

# Pulse oximetry curves in healthy children living at moderate altitude: a cross-sectional study from the Ecuadorian Andes

Vinicio Andrade Mayorga (✉ [vinanmay@gmail.com](mailto:vinanmay@gmail.com))

Universidad Internacional del Ecuador <https://orcid.org/0000-0001-5036-3828>

**Felipe Andrade**

Universidad Internacional del Ecuador

**Pablo Riofrío**

Universidad Internacional del Ecuador

**Fulvio Nedel**

Universidade Federal de Santa Catarina Centro de Ciencias Biologicas

**Miguel Martin**

Universitat Autònoma de Barcelona

**Natalia Romero**

Universidad Internacional del Ecuador

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## Research article

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# Abstract

**Background** In populations above 3,000 meters above sea level (m.a.s.l.) normal values of oxygen saturation (SpO<sub>2</sub>) above 90% have been reported. Few studies have been conducted in cities of moderate altitude (between 2,500 and 3,000 m a.s.l.). We set out to describe the range of SpO<sub>2</sub> values measured with a pulse oximeter in healthy children between 1 month and 12 years of age living in an Ecuadorian Andean city.

**Methods** A cross-sectional study was carried out in Quito, Ecuador, located at 2,800 m a.s.l. SpO<sub>2</sub> measurement in healthy children of ages ranging from 1 month to 12 years of age residents in the city were recorded by pulse oximetry. Age and gender were recorded, and median and 2.5<sup>th</sup> and 5<sup>th</sup> percentile were drawn. Non parametric tests were used to compare differences in SpO<sub>2</sub> values by age and gender.

**Results** 1,378 healthy children were included for the study, 719 (52.2%) males. The median SpO<sub>2</sub> for the entire population was 94.5%. No differences were observed between SpO<sub>2</sub> median values by age and gender. The 2.5<sup>th</sup> percentile for global SpO<sub>2</sub> measurements was 90%, in children under 5 years of age was 91% and it was 90% in children older than 7.

**Conclusions** Our results provide SpO<sub>2</sub> values for healthy children from 1 to 12 years old residents in Quito, a city of moderate altitude. The SpO<sub>2</sub> percentile curve could contribute as a healthy range for the clinical evaluation of children residing at this altitude.

## Background

Oxygen saturation (SpO<sub>2</sub>) is an indirect index of oxygen supply-to-demand balance [1,2]. Pulse oximetry provides information about patient's oxygenation status and is a reliable, simple, safe, accurate, and relative low cost method to monitor the patient as compared to expensive and labor-intensive methods [3, 4]. Patient's oxygenation status can show a reduced partial pressure of oxygen and/or decreased oxygen saturation in arterial blood and in this case, it should be called hypoxemia [4]. Hypoxemia in children has been associated with increased mortality and is a frequent complication in cases of pneumonia, bronchiolitis, asthma and other severe diseases such as sepsis [5]. The recognition of hypoxemia among children with pneumonia contributes to diagnosis, is crucial in patient management, and helps in determining prognosis [5–7].

The World Health Organization (WHO) recommends an oxygen saturation threshold value of 90% measured by pulse oximetry, as the cut-off point for oxygen administration in populations living at 2,500 m a.s.l. or less [6]. In clinical practice, the “normal” SpO<sub>2</sub> at sea level has been estimated to be between 95% and 100%, however, several authors consider that values of 95% and 96% were abnormal [3]. In altitudes above 3,000 m a.s.l, where oxygen saturation values are lower than at sea level, the 90% cut-off point could be less useful [8].

There are few studies about SpO<sub>2</sub> values performed in cities between 2,000 and 3,000 m a.s.l [9–11]. In order to contribute to the best comprehension about SpO<sub>2</sub> values in healthy children living at moderate altitude, our study was devised to describe the values range of SpO<sub>2</sub> measured with a pulse oximeter in healthy children between 1 month and 12 years of age living at 2,800 m a.s.l.

