

Normwaarden MIP, MEP en SNIP

Table 2. Normal Values for MIP, MEP and SNIP.

Age	MIP cm H ₂ O	MEP cm H ₂ O	SNIP cm H ₂ O
	Mean (SD), [$<60\%$ predicted]*	Mean (SD)	Mean (SD), [$<32\%$ predicted]†
Men:			
20-35	-110 (27), [-65]	128 (32)	117 (30), [37]
36-50	-105 (21), [-62]	132 (34)	105 (25), [33]
51-65	-104 (22), [-61]	129 (22)	112 (16), [35]
66-80	-83 (23), [-49]	103 (32)	91 (22), [28]
Women:			
20-35	-78 (18), [-46]	84 (16)	84 (15), [26]
36-50	-87 (21), [-51]	95 (25)	94 (21), [29]
51-65	-80 (17), [-47]	81 (16)	84 (18), [26]
66-80	-58 (16), [-34]	69 (18)	76 (11), [24]

Normal values.²²

*Orthopnea and MIP $<60\%$ predicted used as criteria to start NIV in a randomized controlled study.⁹

†SNIP $<32\%$ predicted associated with 85% specificity and 81% sensitivity in predicting hypercarbic respiratory insufficiency.²⁹

MIP, maximum inspiratory pressure; MEP, maximum expiratory pressure; SNIP, maximal sniff nasal pressure; SD, standard deviation.