiha Raoof, Suhail Raoof</i>	
Introduction 296; Technical Aspects 296; Normal Components of the Pulmonary Parenchyma 297; Normal Lung Components of the Airways 305; Normal Lung Component of the Pulmonary Vasculature 309; Tracheobronchial Diseases 311; Parenchymal Diseases 314; Mediastinal Diseases 324; Miscellaneous 326	
26A. Pulmonary Function Testing	331
<i>Ashutosh N Aggarwal</i>	
Introduction 331; Spirometry 331; Peak Expiratory Flow 336; Static Lung Volumes 336; Diffusing Capacity of Lungs 338; Exercise Testing 340; Other Tests 342	
26B. Respiratory Muscle Function	346
<i>Randeep Guleria</i>	
Introduction 346; Respiratory Muscles – Basic Physiology 347; Evaluation of Respiratory Muscle Function 348	
27. Respiratory Disability and Preoperative Evaluation	358
<i>Gyanendra Agrawal, D Gupta</i>	
Introduction 358; Evaluation of Respiratory Disability 358; Clinical Methods of Evaluating Impairment 358; Disease-specific Impairment Assessment 360; Disability Evaluation 361; Preoperative Evaluation of Respiratory System 361; Postoperative Pulmonary Complications 363; Preoperative Evaluation 365; Recommended Approach 368; Optimizing the Chance of a Successful Outcome 369	
28. Arterial Blood Gases and Acid Base Balance	373
<i>Vinaya S Karkhanis, Jyotsna M Joshi</i>	
Introduction 373; Physiology of Gas Exchange 373; Physiology of Acid Base Balance 374; Arterial Blood Gas Analysis 378; Arterial Blood Gas Interpretation 380; Interpretation of Arterial Blood Gas 384; Pitfalls in Arterial Blood Gas Interpretation 385; Examples 385	

- 29. Nuclear Imaging in Pulmonary Medicine** 387
BR Mittal, Sunil HV
Introduction 387; Pulmonary Anatomy and Physiology 387; Investigations 387
- 30. Role of Cytology in Lung Lesions** 399
Arvind Rajwanshi, Nalini Gupta
Cytological Techniques in Respiratory Cytology 399; Aspirations 402; Imprint Cytology 403; Endoscopic Ultrasonography Guided FNA and Endobronchial Ultrasound FNA 403; Inflammatory Diseases of the Lung 403; Neoplastic Lesions of the Lung 407
- 31. Bronchoscopy** 418
R Narasimhan, AR Gayathri
Introduction 418; Types of Bronchoscopy 418; Patient Preparation and Anesthesia 419; Diagnostic Bronchoscopy – Accessories 419; Indications for Diagnostic Bronchoscopy 420; Diagnostic Procedures 424; Therapeutic Bronchoscopy 425; Electronavigation Bronchoscopy 426; Safety Factors in Bronchoscopy 426; Complications of Bronchoscopy 427
- 32. Interventional Bronchoscopy** 429
Praveen N Mathur, FD Sheski
Definition of Interventional Pulmonology 429; Advanced Imaging Bronchoscopy 430; Advanced Biopsy Techniques 431; Endoscopic Palliative Care 435; Nd:YAG Laser 435
- 33. Thoracoscopy** 453
C Ravindran, Jyothi E
Introduction 453; Medical Thoracoscopy 453; Surgical Thoracoscopy 459

SECTION 6: RESPIRATORY DISEASE IN THE DEVELOPING WORLD

SK Jindal

- 34. The Burden and Clinical Spectrum of Respiratory Diseases** 463
SK Jindal
Introduction 463; Respiratory Disease Burden 463; Clinical Spectrum of Respiratory Diseases in India 464; Tuberculosis 464; Non-tuberculous Respiratory Diseases 464; Future Scene of Pulmonary Medicine in India 469
- 35. Practical Approach to Lung Health** 474
Salah-Eddine Ottmani
Introduction 474; Demand of Care for and Management of Respiratory Patients 474; Objectives of the PAL Strategy 475; Components of the PAL Strategy 475; Adaptation of the PAL Strategy 477; Steps to Introduce the PAL Strategy in Countries 478; Results from Country Experiences 481

SECTION 7: TUBERCULOSIS

SK Jindal

- 36. Epidemiology of Pulmonary Tuberculosis** 489
VK Chadha
Introduction 489; National Dynamics of Tuberculosis 489; The Epidemic Curve of TB 492; Methods to Measure Epidemiology of TB and its Trends 493; India: A Case Study for Measuring 500; Epidemiological Situation and Trends 500; Global Trends of Tuberculosis 506
- 37. Risk Factors for Tuberculosis** 511
Parvaiz A Koul, Nargis K Bali
Introduction 511; Risk Factors of Developing Tuberculosis 511
- 38. Mycobacteria: An Overview** 525
Romica Latawa, Indu Verma
Introduction 525

- 39. Immunology and Pathogenesis** 528
Krishna K Singh, Indu Verma
 Introduction 528; Mycobacterium Tuberculosis Infection and Overview of Immunopathogenesis 528; Immune Responses to Tuberculosis 530
- 40. Pulmonary Tuberculosis: Clinical Features and Diagnosis** 539
S Kashyap, Malay Sarkar
 Introduction 539; Post Primary Pulmonary Tuberculosis 539; Symptoms and Signs 539; Tuberculosis in the Elderly 541; Miliary TB 541; HIV and TB 542; Pleural Effusion 542; Paradoxical Response 542; Physical Examinations 542; Diagnosis of Tuberculosis 543; Extrapulmonary Tuberculosis (EPTB) 549
- 41. Molecular Diagnosis of Tuberculosis** 554
Mamta Kalra, Indu Verma, Suman Laal
 Introduction 554; Diagnosis of TB in Low-income Countries 554; Diagnosis of TB in High-income Countries 555; TB Diagnosis in HIV+ Individuals 556; Diagnosis of TB: Beyond Microscopy 556
- 42. Management of Tuberculosis** 568
D Behera
 Chemotherapy of Tuberculosis 568; Rationale for Recommended Treatment 573; Regimens 573; Supervision of Chemotherapy 575
- 43. Antitubercular Drugs** 578
SK Katiyar, S Katiyar
 Introduction 578; Isoniazid 579; Rifampicin 581; Streptomycin 583; Pyrazinamide 584; Ethambutol 585; Quinolones 586; Para-aminosalicylic Acid (PAS) 586; Ethionamide/Prothionamide 587; Cycloserine/Terizidone 587; Capreomycin 588; Thiacetazone 588; Group 5 Drugs 588; Clofazimine 589; Linezolid 589; Amoxicillin/Clavulanate 589; Imipenem/Cilastatin 589; Clarithromycin 589; High-dose Isoniazid 589
- 44. Historical and Non-pharmacological Management of Pulmonary Tuberculosis** 594
KB Gupta
 Introduction 594; History 594; Ancient Drugs in the Treatment of Tuberculosis 595; Sanatorium Treatment 596; Surgery 598; Immunotherapy 599; Tuberculosis and Nutrition 600; Rehabilitation in Tuberculosis 602
- 45. Prevention of Tuberculosis** 608
Rajesh N Solanki, Ghanshyam B Borisagar, Jitendra A Sisodia
 Introduction 608; Primordial Prevention 608; Primary Prevention 608; Secondary Prevention 612; Tertiary Prevention 615
- 46. BCG Vaccine** 616
PT James
 Introduction 616; Complications of BCG Vaccination 619
- 47. Extrapulmonary Tuberculosis** 622
Ashok K Janmeja, Prasanta R Mohapatra
 Introduction 622; Diagnosis 622; Lymph Node Tuberculosis 623; Pleural Effusion 625, Bone and Joint Tuberculosis 626; Central Nervous System Tuberculosis 628; Abdominal Tuberculosis 629; Genitourinary Tuberculosis 632; Skin Tuberculosis 633; Disseminated Miliary Tuberculosis 634; Pericardial Tuberculosis 636; Hepatic Tuberculosis 637
- 48. Multidrug-resistant Tuberculosis** 641
Surendra K Sharma, Ninoo George
 Introduction 641; Epidemiology 641; Definition 642; Causes of Drug Resistance 642; Diagnosis of Drug-resistant TB 643; Management 644; Role of Immunotherapy 647; Resective Thoracic Surgery 648, Nutritional Support 648; Special Situations 648; Prevention of Nosocomial Transmission of MDR-TB 649; Financial Burden of MDR-TB 650; Cure Rates in MDR-TB and XDR-TB 651

