

# INDUCED HYPOTHERMIA (IH)

## ALS:

### Indication(s):

Patients with Sustained Return of Circulation post non-traumatic cardiac arrest who are/have:

- Age 18 or older
- Temperature after ROSC greater than 34° C (93° F)
- No purposeful response to voice or pain
- Blood sugar >60
- Sustained ETCO<sub>2</sub> waveform monitoring in place

### Contraindication(s):

#### Absolute Contraindications:

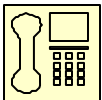
- Cardiac arrest due to penetrating trauma or hemorrhage
- Pregnancy

### Equipment:

1. Cooling/Storage case for saline
2. 4-6° C (33-35° F) 0.9% normal saline
3. Cold packs

### Adjunctive Therapy:

1. Ensure patient on cardiac monitor, SPO<sub>2</sub>, and ETCO<sub>2</sub>.  
Maintain **ETCO<sub>2</sub> at approximately 40mmHG. DO NOT HYPERVENTILATE.**
2. Establish a minimum of 2 IV's. (If IO is in place, attempt access via a vein.)
3. Perform a neuro exam. (pupil-size, reactivity, equality, and motor response)
4. Expose patient (protect patient modesty) and apply cold packs to patients axilla and groin.
5. Rapidly infuse cold saline, 30ml/kg to a max of 2 liters.
6. If SBP < 90, administer Dopamine per protocol.
7. Continue to search for and treat differential causes of cardiac arrest.
8. Transport patient to the closest facility with established Induced Hypothermia Protocols and equipment. Notify the facility via telemetry that IH has been started. Currently approved facilities are:



## PROCEDURES (PILOT)

- a. Centennial Hills Hospital Medical Center
- b. Desert Springs Hospital
- c. MountainView Hospital
- d. Saint Rose Hospital – De Lima Campus
- e. Saint Rose Hospital – Siena Campus
- f. Southern Hills Hospital & Medical Center
- g. Spring Valley Hospital Medical Center
- h. Summerlin Hospital Medical Center
- i. Sunrise Hospital & Medical Center
- j. University Medical Center
- k. Valley Hospital Medical Center

Note: For patients outside a 50 mile radius from the above facilities, the licensee providing emergency medical care shall transport the patient to the nearest appropriate facility.