

Experiment HC-6: Effects of Temperature on Peripheral Oxygen Saturation Levels

Equipment Required

PC or Mac Computer

IXTA, USB cable, IXTA power supply

iWire-B3G ECG cable and electrode lead wires

PO2-100 Pulse oximeter

Alcohol swabs

Disposable ECG electrodes

Ice, cold and hot water, plastic bag

ECG Cable and Pulse Oximeter Setup

1. Locate the iWire-B3G ECG cable and electrode lead wires in the iWorx kit.

Note: You must connect the iWire-B3G to the IXTA prior to turning it on.



Figure HC-6-S1: The iWire-B3G ECG cable with three lead wires attached.

2. Insert the connector on the end of the iWire-B3G cable into the iWire1 input on the front of the IXTA.
3. Instruct the subject to remove all jewelry from their fingers, wrists and ankles.
4. Insert the connectors on the red, black, and green electrode lead wires into the matching sockets on the ECG cable.

5. Use an alcohol swab to clean and scrub a region with little or no hair, on the inside of the subject's right wrist. Let the area dry. Another option is to use the area just under each clavicle which will give a better recording.
6. Remove a disposable ECG electrode from its plastic shield, and apply the electrode to the scrubbed area on the wrist/clavicle.
7. Repeat Steps 5 and 6 for the inside of the left wrist/clavicle and the inside of the right ankle/abdomen.
8. Snap the lead wires onto the electrodes, so that:
 - The red (+1) lead is attached to the left wrist or under the left clavicle,
 - The black (-1) lead is connected to the right wrist or under the right clavicle,
 - The green (C or ground) lead is connected to the right leg or on the abdomen.
9. Locate the PO2-100 pulse oximeter.



Figure HC-6-S3: The PO2-100 pulse oximeter.

10. Plug one end of the male-male DIN cable into the DIN8 connector of the pulse oximeter. Plug the other end of the same cable into the Channel A5 input of the iWorx IXTA.
11. Connect one end of a BNC-BNC cable to the BNC output of the pulse oximeter and the other end of the BNC-BNC cable to Channel A4.
12. Clip the photoplethysmograph sensor over the end of the subject's left middle finger. An embossed diagram on the sensor indicates the position of the finger within the clip. The indicator light on the pulse oximeter amplifier will stop blinking when the sensor is working properly.

Warning: The photoplethysmograph sensor passes two wavelengths of light through the subject's fingernail. For proper recording, the subject's fingernail should not be covered with nail polish, artificial nails, or any coating, clear or otherwise.

13. Instruct the subject to sit quietly with their hands in their lap. If the subject moves, the ECG trace will move off the top or bottom of the screen. If the subject moves any muscles in the arms or upper body, electromyograms (EMGs) from the muscles will appear on the ECG recording as noise.



Figure HC-6-S4: A PO2-100 pulse oximeter connected to an IXTA.

Units Conversion for the PO2-100 Pulse Oximeter

The settings file, ECG-PulseOx-LS2, programs the LabScribe2 software to express the units on the Y-axis of the Oxygen Saturation channel as %O₂ Sat.

1. If LabScribe2 needs to be programmed to convert the voltage recorded on the O₂ Saturation channel to the percentage of oxygen in blood:
 - Click V2-V1 on the O₂ Saturation.
 - Select Units.
 - Select Simple to open the Simple Units Conversion dialogue window.
 - Select slope and offset from the pull-down menu in the upper-left corner of the window.
 - Set the slope equal to -10, the offset equal to 80, and the Name of the units on the Y-axis equal to %O₂ Sat.
 - Put a check in the box next to Apply Units to All Blocks. Click on the OK button.

Experiment HC-6: Effects of Temperature on Peripheral Oxygen Saturation Levels

Exercise 1: Oxygen Saturation Level, Heart Rate, and Pulse Latency in a Resting Subject

Aim: To measure and correlate the oxygen saturation, heart rate, and the pulse latency in a resting individual.

Approximate Time: 15 minutes

Procedure

1. Type **Resting-Room Temp** in the Mark box.
2. Click on the Record button, located on the upper right side of the LabScribe Main window.



