Detection of Right to Left Shunts in Decompression Sickness in Divers

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Decompression sickness (DS) represents a significant risk for underwater divers and may cause severe neurologic damage.[1] It has long been suspected that venous gas emboli generated by the release of nitrogen from peripheral tissues during decompression may account for neurologic complications among divers suffering from DS. Because the lungs filter venous gas emboli, it has been proposed that a patent foramen ovale (PFO) may be 1 mechanism by which sufficient numbers of venous emboli enter the arterial circulation. We hypothesized that transcranial Doppler with saline bubble contrast would detect only clinically meaningful PFOs and thus be superior to transthoracic (TTE) and transesophageal echocardiography (TEE) for predicting divers' risk for DS.[2,3] To test our hypothesis, we conducted a comparison of the ability of TTE and TEE to detect a PFO with that of transcranial Doppler using saline bubble contrast in control subjects and divers referred for evaluation of DS.

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Twenty-six divers referred for evaluation of DS and 30 nondiving control subjects who had no history of arterial embolism or cardiovascular disease agreed to be evaluated for the presence of a PFO. The protocol for shunt detection was approved by the Institutional Committee on the Use of Humans in Research, and each subject signed an appropriate consent form. Following clinical assessment, which included a full neurologic examination by a neurologist with expertise in diving medicine, the divers in the study were classified as follows: *possible* DS (transient nonspecific neurologic symptoms and a normal neurologic examination within 48 hours of surfacing); those with *probable* DS (significant neurologic dysfunction but with a normal neurologic examination within 48 hours); and those with *definite* DS (significant neurologic dysfunction and an abnormal neurologic examination, including motor weakness or ataxia).[4–6]

All subjects fasted for at least 8 hours before the study began. An 18-gauge catheter was placed in the right antecubital or hand vein for injection of 6 to 8 ml of agitated saline as previously described.[7] Studies were recorded with a Toshiba model 160 echocardiograph (Toshiba America Medical Systems, Tustin, California) utilizing a 2.5-MHz TTE transducer and a 5-MHz TEE probe. All imaging recorded from the TEE probe was in the transverse plane.

TTE and TEE studies were stored on high-fidelity half-inch videotape. Transcranial Doppler studies were recorded using a 2-MHz Doppler transducer (Edenmedizinische Elektronik-TC2000, Uberlinger, Germany) and stored digitally on a computer disk.

Simultaneous TTEs in the apical 4-chamber view with transcranial Doppler of the right middle cerebral artery were recorded. Agitated saline was injected twice during normal resting respiration, followed by 5 injections in conjunction with a Valsalva maneuver. The patient then received a light intravenous sedative, if desired, and the posterior pharynx was topically anesthetized. TEE probe intubation was performed, with the probe positioned for optimal imaging of the interatrial septum. Simultaneous transcranial Doppler of the right middle cerebral artery was recorded. The protocol for injections of agitated saline was identical to that described for TTE imaging.

TTEs were assessed as positive if any bubbles appeared in the left atrium or left ventricle after any of the 7 injections. A TEE was positive if contrast appeared in the left atrium during any of the 2 resting injections, or if contrast appeared in the left atrium after 2 of the 5 injections during the Valsalva maneuver. Three or more bubbles in the left atrium were necessary to classify an injection as positive. A TEE was considered "strongly positive" if >5 bubbles were seen in a single video frame for any injection. For all injections, contrast had to appear in the left atrium within 3 cardiac cycles of appearing in the right atrium in order to qualify as a PFO.

The sensitivity, specificity, and predictive value of the 3 modes of right to left shunt detection were determined as previously described.[8] The prevalence of DS was assumed to be ≤1%[9,10] among divers and was therefore ignored in calculations involving con-

TABLE 1 Right to Left Shunting During the Valsalva Maneuver

	Control Subjects (n = 30)	Probable + Definite DS (n = 15)	All Divers (n = 26)
Positive studies			
TTE	5 (17%)	3 (20%)	8 (31%)
TEE	14 (47%)	9 (60%)	15 (58%)
TD	7 (23%)*	7 (47%)	13* (50%)*

* p = 0.05 versus control.

DS = decompression sickness; TD = transcranial Doppler; TEE = transesophageal echocardiography; TTE = transthoracic echocardiography.

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