## Methods

### Subjects and methods

This cross-sectional study was conducted between August 2017 and June 2018. We invited 1,516 children residents in Quito, aged between 1 month and 12 years old, who sought preventive medical attention at three primary health-care centers (Lucha de los Pobres Health-care Center, Cotocollao Health-care Center and Clínica Pichincha), three elementary schools (Escuela Francisco Salazar, Centro del Muchacho Trabajador Cotocollao and Centro del Muchacho Trabajador La Marín) and nine kindergarten municipal schools (Abdón Calderón, Andalucía, Carapungo, Colibrí, Cotocollao, Empleados Municipales, Ipiales, La Carolina and Santa Clara) to participate. Non-probabilistic and convenience sampling were used because age and gender distribution at the schools and health-care centers was unknown. The centers are located at an altitude between 2,740 and 2,901 m a.s.l (average 2,810 m a.s.l). Ambient temperature throughout the study was, on average, 14.4 °C (11.5- 20.8 °C) and humidity average was 72.2% (52 - 81%) as reported by Ecuador's National Institute of Meteorology and Hydrology[12].

We included children who resided in the city at least 2 months before the study, similar criteria used in other study [13], and children younger than 2 months must have been born and remain living in the city until they were examined. Exclusion criteria included a registered axillary temperature >37.5 C° at the time of evaluation, history of respiratory symptoms in the two weeks prior to evaluation, any abnormal cardio-respiratory signs during physical examination, history of chronic cardio-respiratory disease, history of neonatal respiratory disease, history of blood component transfusion in the six months prior to evaluation, and the presence of malnutrition, defined as a Z-score less than -2SD for either height for age or weight for height [9, 10].

Children were enrolled in the study after written informed consent obtained from their parents. The study was approved by the Universidad Internacional del Ecuador Ethics Committee, registered code CEU-005-16 and by the health committee at each center participating in the study. Information on the study was provided to the directive councils and medical teams at each institution.

Fifteen students from fourth year of a school of medicine were rigorously trained in anthropometric measurements and pulse oximetry assessment by the standardization method of the Central America and Panama Institute of Nutrition (INCAP) [14]. To manage measurement bias, the students' measurements were compared against a pediatrician's reference pattern, establishing a maximum margin of error of 0.2 kg for weight and 0.5 cm for length and height [14].

### Variable definition

Weight and height were measured using high fidelity equipment (Health-o-Meter 498KL and 593KL, USA), regulated and previously calibrated by the Ecuadorian Institute of Normalization. Respiratory frequency was obtained through observation in calm and alert children, visually counting thoracic and abdominal movements over one minute. Temperature was assessed with a flexible digital thermometer (Omron MC-343F, Mexico), placed in children's armpit until a reading signal was obtained. Heart rate and SpO2 were evaluated using automatically calibrated non-invasive pulse oximeters (Huntleigh MP1R Smartsigns® MiniPulse Huntleigh Healthcare Ltd, Cardiff, United Kingdom). The pulse oximeter used measured functional oxygen saturation with a precision range of  $\pm 2\%$ . Pulse oximetry was assessed in calm and alert children. Wrap-around style and fold-over-style probes were used, depending on the subject's age, and placed either on right hand's index finger or the big toe for infants. Nail polish remover was provided for subjects who had nail polish present at the time of the test. The oxygen saturation measurements were considered adequate when a plethysmographic waveforms with perfusion level in bar, remained on the output screen for at least 2 minutes. Then, SpO2 measurements and pulse rate, were recorded every 10 seconds for a total of three measurements, and the average was used to determine SpO2 for each study subject [6, 15–17].

## Statistical Analysis

Descriptive statistical tests were run for clinical measurements, and 2.5<sup>th</sup> percentile, 5<sup>th</sup> percentile, 25<sup>th</sup> percentile (Q1) and 75<sup>th</sup> percentile (Q3) for SpO2 distribution. The Kruskal-Wallis test was used to compare differences in SpO2 medians by age groups, Mann-Whitney U test was used to compare medians between males and females. Statistical significance was accepted with  $p < 0.05$ . Smooth lines were designed for percentiles 2.5<sup>th</sup> and 5<sup>th</sup> for SpO2 using the Spline method (*smooth.spline* function in R, with a 7 degree freedom range). All data was registered in the digital survey platform Survey Monkey®, and analyses were performed using SPSS®, version 24. Graphics were designed using R version 4.3.

