

Quark RMR

Indirect Calorimetry

“Assess, Measure,
Improve my
Performance”



The gold standard for metabolic measurements
in applied human physiology research



COSMED
The Metabolic Company

“Quark RMR was demonstrated to be unbiased, precise, reproducible, and accurate device for measuring oxygen consumption⁽¹⁾”

- | Measurement of Oxygen Consumption over the entire human physiological range
- | Top of the range O₂/CO₂ gas analyzers (Paramagnetic, NDIR)
- | Three flowmeters available for Resting and Exercise applications
- | Gas Exchange measurements via Breath by Breath or optional Mixing Chamber
- | Powered by OMNIA, the most intuitive software in the industry
- | Independently validated at rest and exercise conditions



The Quark RMR is a state-of-the-art metabolic cart for gas exchange analysis (VO₂, VCO₂) either during resting or exercise.

The number of available configurations make the Quark RMR the most versatile metabolic cart for applied research in human physiology.

Quark RMR's accuracy and reliability have been validated against Gold Standard methods either with spontaneously breathing subjects (at rest and during exercise) and mechanically assisted patients.

Design

- **Unsurpassed reliability.** Fast-response stable and durable paramagnetic technology for O₂ sensor, and rapid infrared for the CO₂. Both analyzers can ensure reliable data for a long time without requiring their replacement.
- **Breath by Breath & Mixing Chamber.** Quark RMR is provided with Breath by Breath analyzers however the system is also available with an optional Mixing Chamber.

- **Modular architecture** allows to configure Quark RMR according to the different metabolic testing requirements. This cost-effective solution gives the opportunity to scale at any time to a more complex configuration.
- **Low running costs and easy maintenance.** Quark RMR design has been conceived to reduce ordinary maintenance and to easily and rapidly solve any possible technical problem through parts replacement.
- **Powered by OMNIA software** innovative user interface, touch screen ready, easy-to-use and self-explanatory.
- **Calibrations and Verifications procedures** are available to ensure that main measurement components perform according to their specifications.
- **Independently validated technology.** Quark RMR is the only metabolic cart in the market that has been validated both on different gas exchange methods (Breath by Breath and Mixing Chamber), and on the whole human physiological range (from resting to a wide range of exercise intensities).

Main Features and Tests

Resting Energy Expenditure (REE) with Canopy Hood	Standard
---	----------

Resting Energy Expenditure (REE) with Mask	Standard
--	----------

Resting Energy Expenditure (REE) with Ventilator (for mechanically assisted patients)	Option
---	--------

“Breath by Breath” Cardio Pulmonary Exercise Testing (CPET) with Face mask	Option
--	--------

“Mixing Chamber” Cardio Pulmonary Exercise Testing (CPET) with Face mask/Mouthpiece	Option
---	--------

Spirometry (FVC, SVC, MVV etc.)	Option
---------------------------------	--------

⁽¹⁾ Ashcraft C.M. et al. “A Test of Validity of a New Open-Circuit Indirect Calorimeter.” *J Parenter Enter Nutr.* 2014 Mar 10

Resting Energy Expenditure (REE)

The Quark RMR in its standard configuration provides the following features:

- Breath by Breath Gas exchange Measurement of oxygen consumption (VO_2), carbon dioxide production (VCO_2) and related ventilatory and metabolic parameters.
- Assessment of either spontaneously breathing or mechanically ventilated subjects.
- Intended for testing patients above 15kg of weight or 6 years of age.
- Available with "Low Flow" Turbine Flowmeter for canopy and mask tests and a single-use pneumotach for tests with mechanical ventilated patients.



REE by Canopy Dilution

- Provided with an Adult Canopy hood, a paediatric version of canopy hood is available as an option.
- Canopy blower is integrated in the device and it is easily controlled through software.
- The software prompts an intuitive widget to help the operator in maintaining a stable CO_2 expired fraction (F_{eCO_2}) during dilution.
- The Canopy veil is easy to mount and made in medical grade LDPE. It's a single-use item in order to avoid any possible cross contamination between subjects.
- Cleaning the hood is easy and can be done with easily accessible solutions.



