

Safe Oxygen Saturation Targeting and Monitoring in Preterm Infants. Can We Avoid Hypoxia and Hyperoxia?

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Oxygen is a neonatal health hazard that should be avoided in clinical practice. In this review, an international team of neonatologists and nurses assessed oxygen saturation (SpO₂) targeting in preterm infants and evaluated the potential weaknesses of randomised clinical trials.

Conclusions: SpO₂ of 85-89% can increase mortality and 91-95% can cause hyperoxia and ill effects. Neither of these ranges can be recommended and wider intermediate targets, such as 87%-94% or 88%-94%, may be safer.