- 49. Revised National Tuberculosis Control Programme in India – DOTS and DOTS Plus** 656
D Behera
 Introduction 656; Revised National Tuberculosis Control Programme 657; Diagnosis of Pulmonary Tuberculosis 662; Ziehl-Neelsen Staining Procedure 663; Treatment 668; Management of Pediatric Tuberculosis Under RNTCP 674; Management of Extrapulmonary Tuberculosis 676; Management of Patients with HIV Infection and Tuberculosis 677; Recording and Reporting 680; Supervision, Monitoring and Evaluation 683; Training 686; Special Initiatives 686; Multidrug-resistant Tuberculosis and DOTS Plus 691; Infection Control and Hospital Waste Management 692; Information, Education and Communication 693
- 50. Treatment of Tuberculosis in Special Situations** 695
Rajendra Prasad
 Introduction 695; Pharmacokinetics of Antitubercular Drugs 695; Treatment of Tuberculosis in Pregnancy and Lactation 696; Treatment of Tuberculosis in 696; Renal Insufficiency 696; Treatment of Tuberculosis in Liver Disease 698
- 51. Tuberculosis and Human Immunodeficiency Virus Infection** 701
SK Jindal
 Introduction 701; Epidemiology 701; Pathogenesis 702; Clinical Effects of HIV on Tuberculosis 702; Diagnosis 704; Management 704
- 52. Nontuberculous Mycobacterial Infections** 710
PS Shankar, SK Jindal
 Introduction 710
- SECTION 8: RESPIRATORY INFECTIONS**
SK Jindal
- 53. Community-acquired Pneumonia** 719
Charles Feldman, Ronald Anderson
 Introduction 719; Epidemiology 719; Microbial Etiology of Community-Acquired Pneumonia 720; Risk Factors for Community-acquired 721; Pneumonia 721; Pathogenesis of Cap with Particular 722; Reference to the *Pneumococcus* 722; Diagnostic Testing 723; Prognosis 724; Treatment of Community-acquired 726; Pneumonia 726; Prevention of Infection – Vaccination 727
- 54. Pulmonary Fungal Infections** 734
Arunaloke Chakrabarti
 Introduction 734; Epidemiology 734; Agents Responsible 735
- 55. Pulmonary Mycetoma** 747
Alladi Mohan, B Vijayalakshmi Devi, Abha Chandra
 Introduction 747; Pathogenesis 747; Pathology 747; Clinical Presentation 748; Diagnosis 749; Treatment 753; Prognostic Factors 754; Overall Mortality 754
- 56. Nosocomial Pneumonia** 757
Vishwanath Gella, SK Jindal
 Introduction 757; Pathogenesis 757; Diagnosis 757; Risk Stratification of Patients with VAP 759; Treatment 760; Prevention of HAP and VAP 762
- 57. Viral Pneumonias** 765
Arjun Srinivasan, Ritesh Agarwal
 Introduction 765; Respiratory Viruses 765; Presenting Features 766; Risk Factors and Features of Severe Disease 771; Respiratory Protection for Health 772; Care Professionals 772

58. Pulmonary Manifestations of Human Immunodeficiency Virus (HIV) Infection	776
<i>Zarir F Udhwadia</i> Introduction 776; <i>Pneumocystis Jiroveci</i> Pneumonia (PJP) 777; Community-acquired Pneumonias (CAPs) 778	
59. Lung Abscess	780
<i>C Ravindran, Jyothi E</i> Definition 780; Epidemiology 780; Classification 780; Etiology 781; Pathogenesis 781; Pathology 782; Clinical Features 783; Complications 785; Treatment 786; Prognosis 787	
60. Bronchiectasis and Cystic Fibrosis	790
<i>David Honeybourne</i> Bronchiectasis 790; Cystic Fibrosis 795	
61. Rare Respiratory Infections	801
<i>Mohankumar Thekkinkattil, S Arulmozhi</i> Introduction 801; Viral Infections 801; Bacterial Infections 801; Rare Forms of Tuberculous Infections 802; Chlamydial Infections 802; Parasitic Infection 803; Zoonotic Bacterial Pneumonias 804	
62. Parasitic Lung Diseases	806
<i>VK Vijayan</i> Introduction 806	
63. Anaerobic Bacterial Infections of the Lungs and the Pleura	820
<i>Ashok Shah, Chandramani Panjabi</i> Introduction 820; Historical Note 820; Pathophysiology 821; Natural History and Clinical Classification 822; Anaerobes and Upper Respiratory Syndromes 823; Incidence 823; Microbiology 824; Clinical Features 824; Laboratory Diagnosis 825; Radiological Manifestations 827; Treatment 827; Prognosis 828	
SECTION 9: ASTHMA	
<i>SK Jindal</i>	
64. Bronchial Asthma – Epidemiology	835
<i>SK Jindal</i> Introduction 835; Definition 835; Epidemiology 835; Economic Burden 835; Epidemiological Differences 836; Factors Influencing Prevalence of Asthma 836	
65. Allergic Rhinitis, Asthma and Comorbidities	840
<i>Ruby Pawankar, Satoko Kimura, Sachiko Mori, Yukiko Yokoyama</i> Introduction 840	
66. Asthma Diagnosis	847
<i>Liesel D'silva, Parameswaran Nair</i> Introduction 847; Clinical Diagnosis 847; Tests for Diagnosis and Monitoring 847; Diagnostic Challenges 855	
67. Airway Inflammation and Remodeling	866
<i>Ruby Pawankar, Shu Hashimoto, Bassam Mahboub, Chika Ozu</i> Introduction 866; Chronic Inflammation in AR and Asthma 867; Remodeling in Asthma 870	
68. Control and Management of Stable Asthma	876
<i>Sidney S Braman, David Lee</i> Introduction 876; The Goals of Asthma Treatment 876; Essential Components of Asthma Care 877; Treatment Protocols for Asthma 885; Asthma Control in Developing Countries 887	

- 69. Management of Severe Asthma** 893
Liesel D'silva, Parameswaran Nair
Introduction 893; Development of Severe Asthma 893; Phenotypes in Severe Asthma 894; Managing Severe Asthma using Airway Inflammatory 902; Monitoring a Patient with Difficult Asthma 903
- 70. Immunotherapy and Immunomodulators for Allergic Rhinitis and Asthma** 909
Ruby Pawankar, Giovanni Passalacqua
Introduction 909; Subcutaneous Immunotherapy (SCIT) 909; The Sublingual Route 911; Future Developments of SIT 913
- 71. Allergen Desensitization** 918
Vikram Jaggi
Introduction 918; Definition 918; Historical Background 918; Mechanisms of Allergen Immunotherapy 919; Future Directions 923
- 72. Bronchodilators** 926
Samir Malhotra, Nusrat Shafiq
Introduction 926; Beta-2 Adrenergic Agonists 926; Methylxanthines (Xanthines) 930; Anticholinergic Agents 931
- 73. Patient Education in Asthma** 934
Bharat Bhushan Sharma, Virendra Singh
Introduction 934; Goals of Asthma Education Programs 934; Benefits of Asthma Education Programs 935; Methods and Settings 935; Asthma Education Program Components 936; Patient Education: Problems 936
- 74. Childhood Asthma** 939
Meenu Singh
Epidemiology 939; Definition 940; Pathophysiology 940; Diagnosis 941
- 75. Allergic Bronchopulmonary Aspergillosis** 947
Ritesh Agarwal
Introduction 947; Epidemiology of ABPA 948; Pathogenesis of Abpa 949; Pathology of ABPA 949