REE by dilution with canopy hood

REE by Mask and Mouthpieces

- REE tests can also be done by wearing multi-use silicone oro-nasal face masks (available in 5 sizes: 3 adult, 2 pediatric).
- In addition to Canopy and Mask, users can also use mouthpiece with Antibacterial filters, together with a nose clip.



REE breath by breath by face mask and with mouthpiece and AB filter

REE on mechanically ventilated patients

- The ICU Kit is an optional module available for measuring REE in patients undergoing mechanically assisted ventilation in intensive care units.
- Flow and Volume is measured with a single-use pneumotach flowmeter (Flow-REE), to be positioned in line between the endotracheal tube and the "Y" connector of the ventilator circuit.
- All parts required during testing (Flowmeter, sampling line and HME filter) are single patient, with no need for cleaning and disinfecting after a test.
- Quark RMR allows to assess ventilated patients up to $FiO_2 \leq 70\%$.
- The patient setup makes Quark RMR completely independent from any type of ventilator in use.



REE on mechanically ventilated patients

Cardio Pulmonary Exercise Testing

On top of the standard features, the optional module for Cardio Pulmonary Exercise Testing (CPET) extends the possibility to perform full exercise protocols during exercise efforts.

- Fast response analyzers provide accurate, reliable, breath-by-breath gas exchange data at any exercise intensity.
- CPET made easy thanks to OMNIA, the new generation of COSMED software. The intuitive, beautiful, and innovative user interface brings complex CPET procedures to a new simpler stage.

CPET by breath by breath

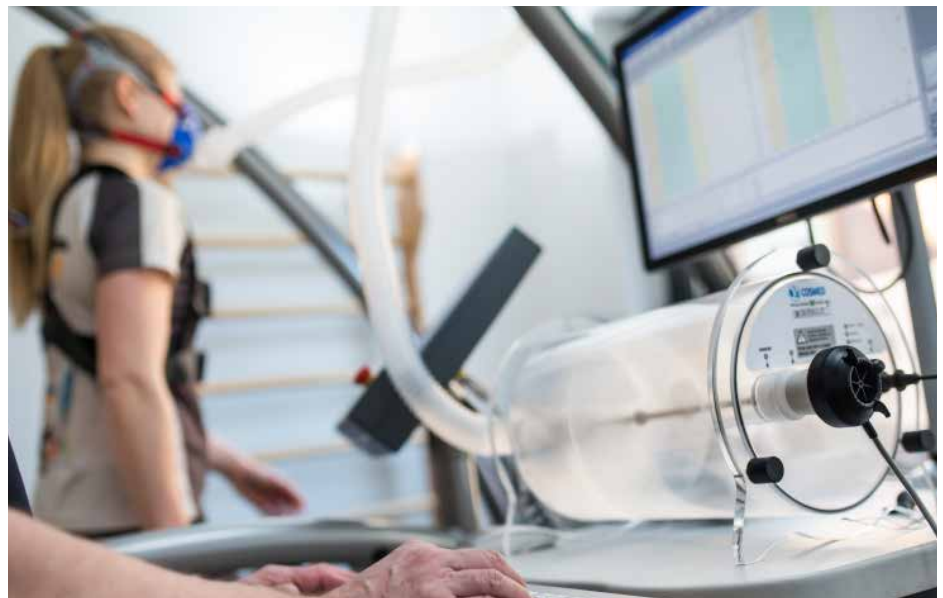
- BxB is the standard configuration of the CPET Module. It includes a "High-Flow Range" flow reader with 2 extra turbines.
- Tests are conducted using ergonomic multi-use silicone oro-nasal face masks (available in 5 sizes: 3 adult, 2 pediatric) for comfortable testing in any condition.
- Masks are also available with 2 inspiratory valves, to reduce inspiratory resistance and to prevent moisture accumulation especially at high intensity exercise.

CPET by Mixing Chamber

- This optional module includes a physical mixing chamber (7 liters) with 2/way valve and adapters.
- Ideal for gas exchange analysis when testing athletes ventilating at a frequency over 60 breaths per minute.
- Simplified patient set-up, with turbine flowmeter placed at the exhalation port of the mixing chamber, avoids the use of the cumbersome conventional helmet.
- The software provides flowmeter calibration specific for Mixing Chamber test to linearize response at its best.

