

Cardiac Arrest – ROSC – Therapeutic Hypothermia

EMT

- Airway management and appropriate oxygen therapy
- Ice packs in axilla, groin and neck; change every 10-15 minutes

EMT STOP

INTERMEDIATE

- Vascular access at 2 sites (no more than one IO)
- Infuse chilled normal saline to a total of 30 mL/kg or 2 L max

INTERMEDIATE STOP

CCT

PARAMEDIC

- Treatment for appropriate presenting rhythm *see key point below
- Cardiac Monitor with 12 lead EKG acquired and transmitted as soon as possible
- Complete neurologic exam including specific GCS items and pupillary response
- Maintain MAP > 65 (SBP >80)
 - Consider Dopamine 5 mcg/kg/min if needed after fluid bolus complete
- Prevent shivering
 - Versed 2 mg IV every 5 minutes as needed (SBP >= 100)
 - Etomidate 10 mg IV every 10 minutes (SBP < 100)

CCT AND PARAMEDIC STOP

PHYSICIAN OPTIONS

- Fentanyl 50 mcg IV over 5 minutes every 10 minutes as needed (SBP > 80)
- Vecuronium 0.1 mg/kg to a max of 10 mg if shivering or ventilatory problems
- Antiarrhythmic (additional Amiodarone or Lidocaine)
- Dopamine titration
- Management of hypertension SBP > 200 with either
 - Nitroglycerin 0.4 mg SL
 - Metoprolol 5 mg IV over 5 min to a max of 15 mg (DO NOT BOLUS)

Key Points/Considerations

- INCLUSION CRITERIA: Patients with ROSC following cardiac arrest who have a GCS of < 8
- EXCLUSION CRITERIA: Patients known to be pregnant, trauma patients, suspected sepsis, other causes of coma (such as drug intoxication or status epilepticus), recent major surgery within 14 days. Contact receiving facility for clarification if needed.
- Treatment for presenting rhythm should include antiarrhythmic to any patient who has been in a shockable rhythm.
- Care and transport must be performed with on-line medical control from receiving facility as soon as possible after ROSC
- ALL Patients who remain in ROSC must be transported to a facility that can maintain the therapeutic hypothermia as long as transport time is projected to be less than 60 minutes
- Patients who are in recurrent cardiac arrest must be transported to the closest hospital