## Results

1,516 children were invited to participate. A total of 1,378 (90.9%) subjects were included for the study, of which 719 (52.2%) were male. 138 children were excluded of which 7 were for not being residents of Quito, 56 had fever, 141 presented any cardiorespiratory symptoms, 31 presented stunting and 15 acute malnutrition. 13 had history of chronic cardiorespiratory disease, 3 had history of neonatal respiratory disease, and 1 had blood transfusion prior. 55 (39.8%) had only one exclusion criteria and 8 (5.8%) had 4. Measurements characteristics of the included group are listed in table 1.

**Table 1.** Clinical measurements characteristics by age group (mean and standard deviation)

Age (years)	n (percentage of total)	HR beats/min mean (SD)	RR breaths/min mean (SD)	BMI Kg/m <sup>2</sup> mean (SD)	Height m mean (SD)	Temp °C mean (SD)
< 1	167 (12.1)	132.8(14.3)	43.6 (9.2)	16.6(1.8)	0.64(0.1)	36.8(0.2)
1	58 (4.2)	125.4(12.0)	33.8(5.4)	16.4(1.4)	0.78(0.1)	36.7(0.4)
2	149 (10.8)	113.4(10.9)	30.1(4.4)	16.27 (1.4)	0.87(0.0)	36.6(0.4)
3	154 (11.2)	105.9(11.2)	27.1(3.6)	16.0(1.3)	0.95(0.1)	36.6(0.4)
4	155 (11.2)	100.6 (11.2)	26.0 (3.3)	16.0(1.4)	1.00(0.0)	36.6(0.4)
5	111 (8.1)	98.4(11.9)	25.9 (3.1)	16.0 (1.3)	1.06(0.1)	36.6(0.4)
6	74 (5.4)	88.8(12.6)	24.5(3.8)	16.1(2.4)	1.13(0.1)	36.7(0.4)
7	101 (7.3)	91.7 (12.4)	26.1(3.5)	16.3(1.9)	1.19(0.6)	36.6(0.4)
8	93. (6.7)	88.0 (11.1)	25.9 (3.9)	17.0 (2.3)	1.24(0.1)	36.7(0.4)
9	96 (7.0)	87.9(12.6)	25.2(4.3)	17.0 (1.9)	1.28(0.6)	36.6(0.4)
10	85 (6.2)	84.0(11.4)	24.8(3.9)	17.5 (2.1)	1.33(0.1)	36.5(0.4)
11	100 (7.3)	82.2(11.1)	24.1(3.9)	18.1(2.4)	1.38(0.1)	36.6(0.4)
12	35 (2.5)	83.0 (11.3)	24.0 (2.7)	18.1(1.9)	1.41(0.1)	36.5(0.4)

Heart Rate (HR) defined as beats per minute. Respiratory Rate (RR) defined as breaths per minute. Body Mass Index (BMI). Height measured in meters (m) and Body temperature measured in Celsius degrees (°C).

The overall SpO<sub>2</sub> lowest and highest values were 87% and 99%. Median, 2.5<sup>th</sup>, 5<sup>th</sup>, 25<sup>th</sup> (Q1) and 75<sup>th</sup> percentile Q3) for SpO<sub>2</sub> by age are listed in table 2.

**Table 2.** Distribution of oxygen saturation measured by pulse oximetry by age

Age (years)	Median	2.5th Percentile	5th Percentile	25th Percentile (Q1)	75th Percentile (Q3)
< 1	95.1	90.0	91.3	93.7	96.7
1	95.3	91.9	92.7	94.3	96.0
2	95.0	90.7	91.8	93.7	96.0
3	95.0	91.8	92.3	94.0	96.0
4	95.0	90.6	91.6	94.0	95.7
5	94.3	91.3	91.7	93.3	95.3
6	94.3	90.4	91.2	93.3	95.7
7	94.3	90.2	91.6	95.3	95.7
8	94.3	90.2	91.6	93.3	95.3
9	94.3	89.2	91.6	93.0	95.3
10	94.3	90.7	91.3	93.3	95.3
11	94.0	91.0	96.7	93.0	95.0
12	93.8	90.7	91.8	92.8	94.7
Global	94.7	90.7	91.7	93.4	96.7

SpO<sub>2</sub> at 12 years of age was the lowest median value (94%), and the highest median value was observed in children aged 1 year (95%); no significant differences in SpO<sub>2</sub> median values were found between age (Kruskal-Wallis Chi square test = 7.94, df = 11,  $p = 0.72$ ).

