

# **9 Blood Gas Analysis and Acid-Base Disorders**

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Human body maintain homeostasis by many physiological processes which keep a fne tuning of pH between 7.35 to 7.45. This pH enables various essential processes like oxygen delivery to tissue, maintaining protein structure in the proper confguration and helps in carrying out various biochemical reactions smoothly. Two types of acids contribute to daily acid load—respiratory (or volatile) acids and metabolic (or fxed) acids. Respiratory acid is carbon dioxide produced by complete oxidation of carbohydrates and fatty acids  $[1]$  $[1]$ . Although  $CO<sub>2</sub>$  itself is not an acid as per Bronsted-Lowry system as it does not contain a hydrogen, instead it has a potential to create an equivalent amount of carbonic acid  $(H_2CO_3)$ . Daily basal  $CO_2$  production is 12,000 to 13,000 mmols/day. All acids other then  $H_2CO_3$  are fixed acids as those are not eliminated by lungs. These acids are produced due to incomplete metabolism of carbohydrates (e.g. lactate), fats (e.g. acetoacetate or b-hydroxybutyrate) and protein (e.g. sulphate, phosphate) and are eliminated by kidneys. Daily production is about 70 to 100 mmoles of  $H<sup>+</sup>$  per day in an adult.

# **9.1 Buffers**

Any acid base disturbance is compensated by buffers system in the body, [respiratory](http://www.anaesthesiamcq.com/AcidBaseBook/ab2_3.php)  response by alteration in arterial  $pCO<sub>2</sub>$  or renal response by alteration in  $HCO<sub>3</sub>$ <sup>-</sup> elimination [[1,](#page-10-0) [2\]](#page-10-1). Buffering is a rapid physico-chemical phenomenon carried out by various buffers like-intracellular (proteins, phosphates), blood (bicarbonates,

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haemoglobin, plasma proteins), interstitial fuids (bicarbonates protein), urine (phosphate, ammonia) and bone buffer [\[3](#page-10-2)]. Extracellular buffers contributes to 43% of total buffering (by bicarbonate  $\&$  protein buffers) and remaining 57% is contributed by intracellular buffers [\[4](#page-10-3)]. Respiratory response to acid base perturbation occurs rapidly within minutes to hours by alteration in ventilation. Being able to cross cell membranes easily, respiratory response mainatains intracellular pH as well as extracellular pH. Renal response is much slower process (several days to reach maximum capacity) and involves adjustment of bicarbonate excretion by the kidney.

## **9.2 Respiratory Regulation of Acid Base Disorders**

Respiratory regulation involves adjustment of pH due to  $pCO<sub>2</sub>$  changes from adaptation in ventilation. This is an inherently rapid process by virtue of  $CO<sub>2</sub>$  being lipid soluble and crossing cell membrane rapidly [\[5](#page-10-4)]. The quantifcation of respiratory variation can be estimated by two equations which provide the connection between alveolar ventilation,  $pCO<sub>2</sub>$  and  $pH$ . These are

First, 
$$
paCO_2
$$
 is proportional to  $[V_{CO2}/V_A]$  (9.1)

where:

- paCO<sub>2</sub> = Arterial partial pressure of  $CO<sub>2</sub>$
- $V_{CO2} =$  Carbon dioxide production by the body
- $V_A$  = Alveolar ventilation

Second, Henderson Hasselbach Equation

$$
pH = 6.1 + logHCO3 -
$$
  
0.03 pCO<sub>2</sub> (9.2)

Where:

- HCO<sub>3−</sub>: in millimoles per litre
- PaCO<sub>2</sub>: partial pressure of arterial CO2 in mmHg
- pK: Acid dissociation constant
- 0.03 the solubility of  $CO<sub>2</sub>$  in blood

## **9.3 Renal Regulation of Acid Base Disorders**

Kidneys are responsible for excretion of the fxed acids and this is also a critical role even though the amounts involved (70–100 mmols/day). This action is mediated by 2 processes—Excretion of the fxed acids (1 mmol/kg/day) and Reabsorption of filtered bicarbonate at proximal convoluted tubules [\[5](#page-10-4)].

