



# ERS | handbook

## Respiratory Medicine

2nd Edition

Editors

Paolo Palange

Anita K. Simonds





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and Anita K. Simonds

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# Table of contents

<b>Contributors</b>	xiv
<b>Preface</b>	xxix
<b>Get more from this Handbook</b>	xxx
<b>List of abbreviations</b>	xxxi
<b>Chapter 1 – Structure and function of the respiratory system</b>	
<b>Genetics</b>	1
Gernot Zissel	
<b>Molecular biology of the lung</b>	7
Melanie Königshoff and Oliver Eickelberg	
<b>Anatomy of the respiratory system</b>	13
Pallav L. Shah	
<b>Respiratory physiology</b>	18
Susan A. Ward	
<b>Cytology of the lung</b>	29
Venerino Poletti, Giovanni Poletti, Marco Chilosi and Bruno Murer	
<b>Immunology and defence mechanisms</b>	39
Bruno Balbi, Davide Vallese, Alessandro Pitruzzella, Chiara Vicari and Antonino Di Stefano	
<b>Chapter 2 – Signs and symptoms</b>	
<b>Cough and sputum</b>	45
Alyn H. Morice	
<b>Dyspnoea</b>	51
Pierantonio Laveneziana and Giorgio Scano	

<b>Chest pain</b>	59
Matthew Hind	
<b>Physical examination</b>	61
Martyn R. Partridge	
<b>Chapter 3 – Pulmonary function testing</b>	
<b>Static and dynamic lung volumes</b>	66
Riccardo Pellegrino and Andrea Antonelli	
<b>Respiratory mechanics</b>	72
Daniel Navajas and Ramon Farré	
<b>Gas transfer: <math>TLCO</math> and <math>TLNO</math></b>	77
J. Mike Hughes	
<b>Control of ventilation</b>	82
Brian J. Whipp and Susan A. Ward	
<b>Arterial blood gas assessment</b>	87
Paolo Palange, Alessandro Maria Ferazza and Josep Roca	
<b>Exercise testing</b>	94
Paolo Palange and Paolo Onorati	
<b>Bronchial provocation testing</b>	99
Kai-Håkon Carlsen	
<b>Sputum and exhaled breath analysis</b>	103
Patrizia Pignatti, Andrea Zanini, Sabrina Della Patrona, Federico Gumiero, Francesca Cherubino and Antonio Spanevello	

## Chapter 4 – Other diagnostic tests

<b>Bronchoscopy</b>	109
Pallav L. Shah	
<b>Bronchoalveolar lavage</b>	114
Patricia L. Haslam	
<b>Fine-needle biopsy</b>	122
Stefano Gasparini	
<b>Medical thoracoscopy/pleuroscopy</b>	124
Robert Loddenkemper	
<b>Thoracentesis</b>	128
Emilio Canalis and Mari Carmen Gilavert	
<b>Interventional pulmonology</b>	131
Marc Noppen	

## Chapter 5 – Lung imaging

<b>Chest X-ray and fluoroscopy</b>	136
Walter De Wever	
<b>Lung CT and MRI</b>	141
Johny A. Verschakelen	
<b>HRCT of the chest</b>	146
Johny A. Verschakelen	
<b>Nuclear medicine of the lung</b>	151
Antonio Palla and Duccio Volterrani	

**Transthoracic ultrasound** 154

Florin von Groote-Bidlingmaier, Coenraad F.N. Koegelenberg and  
Chris T. Bolliger

