## Indications For Hyperbaric Oxygen Therapy – An Introduction

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Disclosure

I have no relevant financial relationships with commercial interests to disclose

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## FDA Approved Indications















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Therapies for CRAO			
Therapy	Effectiveness	Source	
IV Tissue plasminogen activator	47.0%	Huang L et al. (2022). A systematic review and meta-analysis.	
Intra-arterial plasminogen activator	50.4%	Page PS et al. (2018). A Systematic Review and Meta-Analysis.	
Hyperbaric oxygen treatment	66%	Murphy-Lavoie H et al (2019). Arterial Insufficiencies CRAO. p 22 - 25. UHMS HBOT indications, 14 <sup>th</sup> Edition. Moon R. BPC	





















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- Clostridium perfringens is the leading cause, and it thrives in oxygen tension < 30 mmHg</li>
- · Severe pain precedes other symptoms • Surgical exploration, gram stain, culture

Moon R et al. Part I Indications. Undersea and Hyperbaric Medical Society. Hyperbaric Oxygen Therapy Indication. 14th Edition,. Best Publishing Company, 2019

















Diagnosis	Notes	
Fibromyalgia	Two RCT (Yildiz, 2004 and Efrati, 2015) suggest fewer tender points and pain meds required. Further research required	
Concussion	Ambivalent results from 5 RCTs. Most recent RCT suggest improvement at 13 weeks may be lost afterwards (Weaver, 2018)	
Long COVID	No RCT. Very limited studies. 1 consecutive study reports fatigue score improvement after 10 HBOT (Robbins, 2021)	
Complex Regional Pain Syndrome	Limited studies, mostly case reports. 1 RCT reported decreased pain, edema and increased movement (Kilrap,2004)	
Pyoderma Gangrenosum (PG)	PG has a hypoxic component. $\rm HBO_2$ can be considered in the context of non-healing chronic wound. Not covered by insurance	
Operative Pre-conditioning	Very promising, multiple RCT (Alex, 2005; Yogaratnam, 2010; Li, 2011). Needs a current RCT	

Diagnosis	Notes
Acute Coronary Syndrome	Limited evidence that $HBO_2$ reduces major cardiac event. Studies have poor inclusion criteria, need a RCT
Acute Ischemic Stroke	11 RCTs, no good evidence to show $HBO_2$ improves clinical outcomes (Bennett MH, et al, 2014)
Multiple Sclerosis	$12~\rm RCTs,$ no clinical significant benefit. No study designed to test efficacy of $\rm HBO_2$ against alternative best practice (Bennett M & Heard R, 2010)
Cerebral Palsy	Mixed results. HBO <sub>2</sub> may improve gross motor function. Further research is required (Bennett M & Newton H, 2007)
Autism	"Very weak" evidence. Few studies, mixed result (Martin's review, 2015)
Neonatal Hypoxic Encephalopathy	Animal models show $HBO_2$ reduces brain injury, limited and poorly designed human studies (Liu Z, et al, 2006)
Acute long bone fractures	HBO <sub>2</sub> increases new bone formation in animal studies. RCT Human studies are required (Bennett M, et al, 2012)

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## Summary

- Hyperbaric oxygen therapy is a systemic treatment option that entails breathing >99.9% oxygen in an environment with a pressure > than 1.4 atmosphere absolute
- FDA website has approved indications, each supported by quality research
- Insurance coverage exist for indications on the FDA list of diagnoses
- Distinguishing between emergent, urgent and routine-based indications is critical to obtaining the best clinical outcome
- Off label use is common, but with little supporting research
- Ongoing research to expand the role of  ${\rm HBO}_2$  in Inflammatory Bowel Disease and acute graft-versus-host disease