Figure 1 shows the smooth percentile lines for SpO<sub>2</sub> corresponding to percentiles 5<sup>th</sup> and 2.5<sup>th</sup> in all participants by age. It is noteworthy that in children between the ages of 7 and 9 the SpO<sub>2</sub> value for percentile 2.5<sup>th</sup> was between 89% and 90%, while in other age groups the values recorded were between 90 and 91%.

Figure 2 represents SpO<sub>2</sub> percentile lines for male population, value percentile 2.5<sup>th</sup> for SpO<sub>2</sub> was between 89% and 90% for children younger than 1 year and of 8 and 9 years of age, respectively. Figure 3 represents the same data for females. Values 2.5th percentile for SpO<sub>2</sub> were between 89% and 90% from 4 to 11 years of age. No differences were observed by gender (Mann-Whitney U test,  $z = -1.095$   $p = 0.273$ ).

## Discussion

The use of pulse oximetry is advised in order to increase detection of hypoxemia, considering normal SpO<sub>2</sub> range values at higher altitudes [5, 8]. Some studies that reported SpO<sub>2</sub> measurements by average

have showed SpO<sub>2</sub> value is close to 99% at sea level and appears to decrease to 97% after 1500 to 1600 m a.s.l [15, 17, 18]. Furthermore, at 3000 m a.s.l, mean SpO<sub>2</sub> values of 89.6% [19] or even 85.7% have been reported [20]. Lozano et al. at Bogotá-Colombia (2600 m a.s.l) have reported mean SpO<sub>2</sub> value of 93.3% (SD 2.05%) [10] and Nicholas et al. at Colorado-USA (2800 m a.s.l) of 91.7% (SD 2.1%) [9]. Because SpO<sub>2</sub> levels are not normally distributed, it seems appropriate to report the data in median values and percentile values [8]. We present a curve with the medians and 5<sup>th</sup> and 2.5<sup>th</sup> percentiles of SpO<sub>2</sub> of children from 1 month to 12 years permanent residents in the city of Quito, at 2800 m a.s.l. We did not find significant differences by children age or sex.

The median for global SpO<sub>2</sub> measurements was 94.7%, 5<sup>th</sup> percentile was 91.7%, and 2.5<sup>th</sup> percentile was 90.7%. Rojas-Camayo et al. in children aged 1 to 5 years, report at 2880 m a.s.l, SpO<sub>2</sub> median value of 95%, 2.5<sup>th</sup> percentile was 91% [21], results similar to ours. In a recent study, Tüshaus et al, in an altitude-adaptive SpO<sub>2</sub> computer model proposed a pattern derived altitude-adaptive abnormal SpO<sub>2</sub> threshold for abnormal range that could indicate hypoxemia, in healthy children living permanently at altitudes up to 4000 m a.s.l [11]. They used the physiological model of the oxygen cascade and incorporated the technical tolerances that accounted for the accuracy of pulse oximeters. With this model, the median at 2500 m a.s.l was 94.0% with lower healthy range of 88.7%, and abnormal SpO<sub>2</sub> threshold of 87.1%[11]. Our median value is similar to model reported by Tüshaus et al, however, the 2.5<sup>th</sup> percentile is lower. It is possible that this difference is due to the fact that the altitude-adaptive model is physiological and considers the pulse oximeters accuracy.

Pulse oximetry is a non-invasive and relative low-cost assessment method able to reduce child mortality by accurately diagnosing hypoxemia, increasing the possibilities of early and effective treatment [22]. Unreal SpO<sub>2</sub> values could increase hospital admissions and hospital stays with subsequent iatrogenic risks and misuse of resources [22, 23]. Without pulse oximetry, the management of pediatric patients depends on precise identification of the clinical signs of hypoxemia, which are not always easy to assess in all patients. Clinical signs alone are unreliable for the detection of hypoxaemia [24].