SECTION 10: CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Sundeep Salvi

- 76. Chronic Obstructive Pulmonary Disease: The Neglected Epidemic** 971
Sundeep Salvi
Mortality Due to Chronic Obstructive 971; Pulmonary Disease 971; Morbidity Due to COPD 971; The Economic Burden of COPD 971; Risk Factors for COPD 971, Primary and Secondary Prevention of COPD 973
- 77. Health and Economic Burden of Chronic Obstructive Pulmonary Disease** 975
Monica Barne, Sundeep Salvi
Introduction 975; Mortality Due to COPD 975; Prevalence of COPD 979; Disability-adjusted Life Years Due to COPD 983; Economic Burden of COPD 984
- 78. Risk Factors for Chronic Obstructive Pulmonary Disease** 987
Sneha Limaye, Sundeep Salvi
Introduction 987; Tobacco Smoking 987; Indoor Air Pollution as a Risk Factor for COPD 988; Outdoor Air Pollution and COPD 989; COPD Associated with Occupational Exposures 989; Copd Associated with Pulmonary Tuberculosis 989; Chronic Asthma as a Risk Factor for COPD 990; Genetic Factors 991; Socioeconomic Status 991

- 79. Pathophysiology of Chronic Obstructive Pulmonary Disease** 993
Bill Brashier, Sundeep Salvi
 Introduction 993
- 80. Pulmonary Function Testing in Chronic Obstructive Pulmonary Disease** 1015
Taopritesh Sethi, Anurag Agrawal
 History and Evolution 1015; The Clinical Need for Pulmonary Function Tests 1016; Physiological Principles 1016; Clinical Applications 1019; Measuring Small Airway Disease: Impulse Oscillometry 1022; Other Tests 1023; The Future 1025
- 81. Systemic Manifestations and Comorbidities** 1027
SK Jindal, PS Shankar
 Introduction 1027; Pathogenesis 1027; Systemic Manifestations 1028; Therapeutic Considerations 1030
- 82. Role of Infections in Chronic Obstructive Pulmonary Disease** 1033
Suruchi Mandrekar, Sundeep Salvi
 Introduction 1033; Do Bacteria Cause/Initiate COPD? 1033
- 83. Treatment of Chronic Obstructive Pulmonary Disease** 1041
Peter J Barnes
 Introduction 1041; Risk Factors and their Prevention 1041; Other Drug Therapies 1049; Non-pharmacological Treatments 1050; Managing Chronic Disease 1051; Treatment of Acute Exacerbations 1051; Treatment of Cor Pulmonale 1052; Future Therapies 1052
- 84. Acute Exacerbations of Chronic Obstructive Pulmonary Disease** 1056
Raja Dhar, AG Ghoshal
 Introduction 1056; COPD Exacerbation 1056; Assisted Ventilation 1061
- 85. Long-term Oxygen Therapy** 1065
R Agarwal, SK Jindal
 Selection of Patients 1065; Benefits 1066; Perspectives of Domiciliary Oxygen Use in India 1071
- 86. Patient Education in Chronic Obstructive Pulmonary Disease** 1073
Tushar Sahasrabudhe
 Introduction 1073; Education about the Disease 1073; Education to Help Reduce COPD 1075; Exacerbations 1075; Education for Improving Baseline Lung Function 1075; Pulmonary Rehabilitation 1076; Education and Discussion on Daily Life 1077; Issues 1077; Discussion on Special Issues 1077; Prevention of COPD 1078; Early Detection of COPD 1078
- 87. End-of-life Communication and Palliative Care in Advanced COPD** 1080
Sujeet Rajan
 Introduction 1080; Advanced Terminal COPD 1080; Prognosis of Advanced COPD 1080; Good Death in COPD: Implications 1081; Principles of End-of-life Communication in COPD 1082
- 88. Smoking/Tobacco Control** 1085
Virendra Singh, Bharat Bhushan Sharma
 Introduction 1085; Tobacco Smoking 1085; Smoking Control Interventions 1089
- 89. Pulmonary Rehabilitation** 1097
Rachael A Evans, Roger S Goldstein
 Symptoms and Disability Associated with Chronic Obstructive Pulmonary Disease 1097; The Role and Definition of Pulmonary Rehabilitation 1098; Rehabilitation 1098; Future Work 1106
- 90. Upper and Central Airway Obstruction** 1109
VR Pattabhi Raman
 Introduction 1109; Acute UAO 1112; Chronic UAO 1113; Therapeutic Considerations 1120

- 91. Bronchiolar and Bullous Lung Diseases** 1123
Gyanendra Agrawal, Dheeraj Gupta
 Introduction 1123; Bronchiolitis 1123; Bullous Disease of the Lung 1132
- 92. Immunomodulators in Respiratory Diseases** 1138
Agam Vora
 Introduction 1138

SECTION 11: INTERSTITIAL LUNG DISEASE

Dheeraj Gupta

- 93. Approach to Diagnosis of Interstitial Lung Disease** 1145
Dheeraj Gupta
 Introduction 1145; Etiology and Classification 1145; Epidemiology 1147; Pathology 1147; Pathogenesis 1148; Diagnostic Approach 1149; Management 1151; Acute Exacerbation of ILD 1155; Prognosis 1155
- 94. Pathology of Interstitial Lung Disease** 1160
Amanjit Bal, Kusum Joshi
 Idiopathic Interstitial Pneumonia 1160; Idiopathic Bronchiolocentric Interstitial Pneumonia (BRIP)/Airway Centered Interstitial Fibrosis 1167; Drug Induced Interstitial 1168; Lung Disease (DIILD) 1168; Connective Tissue Disorder Associated Interstitial Lung Disease 1169; Hypersensitivity Pneumonitis (HP) 1170; Lymphangiomyomatosis (LAM) 1170; Pulmonary Langerhans Cell Histiocytosis (LCH) 1171
- 95. Idiopathic Interstitial Pneumonias** 1174
H Shigemitsu, Ngozi Orjioko
 Introduction 1174; Epidemiology 1174; Classification 1174; Clinical Features 1174; Histological Features 1176; Treatment 1177; Idiopathic Pulmonary Fibrosis (IPF) 1177; Nonspecific Interstitial Pneumonias (NSIP) 1180; Desquamative Interstitial Pneumonia (DIP) 1181; Respiratory Bronchiolitis-associated Interstitial Lung Disease (RB-ILD) 1182; Cryptogenic Organizing Pneumonia (COP) 1182; Acute Interstitial Pneumonia (AIP) 1184; Lymphoid Interstitial Pneumonia (LIP) 1185
- 96. Sarcoidosis** 1188
Dheeraj Gupta, Om P Sharma
 Introduction 1188; History and Epidemiology 1188; Risk Factors 1189; Pathogenesis and Immunology 1191; Pathology 1192; Clinical Features 1192; Diagnosis 1199; The Tuberculosis Enigma 1201; Treatment 1202; Prognosis and Mortality 1207; Future Directions 1208
- 97. Pulmonary Eosinophilic Disorders** 1217
Subhash Varma, Aditya Jindal
 Introduction 1217; Pulmonary Eosinophilic Disorders 1218; Approach to Diagnosis and Conclusion 1225
- 98. Infiltrative and Deposition Diseases** 1229
Pralay Sarkar, Arunabh Talwar
 Introduction 1229; Pulmonary Amyloidosis 1229; Lysosomal Storage Disorders 1236

SECTION 12: DISORDERS DUE TO ENVIRONMENTAL AND CLIMATE FACTORS

SK Jindal

- 99. Outdoor Air Pollution and Respiratory Health** 1255
Sara Maio, Sandra Baldacci, Marzia Simoni, Fabio Cibella, Giovanni Viegi
 Introduction 1255; Outdoor Air Pollution Effects 1255