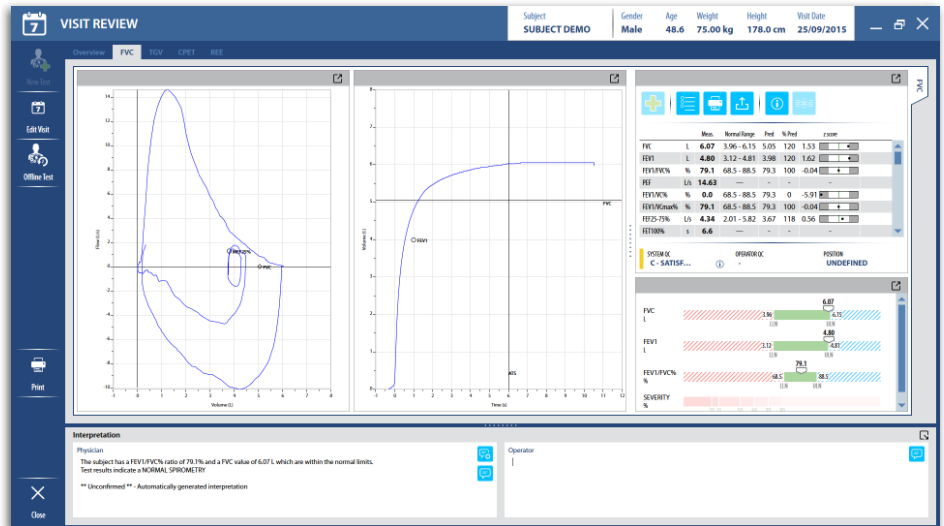


Mixing chamber



Spirometry

- Software module for performing FVC, SVC, MMV and Pre/Post Bronchial Provocation.
- Real time acquisition and capture of Exercise Flow/Volume loops (EFVL) with comparison of resting FVC for evaluating ventilatory limitation.
- Trial Selection and Quality Control in compliance with ERS/ATS guidelines.
- Paediatric incentivations with user defined effort grade on both volume and flow.
- Full compliance with "2005 ATS/ERS consensus" (Interpretation, QC, etc.).
- GOLD COPD Interpretation on FVC PostBD.
- Latest Global Lung Initiative (GLI) predicted (including Z-score).



FVC Test

Options and Accessories

- Carts.** Full range of carts either medical-graded with isolation transformer (available either with 230 or 120 VAC) or not electrified cart. Both 1 and 3-cylinder holder carts can be equipped with 1 or 2 monitors.
- High FiO₂ kit.** Gas exchange measurements using hypoxic and hyperoxic gas mixtures.
- Ethanol burning Kit.** The kit consists of a lamp, parts and connectors to be wired to the Quark RMR. Burning ethanol generates a predictable ratio of VO₂ and VCO₂ and it can be used to verify the Quark RMR accuracy of Respiratory Quotient measurement.
- Wide selection of ergometers,** available from COSMED, including treadmills, cycle-ergometers, arm-ergometers and recumbent bikes, suitable for any kind of tested subject.



Ethanol burning kit

- Non-Invasive Blood Pressure** (Suntech Tango). Cardiac stress blood pressure monitor specifically designed to overcome noise, motion and physical difficulties associated with cardiac stress and exercise testing
- Cardiac Output** (Physioflow Enduro) Portable, battery powered, non-invasive hemodynamic monitor for reliable and repeated cardiac output measurements during exercise.
- Philips IntelliBridge compatibility.** It allows to transfer REE parameters during testing (VO₂, VCO₂, RQ, REE, VE, Rf) through Philips monitoring solution directly to the Hospital Information System or to Philips IntelliSpace Critical Care (ICCA) systems.

Interfaced Devices

- Diagnostic quality 12-lead Stress ECG** (available either in wireless or patient cable configuration) with full disclosure and scroll back during test. High resolution ECG processing produces an exceptionally clear on-screen display and allows detailed, reliable analysis of ST segments and minimal arrhythmia changes. Available with Resting and Exercise ECG interpretation software.
- Pulse Oximeter.** High quality monitors (Nonin® technology) with a broad range of sensors (finger, earlobe or forehead/reflectance).