## **9.4 Technicalities of Blood-Gas Analysis**

#### **9.4.1 Site Selection**

Common sites for arterial sampling includes radial, brachial, axillary femoral or dorsalis pedis artery. There is no evidence that any site is superior to the others. However, being more accessible and comfortable for the patients radial artery is used most often. Allen's test or modifed Allen's test can be performed prior to sampling the radial artery to demonstrate collateral fow from the ulnar artery through the superficial palmar arch  $[6, 7]$  $[6, 7]$  $[6, 7]$  $[6, 7]$ .

#### **9.4.2 Transport and Analysis**

Analysis of the sample should be done immediately after sampling. In the event of any delay, arterial blood sample should be placed on ice. Delayed analysis results in increased potassium, phosphates, proteins and LDH. Ongoing metabolism during the delay results in reduced bicarbonate, decreased glucose and increased lactate [\[8](#page-10-7)]. Properly timed sample reduces oxygen consumption by leukocytes or platelets (i.e., leukocyte or platelet larceny), which can cause a factitiously low partial pressure of arterial oxygen (PaO<sub>2</sub>). Delayed analysis result in falsely low PaO<sub>2</sub> and high PaCO<sub>2</sub> (increases at the rate of  $3-10$  mmHg/hour). [\[9](#page-10-8)].

## **9.4.3 Sources of Errors**

Presence of air bubble in an ABG sample can significantly affect  $PaCO<sub>2</sub>$  and  $PaO<sub>2</sub>$ values. PaCO<sub>2</sub> and PaO<sub>2</sub> values move towards that of room air (PaO<sub>2</sub> room air is about 150 mm Hg, PaCO<sub>2</sub> room air is approximately zero) [\[10](#page-10-9)].

Heparin acts as another source of preanalytical error. It can decrease the pH (as heparin and extreme anionic charge and near-total dissociation at physiologic pH) and dilute the PaCO<sub>2</sub>, resulting in a falsely low value. N+, K+, Cl−, Ca++, glucose, and lactate values also decrease by dilution with liquid heparin.[\[11](#page-10-10)] Dead space volume of a standard 5 ml syringe with 1 inch 22 guage needle is 0.2 ml, flling the syringe dead space with heparin provides sufficient volume to anticoagulate a 4 ml blood sample.

Types of syringes also affect the results.  $O_2$  diffuses out at higher  $PaO_2$  from plastic syringes. Glass syringes are less pervious to  $O<sub>2</sub>$ . Though glass syringes may be preferred, differences are usually not of clinical significance. pH  $\& pCO<sub>2</sub>$  values unaffected by types of syringes.

Solubility of  $CO_2$  and  $O_2$  is increased in hypothermia [\[12](#page-10-11)]. This principle is utilized in temperature based interpretation of blood gases values—*pH stat and alpha stat*. During pH-stat acid-base management, the patient's pH is maintained at a constant level by managing pH at the patient's temperature. pH-stat pH management is temperature-corrected. Compared to alpha-stat, pH stat (which aims for a  $pCO<sub>2</sub>$  of 40 and pH of 7.40 at the patient's actual temperature) leads to higher  $pCO<sub>2</sub>$  (respiratory acidosis), and increased cerebral blood fow. While, during alpha-stat acid-base management, the ionization state of histidine is maintained by managing a standardized pH (measured at 37C). Alpha-stat pH management is not temperaturecorrected—as the patient's temperature falls, the partial pressure of  $CO<sub>2</sub>$  decreases (and solubility increases), thus a hypothermic patient with a pH of 7.40 and a  $pCO<sub>2</sub>$ of 40 (measured at 37C) will, in reality, have a lower  $pCO<sub>2</sub>$  (because partial pressure of  $CO<sub>2</sub>$  is lower), and this will manifest as a relative respiratory alkalosis coupled with decreased cerebral blood flow [\[13](#page-10-12), [14](#page-10-13)].

