

Acute Lung Injury or ARDS Patients with $\text{PaO}_2:\text{FiO}_2 < 300$

THE ARMA TRIAL

Does the ventilation of low tidal volume improve the mortality rate or the ventilator-free days compared to traditional higher tidal volume ventilation?

MULTICENTER - SINGLE-BLINDED - RANDOMIZED



10 centers

LOW TV

Low tidal volume ventilation with 6 ml/kg/ breath (ideal body weight) and plateau pressure < 30 cm water.

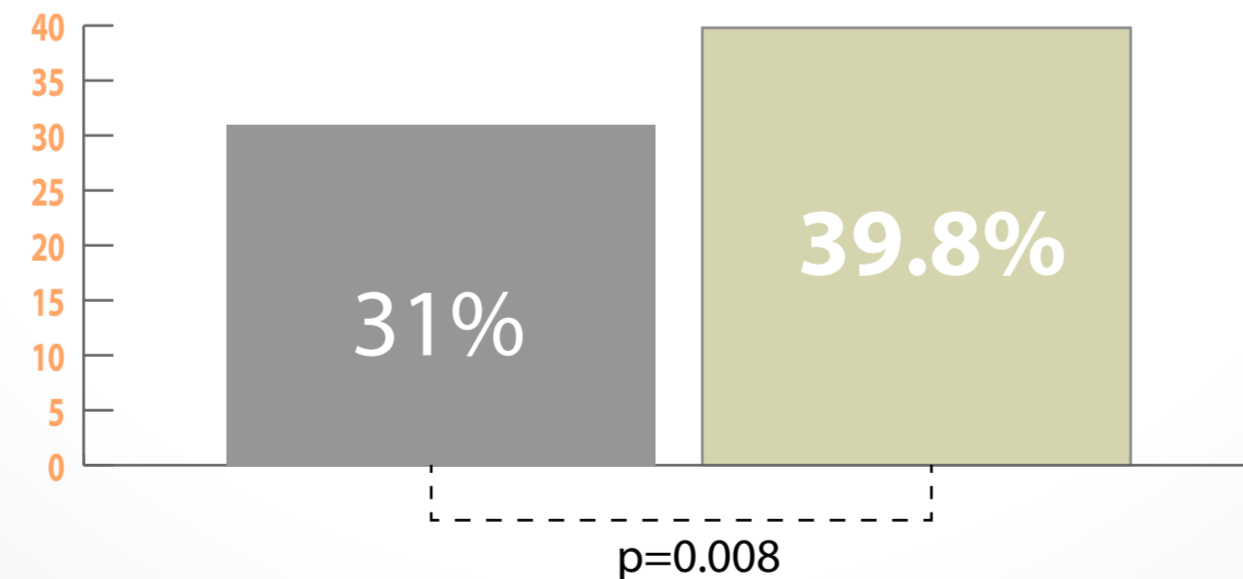
432 PATIENTS

TRADITIONAL VT

Higher tidal volume ventilation with 12 ml/kg/ breath (ideal body weight) and plateau pressure < 50 cm H₂O.

429 PATIENTS

In-hospital Mortality



Ventilator-free days

(12 ± 11 days vs 10 ± 11 days, p=0.007)

In patients with acute lung injury or ARDS, a ventilation strategy with lower tidal volume ventilation of 6 mL/kg of ideal body weight and limited plateau pressure of ≤ 30 cmH₂O improves mortality and ventilator free days