COSMED stress test ECGs (wireless or patient cable)



Cardiac Output monitor (Physioflow)



Pulse oximeter

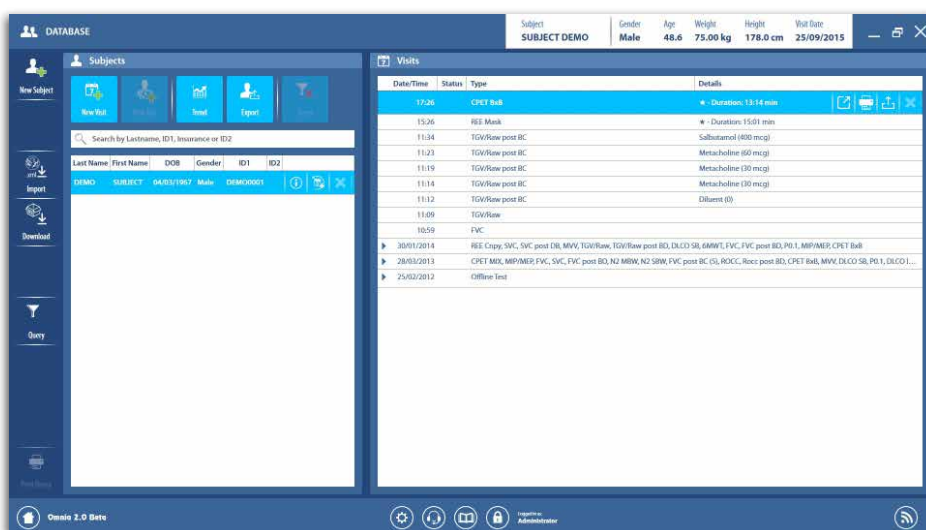
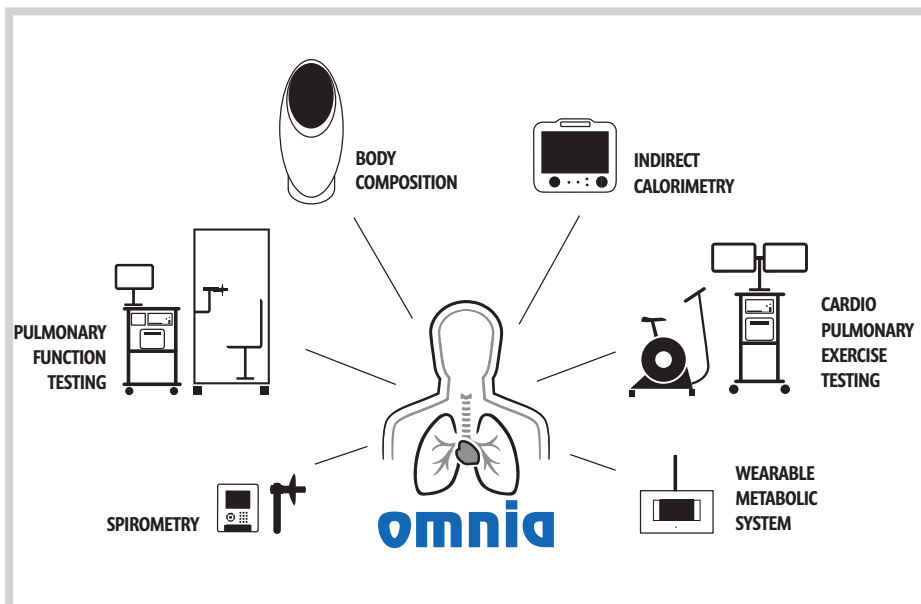


Blood Pressure Monitor (Tango)

Data Management & Software

Quark RMR comes with **OMNIA Metabolic Module**, the new software designed by COSMED, compatible with the entire COSMED product range, OMNIA allows the user to operate different equipment in a single software environment.

