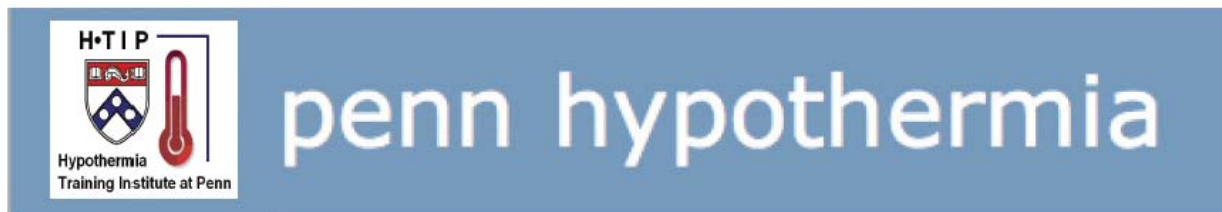


PENN HYPOTHERMIA DISCUSSION FORUM MANUAL



Google groups



CENTER FOR RESUSCITATION SCIENCE
DEPARTMENT OF EMERGENCY MEDICINE
HOSPITAL OF THE UNIVERSITY OF PENNSYLVANIA

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ABOUT THE DISCUSSION FORUM

Post-arrest therapeutic hypothermia (TH) has been shown to dramatically improve outcomes after resuscitation, yet studies have revealed that TH adoption has been inconsistent and slow. In our work surrounding TH education, we have recognized one of the key elements lacking in the uptake of TH is comprehensive, practical, education and training.

Let's encourage everyone to be a STRONG link in the Chain of Survival!

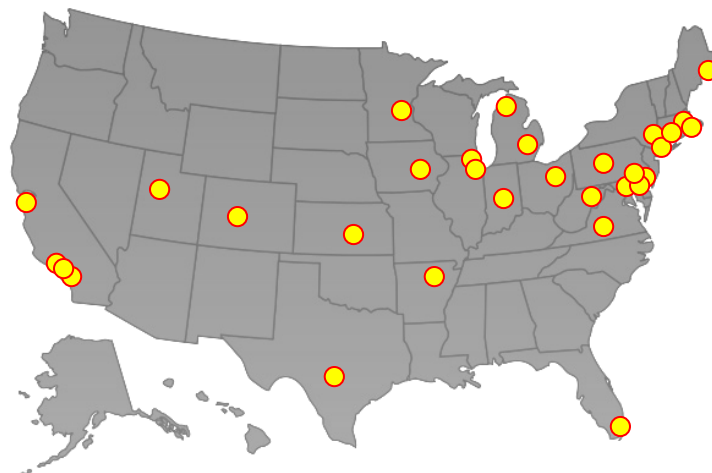
AHA ECC Adult Chain of Survival

The links in the new AHA ECC Adult Chain of Survival are as follows:

1. Immediate **recognition** of cardiac arrest and **activation** of the emergency response system
2. Early **CPR** with an emphasis on chest compressions
3. Rapid **defibrillation**
4. Effective **advanced life support**
5. Integrated **post-cardiac arrest care**



As part of our educational efforts, the Center for Resuscitation Science has developed a forum to generate inter-hospital discussion on hypothermia implementation. Through this forum, we hope to provide an informal grassroots network for TH champions to share their implementation barriers and success stories.



Members of the Hypothermia Discussion Network

HOW TO JOIN WITH A GMAIL ACCOUNT

1. Go to the group website:
<http://groups.google.com/group/penn-hypothermia->
2. Click on **“Apply for group membership”**

The screenshot shows the Google Groups interface for the 'penn hypothermia' group. The page includes a search bar, a 'Home' button, and a list of discussions. A red circle highlights the 'Apply for group membership' link in the right-hand sidebar. An arrow points from the text 'Apply for group membership' in the instructions above to this link.

3. Choose your email settings:

The screenshot shows the 'Join' page for the 'penn hypothermia' group. A red circle highlights the 'How do you want to read this group?' section, which contains four radio button options: 'No Email', 'Abridged Email (Once per day or for every 100 messages)', 'Digest Email (Approximately 1 email per day)', and 'Email (Approximately 1 email per day)'. Below this is a text input field for a nickname, currently containing 'Julie Xu', and another text input field for additional information to the manager. An arrow points from the text 'Choose your email settings:' above to the radio button options. Another arrow points from the text 'You can send additional information to the manager by filling in the text box below.' to the second text input field. At the bottom, there is an 'Apply to this group' button.

