## Adult Hypothermia After Cardiac Arrest Protocol Appendix

### RASS: Richmond Agitation Sedation Score

<table>
<thead>
<tr>
<th>Score</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>+4</td>
<td>Combative</td>
</tr>
<tr>
<td>+3</td>
<td>Very agitated</td>
</tr>
<tr>
<td>+2</td>
<td>Agitated</td>
</tr>
<tr>
<td>+1</td>
<td>Restless</td>
</tr>
<tr>
<td>0</td>
<td>Alert and calm</td>
</tr>
<tr>
<td>-1</td>
<td>Drowsy</td>
</tr>
<tr>
<td>-2</td>
<td>Light sedation</td>
</tr>
<tr>
<td>-3</td>
<td>Moderate sedation</td>
</tr>
<tr>
<td>-4</td>
<td>Deep sedation</td>
</tr>
<tr>
<td>-5</td>
<td>Unarousable</td>
</tr>
</tbody>
</table>

### Score and Definition

<table>
<thead>
<tr>
<th>Score</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>None: no shivering noted on palpation of the masseter, neck, or chest wall</td>
</tr>
<tr>
<td>1</td>
<td>Mild: shivering localized to the neck and/or thorax only</td>
</tr>
<tr>
<td>2</td>
<td>Moderate: shivering involves gross movement of the upper extremities (in addition to neck and thorax)</td>
</tr>
<tr>
<td>3</td>
<td>Severe: shivering involves gross movements of the trunk and upper and lower extremities</td>
</tr>
</tbody>
</table>

### NOT PART OF PERMANENT MEDICAL RECORD
Date: ______________ Time: _______________  Primary Physician: _______________________

Admission details:      Pulmonary/Critical Care: _______________
                        Neurology: ___________________________

Documentation check list prior to initiation:

__ Tympanic temperature
__ GCS
__ Spontaneous respiratory effort
__ Pupil diameter, equality, response to light

Orders completed prior to/during initiation:

__ Pulmonary/Critical care and Neurology consulted
__ Baseline labs (see section II on orders)
__ Room temp set no higher than 70° F
__ Esophageal temperature probe in place and confirmed by X-ray
__ Foley catheter inserted
__ Orogastric tube inserted and placement confirmed
__ Request Gaymar Medi-Therm III Hypothermia unit from supply distribution

__ Request 2 thigh wraps
__ Request torso wrap (small for chest diameter 32"- 46" large for chest diameter 46"- 54")
__ 2 L iced 0.9% Normal Saline administered
__ Leg wraps and vest applied - set temperature at 33° C.
__ Documentation of esophageal temperature every 15 minutes until Temp 33° C (see flow sheet)
__ Neuro checks every 2 hours

NOT PART OF PERMANENT MEDICAL RECORD
__ Monitor BIS and BSAS every 30-60 min
__ Insulin gtt if blood sugar > 180
__ Arterial line placed- all blood glucose samples drawn from arterial line

Check list for maintenance therapy:

__ Document time goal temperature reached (33° C)
   __ Obtain stat labs (refer to section IV on order set) once target reached
   __ Obtain labs (refer to section IV on order set) every 6 hours and LFTs every 12 hours
   until patient temperature > 36° C.
   __ Discontinue Vecuronium infusion when target temp achieved
   __ Continue sedation target RASS -5 and/or BIS 40-50
__ Document time treatment to end (24 hours after goal temperature reached)
__ Monitor BIS and BSAS every 30-60 min
__ Assess skin under wraps every 2 hours
__ Neuro checks every 2 hours

Check list for controlled rewarming:

__ Gaymar Medi-Therm III in "auto" mode with "gradual" control option
   __ Temperature set point adjusted to 37° C.
__ Paralytic has been discontinued
__ Temperature being maintained < 37.5° C for 72 hours
__ MAP > 65
   __ If no, Normal saline 500 mL bolus administered
   __ If persistent after bolus, MD notified
__ Neuro checks every 2 hours
__ Acetaminophen and Buspirone d/c'd once temperature reached 36° C