- Easy-to-use touch-screen graphic user interface with intuitive workflow and hierarchy.
- Manage and display data and charts through standard (9 panel plot, etc.) or user defined Dashboards.
- Select and define charts, data and widgets to define your preferred working environment.
- Powerful chart creation (up to 4 Y axis and one X axis) with full control on settings.
- Easy, quick and fully assisted calibration for high accuracy measurements, either for flowmeters (calibration and linearity check) or for gas sensors (zero, gain and delay).
- Powerful post-test editing phase for data filtering, calculation of thresholds (AT, RCP), $\dot{V}O_2$ max, EFVL, $VE/\dot{V}CO_2$ slope, intercept and other parameters requested for interpretation.
- Comprehensive interpretation tool automatically elaborates CPET tests and provides interpretation including text strings and numerical results based on latest scientific guidelines¹.
- Built-in Rest and Exercise Protocol editor to design and save any type of protocol.
- Wide list of Ergometers can be automatically controlled: (COSMED Bike/Treadmill, Ergoline, HPCosmos, Monark, Trackmaster) and with the optional Ergometer module (LODE, CSafe Treadmill, Cyclus 2, Technogym, Imbramed, Woodway and many others).
- Export data in .pdf, .xml, and xls formats. Import data in .xml format.
- SQL Database allowing virtually unlimited records and data safety.
- Multi-users access rights management (Principal Investigator, Physician, Technician, Administrator...) with event logging.
- Compatible with Win 7, 8, 8.1, 10 (32/64). Mac OS compatibility when installed in Virtual PC OS (Parallel, VMware).



Subjects/Visits/Tests database in OMNIA

Measured Parameters with OMNIA

Resting Energy Expenditure (REE)

Resting Energy Expenditure	REE, RMR (Kcal/day)	●
Respiratory Quotient	RQ	●
Substrates	%FAT, %PRO, %CHO	●

Cardio Pulmonary Exercise Test (CPET)

$\dot{V}O_2$ max	$\dot{V}O_2$ /Kg, RQ, Dyspnea@Max, HR@Max	○
Thresholds	AT, RCP	○
VE Response	$VE/\dot{V}CO_2$ slope, $VE/\dot{V}CO_2$ intercept., OUES	○
$\dot{V}O_2$ /WR	$\dot{V}O_2$ /WR slope, O_2 Pulse R2	○
EFVL	Flow/volume loop events	○

Spirometry

Forced Vital Capacity	FVC, FEV1, FEV1/FVC%, PEF	○
Slow Vital Capacity	VC, IVC, EVC	○
Maximum Voluntary Ventilation	MVV, MRF, MVT	○
Broncho-challenge		○

¹ ATS/ACCP 2001, ESC 2009, EACPR/AHA 2012, AHA 2010


Networking

OMNIA Network allows to share a single database in either a small network (LAN) or a large network (WAN) environment.

OMNIA Network is based on a Client/Server architecture and allows to run different COSMED devices through simultaneous access of data and run tests via a virtually unlimited number of COSMED products.

- The network license includes five clients (simultaneous access) and can be extended with the purchase of additional single licenses.
- A user management system allows to define users (Physician, Technician, Administrator, etc.) and roles (which specific feature can a user access).
- OMNIA can exchange data with Hospital Information Systems (HIS) via HL7, GDT and with a proprietary Protocol (OCP).
- With the optional HL7 module (either standalone or network) OMNIA allows to get data from an HL7 worklist and send results back to Electronic Medical Records (EMR) and Hospital Information Systems (HIS).
- Access and security compliant according to US HipAA, ISO 27799:2008, EU 95/46/CE and 2002/58/CE.
- OMNIA Network runs on Windows Server 2008 (SP2, R2 SP1) and 2012.
- Based on standard SQL database (Express or Standard) to store data securely.

Customisable header and patient information



COSMED
Via dei Piani di Monte Savello, 37 - 00041 Albano Laziale - Rome
http://www.cosmed.com

Valid Date: 30/01/2014
Printed On: 31/03/2012

Name	SUBJECT DEMO		ID1	DEM00001		Gender	Male	Age	46.9	Weight (kg)	78.00	Height (cm)	178.0
Grouping	COSMED		D.O.B.	04/03/1967	002	IMR (kg/m ²)	24.6	Smoker	No	Smoking Year	Cig/Day		--
Operator	Mr. Q		Physician	Dr. House		Class 2	demo subject		Ethnicity		Caucasian		