## **Chapter 6 – Lung injury and respiratory failure**

**Lung injury** 159

Bernrd Schönhofer and Christian Karagiannidis

**Respiratory failure** 162

Nicolino Ambrosino and Fabio Guarracino

**NIV in acute respiratory failure** 166

Anita K. Simonds

**Acute oxygen therapy** 171

Anita K. Simonds

**Assessment for anaesthesia/surgery** 174

Macé M. Schuurmans, Chris T. Bolliger and Annette Boehler

**Long-term ventilation** 178

Anita K. Simonds

## **Chapter 7 – Respiratory Infections**

**Microbiology testing and interpretation** 183

Magareta Ieven

**Upper respiratory tract infections** 190

Gernot Rohde

**Infective exacerbations of COPD** 194

Marc Miravittles

<b>Pneumonia</b> Mark Woodhead	199
<b>Hospital-acquired pneumonia</b> Francesco Blasi	203
<b>Opportunistic infections in the immunocompromised host</b> Thomas Fuehner, Mark Greer, Jens Gottlieb and Tobias Welte	207
<b>Pneumonia in the immunocompromised host</b> Santiago Ewig	211
<b>Pleural infection and lung abscess</b> Amelia Clive, Clare Hooper and Nick Maskell	215
<b>Influenza, pandemics and SARS</b> Wei Shen Lim	222
<b>Chapter 8 – Tuberculosis</b>	
<b>Pulmonary tuberculosis</b> Giovanni Sotigu and Giovanni Battista Migliori	229
<b>Extrapulmonary tuberculosis</b> Aik Bossink	241
<b>Tuberculosis in the immunocompromised host</b> Martina Sester	245
<b>Latent tuberculosis</b> Jean-Pierre Zellweger	248
<b>Nontuberculous mycobacterial diseases</b> Claudio Piersimoni	251



**Laboratory diagnosis of mycobacterial infections** 255  
Claudio Piersimoni

## **Chapter 9 – Airway diseases**

**Chronic rhinitis** 261  
Arnaud Bourdin and Pascal Chanez

**Asthma** 264  
Bianca Beghé, Leonardo M. Fabbri and Paul O'Byrne

**Vocal cord dysfunction** 274  
Adel H. Mansur

**Bronchitis** 279  
Gernot Rohde

**Gastro-oesophageal reflux** 281  
Lieven Dupont

**COPD and emphysema** 287  
Eleni G. Tzortaki and Nikolaos M. Siafakas

**Exacerbations of COPD** 293  
Alexander J. Mackay and Jadwiga A. Wedzicha

**Extrapulmonary effects of COPD** 300  
Yvonne Nussbaumer-Ochsner and Klaus F. Rabe

**Pharmacology of asthma and COPD** 304  
Peter J. Barnes

**Bronchiectasis** 311  
Nick ten Hacken

**Cystic fibrosis** 315  
Andrew Bush and Jane C. Davies

## **Chapter 10 – Occupational and environmental lung**

**Work-related and occupational asthma** 327  
Eleftherios Zervas and Mina Gaga

**Respiratory diseases caused by acute inhalation of gases, vapours and dusts** 332  
Benoit Nemery

**Hypersensitivity pneumonitis** 337  
Torben Sigsgaard and Anna Rask-Andersen

**Pneumoconiosis** 341  
Allan F. Henderson

**Indoor and outdoor pollution** 345  
Giovanni Viegi, Marzia Simoni, Sara Maio, Sonia Cerrai, Giuseppe Sarno and Sandra Baldacci

**Smoking-related diseases** 352  
Yves Martinet and Nathalie Wirth

**Treatment of tobacco dependence** 357  
Luke Clancy and Zubair Kabir

**High-altitude disease** 361  
Yvonne Nussbaumer-Ochsner and Konrad E. Bloch

**Diving-related diseases** 366  
Elinar Thorsen

**Radiation-induced lung disease** 369  
Robert P. Coppes and Peter van Luijk

## **Chapter 11 – Interstitial lung disease**

**HRCT in the diagnosis of interstitial lung diseases** 371  
Giovanni Della Casa, Stefania Cerri, Paolo Spagnolo, Pietro Torricelli and Luca Richeldi