Clotted sample, haemolysis by inappropriately small needle, haemolysis by syringe vacuum and poorly calibrated ABG analyser are another sources of error.

## **9.5 Various Models of Acid-Base Interpretation**

Three common interpretation models for blood gas analysis are

- 1. Boston/Physiological approach
- 2. Copenhagen/Base excess approach
- 3. Stewart/Physicochemical approach

#### **9.5.1 Boston/Physiological Approach**

This approach was developed by Schwartz and colleagues at Tufts University in Boston. Based on Henderson Hasselbach Equation, the Boston approach adapts carbonic acid–bicarbonate buffer system. A primary change in the partial pressure of carbon dioxide  $(pCO<sub>2</sub>)$  causes a secondary "adaptive" response in the bicarbonate concentration and vice versa and further changes in carbon dioxide or bicarbonate refect additional changes in acid–base status. The six primary acid–base disorders has been described—two metabolic disorders (acidosis and alkalosis) and four respiratory disorders—acute respiratory acidosis and alkalosis, and chronic respiratory acidosis and alkalosis. Patients with known acid-base disturbances evaluated and using acid–base maps mathematic relationship between  $PaCO<sub>2</sub>$  and  $HCO<sub>3</sub>$ − is established.<sup>[\[15](#page-10-14)]</sup>.

Boston approach is the most frequently used approach for bed side ABG analysis. The details are presented later in the chapter.

Corrected anion gap is used to account for UMAs (unmeasured anions like albumin), in presence of which uncorrected anion gap may be normal [\[16](#page-10-15)]. It is calculated as

> Anion gap corrected (for albumin) = Calculated anion gap + 2.5 x (Normal albumin g / dL – Observed albumin g / dL)

Anion gap assessment in Boston approach evaluates mixed acid-base disorders using delta ratio method. Delta ratio delta identify if the presence of high anion gap

metabolic acidosis 'pure' or if there is coexistant normal anion gap metabolic acidosis (NAGMA) or metabolic alkalosis [[17\]](#page-10-16). Delta ratio is

#### **Increase in AG or AG-12/Decrease in HCO<sub>3</sub><sup>−</sup> or 24-HCO<sub>3</sub><sup>−</sup>**

- Interpretation, 0.4—Normal AG metabolic acidosis
- 0.4–1.0—High AG+ Normal AG metabolic acidosis
- 1–2—Pure high AG metabolic acidosis
- >2—High AG metabolic acidosis + Metabolic alkalosis

The advantages of Boston approach is that it is a physiological, simplest, most rigorous and most serviceable of all the approaches. Drawbacks include-Assumption that  $pCO<sub>2</sub> \& HCO<sub>3</sub>$  are independent, all buffering of metabolic acids are mediated by  $HCO<sub>3</sub>$ , buffering by intracellular buffers is ignored and does ot many complex acid-base abnormalities like acute acidosis in setting of hypoalbuminemia, hyperchloremic acidosis and lactic acidosis [[18\]](#page-10-17).

#### **9.5.2 Copenhagen/Base Excess Approach**

The Copenhagen method involves the use of [standard base excess](https://derangedphysiology.com/main/node/1941) (SBE) to distinguish between respiratory and metabolic infuences on acid base balance. SBE, also known as the **base excess of extracellular fuid** (BEECF), is a calculated variable from pH, PaCO<sub>2</sub> and haematocrit. ABG machine calculates SBE for anaemic blood, with a Hb of 50 g/L using algorithms based on Van Slyke equation, to account for whole blood buffering [[19\]](#page-10-18). Copenhagen approach uses three steps for acid base disorders-

- First step: To evaluate standard base excess in relation to  $pH$  and  $PCO<sub>2</sub>$
- Second step: To determine secondary response
- Third step: Partition of standard base excess (to consider mixed metabolic acid– base disorders)

The advantages of base excess approach are—SBE value is readily available from most blood gas machines, useful for evaluating acid–base disorders, four calculations of  $PaCO<sub>2</sub>$  and SBE to evaluate secondary response and easier to remember and perform.