Interpretation
 The subject has a FEV1/Vc% ratio of 49.3% which is below the normal limits while a VC value of 6.88L is normal.
 The presence of a MLD OBSTRUCTION is confirmed by a FEV1 value of 3.39 L within the range of 70%-100% of predicted.
 The presence of a diffusing capacity value of 33.10 mL/min/mmHg which is within normal limits may be consistent with ASTHMA OR CHRONIC BRONCHITIS After administration of bronchodilator there is a significant response.
 The relative change in FEV1 and FVC is respectively +66% and +2% compared to baseline, while the absolute change is respectively 2.22 L and 0.10 L.
 Test results indicate that OBSTRUCTION IS REVERSIBLE
 MIP value is 88 cmH2O corresponding to 87% of predicted, which is within normal limit
 MEP value is 61 cmH2O corresponding to 45% of predicted, which is below normal limit

**** Unconfirmed ** - Automatically generated interpretation**

Sign: _____

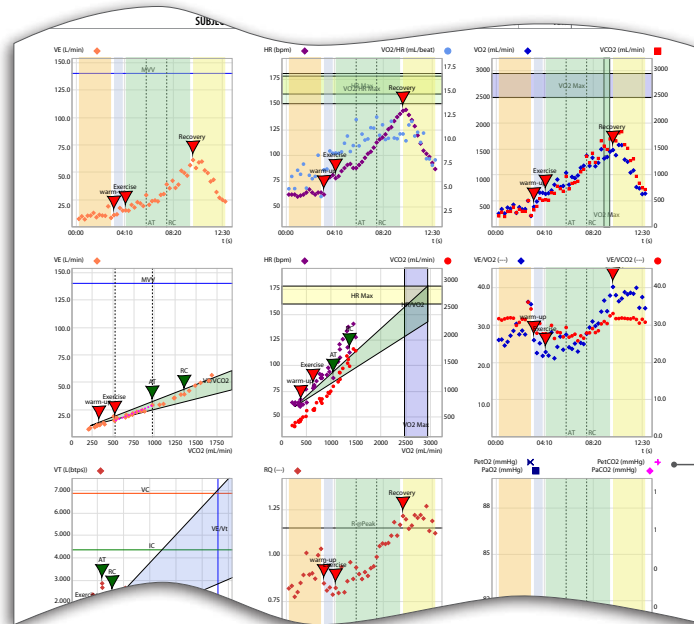
CPET BREATH BY BREATH		Device:	Quark PFT
Test Time:	16:56	Site:	Wasserman extended

Test information

Editable interpretation string

	Meas.	Rest	Warm Up	AT	BC	Max	Normal	Class
Ventilatory								
VE/VCO2 slope	---						< 30.2	High
OUES	ml/min/l/min	1498					> 2823	
VE	L/min	12.0	13.9	29.3	39.1	56.5		
BR	%			79.1	72.1	59.7	> 15.0	Normal
Cardiovascular								
HR	bpm	64	74	88	113	141	> 157	Low
HRR	bpm						< 15	High
HRR_1_minute	bpm						> 12	Low
VO2/HR	ml/beat	5.6	7.3	11.8	12.1	9.7	> 13.5	Low
P Syst	mmHg	103	103	103	103	103	< 210	Normal
P Diast	mmHg	81	81	81	81	81	< 90	Normal
Gas Exchange								
VO2@AT	ml/min						> 1178	Low
PetCO2	mmHg	0	0	0	0	0		
VE/VCO2	---			29.4	27.9	32.5	< 30.1	Normal