100. Indoor Air Pollution and Respiratory Health	1266
<i>Marzia Simoni, Sara Maio, Sandra Baldacci, Fabio Cibella, Giovanni Viegi</i>	
Introduction 1266; Prevention and Conclusion 1272	
101. Environmental Risk Factors for Respiratory Disease	1275
<i>Kalpana Balakrishnan</i>	
Introduction 1275; Environmental Risk Factors 1275	
102. Climate Change and Lung Disease—With Special Focus on Developing Countries	1288
<i>Kin Bong Hubert Lam, Jon G Ayres</i>	
Climate Change: An Introduction 1288; Future Projections of Climate Change 1289; Impact of Climate Change on Health 1289; Climate Change and Lung Disease 1289; Synergy between Air Pollution and Temperature 1292	
103. High Altitude Problems	1296
<i>Ajay Handa</i>	
Introduction 1296	
104. Aviation and Space Travel	1301
<i>Ajay Handa</i>	
Air Travel 1301; Space Travel 1303	
105. Diving Medicine	1307
<i>Angeline Lazarus, Richard Mahon</i>	
Historical Background 1307; Diving Physics and Physiology 1307; Types of Diving 1308; Diving-related Injuries/Illnesses 1309; Decompression Sickness 1310; Barotrauma 1312; Nitrogen Narcosis 1314; Pulmonary Edema 1314; Treatment of Decompression Disorders 1314; Long-term Effects of Diving 1316	
SECTION 13: OCCUPATIONAL DISORDERS	
<i>PS Shankar</i>	
106. Lung Diseases in Coal Workers	1325
<i>Harakh V Dedhia, Daniel E Banks</i>	
Introduction 1325; Clinical Features of Coal Dust Exposure 1326; Pathology of CWP 1328; Management of CWP 1332	
107. Silicosis	1335
<i>PS Shankar, SK Jindal</i>	
Introduction 1335	
108. Berylliosis	1345
<i>PS Shankar</i>	
Introduction 1345; Pathogenesis 1345; Clinical and Radiological Features 1346; Diagnosis 1346; Treatment 1347	
109. Hard Metal Lung Diseases	1348
<i>Dilip Maydeo, Nikhil Sarangdhar</i>	
Introduction 1348; Etiology and Pathogenesis 1348; Clinical Features 1349; Diagnosis 1349; Treatment 1350	
110. The Health Risks of Asbestos Exposure Inhalation	1351
<i>Daniel E Banks, Harakh V Dedhia</i>	
Introduction 1351; Asbestos Fibers 1352	

- 111. Occupational Asthma** 1367
Gajanan S Gaude
 Introduction 1367; Historical Aspects 1367; Definitions 1367; Epidemiology 1368; Work-exacerbated Asthma 1368; Agents Causing Occupational Asthma 1368; Pathogenetic Mechanisms of Occupational Asthma 1371; Diagnosis 1374; Management 1375; Prognosis 1377; Prevention 1377
- 112. Hypersensitivity Pneumonitis** 1380
PS Shankar
 Definition 1380; Etiology 1380; Pathogenesis 1382; Pathology 1382; Clinical Presentation 1382; Investigations 1383; Diagnosis 1384; Prognosis 1385; Prevention 1385; Management 1385
- 113. Toxic Inhalations and Thermal Lung Injuries** 1387
VK Vijayan, N Goel, R Caroli
 Introduction 1387; Determinants of Inhalational Lung Injury 1387; Clinical Presentations of Inhalational Injury 1388; Specific Inhaled Toxins 1390; Systemic Illnesses from Inhaled Toxins 1395; Smoke Inhalation Lung Injury 1396; Approach to a Victim of Inhalation Injury 1397; Management 1397
- 114. Drug-induced Respiratory Disease** 1401
William J Martin II
 Introduction 1401; Drugs Associated with Respiratory Toxicity 1401; Diagnosis and Management of Drug-induced Respiratory Disease 1405
- SECTION 14: PULMONARY NEOPLASMS**
D Behera
- 115. Epidemiology and Etiopathogenesis of Lung Cancer** 1411
Navneet Singh
 Introduction 1411; Epidemiology 1411; Risk Factors 1412; Molecular Biology 1415
- 116. Pathology of Lung Tumors** 1420
Ashim Das
 Introduction 1420; Minor Groups 1420; Evolution of WHO Classification 1421; Neuroendocrine Lesions of Lung 1426; Staging of Lung Tumors 1427
- 117. Lung Cancer: Clinical Manifestations** 1429
Javaid Ahmad Malik
 Introduction 1429; Local Manifestations 1429; Metastatic Manifestations 1430; Endocrine Syndromes 1436; Neurological Syndromes 1438; Hematological Syndromes 1439; Skeletal 1439; Miscellaneous Syndromes 1440
- 118. Diagnosis and Staging of Lung Cancer** 1444
Ajmal Khan, Navneet Singh
 Introduction 1444; Diagnosis of Lung Cancer 1444; Staging of Non-small Cell Lung Cancer 1446; Staging of Small Cell Lung Cancer 1453
- 119. Approach to Management of Lung Tumors** 1457
Navneet Singh, D Behera
 Introduction 1457; Diagnostic Work-up 1457; Treatment Planning 1458; Palliation 1463
- 120A. Solitary Pulmonary Nodule** 1470
Alladi Mohan, B Vijayalakshmi Devi, Abha Chandra
 Introduction 1470; Terminology 1470; Epidemiology 1471; Etiology 1471; Clinical Evaluation 1471; Imaging Studies 1472; Management 1478

- 120B. Hematopoietic and Lymphoid Neoplasm of Lungs** 1482
Pankaj Malhotra
 Introduction 1482; Lymphomas 1482; Lymphomatoid Granulomatosis (LYG) 1488; Secondary Involvement of Lung by Other Systemic Hematopoietic and Lymphoid Disorders 1488; Pyothorax Associated Lymphomas 1489
- 121. Mediastinal Disorders** 1492
Arjun Srinivasan, SK Jindal
 Introduction 1492; Imaging of Mediastinum 1493; Differential Diagnosis 1494; Mediastinitis 1495; Tumors and Cysts of Mediastinum 1496; Anterior Mediastinal Mass 1497; Tumors of the Middle Mediastinum 1500; Tumors of the Posterior Mediastinum 1501; Tumors of Autonomic Nervous System 1501; Superior Vena Cava Syndrome (SVCS) 1502
- 122. Diseases of Thoracic Cage** 1504
Balamugesh T
 Introduction 1504; Kyphoscoliosis 1504; Pectus Excavatum 1506; Pectus Carinatum 1508; Ankylosing Spondylosis 1508; Obesity 1508; Flail Chest 1509; Miscellaneous Conditions 1509
- 123. Diseases of Diaphragm** 1513
Balamugesh T
 Introduction 1513

SECTION 15: PULMONARY CIRCULATORY DISORDERS

Ritesh Agarwal

- 124. Diffuse Alveolar Hemorrhage Syndromes, Wegener's Granulomatosis and Other Pulmonary Vasculitis** 1523
Eleni Stagaki, Vlasis Polychronopoulos
 Diffuse Alveolar Hemorrhage Syndromes 1523; Wegener's Granulomatosis and Other Pulmonary Vasculitides, 1525; ANCA 1527
- 125. Pulmonary Hypertension: A Third World Prospective** 1535
Zeenat Safdar
 Introduction 1535; Clinical Features 1536; Diagnostic Evaluation 1536; Pathophysiology 1539; Management 1539
- 126. Pulmonary Thromboembolism** 1546
Devasahayam J Christopher, Richa Gupta
 Introduction 1546; Epidemiology 1546; Pathophysiology 1546; Risk Factors 1547; Clinical Features 1549; Diagnosis 1550; Clinical Probability Assessment 1552; Diagnostic Strategies 1553; Assessment of Prognosis 1553; Management 1555
- 127. Pulmonary Vascular Malformations** 1562
Gautam Ahluwalia
 Introduction 1562; Pathogenesis 1563; Clinical Features 1563; Investigations 1564; Management 1564; Other Pulmonary Vascular 1565; Malformations 1565

SECTION 16: RESPIRATORY SLEEP DISORDERS

Ashutosh N Aggarwal

- 128. Approach to Respiratory Sleep Disorders** 1571
Ahmad Abdelwahed, Jeremy A Weingarten
 Introduction 1571; Sleep History 1571; Physical Examination for Respiratory Sleep Disorders 1572; Nocturnal Polysomnography 1573; Portable Monitoring 1574; Sleep Questionnaires 1576; Respiratory Disorders During Sleep 1576; COPD 1577

- 129A. Obstructive Sleep Apnea-hypopnea Syndrome – A Developing Countries' Perspective** 1580
Harmanjit Singh Hira
- 129B. Obstructive Sleep Apnea** 1593
Macy MS Lui, Mary SM Ip
Introduction 1593; Epidemiology and Risk Factors 1593; Pathogenesis of OSA 1595; Clinical Features 1596; Diagnosis 1597; Morbidities Associated With OSA 1599; Treatment 1600

