Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital

Centre for Heart Lung Innovation Research in Progress (R.I.P.)

The effects of face masks on the neurophysiological mechanisms of exertional dyspnoea in healthy adults

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9:00 – 10:00 a.m.

Zoom Video Conference
(Meeting ID: 693 1997 7044; Passcode: 030679)

"In the current Covid-19 climate the use of face masks (FMs) during exercise is being strongly encouraged, which has led individuals to raise concern over the potentially detrimental effects of wearing a mask on their health. Accumulating evidence suggests FMs cause negligible effects on the cardiorespiratory system in healthy individuals. Although, it has been suggested that FMs increase the sensation of dyspnoea or breathlessness during exercise, which may lead to decreased compliance with proper mask-wearing. Nevertheless, the mechanisms which lead to this increase in dyspnoea while wearing a FM remain unknown. Accordingly, this study aims to delve deeper into the relationship between FMs and the known mechanism's dyspnoea during exercise through evaluation of breathing mechanics and the subjective perception of dyspnoea experienced. This study aims to provide the most comprehensive exploration into the physiological effects of mask-wearing on breathing mechanics and dyspnoea, as well as insight into whether alterations in breathing mechanics contribute to exercise intolerance while wearing a mask."

This event is a Self-Approved Group Learning Activity as defined by the Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada