



THE JOHNS HOPKINS HOSPITAL
ORDER SHEET
Medical Intensive Care Unit
Management of Adult Respiratory Distress Syndrome

for addressograph plate

ORDERED		ORDER	NOTED by	ORDER COMPLETED		INITIALS																														
DATE	TIME			DATE	TIME																															
		SIGN EACH ENTRY - INCLUDE ID NUMBER use a ball point pen, press firmly																																		
		⁰⁰ Implement protocol: <i>Acute Lung Injury/Acute Respiratory Distress Syndrome (ALI/ARDS), Management of the MICU Adult Ventilator Patient with</i>																																		
		⁰² *Use the following equations to calculate Predicted Body Weight (PBW): Males: PBW (kg) = (height in inches-60) x 2.3 + 50 Females: PBW (kg) = (height in inches-60) x 2.3 + 45.5 If height is less than 60 inches or greater than 76 inches discuss PBW with fellow/attending. Patient's PBW has been calculated to be: _____																																		
		⁰³ Initial Ventilator Settings: Initial Ventilator Mode: Assist Control Initial Ventilator Rate: _____ breaths/min Initial FiO ₂ : _____ Initial PEEP _____ cmH ₂ O Decrease tidal volume by _____ ml (1ml/kg PBW*) q2 hours until tidal volume = _____ ml (6 ml/kg PBW*)																																		
		⁰³ Subsequent Ventilator Settings:																																		
		⁰⁴ Assess plateau pressures with a 0.5-second inspiratory pause q4 hours and after each change in PEEP or Tidal Volume unless weaning (on Pressure Support, CPAP, or T-piece).																																		
		⁰⁵ If plateau pressure exceeds 30 cmH ₂ O and Tidal Volume > 4 ml/kg PBW*, decrease tidal volume by _____ (1 ml/kg PBW *) until plateau pressure ≤ 30 cmH ₂ O or Tidal Volume = _____ (4 ml/kg PBW*). No reductions in Tidal Volume should be made below this level.																																		
		⁰⁶ If plateau pressure < 25 cmH ₂ O and Tidal Volume < _____ ml (6 ml/kg PBW*), increase Tidal Volume by _____ ml (1ml/kg PBW) until Tidal Volume = _____ ml (6 ml/kg PBW*) or plateau pressure > 25 cm H ₂ O.																																		
		⁰⁷ Monitor for severe dyspnea, e.g., patient takes > 3 double-breaths/min (a second breath triggered before a first breath is exhaled or airway pressure remains below PEEP level for most of inspiration). If severe dyspnea is present but Pplat > 30 cmH ₂ O with tidal volume = 7-8 ml/kg PBW*, then additional sedation may be needed.																																		
		⁰⁸ Adjust inspiratory flow rate and wave-form to maintain I:E ratio = 1:1 - 1:3 (No Inverse Ratio).																																		
		⁰⁹ Oxygenation Goal: PaO ₂ 55-80 mmHg OR O ₂ -Saturation 88-95 %																																		
		¹⁰ Use the following PEEP/FiO ₂ combinations to maintain the PaO ₂ or O ₂ -Saturation in the target range: <table border="1" style="margin-top: 10px;"> <tr> <td>%O₂</td> <td>30</td> <td>40</td> <td>40</td> <td>50</td> <td>50</td> <td>60</td> <td>70</td> <td>70</td> <td>70</td> <td>80</td> <td>90</td> <td>90</td> <td>90</td> <td>1.0</td> </tr> <tr> <td>PEEP</td> <td>5</td> <td>5</td> <td>8</td> <td>8</td> <td>10</td> <td>10</td> <td>10</td> <td>12</td> <td>14</td> <td>14</td> <td>14</td> <td>16</td> <td>18</td> <td>18-24</td> </tr> </table>	%O ₂	30	40	40	50	50	60	70	70	70	80	90	90	90	1.0	PEEP	5	5	8	8	10	10	10	12	14	14	14	16	18	18-24				
%O ₂	30	40	40	50	50	60	70	70	70	80	90	90	90	1.0																						
PEEP	5	5	8	8	10	10	10	12	14	14	14	16	18	18-24																						
		¹¹ Arterial blood gases q12 and pm as needed. O ₂ -Saturation monitoring acceptable to evaluate response to FiO ₂ changes. See MICU Standards of Practice for arterial blood gas monitoring guidelines.																																		
		¹²																																		
		Signature: _____ ID# _____ Beeper# _____																																		

Patient's Name: _____

MICU ARDS PROTOCOL Tidal Volume Procedures

Step One ► **If patient's tidal volume is greater than 8ml/kg:**

Place patient on 8 ml/kg= _____ cc (@ _____:____ on ____ / ____ / ____)
Time Date

Step Two ► **Continue to decrease tidal volume to goal (6 ml/kg) by 1 ml/kg (_____ ml) every 1-2 hours. (if patient on 8 ml/kg or less, initial decrease in TV should be 1 ml/kg less than current setting)**

7ml/kg = _____ cc (@ _____:____ on ____ / ____ / ____)
Time Date

6ml/kg(**GOAL**) = _____ cc (@ _____:____ on ____ / ____ / ____)

◆ **If Pplat > 30 cmH₂O, reduce tidal volume to 5 or 4 ml/kg (but not below _____ ml).**

5ml/kg = _____

4ml/kg = _____ (**Minimum allowed per protocol**)

◆ **If Pplat < 25 cmH₂O and tidal volume < _____ ml, increase tidal volume to 5 or 6 ml/kg (but not above _____ ml).**

**For Questions:
Discuss with MICU Physicians**