Figure HC-6-L1: ECG, pulse, oxygen saturation level, and heart rate displayed on the Main window.

3. Click the AutoScale All button. Your recording should look like the trace above.
 - If the signal on either the ECG or the Pulse channel is upside down when compared to trace click on the downward arrow to the left of the channel title and select the Invert function. The trace should now look similar to the one in the figure.
 - If the pulse signal is small or noisy, adjust the position of the pulse oximeter on the finger.

- the Save button to save the
- window to show at least f

Data Analysis

- uppermost channel displayed
ctions used in the analysis, T
-T1, Max, Min, and Mean fro
ch channel.

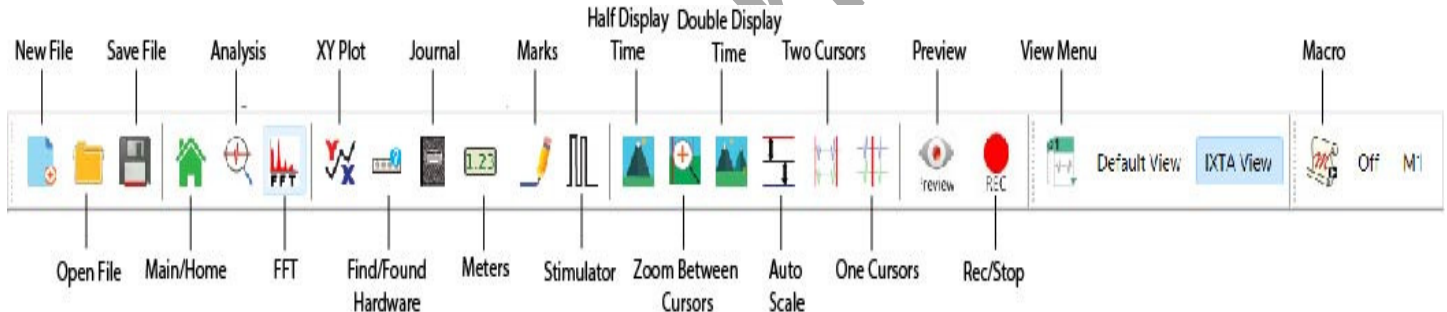


Figure HC-6-L2: The LabScribe toolbar.



Figure HC-6-L3: ECG, pulse, oxygen saturation level, and heart rate displayed on the Analysis window.

5. The functions in the channel pull-down menus of the Analysis window can also be used to enter the names and values of the parameters from the recording to the Journal. To use these functions:
 - Place the cursors at the locations used to measure the amplitudes and period of the ECG/Pulse cycle.
 - Transfer the names of the mathematical functions used to determine the saturation levels, rates, and intervals to the Journal using the Add Title to Journal function in the ECG Channel pull-down menu.
 - Transfer the values for the saturation levels, rates, and intervals to the Journal using the Add Ch. Data to Journal function in the ECG Channel pull-down menu.
6. Place the cursors so that they are on either side of the group of ECG/Pulse cycles. Refer to Figure HC-6-L3.
7. Record the following from the O2 Saturation and the Heart Rate channels for the selected ECG/Pulse cycles. Record these values in the Journal using one of the techniques described in Step 6, and on Table 1.
 - Maximum Oxygen Saturation Level, which is the value for Max on the O2 Saturation channel.
 - Minimum Oxygen Saturation Level, which is the value for Min on the O2 Saturation channel.

- Mean Oxygen Saturation Level, which is the value for Mean on the O2 Saturation channel.
 - Maximum Heart Rate, which is the value for Max on the Heart Rate channel.
 - Minimum Heart Rate, which is the value for Min on the Heart Rate channel.
 - Mean Heart Rate, which is the value for Mean on the Heart Rate channel.
9. Measure the Pulse Latency, which is the time interval between the peaks of the R wave and the pulse wave that follows the R wave. Place one cursor on the peak of an R wave and the second cursor on the peak of the pulse wave to its right. The value for T2-T1 on any channel is the Pulse Latency. Measure this interval for two additional ECG/Pulse cycles. Refer to Figure HC-6-L4.
 10. Record these values in the Journal using one of the techniques described in Step 6, and on the data table.
 11. Calculate the average Pulse Latency and record your results into the Journal, and on the data table.
 12. Click on the Save button in the File menu.

