**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