Pulse oximetry identifies between 20 and 30% more cases than clinical signs alone [22, 23, 25, 26]. However, the determination of a threshold to identify hypoxemia is difficult, especially in high altitude populations [27]. Some studies have previously used average SpO<sub>2</sub> values -2 SD to define hypoxemia, however others have used the 2.5<sup>th</sup> percentile measurement as a cut-off point to decide to use oxygen [8]. Subhi et al, developed a statistical model of SpO<sub>2</sub> distribution from sea level to 4000 m a.s.l. using meta regression based on 14 observational studies of healthy children. At an altitude of 2500 m a.s.l the 2.5<sup>th</sup> percentile was 90% and at 2800 m a.s.l was 88%. It suggests that for altitudes greater than 2500 m a.s.l the SpO<sub>2</sub> threshold for identifying children requiring oxygen is 85% although it is not clearly defined how the threshold was chosen [8]. The threshold obtained with the Tüshaus altitude-adaptive model at 2500 m.a.s.l was 87.1% [11]. It is possible, that our results are related to “normality” in “children at community settings without respiratory symptoms and not fever living at moderate altitude”, however, the 2.5<sup>th</sup> percentile values could be conservative to be considered as a threshold to define hypoxemia or the

need to administer supplemental oxygen. It is very important to consider the accuracy range of the pulse oximeter used (+2%) [11].

Physicians should consider the patient's clinical condition to make the decision to use oxygen therapy, especially in places where we have limited availability of resources. It would be important to evaluate SpO<sub>2</sub> in children with low respiratory disease at moderated altitude to propose cut-off points for supplemental oxygen administration.

There are some limitations to the study. 1. Measurements were carried out in children between 1 month and 12 years of age living in Quito, so the results obtained cannot apply to patients who have not adapted to altitude. 2. All children in the sample had their medical records and physical examination taken but did not undergo laboratory testing for parameters such as serum hemoglobin, arterial blood gas testing or chest X-rays to discard other pathologies not found on clinical evaluation. 3. Although we carry out a standardization of personnel in the use of the pulse oximeter, we cannot totally exclude possibilities of error in the measurement of SpO<sub>2</sub> such as incorrect positioning of the probe or insufficient perfusion. 4. The pulse oximeter used has a precision range of + -2% according to the manufacturer. 5. In this study we did not set out to compare the SpO<sub>2</sub> results between the group that met the inclusion criteria with the excluded group; However, this comparison could provide additional information.

## Conclusion

Our results provide SpO<sub>2</sub> values for healthy resident children from 1 to 12 years old at 2800 m. a.s.l., which could be considered as healthy ranges. SpO<sub>2</sub> percentile curve could contribute as a reference range for the clinical evaluation of resident's children at this altitude.

## Abbreviations

SpO<sub>2</sub>: Oxygen Saturation

WHO: World Health Organization

m a.s.l: meters above sea level

UIDE: Universidad Internacional del Ecuador

## Declarations

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**Conflict of interest:** The other authors have indicated they have no potential conflicts of interest to disclose.

### **Ethics approval and consent to participate**

Subjects were enrolled in the study after written informed consent obtained from their parents. The study was approved by the Universidad Internacional del Ecuador Ethics Committee registered code CEU-005-16, and by the health committee at each center participating in the study. The study was conducted according ethical principles for medical research involving human subjects (Declaration of Helsinki). Information on the study was provided to the directive councils and medical teams at each institution.

### **Consent for publication**

Subjects were enrolled in the study after written informed consent obtained from their parents. No other personal identifiable information will be shared outside of the study.

### **Availability of data and materials**

Non-identified individual participant data (including data dictionaries) will be made available, in addition to study protocols, the statistical analysis plan, and the informed consent form. The data will be made available upon publication to researchers who provide a methodologically sound proposal for use in achieving the goals of the approved proposal. Proposals should be submitted to [vinanmay@gmail.com](mailto:vinanmay@gmail.com)

### **Competing interests**

The other authors have indicated they have no potential conflicts of interest to disclose.