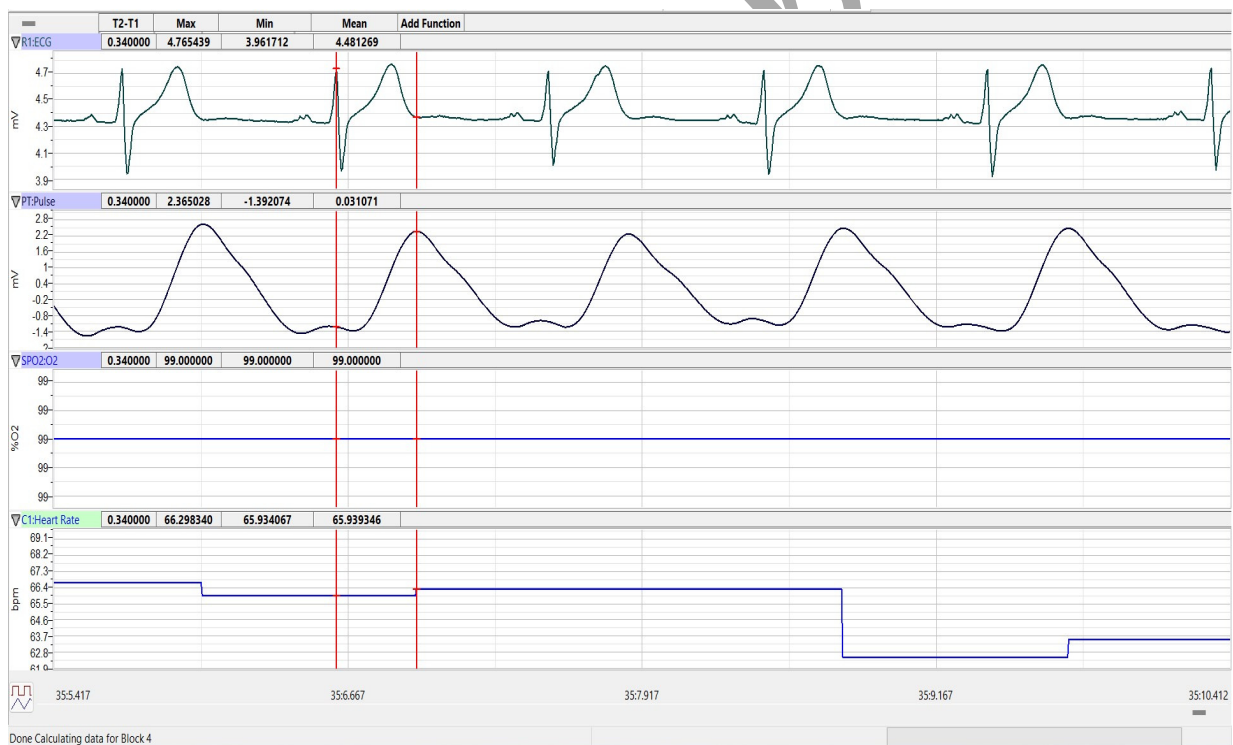


Figure HC-6-L4: ECG, pulse, oxygen saturation level, and heart rate displayed on the Analysis window with cursors in position to measure pulse latency.

Questions

1. What electrical and mechanical events take place during the R wave?
2. What events take place in the cardiovascular system during the R and pulse waves?
3. Does the subject's oxygen saturation level remain constant throughout the ECG cycles?
4. If the levels fluctuate during the ECG cycles, what could be a cause for this fluctuation?
5. Is the heart rate consistent throughout the recordings? If there are changes in heart rate, what could be causing these changes?

Exercise 2: Oxygen Saturation Levels, Heart Rates, and Pulse Latencies in Other Subjects

Aim: To measure and correlate the ECG, oxygen saturation and the pulse in other subjects.

Approximate Time: 30 minutes depending on number of subjects

Procedure

Use the same procedures used in Exercise 1 on other subjects.

Data Analysis

Use the same techniques employed in Exercise 1 to analyze the data in Exercise 2.