SECTION 17: RESPIRATORY CRITICAL CARE*R Agarwal, SK Jindal*

- 130. Respiratory Failure** 1609
Karthik Gnanapandithan, Ritesh Agarwal
Definition 1609; Classification 1609
- 131. Acute Respiratory Distress Syndrome** 1618
Jean I Keddissi, D Robert McCaffree
- 132. Sepsis** 1631
Sean E Hesselbacher, Kalpalatha K Guntupalli
Introduction 1631
- 133. Nonpulmonary Critical Care** 1647
Adebayo Esan, Lavanya Irugulapati, Liziamma George
Introduction 1647; Gastrointestinal Disease in Critical Care 1647; Hematology in Critical Care 1656; Renal Disease in Critical Care 1661; Endocrine Emergencies in Critical Care 1664; Neurological Disorders in Critical Care 1670
- 134. Poisoning, Envenomation and Environmental Injuries** 1687
Dhruva Chaudhry, Inder Pal Singh, Deepak Govil
Introduction 1687; Poisoning 1687; Stings and Envenomation 1699; Environmental Injuries 1702
- 135. Obstetric Critical Care** 1709
Hrishikesh S Kulkarni, Dilip R Karnad, Kalpalatha K Guntupalli
Introduction 1709; Obstetric Hemorrhage 1710; Acute Hypertensive Disorders in Obstetric Critical Care 1713; Venous Thromboembolism (VTE) in Pregnancy 1716; Cardiac Disease in Pregnancy 1716; Respiratory Disorders in Pregnancy 1719; Amniotic Fluid Embolism 1719; Liver Dysfunction in Pregnancy 1720; Renal Dysfunction in Pregnancy 1720; Infection in Pregnancy 1721
- 136. Cardiac Emergencies in the Intensive Care Unit: Cardiac Arrhythmias** 1726
Mohamed S Rahman, M Eyman Mortada
Introduction 1726; Premature Ventricular Complexes (PVCs) 1726; Accelerated Idioventricular Rhythm 1726; Wide Complex Tachycardia 1728; Supraventricular Tachycardia 1733; Bradycardia (Heart Rate <60 bpm) 1742
- 137. Cardiac Emergencies in the Intensive Care Unit: Cardiogenic Shock and Acute Coronary Syndrome** 1746
M Fuad Jan, Suhail Allaqaband
Introduction 1746; Etiopathogenesis 1746; Clinical Presentation and Diagnosis 1748; Treatment 1749; Acute Coronary Syndrome 1751; Management of ACS 1752
- 138. Pulmonary Hypertension in the Intensive Care Unit** 1767
Neil Ninan, Amber Monson, Arthur Sung
Introduction 1767; Histopathology 1768; Right Heart Physiology 1768; Diagnostic Modalities 1771; Biochemical Markers 1772; Therapy 1772; Specific ICU Diagnosis and Management Issues 1773

- 139. Pediatric Critical Care** 1778
Ali M Nadroo, Nitin P Ron, Pramod Narula
 Introduction 1778; Persistent Pulmonary Hypertension of the Neonate (PPHN) 1779; Apnea 1781; Respiratory Distress Syndrome (RDS) 1784; Surgical Disorders Presenting as Respiratory Distress in a Neonate 1786; Acute Pulmonary Disorders in the Pediatric Patient 1789
- 140. Mechanical Ventilation: General Principles and Modes** 1799
GC Khilnani, Vijay Hadda
 Introduction 1799; Basic Aspects of Mechanical Ventilation 1800; Modes of Mechanical Ventilation 1802; Newer Modes of Mechanical Ventilation 1807; Initiating Mechanical Ventilation 1810; Complications of Mechanical Ventilation 1813
- 141. Noninvasive Ventilation** 1818
GC Khilnani, Vijay Hadda
 Introduction 1818; Technical Aspect of Noninvasive Ventilation 1818; Steps to Successful Provision of NIPPV 1821; Clinical Uses of NIPPV: Evidence and Recommendations 1823

SECTION 18: RESPIRATORY MONITORING

R Agarwal, SK Jindal

- 142. Blood Gas Monitoring** 1833
Chandana Reddy, R Agarwal
 Introduction 1833; Invasive Technique 1833; Noninvasive Blood Gas Monitoring 1835
- 143. Cutaneous Capnography** 1841
Ankur Mehta, Prashant Chhajed
 Introduction 1841; Medical Applications of P_cCO₂ Monitoring 1843
- 144. Role of Ultrasonography in Critical Care Medicine** 1851
Pralay Sarkar, Seth J Koenig, Paul H Mayo
 Introduction 1851; Training in Critical Care Ultrasonography 1851; Technical Considerations 1854; Thoracic Ultrasonography 1860; Critical Care Echocardiography 1870; Abdominal Ultrasound: Scope in ICU 1880; Ultrasound Assessment of Venous 1884; Thromboembolism 1884; Ultrasound Guidance for Procedures 1886; Ultrasound Guidance of Thoracentesis 1889; Ultrasound Guidance of Pericardiocentesis 1890; Ultrasound Guidance of Paracentesis 1891; Ultrasound for Airway Management 1891; Ultrasound for Confirmation of Gastric Tube Placement 1892; Lumbar Puncture 1892; Other Procedures 1892
- 145. Interpretation of Chest X-rays in the ICU** 1898
Sagar Naik, Sabiha Raoof, Rakesh Shah, Suhail Raoof
 Introduction 1898
- 146. Right Heart Catheterization** 1910
Vishal K Patel, Anthony Saleh
 Introduction 1910

SECTION 19: GENERAL ISSUES IN THE INTENSIVE CARE UNIT

Ritesh Agarwal, SK Jindal

- 147. Nutritional Management and General Care in the Intensive Care Unit** 1921
Naoneet Singh
 Malnutrition in Critical Illness 1921; Assessment of Nutritional Status in Critically Ill Patients 1922; Goals and Principles of Nutritional Support 1923; Timing of Initiation of Nutritional Support 1924; Route of Administration of Nutritional Support 1924; Quantity and Volume of Nutrition Support 1926; Delivery of Enteral Nutrition and its Determinants 1927; General Care in ICU 1929

- 148. Airway Management** 1933
Arjun Srinivasan, Ritesh Agarwal
Airway Assessment 1933
- 149. Complex Airways Diseases** 1941
Rubal Patel, Ann L Rutt, Arthur Sung
Introduction 1941; Anatomy 1943
- 150. Analgesia and Sedation in the ICU** 1956
Karan Madan, Ritesh Agarwal
Introduction 1956; Teamwork (Multidisciplinary Management) and Patient Focussed Care 1956; Initial Evaluation and Medication Reconciliation 1957; Consequences of Off-target 1957; Sedation and Analgesia 1957; Need for Frequent Patient Assessment 1957; Assessment of Pain, Sedation and Agitation in The ICU 1957; Use of Validated Scales and Tools 1957; Management of Analgesia and Sedation in The ICU 1961
- 151. Weaning from Mechanical Ventilation** 1974
Ajmal Khan, Karthik Gnanapandithan, Ritesh Agarwal
Introduction 1974; Pathophysiology of Weaning 1975; Outcome of Weaning 1976; Assessment for Weaning 1976; Techniques of Weaning 1977
- 152. Extracorporeal Life Support for Severe Acute Respiratory Failure** 1983
Steven A Conrad
Introduction 1983; Clinical Trials of Extracorporeal Support 1983; Pre-ECMO Management 1984; Patient Selection 1985; Techniques of ECLS 1985; Vascular Cannulation 1988; Management During Support 1989; Transitioning from ECMO 1990
- 153. Hyperbaric Oxygen Therapy** 1992
PS Tampi, SK Jindal
Introduction 1992; History of Hyperbaric Medicine 1992; Indications 1994; Contraindications 1996; Complications, 1996; Hyperbaric Chambers 1996; Techniques of Hyperbaric Oxygenation 1997