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### **Authors' contributions**

MD Andrade and Prof Romero-Sandoval conceptualized and designed the study, drafted the initial manuscript, and reviewed and revised the manuscript. MD. Riofrío and Mr. Andrade designed the data collection instruments and collected data. Drs. Martin and Nedel carried out the initial analyses and reviewed and revised the manuscript. All authors approved the final manuscript as submitted and agree to be accountable for all aspects of the work.

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## Figures

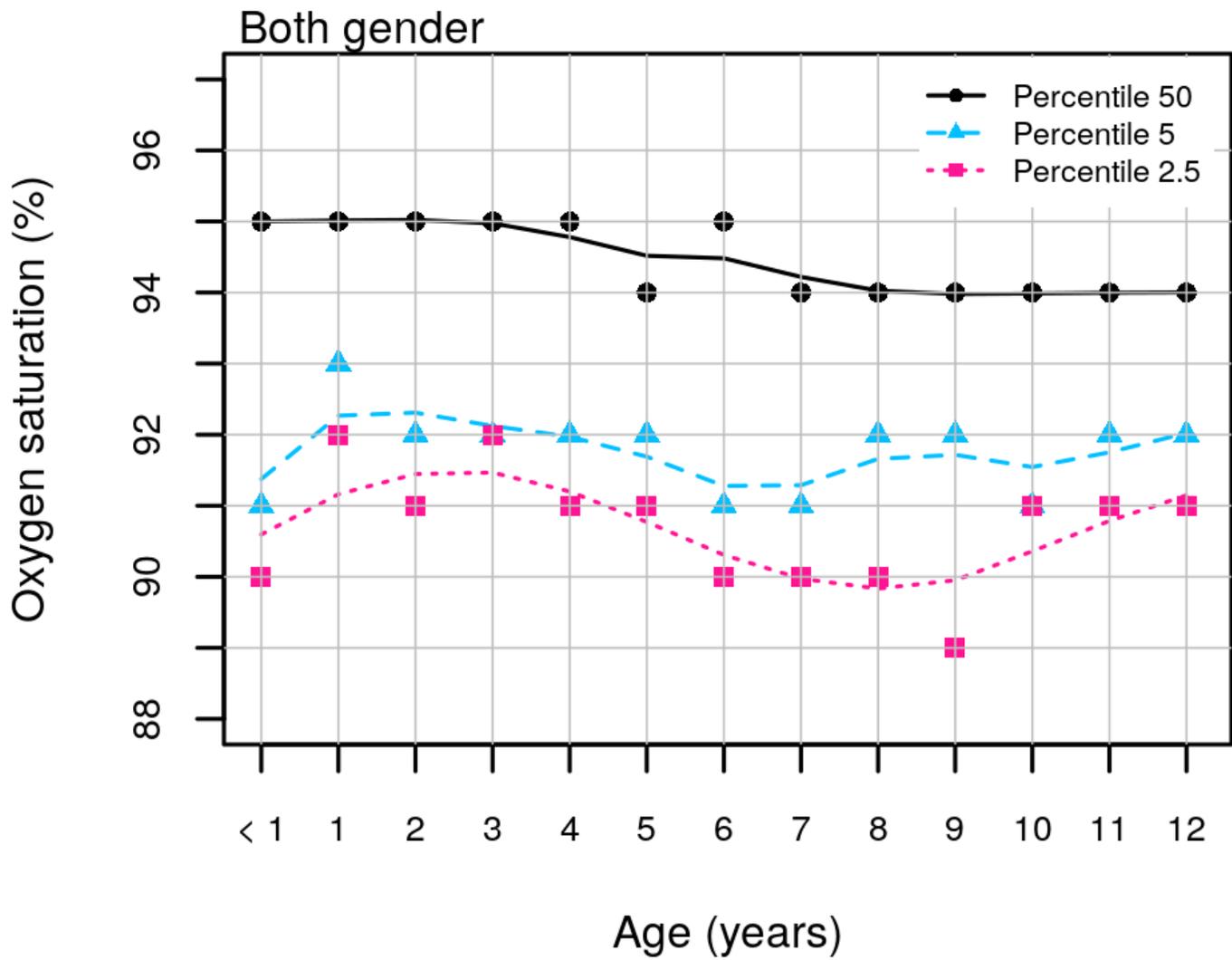


Figure 1

SpO2-for-age ALL (percentiles)