#### **9.5.3 Stewart/Physicochemical Approach**

This approach was introduced by Peter Stewart in 1978 [[20\]](#page-10-19). It is based on two main principles-electroneutrality (Sum of all positively charged ions = sum of all negatively charged ions in aqueous solutions) and Conservation of mass (Total concentration = Dissociated + Undissociated forms).  $pH$  or  $[H^+]$  concentration in the body is determined by two variables, independent and dependent. The independent variables are  $PaCO<sub>2</sub>$  (controlled by respiratory system), strong ion difference/SID (controlled by kidney) and weak acid/Atot-include serum albumin, phosphate and

globulins (controlled by liver and metabolic state). Dependent variables are [H+],  $[OH–]$ ,  $[HCO<sub>3</sub>–]$ .

Normal value of SID ranges between 38–44 mmol/L. (value less than 38 mmmol/L is interpreted as SID acidosis and higher than 44 mmol/L is SID alkalosis) [[21\]](#page-10-20).

Stewart approach identifes 6 acid base disorders-Respiratory acidosis and alkalosis, SID acidosis and alkalosis, Increased Atot acidosis and decreased Atot alkalosis.

$$
SIDa = ([Na + ] + [K + ] + [Mg + + ] + [Ca + + ]) - ([Cl - ] + [lactate])
$$
  
\n
$$
SIDe = [HCO3 - ] + [albumin] + [phosphates]
$$

Where,  $\text{SID}_a$  is strong ion difference apparenrent and  $\text{SID}_e$  is strong ion difference effective. The difference between  $\text{SID}_a$  and  $\text{SID}_e$  is stong ion gap (SIG) and SIG is close to zero in normal situations. SIG Quantifes amount of unmeasured anions present in the plasma. [[20,](#page-10-19) [21\]](#page-10-20).

Advantages of Stewart approach are quantitative mathematical explanation of acid-base disorders, a more scientifc approach which apply concepts of physical chemistry to traditional acid-base concepts and a logical framework for design of resuscitation fuids. Disadvantages are complex, complicated, and diffcult to apply approach at bedside, substantially different to well-validated classical Boston approach, numerous variables creates confusion and no evidence that this approach has any infuence on mortality.

## **9.6 What to Correct, How Much to Correct and How to Correct?**

Being the most commonly used approach, physiological/Boston approach is selected here as a primary method for correction of acid base disorders.

# **9.7 Approach to Patient with Metabolic Derangements**

Bedside approach to patient with metabolic acid base disorders involve

- Identification of presence of metabolic acidosis (pH < 7.30, serum  $[HCO<sub>3</sub><sup>-</sup>] < 24 mEq/l$ )/metabolic alkalosis (pH > 7.40, serum  $[HCO<sub>3</sub><sup>-</sup>]$  > 24 mEq/l)
- Respiratory compensation-adequate or inadequate
- Estimation of AG (anion gap) in the presence of metabolic acidosis
- Acknowledge presence of mixed disorders using delta ratio

## **9.7.1 Expected Respiratory Compensation to Metabolic Acidosis** [\[15](#page-10-14)]

Rule 1: for Metabolic Acidosis

Expected pCO2 = 
$$
1.5
$$
[HCO<sub>3</sub>] + 8(Range : +/-2)

#### **9.7.2 Anion Gap**

Anion gap (AG) is used for evaluation of metabolic acidosis. The sum of the positive and negative ion charges in plasma are equal in vivo:  $[Na+] + [K+] + [Ca2+] + [Mg2+] + [H+] +$  unmeasured cations = [Cl−] + [HCO<sub>3</sub>−] + [CO<sub>3</sub><sup>2−</sup>] + [OH−] + albumin+phosphate+sulfate+lactat e+unmeasured anions (e.g., inorganic anions) [\[22](#page-10-21)[–24](#page-11-0)]. Other ions being in extremely low concentration, following formulas are used to estimate AG [[25\]](#page-11-1):

$$
AG(simple) = ([Na + - ([Cl -] + [HCO3 -]) = 12 - 14 mEq/L
$$
  
AG (conventional) = ([Na =] + [K +] - ([Cl -] + [HCO3 -]) = 14 to 18 mEq/L  
AG (modern) = ([Na =] + [K +] - ([Cl -] + [HCO3 -] + [Lactate]) = 14 to 18 mEq/L

*Corrected anion gap* is used to account for UMAs (unmeasured anions like albumin), in presence of which uncorrected anion gap may be normal.[\[16](#page-10-15)] It is calculated as

> Anion gap corrected  $($  for albumin $) =$  Calculated anion gap + 2.5 x (Normal albumin g / dL – Observed albumin g / dL)

## **9.8 Causes and Treatment of High Anion Gap Metabolic Acidosis**



### **9.9 Nonanion Gap Acidosis**

Bicarbonate loss is the primary pathophysiology for nonanion gap acidosis. Cl− is raised maintaining the anion gap to normal. Gastrointestinal losses and renal etiology are the primary causes of nonanion gap acidosis and urine anion gap (UAG) is used to distinguish between them.

$$
UAG = (Urine[Na+] + Urine[K+]) - (Urine[Cl-])
$$

The UAG is normally zero or slightly positive. In the setting of a nonanion gap acidosis, the appropriate renal response would be to increase ammonium excretion, as NH4Clcausing the UAG to become negative, usually ranging from −20 to −50 mEq/L. This is seen in nonrenal causes of.

nonanion gap acidosis, such as severe diarrhea. In renal derangements, like chronic kidney disease (CKD) and distal renal tubular acidosis (RTA), the UAG will remain positive or become only slightly negative.



# **9.10 Metabolic Alkalosis**

The diagnosis of metabolic alkalosis is sometimes a clinical one, but it is often found incidentally of laboratory work. A higher serum bicarbonate level in association with hypokalemia is highly suggestive of metabolic alkalosis.

Rule 2: Respiratory compensation for a Metabolic Alkalosis [[15\]](#page-10-14)

Expected pCO2 = 
$$
0.7
$$
[HCO<sub>3</sub>] + 20(Range: +*l*-2)

# **9.11 Causes of Metabolic Alkalosis**

Urine chloride concentration  $(U_{Cl})$  a useful tool in the diagnosis and management of metabolic alkalosis [\[26](#page-11-2)].



## **9.12 Approach to Respiratory Acid–Base Disorders** [\[27](#page-11-3), [28\]](#page-11-4)

Bedside approach to patient with respiratory acid base disorders involve

- Identification of presence of respiratory acidosis (pH <  $7.30$ , PaCO<sub>2</sub> > 45 mm Hg)/respiratory alkalosis (pH > 7.40, PaCO<sub>2</sub> < 45 mm Hg)
- Metabolic compensation-adequate or inadequate
- Determine if mixed acid base disorder is present
- Treat the underlying causes

## **9.13 Expected Metabolic Compensation to Respiratory Derangements** [[15](#page-10-14)]

Rule 3: Acute Respiratory Acidosis

Expected 
$$
[HCO_3] = 24 + \{(Actual pCO_2 - 40)/10\}
$$

Rule 4: Chronic Respiratory Acidosis

Expected 
$$
[HCO3] = 24 + 4 \{(Actual pCO2 - 40)/10\}
$$

Rule 5: Acute Respiratory Alkalosis

Expected [HCO3] = 
$$
24 - 2 \{(40 - \text{Actual pCO2})/10\}
$$

Rule 6: Chronic Respiratory Alkalosis

Expected  $[HCO3] = 24 - 5{ (40 - \text{Actual } pCO2)})/10({\text{range}: +/-2})$ 

The 0.008 rule: The pH change in response to an acute respiratory acid-base disturbance

 $pH = 7.40 - ((PaCO<sub>2</sub> - 40) \times 0.008))$ 

The 0.003 rule: The pH change in response to a chronic respiratory acid-base disturbance

$$
pH = 7.40 - ((PaCO2 - 40) \times 0.003))
$$

# **9.14 Causes of Respiratory Derangements**



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