

eAppendix 4: During exercise effects of nasal high-flow

Primary outcomes

There was no available data for any of the primary outcomes.

Secondary outcomes

Blood oxygen saturation

COPD patients randomized to the NHF group showed a significant increase in isotime SaO₂ (MD 3 %, 95% CI 2 to 4).

Dyspnea

Dyspnea was assessed using the BORG scale which is measured from 0 (no dyspnea) to 10 (maximum dyspnea). NHF significantly reduced isotime dyspnea (MD -4.5, 95% CI -6.5 to -2.5).

Exercise capacity

There was a significant difference between NHF and oxygen in endurance capacity in favor of NHF (MD 109 s, 95% CI 50 to 168).

Adverse event

The study did not report any adverse event.