For each test, users can define parameters and columns to display



Select and edit graphs

Name	ID1	ID2	Gender	Age	Weight (kg)	Height (cm)											
SUBJECT DEMO	DEM00001	04/03/1967	Male	46.9	78.00	178.0											
t	VO2/Kg	VCO2	RQ	VE	Rf	VT	VO2/HR	VE/VCO2	PetCO2	PetCO2	SpO2	Load	Syst. Press	HR	Phase		
hh:mm:ss	ml/min/kg	ml/min	---	L/min	l/min	L(btps)	ml/beat	---	mmHg	mmHg	%	Watt	mmHg	bpm	---		
00:15	3.4	262	215	0.82	7.6	11.2	0.677	4.2	26.0	31.7	0	0	0	0	Rest		
00:30	4.4	346	289	0.83	9.9	12.1	0.816	5.6	26.1	31.3	0	0	0	0	Rest		
00:45	3.4	263	204	0.77	7.2	10.6	0.682	4.2	24.5	31.7	0	0	0	0	Rest		
01:00	4.8	376	301	0.80	10.5	12.9	0.813	6.3	25.5	31.9	0	0	0	0	Rest		
01:15	4.6	355	302	0.85	10.6	13.5	0.787	5.8	27.2	31.9	0	0	0	0	Rest		
01:30	5.5	431	385	0.89	13.0	11.2	1.163	6.9	28.5	31.8	0	0	0	0	Rest		
01:45	3.5	275	279	1.01	9.1	10.4	0.871	4.3	30.3	29.9	0	0	0	0	Rest		
02:00	4.9	383	343	0.90	11.3	11.0	1.025	5.7	27.5	30.7	0	0	0	0	Rest		
02:15	4.4	342	308	0.90	10.7	13.1	0.814	5.3	28.5	31.6	0	0	0	0	Rest		
02:30	4.4	347	303	0.87	10.4	12.7	0.822	5.6	27.5	31.5	0	0	0	0	Rest		
02:45	6.5	507	508	1.00	19.0	9.4	2.017	7.9	36.2	36.1	0	0	0	0	Rest		
03:00	2.8	216	224	1.04	8.6	12.5	0.686	3.4	35.6	34.3	0	0	0	0	Rest		
03:15	5.0	391	332	0.85	11.0	12.6	0.873	6.3	26.0	30.6	0	0	0	15.0	62	Warmup	
03:30	6.3	493	399	0.81	11.7	9.2	1.282	6.4	22.5	27.8	0	0	0	15.0	103.0	77	Warmup
03:45	8.5	662	547	0.83	17.5	12.3	1.424	8.4	25.1	30.4	0	0	0	15.0	103.0	79	Warmup
04:00	8.5	660	519	0.79	15.2	11.4	1.326	8.1	21.8	27.7	0	0	0	15.0	103.0	81	Warmup
04:15	8.2	637	524	0.82	15.4	11.8	1.297	8.2	22.8	27.7	0	0	0	30.0	103.0	78	Exercise
04:30	8.4	651	518	0.80	15.1	12.4	1.222	8.1	21.8	27.5	0	0	0	30.0	103.0	80	Exercise
04:45	9.0	704	660	0.94	20.4	8.7	2.352	8.3	28.0	29.9	0	0	0	30.0	103.0	85	Exercise
05:00	10.4	813	650	0.80	18.0	12.2	1.480	9.2	21.1	26.4	0	0	0	30.0	103.0	88	Exercise
05:15	11.7	913	785	0.86	22.8	11.1	2.058	10.0	24.2	28.1	0	0	0	45.0	103.0	91	Exercise
05:30	9.8	766	738	0.96	21.7	15.5	1.398	8.3	26.9	28.0	0	0	0	45.0	103.0	92	Exercise

Customisable tabular data

Custom "CPET" printout report



Headquarters
ITALY

COSMED Srl
Rome
+39 06 931-5492
info@cosmed.com

GERMANY

COSMED Deutschland GmbH
Werneck
+49 (0)8684942900
DE@cosmed.com

FRANCE

COSMED France SASU
Brignais
+33 (0)4 478628053
FR@cosmed.com

THE NETHERLANDS

COSMED Benelux BV
Nieuwegein
+31 (0) 88 10 50 500
BNL@cosmed.com

DENMARK

COSMED Nordic ApS
Odense
+45 6595 9100
DK@cosmed.com

SWITZERLAND

COSMED Switzerland GmbH
Fehraltorf
+41 (0)43 50 869 83
CH@cosmed.com

USA

COSMED USA, Inc.
Concord, Chicago
+1 800 4263763 Toll Free
USA@cosmed.com

AUSTRALIA

COSMED Asia-Pacific Pty Ltd
Artarmon
+61 449 971 170
ANZ@cosmed.com

HONG KONG

COSMED HK Ltd
Kowloon
+852 3708 3126
HK@cosmed.com

Scientific studies at: www.cosmed.com/bibliography



COSMED Srl

Via dei Piani di Monte Savello 37
Albano Laziale - Rome 00041
Italy
+39 (06) 931-5492 Phone
+39 (06) 931-4580 Fax
cosmed.com

Distributed by



To know more