SECTION 20: PLEURAL DISORDERS*George D'Souza*

- 154. Pathophysiology of Pleural Effusion** 2001
Srinivas Rajagopala
Introduction: Anatomy of the Pleura 2001
- 155. Approach to Pleural Effusion** 2005
George D'Souza
Introduction 2005; Mechanisms of Pleural Effusion 2005; Formation 2005
- 156. Tubercular Pleural Effusion** 2018
Pranab Baruwa, Kripesh Ranjan Sarmah
Pathology and Pathogenesis 2018; Clinical Features 2019; Management 2024; Complication of TB Pleural Effusion 2025
- 157. Parapneumonic Effusion and Empyema** 2030
Devasahayam J Christopher
Introduction 2030; Definitions 2030; Pathogenesis 2030; Epidemiology 2031; Bacteriology 2031; Clinical Features and Diagnosis 2033; Pleural Fluid Analysis 2034; Treatment 2035

- 158. Pneumothorax** 2041
Uma Devaraj, George D'Souza
 Introduction 2041; Primary Spontaneous Pneumothorax 2043; Secondary Spontaneous Pneumothorax 2049
- 159. Malignant Pleural Effusions** 2055
Srinivas Rajagopala, George D'Souza
 Introduction 2055; Etiology of Malignant Effusions 2055; Pathogenesis of Metastasis and Effusions 2056; Clinical Presentation 2056; Radiological Findings 2056; Diagnosis 2058; Management 2060; Long-term Ambulatory Pleural Drainage 2065; Prognosis 2065
- 160. Malignant Pleural Mesothelioma** 2068
Arun S Shet, George D'Souza
 Introduction 2068; Epidemiology 2068; Pathogenesis 2069; Clinical Presentation 2071; Diagnostic Approach 2073; Treatment 2074

SECTION 21: PULMONARY MANIFESTATIONS OF SYSTEMIC DISEASES

Dheeraj Gupta, SK Jindal

- 161. Pulmonary Involvement in Collagen Vascular Disease** 2081
Om P Sharma
 Introduction 2081; Rheumatoid Arthritis 2081; Scleroderma 2086; Sjögren's Syndrome 2088; Systemic Lupus Erythematosus 2089; Dermatomyositis (DM) and Polymyositis (PM) 2092; Ankylosing Spondylitis 2093; Mixed Connective Tissue Disease (MCTD) 2094; Treatment 2095
- 162. Pulmonary Manifestations of Systemic Diseases: An Approach** 2099
Ajmal Khan, SK Jindal
 Endocrinal Disorders 2099; Gastrointestinal Diseases 2101; Hepatic Disorders 2103; Renal Diseases 2105; Other Systemic Diseases 2106
- 163. Pulmonary Manifestations in Cardiovascular and Neuromuscular Diseases** 2110
Ajmal Khan, SK Jindal
 Cardiovascular Diseases 2110
- 164. Pulmonary Involvement in Tropical Diseases** 2118
S Jain, SK Jindal
 Introduction 2118; Malaria 2118; Typhoid 2120; Leptospirosis 2121; Dengue 2122; Amebiasis 2122
- 165. Pregnancy and Pulmonary Diseases** 2125
Lakshbir K Dhaliwal, Preeti Verma
 Pulmonary Physiological Changes During Pregnancy 2125
- 166. Rare Lung Diseases** 2143
Sanjeev Mehta, PS Shankar
 Part I: Pulmonary Alveolar Phospholipoproteinosis 2143
 Part II: Pulmonary Calcification and Ossification Syndromes 2146
 Part III: Pulmonary Alveolar Microlithiasis 2147

SECTION 22: PERSPECTIVES IN PULMONARY AND CRITICAL CARE MEDICINE

SK Jindal

- 167. Ethics in Respiratory Care** 2151
Basil Varkey
 Scope of Ethics 2151; The Four-principle Approach to Medical Ethics (Principlism) 2152; Ethics in End-of-life (EOL) Care 2155; A New Covenant and a Conceptual Model for Patient Care, 2159

- 168. End-of-life Care** **2163**
Jeba S Jenifer, SK Jindal
 Prognostication 2163; Barriers 2163; Components of EOL Care 2164; Common Symptoms in EOL 2164
Appendix 1: End-of-life Care—Religious Beliefs and Practices in India 2174; Hinduism 2174; Islamic Rites and Rituals as per Islamic Principles (Qur'an and Shariyat as Observed in India) 2174; The Sikh Traditions 2175; The Jain Rites 2175; Christian Rituals and Practices 2176
- 169. Health Economics of Pulmonary Care** **2177**
C Sudheendra Ghosh
 Introduction 2177

SECTION 23: SURGICAL ASPECTS OF RESPIRATORY DISEASE

SK Jindal

- 170. Surgery for Tuberculosis and Infective Lung Conditions** **2185**
RK Dewan
 Historical Aspects 2185; Types of Surgical Procedures Performed for Tuberculosis 2186
- 171. Surgical Aspects of Obstructive Lung Diseases** **2191**
Donald Ray Lazarus, Suryakanta Velamuri
 Introduction 2191; Lung Volume Reduction Surgery 2191
- 172. Thoracic Trauma** **2200**
RS Dhaliwal, Bhalinder Dhaliwal
 Introduction 2200; Pathophysiology 2200; Effects on Lungs and Chest Wall 2201; Blunt Chest Trauma 2202; Penetrating Chest Injuries (PCI) 2205; Management of Thoracic Trauma 2206
- 173. Lung Transplantation** **2211**
Sachin Kumar, Ritesh Agarwal
 History of Lung Transplantation 2211; General Indications 2211; Contraindications 2212; Waiting List and Organ Allocation 2213; Immunosuppressive Treatment 2214; Complications 2214; Outcomes 2219; The Future of Lung Transplantation 2219; Lung Transplantation in India 2220
- Index* **2225**

From our Archives...



Fig. 1: Mycobacteria in the granuloma, engulfed by macrophages and its ultramicroscopic structure

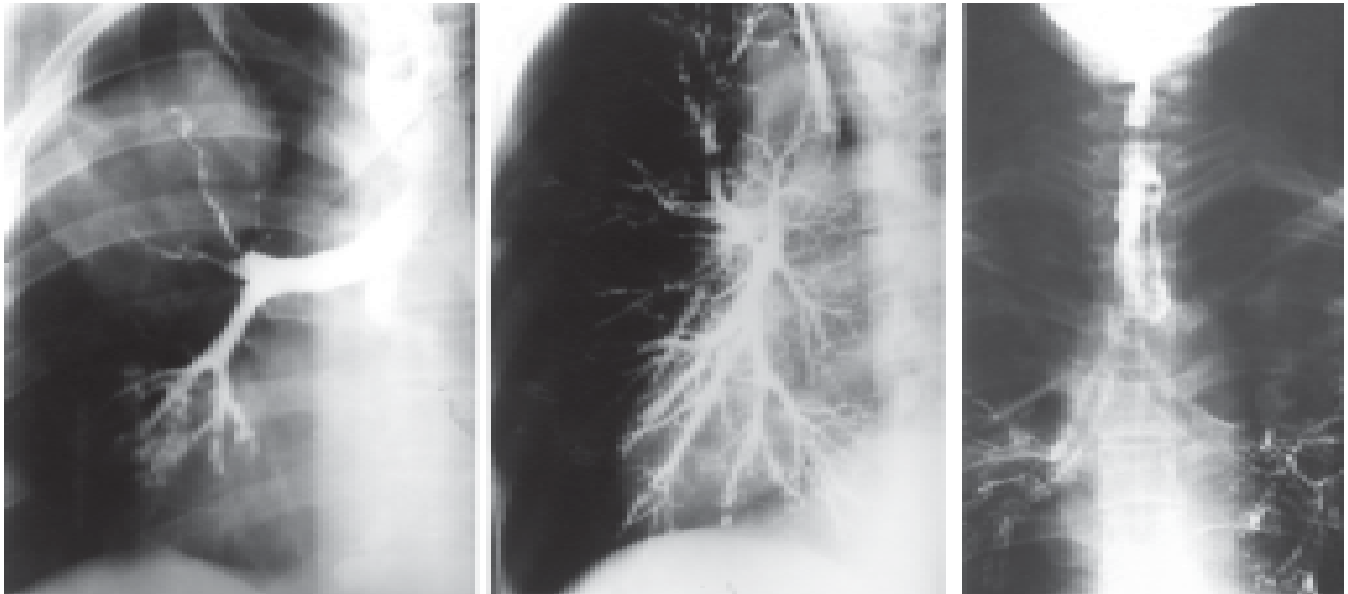


Fig. 2: Bronchography with instillation of a radiopaque dye (Dionosyl) with the help of a catheter was a common procedure to delineate the bronchial tree and diagnose lesions such as bronchial masses, bronchiectasis, fistulae and pouches. Endoscopic and scanning procedures have done away with old, gold-standard