**Sarcoidosis** 382  
Ulrich Costabel

**Idiopathic interstitial pneumonias** 386  
Dario Olivieri, Sara Chiesa and Panagiota Tzani

**Eosinophilic diseases** 395  
Andrew Menzies-Gow

**Drug-induced respiratory disease** 399  
Philippe Camus and Philippe Bonniaud

## **Chapter 12 – Pulmonary vascular diseases**

**Pulmonary embolism** 411  
Massimo Pistolesi

**Pulmonary vasculitis** 417  
Georgios Margaritopoulos and Athol U. Wells

**Pulmonary hypertension** 422  
Marc Humbert and Gérald Simonneau

## Chapter 13 – Pleural, mediastinal and chest wall diseases

<b>Pleural effusion</b>	428
Robert Loddenkemper	
<b>Pneumothorax and pneumomediastinum</b>	432
Paul Schneider	
<b>Mediastinitis</b>	439
Pierre-Emmanuel Falcoz, Nicola Santelmo and Gilbert Massard	
<b>Neuromuscular disorders</b>	443
Andrea Vianello	
<b>Chest wall disorders</b>	448
Pierre-Emmanuel Falcoz, Nicola Santelmo and Gilbert Massard	

## Chapter 14 – Thoracic tumours

<b>Pathology and molecular biology of lung cancer</b>	451
Sylvie Lantuéjoul, Lénaïg Mescam-Mancini, Barbara Burroni and Anne McLeer-Florin	
<b>Lung cancer: diagnosis and staging</b>	455
Johan Vansteenkiste, Sofie Derijcke and Inge Hantson	
<b>Chemotherapy and molecular biological therapy</b>	460
Amanda Tufman and Rudolf M. Huber	
<b>Surgical treatment for lung cancer</b>	466
Gilbert Massard, Nicola Santelmo and Pierre-Emmanuel Falcoz	
<b>Radiotherapy for lung cancer</b>	472
Luigi Moretti and Paul Van Houtte	

**Metastatic tumours** 477  
Elisabeth Quoix

**Pleural and chest wall tumours** 482  
Arnaud Scherpereel

**Mediastinal tumours** 489  
Paul E. Van Schil, Patrick Lauwers and Jeroen M. Hendriks

### **Chapter 15 – Sleep-related disorders**

**Obstructive sleep apnoea/hypopnoea syndrome** 491  
Wilfried De Backer

**Central sleep apnoea** 498  
Konrad E. Bloch and Thomas Brack

**Hypoventilation syndromes** 503  
Jean-François Muir

### **Chapter 16 – Immunodeficiency/orphan lung disorders**

**Pulmonary diseases in primary immunodeficiency syndromes** 509  
Federica Pulvirenti, Cinzia Milito, Maria Anna Digiulio and Isabella Quinti

**HIV-related disease** 513  
Marc C.I. Lipman and Rob F. Miller

**Graft *versus* host diseases** 521  
Federica Pulvirenti, Cinzia Milito, Maria Anna Digiulio and Isabella Quinti

**Amyloidosis** 526  
Helen J. Lachmann

**Pulmonary alveolar proteinosis** 529  
Maurizio Luisetti

**Adult pulmonary Langerhans' cell histiocytosis** 532  
Vincent Cottin, Romain Lazor and Jean-François Cordier

**Lymphangiomyomatosis** 535  
Vincent Cottin, Romain Lazor and Jean-François Cordier

## **Chapter 17 – Pulmonary rehabilitation**

**Respiratory physiotherapy** 539  
Julia Bott

**Pulmonary rehabilitation** 543  
Thierry Troosters, Hans Van Remoortel, Daniel Langer, Marc Decramer and Rik Gosselink

**Palliative care** 552  
Sylvia Hartl

## **Chapter 18 - Epidemiology**

**Measuring the occurrence and causation of respiratory diseases** 554  
Riccardo Pistelli and Isabella Annesi-Maesano

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# Preface

'To study the phenomenon of disease without books is to sail an uncharted sea, while to study books without patients is not to go to sea at all.' 'Too many men slip early out of the habit of studious reading, and yet that is essential.'