Questions

1. Is the pulse latency the same for each subject? Does this time interval differ with heart rate?
2. Do you see any differences in the oxygen saturation levels from different subjects?
3. Is there any correlation between physical fitness, heart rate and blood oxygen saturation level?

Exercise 3: Effect of Cold on Oxygen Saturation Level, Heart Rate, and Pulse Latency

Aim: To measure the effects of cold on blood oxygen saturation level, heart rate, and pulse latency.

Approximate Time: 30 minutes

Procedure

1. Instruct the subject to sit quietly with their hands in their lap.
2. Type **RoomTemp** in the Mark box. Click on the Record button. The signal should begin scrolling across the screen.
3. Use the same techniques used in Exercises 1 and 2 to display the signals properly.
4. Click the mark button to attach the comment to the data. Record for one minute
5. Type **Cooling Begins** in the Mark box. Place a bag containing a mixture of ice and cold water on the inside of the subject's left forearm. At the same time, click the mark button to attach the comment to the data. Continue recording.

6. Type **Cooling-One Minute** in the Mark box to the right of the Mark button.
7. One minute after the cooling pack was placed on the subject's forearm, click the mark button to attach the comment to the data. Continue recording.
8. Type **Cooling Pack Removed** in the Mark box.
9. Two minutes after the cooling pack was placed on the subject's forearm, remove the cooling pack from the subject's forearm and click the mark button to attach the comment to the data. Continue recording.
10. Type **Rewarming-One Minute** in the Mark box.
11. One minute after the cooling pack was removed from the subject's forearm, click the mark button to attach the comment to the data. Continue recording.
12. Type **Rewarming-Two Minutes** in the Mark box.
13. Two minutes after the cooling pack was removed from the subject's forearm, click the mark button to attach the comment to the data. Then, click the Stop button to halt the recording.
14. Select Save to save the data.

Data Analysis

Use the same techniques employed in Exercises 1 and 2 to analyze the data in Exercise 3.

Questions

1. What effect does cooling have on the amplitude of the pulse wave?
2. Does cooling of the forearm affect the heart rate or the oxygen saturation levels of the blood as it moves through the forearm? Does it affect both?
3. Through what mechanism does cooling affect the peripheral circulation?
4. What other factors may affect peripheral circulation?

Exercise 4: Effect of Heat on Oxygen Saturation Level, Heart Rate, and Pulse Latency

Aim: To measure the effects of heat on blood oxygen saturation level, heart rate, and pulse latency

Approximate Time: 30 minutes

Procedure

1. Attach the pulse oximeter to the subject's right middle finger. Instruct the subject to sit quietly with their hands in their lap.

NOTE – you are changing arms for this exercise, so make sure to change the pulse oximeter to the subject's right middle finger.

2. Use the same procedures employed in Exercise 3 to record the subject's ECG, pulse, oxygen saturation level, and heart rate before, during, and after the subject's right forearm is warmed with a heat pack.
3. Mark the recording with comments at the appropriate points in the recording.
4. Select Save to save the data.

Data Analysis

Use the same techniques employed in Exercises 1, 2, and 3 to analyze the data in Exercise 4.

Questions

1. What effect does warming have on the amplitude of the pulse wave?
2. Does warming the forearm affect the heart rate or the oxygen saturation levels of the blood as it moves through the forearm? Does it affect both?
3. Through what mechanism does warming affect the peripheral circulation?

Table HC-6-L1: Oxygen Saturation Levels, Pulse Rates, and Pulse Latencies at Room Temperature and while Cooling and Warming the Forearm.

Subject:	%O2 Saturation			Pulse Rate (BPM)			Pulse Latency			
Conditions	Max	Min	Mean	Max	Min	Mean	Cycle1	Cycle2	Cycle3	Mean
Resting, Room Temperature										
Control, Room Temperature										
After 1 Minute of Cooling										
After 2 Minutes of Cooling, Pack Removed										
After 1 Minute of Warming to Room Temp										
After 2 Minutes of Warming to Room Temp										
Control, Room Temperature										
After 1 Minute of Warming										
After 2 Minutes of Warming, Pack Removed										
After 1 Minute of Cooling to Room Temp										
After 2 Minutes of Cooling to Room Temp										