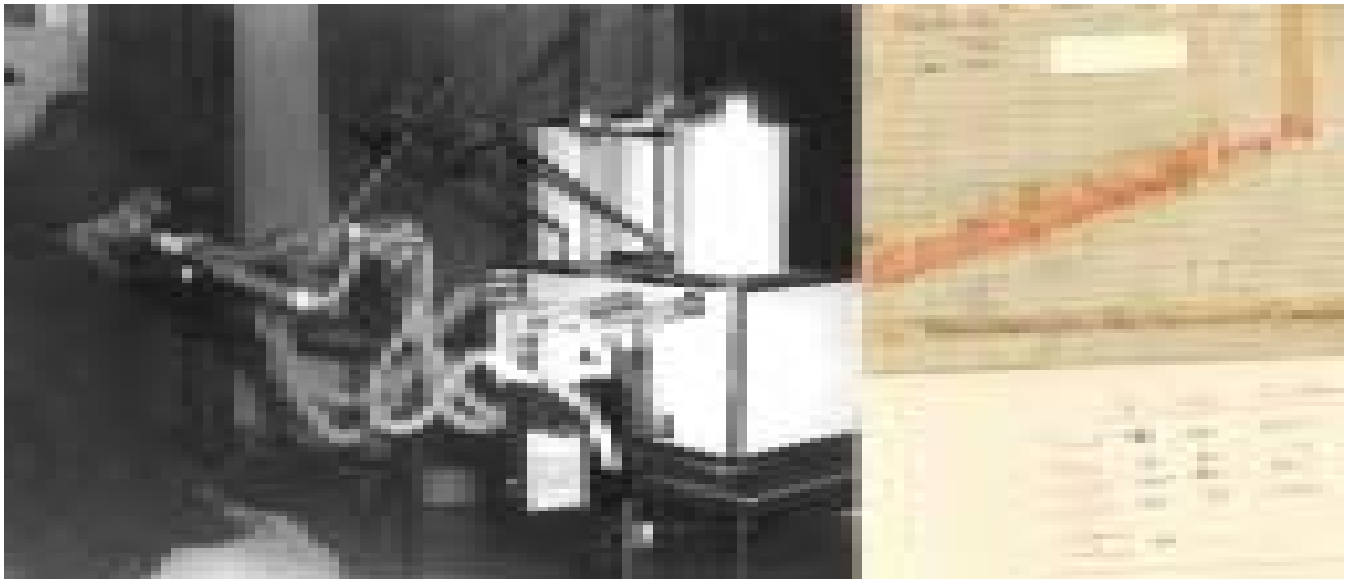


Fig. 3: Differential spirometry was used to assess the function of each lung separately. The figure demonstrates the nonfunctional left lung (Right). This was generally performed with the help of a double barrel, volume displacement spirometer (Left)

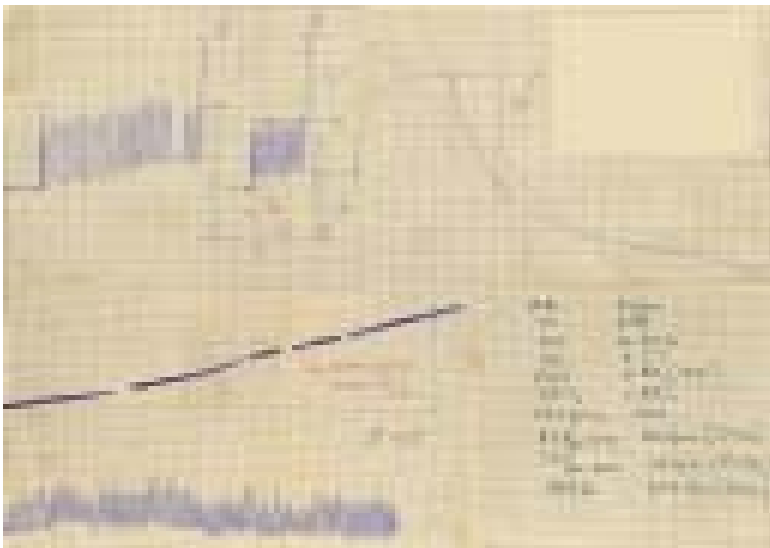


Fig. 4: Oxygen consumption obtained with the help of a spirometer by measuring the amount of oxygen required to replace the consumed volume, after absorption of CO₂ from the exhaled air using the formula:

$$\text{Oxygen consumption} = VC \times FiO_2 - FeO_2$$



Fig. 5: Some of the foreign bodies recovered from the tracheobronchial tree (mostly, with the help of fiberoptic bronchoscopy)

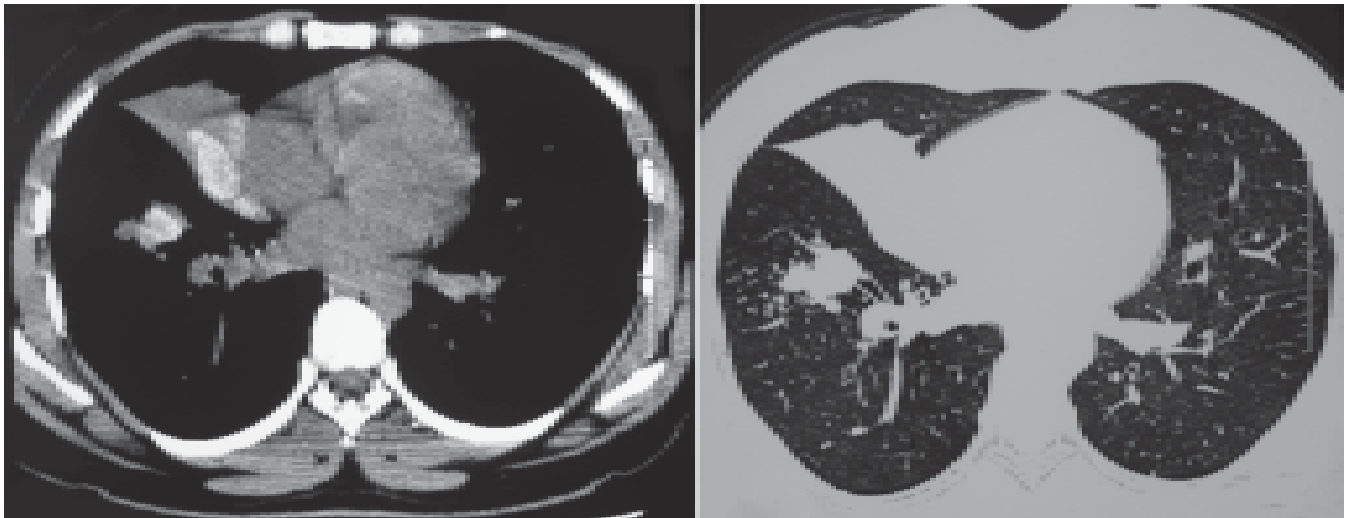


Fig. 6: Presence of high attenuation mucus in a patient with allergic bronchopulmonary aspergillosis. The mucus is denser than the paraspinal skeletal muscle

