

## 2.05 ADULT POST-CARDIAC ARREST or RETURN OF SPONTANEOUS CIRCULATION (ROSC)

<b>BLS Treatment</b>
<ul style="list-style-type: none"> <li>• CPR/AED</li> <li>• <b>Oxygen</b> as indicated.</li> </ul>
<b>ALS Treatment</b>
<p><b>Current American Heart Association Guidelines concerning Emergency Cardiac Care assessments and interventions shall always take precedence over local protocols when there is a conflict concerning techniques of resuscitation.</b></p> <ul style="list-style-type: none"> <li>• IV/IO with <b>Normal Saline</b> TKO. Place second large bore IV with <b>Normal Saline</b>.</li> <li>• <b>Normal Saline</b> fluid bolus if SBP &lt; 90 or signs of hypoperfusion, and lungs are clear. Repeat PRN.</li> <li>• If fluid bolus ineffective, May administer <b>Dopamine</b>. Titrate to maintain SBP &gt; 90.</li> <li>• If therapeutic hypothermia is indicated, administer chilled <b>Normal Saline</b> boluses (if available and if total volume does not exceed Therapeutic Hypothermia dose (see below)).</li> <li>• Obtain 12 Lead ECG.</li> </ul>
<b>Therapeutic Hypothermia</b>
<ul style="list-style-type: none"> <li>• Stop all forms of active warming (maintain modesty) and turn off cabin heat.</li> <li>• Apply Ice Packs (Preferred method) OR</li> <li>• Infuse 30 mL/Kg of <b>Normal Saline</b> chilled to 3° C (66 Kg = 2 L) using 300 mm/Hg pressure infusion sleeve(s) or BP cuff.</li> <li>• If uncontrolled shivering and SBP &gt;90, may administer <b>Midazolam</b></li> <li>• <b>Check and maintain temperature between 32 and 36 degrees Celsius for adults and 36.5 – 37.5 degrees Celsius for newborns.</b></li> </ul>
<b>Base Hospital Contact Criteria</b>
<ul style="list-style-type: none"> <li>• <b>Midazolam</b> use if SBP &lt; 90.</li> </ul>

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### Comments

#### THERAPEUTIC HYPOTHERMIA INDICATIONS

- Immediately after ROSC.
- Age 18 and over
- Patient does NOT follow commands (unresponsive and GCS < 8).
- Systolic blood pressure  $\geq$  90 mm Hg.
- SpO<sub>2</sub> > 85%.
- Blood glucose > 60 mg/dL.

#### CONTRAINDICATIONS TO THERAPEUTIC HYPOTHERMIA

- Hypothermic cardiac arrest patients with return of spontaneous circulation should not be actively cooled. Keep patient covered and transport to STAR center.
- Responsive post arrest with GCS  $\geq$  8, and/or rapidly improving GCS.
- Traumatic cardiac arrest.
- Pregnancy.
- Do Not Resuscitate (DNR) Status.
- Patients with known bleeding diathesis or with active ongoing bleeding.
- Patients with significant known liver disease.
- Core temperature  $\leq$  32°C (90°F).

#### ICE PACK LOCATIONS

Apply 8 ice packs to the following areas:

- 2 to sides of head
- 1 at each carotid artery in neck.
- 1 at each axilla.
- 1 at each femoral artery in groin.