*William Osler*

Eight years ago, the ERS School started a very ambitious project to harmonise education in respiratory medicine for European specialists (HERMES). A preliminary survey among 29 European countries showed considerable variation in postgraduate training. Based on these findings, the ERS School developed a range of consensus documents: a core syllabus describing the competencies required, a curriculum of recommendations indicating how competencies should be taught and learned, an accreditation methodology for training centres, and a voluntary European examination to assess whether specialists have acquired the knowledge-based component of competence. The *Handbook*, together with a vast array of educational material, such as lectures, articles published in *Breathe* and the *European Respiratory Monograph*, and other lectures and courses, all available on the ERS School website, together comprise an unrivalled educational resource for anyone preparing for the European Examination in Adult Respiratory Medicine.

The first edition of the *ERS Handbook of Respiratory Medicine* was published in 2010 with the aim of providing state-of-the-art summaries in all areas of respiratory medicine. This second edition of the *Handbook* has been extensively peer review and revisited, and includes new sections on

- cytology of the lung
- HRCT of the chest
- long-term ventilation
- opportunistic infections in the immunocompromised host
- the pharmacology of asthma and COPD
- HRCT in the diagnosis of interstitial lung disease
- pathology and molecular biology of lung cancer
- palliative care

The *Handbook* is a comprehensive, easily accessible source of the essentials of respiratory medicine for senior medical staff requiring revalidation, and nursing and allied healthcare professionals at all levels who wish to keep their knowledge up to date. All readers can be assured that as they set sail to manage patients across the spectrum of respiratory disorders, they are armed with the best information, access to multiple-choice questions to check their knowledge, and a source guide for more in-depth study.

We are particularly indebted to the ERS School Committee, the ERS Publications Office who curated the entire contents of the *Handbook*, and all the contributors.

**Paolo Palange, Anita K. Simonds**  
*Chief Editors*

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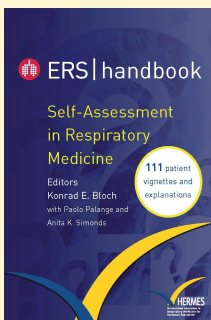
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Edited by Konrad E. Bloch, Paolo Palange and Anita K. Simonds

*Self-Assessment in Respiratory Medicine* is an invaluable tool for any practitioner of adult respiratory medicine. The 111 multiple-choice questions cover the full breadth of the specialty, using clinical vignettes that test not only readers' knowledge but their ability to apply it in daily practice.

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# List of abbreviations

<b>(C)HF</b>	(Congestive) heart failure
<b>AHI</b>	Apnoea–hypopnoea index
<b>AIDS</b>	Acquired immunodeficiency syndrome
<b>BMI</b>	Body mass index
<b>CF</b>	Cystic fibrosis
<b>COPD</b>	Chronic obstructive pulmonary disease
<b>CPAP</b>	Continuous positive airway pressure
<b>CT</b>	Computed tomography
<b>ECG</b>	Electrocardiogram
<b>ENT</b>	Ear, nose and throat
<b>FEV<sub>1</sub></b>	Forced expiratory volume in 1 s
<b>FVC</b>	Forced vital capacity
<b>Hb</b>	Haemoglobin
<b>HIV</b>	Human immunodeficiency virus
<b>HRCT</b>	High-resolution computed tomography
<b>KCO</b>	Transfer coefficient of the lung for carbon monoxide
<b>MRI</b>	Magnetic resonance imaging
<b>NIV</b>	Noninvasive ventilation
<b>OSA(S)</b>	Obstructive sleep apnoea (syndrome)
<b>PaCO<sub>2</sub></b>	Arterial carbon dioxide tension
<b>PaO<sub>2</sub></b>	Arterial oxygen tension
<b>PCR</b>	Polymerase chain reaction
<b>PtCO<sub>2</sub></b>	Transcutaneous carbon dioxide tension
<b>SaO<sub>2</sub></b>	Arterial oxygen saturation
<b>SpO<sub>2</sub></b>	Arterial oxygen saturation measured by pulse oximetry
<b>TB</b>	Tuberculosis
<b>TLC</b>	Total lung capacity
<b>TLCO</b>	Transfer factor for the lung for carbon monoxide
<b>V<sub>E</sub></b>	Minute ventilation