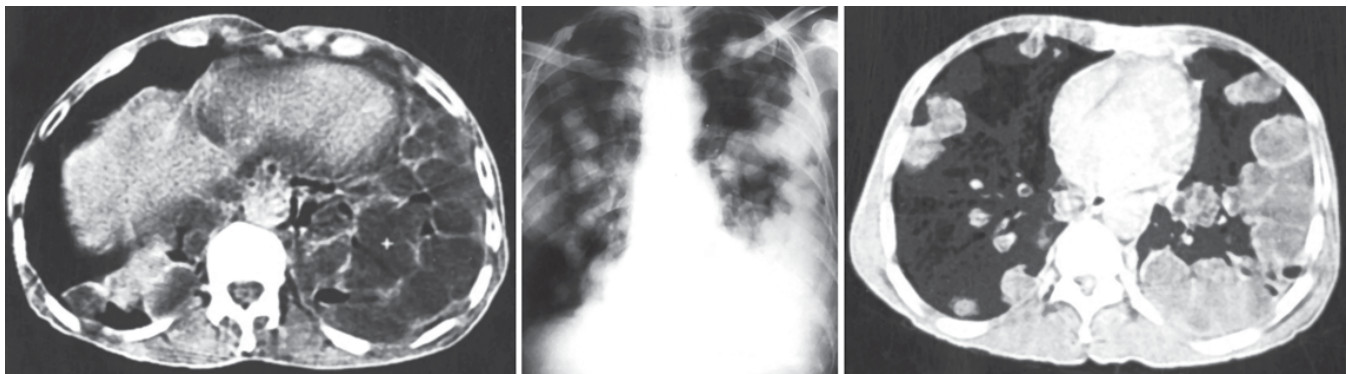


Fig. 7: Radiography in a patient with multiple hydatid cysts

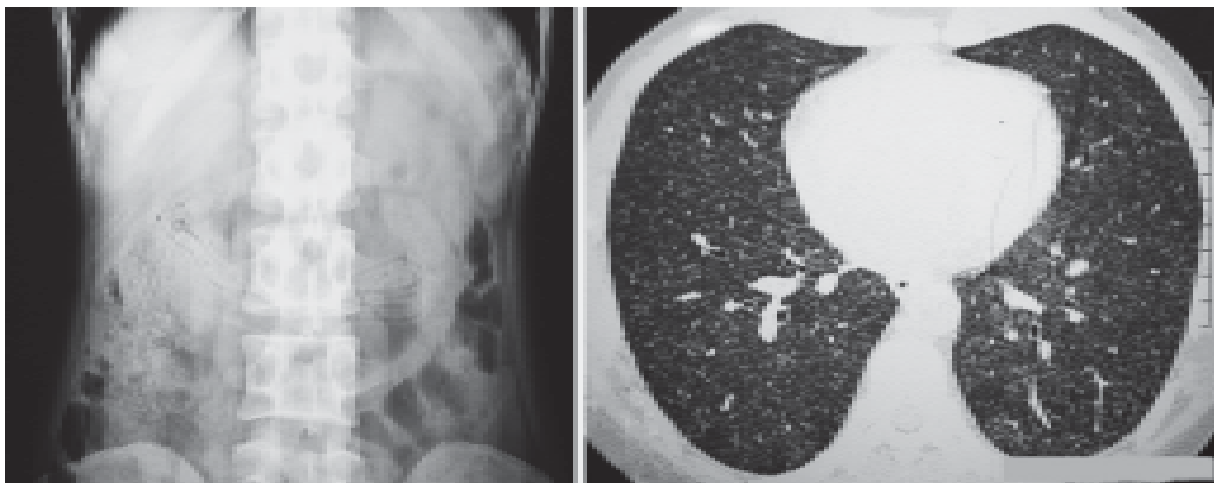


Fig. 8: A case of Loeffler's syndrome caused by intestinal round worms. Abdominal X-ray shows the presence of intra-abdominal worms. High-resolution CT of the chest demonstrates ground glass opacities and centrilobular nodules secondary to eosinophilic pneumonia

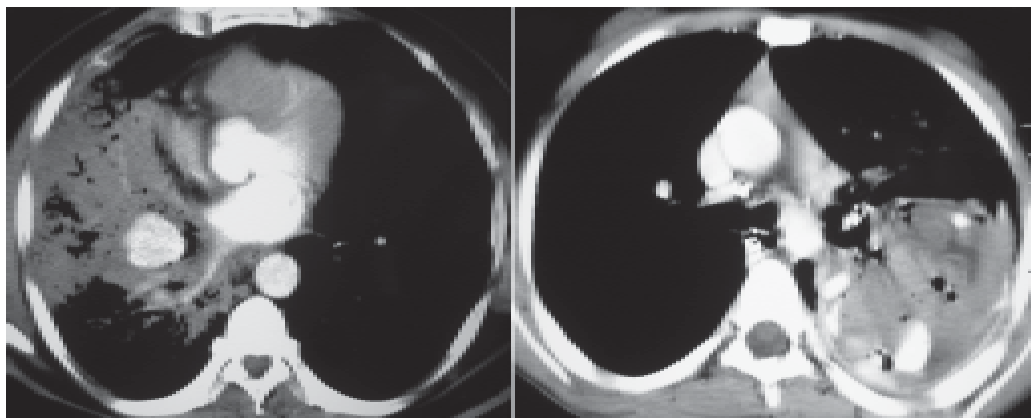


Fig. 9: Contrast-enhanced CTs of two different patients with community acquired necrotizing pneumonia demonstrating an uncommon but potentially life-threatening complication of infective pulmonary aneurysm. The CT films show the presence of contrast enhanced densities within the areas of consolidation consistent with the presence of vascular aneurysm

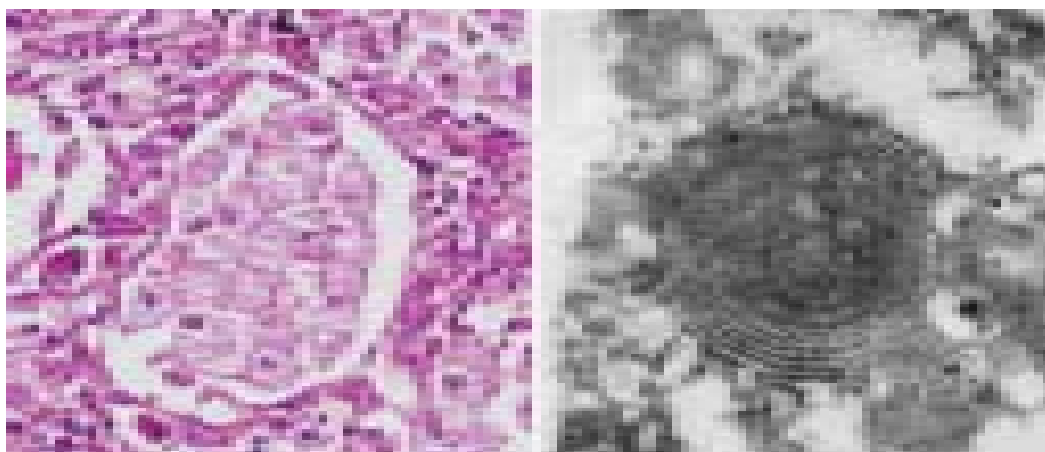


Fig. 10: Figure showing foamy macrophage with intracytoplasmic granular material in a case of pulmonary alveolar proteinosis (Hematoxylin and eosin, x200). Electron microscopic image of the same patient showing whorled lamellated surfactant bodies (x6450)

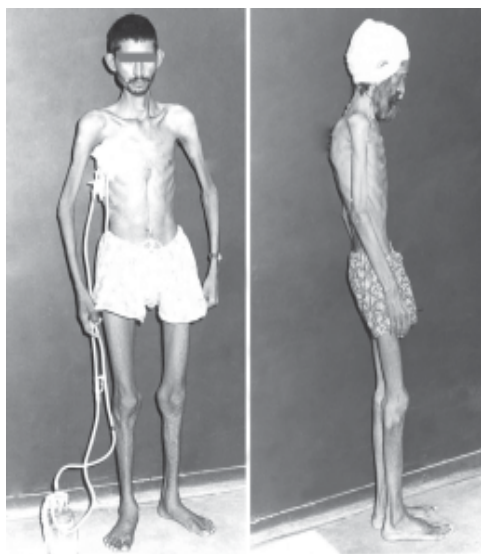


Fig. 11: Extreme wasting from tuberculosis (justifying the older terminology of consumption) was common to see in the TB-wards, even in the sixties and seventies. Fortunately, this degree of severity has become rare with the advent of effective chemotherapy and TB Control Programmes