Fire Officers Association of Miami Dade Joint EMS
Induced Hypothermia Protocol (Cardiac Arrest)

Inclusion Criteria:
1) Return of spontaneous circulation (regains pulse) after cardiac arrest, non-traumatic.
2) Patient is not awake, patient’s best motor response (BMR) is less than 4.
3) Patient is not obviously pregnant.
4) Patient is at least 18 years of age.
5) Initial temperature is more than 34 degrees C (measurement before cooling and on arrival to hospital if available).
6) No known bleeding problems, severe infection or recent major surgery.
7) No known DNR order exists.
8) Intubated, ETCO2 > 20.
9) Blood pressure equal to or greater than 90 systolic (may use pressors to maintain pressure).

Methods:
1) Check initial temp.
2) Start one large bore I.V.
3) Give cold (4°C) saline bolus of 2 liters rapidly/wide open. Consider lasix 20mg ivp if CHF present as well.
4) Give Versed 10 mg IV (important for shivering control and sedation).
5) Give Morphine 2mg bolus every 5 minutes up to 10mg, (also for sedation and shivering).
6) If needed, use Dopamine to keep systolic blood pressure equal to or greater than 90 mm Hg.
7) **Check 12 lead ECG: if STEMI present, transport to nearest STEMI Center**
8) Contact receiving hospital so they are ready to accept transfer of care and continue patient cooling.
9) If there is loss of B/P or pulse, discontinue protocol and revert to appropriate algorithm.
10) Do not hyperventilate; goal is an ETCO2 of around 40.
11) Remember that patient was critical; now they are even more critical. Monitor this patient closely.

Any questions, contact your medical director or email Dr. Grossman:
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Cities of Miami Fire-Rescue and Coral Gables Fire-Rescue

FOAM-D EMS: Cities of Miami, Coral Gables, Miami Beach, Hialeah, Key Biscayne and Miami-Dade County Fire-Rescue