CACCN submission doc
#2 Anonymous

Evidence based practice in Critical Care

Hypothermia-Post Cardiac Arrest---A Case Presentation
Using Evidence to Improve Outcomes Best practice management of out of hospital cardiac arrest patients, who have a return of spontaneous circulation, now includes an interdisciplinary plan of induced hypothermia. Although the precise effects of hypothermia on brain protection are unclear, there is evidence that neurologic injury (reperfusion injury) occurs in the early post-arrest period. Injury to the brain is felt to be due to bio-chemical cascades that can be decreased or eliminated by hypothermia induction. It is also known that mild hypothermia decreases intracranial pressure, cerebral metabolic rate and the brains' demand for oxygen consumption.

A protocol for the rapid induction of hypothermia will be presented as it relates to a case study.
Best nursing practices and evidence based medicine are highlighted and presented using a systems approach. Topics discussed will also include sedation, paralytics, hemodynamics and electrolytes.

This abstract outlines the utilization of our hypothermia post cardiac arrest protocol following best practice guidelines. A system based approach is used to present a case study.

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