**ICU Targeted Temperature Management Post-Cardiac Arrest Phase 2**

**Version 2 Approval 9/25/2018**

**PHASE 2: COOLING PHASE**

 ***Nursing Orders***

 Goal temperature 89.6-96.8 F (32-36 C) within 6 hours post-arrest

 Turn down room thermostat to 60 degrees F

 Utilize fan if needed

 Privacy linen only

 Cooling Blanket (anterior and posterior) to 96.8 F (36 degrees C)

 Instill 250 milliliter iced water via NG/OG and retain for 30 minutes, remove and repeat until goal temperature is reached

 Ice packs to groin, under arms and sides of neck, continue until goal temperature is reached

 Skin assessment hourly

 Vital signs every 15 minutes x 4 then hourly including temperature from 2 routes (esophageal, rectal or bladder)

 Document negative shivering assessment

 Electrolyte replacement for first 18 hours of cooling

 If pulse < 40 OR > 140 bpm, notify provider

 If symptomatic bradycardia, notify provider

 If MAP < 60 or > 150 mmHg, notify provider

 If uncontrolled shivering, notify provider

 If change in cardiac rhythm or new ECG changes, notify provider

 If urine output less than 30 milliliter/hour, notify provider

 If unable to reach goal temperature within 4 hours after arrest, notify provider

 If QTC > 500, notify provider

 ***Respiratory***

 Remove heated circuit from ventilator

 ***IV Fluids***

 Sodium Chloride 0.9% IV - CHILLED

 1000 milliliter intravenously Rapid Bolus (< 15 min), may repeat x 1 to obtain goal temperature (DO NOT give via jugular or subclavian line)

 ***Medications***

 ***Electrolyte Replacement***

* The following are to be administered via central line only during the first 18 hours of the cooling phase;
* Do not replace 6 hours prior to rewarming
* Monitor for arrhythmia changes during all electrolyte replacement therapy

 

 ***Laboratory***

 AFTER GOAL TEMPERATURE OF 32-36 C IS REACHED, obtain the following labs every 6 hour x 24 hours

 Blood Gas Study, arterial

 Amylase

 CBC/AUTODIFF

 Comprehensive metabolic panel

 Magnesium (Mg) level, plasma

 Phosphorus level, plasma

 CK (CPK)

 DIC Screen

 CALCIUM, IONIZED

 Lactic acid, plasma

 Troponin-I