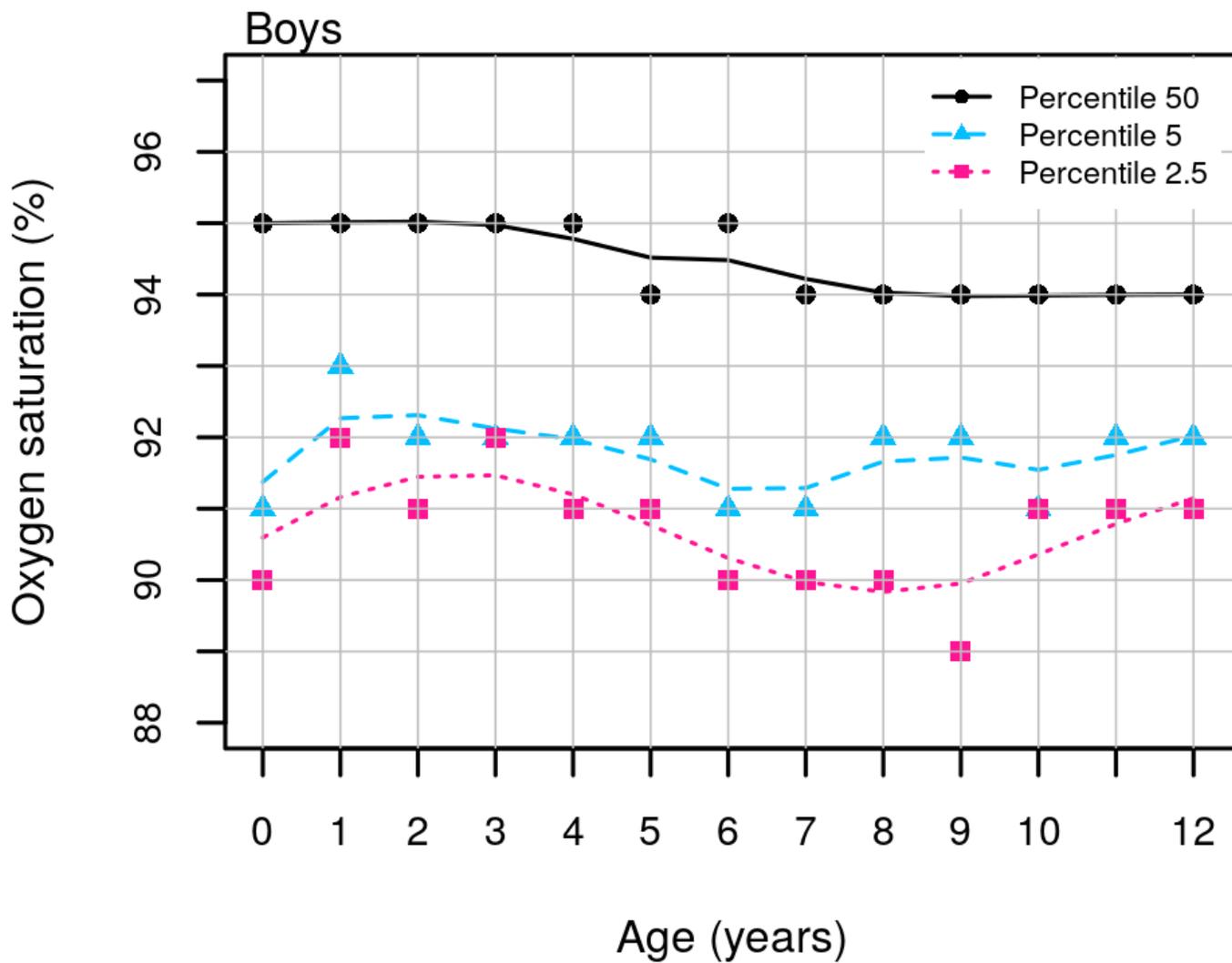
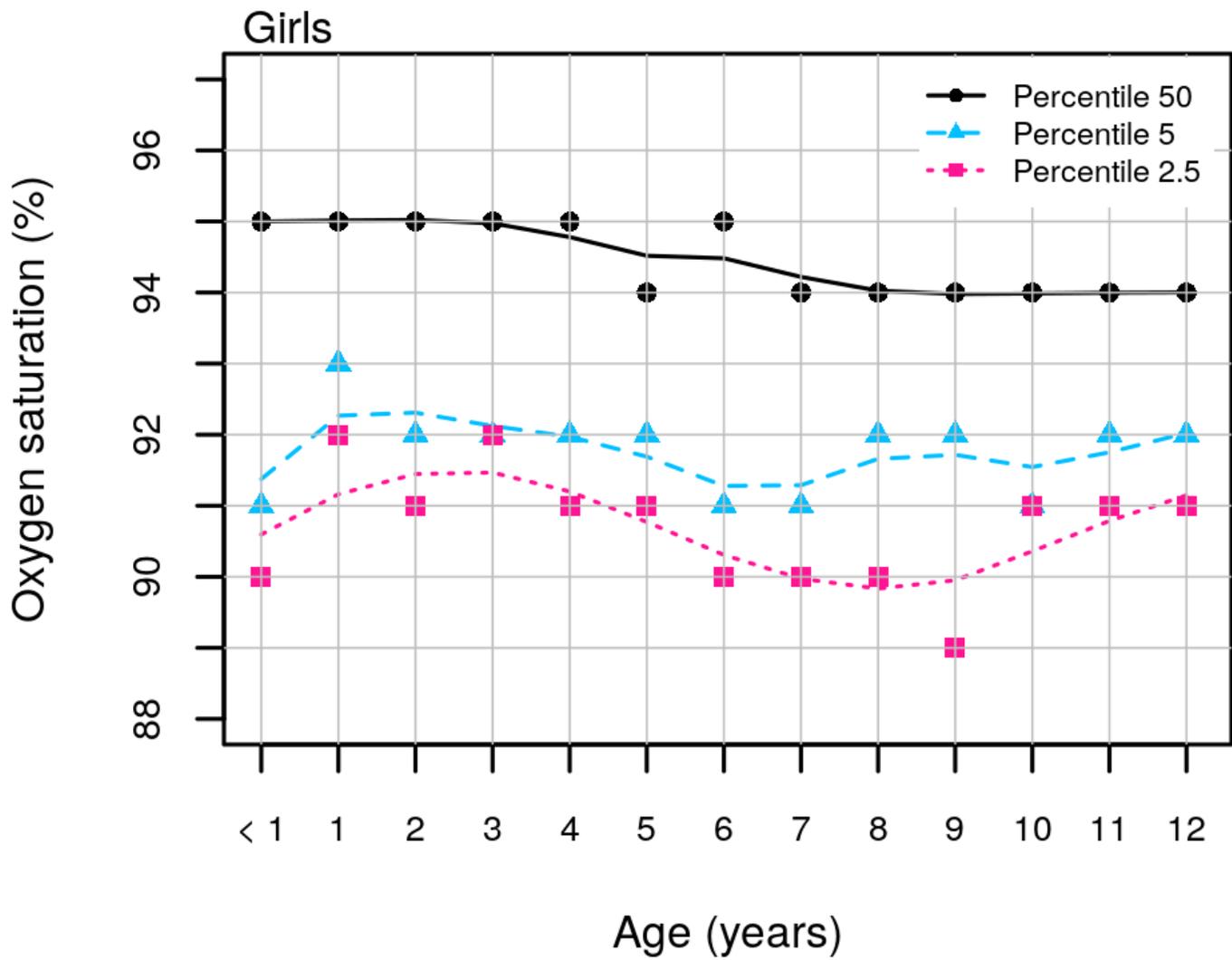


Figure 2

SpO2-for-age BOYS (percentiles)



**Figure 3**

SpO2-for-age GIRLS (percentiles)