

Therapeutic Hypothermia

- 1) Following conversion Consider therapeutic hypothermia
 - a) Inclusion
 - i) Cardiac Arrest with ROSC
 - ii) Patient age at least 18
 - iii) Unresponsive
 - iv) SBP \geq 80 with or without pressors, and no uncontrolled dysrhythmias.
 - v) Initial temperature $>$ 34C (93.2F)
 - vi) Advanced airway confirmed.
 - b) Exclusion
 - i) Known pre-existing coagulopathy
 - ii) Primary intracranial event (CVA, head trauma, status epilepticus)
 - iii) DNR or terminal condition.
 - iv) Arrest from non-cardiac causes (i.e. intoxication, CVA, trauma, status epilepticus)
 - v) Pregnancy (i.e. known pregnancy or female with gravid uterus)
 - c) Obtain 12 lead ECG if available.
 - d) Rapidly infuse up to two liters NS. The NS should be slightly above 0C (32F), bag and tubing insulated as needed.
 - e) Expose patient apply cold packs to axilla and groin.
 - f) Advanced airway Management
 - i) ETCO₂ $>$ 20mmHg
 - ii) Maintain SPO₂ at 92-96%
 - iii) Consider midazolam 0.1mg/kg to prevent shivering.
 - g) Rapid transport to closest appropriate hospital with patient cooling capabilities and protocols.