WITHOUT A GMAIL ACCOUNT

1. Send an email to:

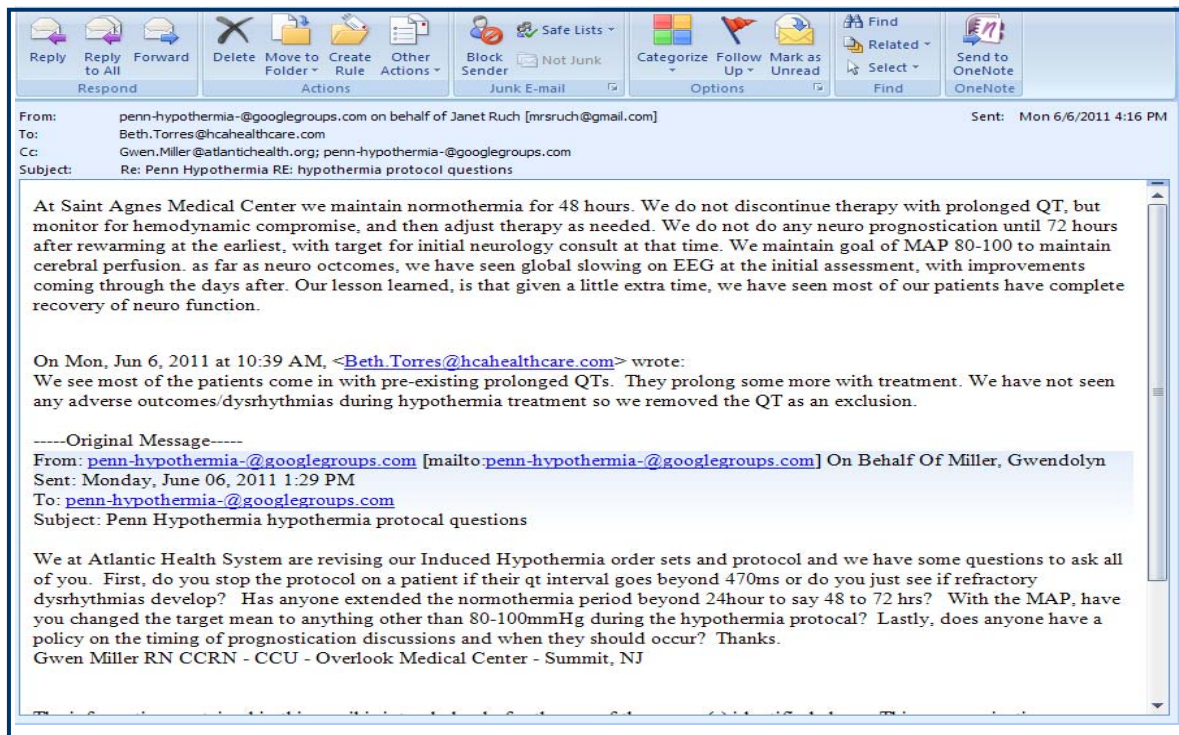
penn-hypothermia-+subscribe@googlegroups.com



Once you are a member, you can send questions related to TH to the following email address:

penn-hypothermia-@googlegroups.com

Note that the email will be distributed to **all** members of the Penn Hypothermia Google Group, as seen below.



In addition, if you wish to modify your membership to receive ABRIDGED Emails, DIGEST Emails, or NO Emails (only view threads on the website), please follow the directions listed on the next page.

HOW TO MODIFY YOUR MEMBERSHIP

1. Go to the group website: <http://groups.google.com/group/penn-hypothermia->
2. **Sign in with the email registered through the discussion group.** If you have not created a login with this email account, you will need to create a user name (your email) and password.
3. Once you are on the homepage click on "Edit my membership" and select how you would like to read the group: No Emails, Abridged Emails, Digest Emails. You may also unsubscribe.

Mail Calendar Documents Reader Web more ▾

audrey.blewer@uphs.upenn.edu | My Groups ▾ | Favorites | Profile | Help | My Account

Google groups

penn hypothermia

Search this group Search

Edit my membership

How do you want to read this group?

No Email
I will read this group on the web

Abridged Email (No more than 1 email per day)
Get a summary of new activity each day

Digest Email (Approximately 1 email per day)
Get up to 25 full new messages bundled into a single email

Email (Approximately 1 email per day)
Send each message to me as it arrives

What nickname do you want people in this group to see?

Audrey Blewer

Save these settings

Unsubscribe

[Get email alerts of messages containing specific keywords.](#)

About this group

anyone can post, invitation only, anyone can read - posts are moderated

Description: An opportunity for clinicians to discuss therapeutic hypothermia implementation problems and success stories.

Group email: penn-hypothermia@googlegroups.com

HOME
DISCUSSIONS
MEMBERS
PAGES
FILES

About this group

Edit my membership

View this group on Google Groups

From there, you may also view discussion threads and respond as you see fit.

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audrey.blewer@uphs.upenn.edu | My Groups ▾ | Favorites | Profile | Help | My Account

Google groups

penn hypothermia

Search this group Search

Discussions

View: [Topic list](#), [Topic summary](#)

Sort by: [Latest message](#), [First message](#)

Topic	Rating	Messages	Author	Date
Physician Support		1	Rebecca Cowie (1 author)	1:59pm

No more topics in this group.

+ New post

Send email to this group: penn-hypothermia@googlegroups.com

HOME
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Group info

HOW TO POST DISCUSSION TOPICS

VIEW DISCUSSION TOPICS

You can view all discussions subjects on the home page:

The screenshot shows the home page of the 'penn hypothermia' Google Group. At the top, there's a search bar and a 'Search this group' button. Below that, a 'Home' tab is selected, and a notification says 'New since last time: 1 message'. A red circle highlights the 'Discussions' section, which lists 9 of 29 messages. The topics listed are:

- [hypothermia protocol questions](#) (By Miller, Gwendolyn - 10:29am - 1 author - 0 replies)
- [Penn Hypothermia Chilled Normal Saline](#) (By Brown, Michael A - Jun 3 - 8 authors - 9 replies)
- [Cold saline](#) (By Delfin, Gail - Jun 2 - 1 author - 0 replies)
- [Penn Hypothermia ABG's](#) (By OREN FRIEDMAN - Apr 6 - 7 authors - 6 replies)
- [Penn Hypothermia](#) (By Fuchs, Barry - Apr 6 - 2 authors - 1 reply)
- [/no subject/](#) (By George Saul - Jan 21 - 1 author - 0 replies)
- [Penn Hypothermia Physician Support](#) (By Badermk - Jan 5 - 2 authors - 1 reply)
- [Penn Hypothermia Hemodialysis during Cooling](#) (By Long, Jeanne - Nursing - Jan 4 - 4 authors - 3 replies)
- [*****To remove posts sent directly to your email](#) (By Blewer, Audrey - Jan 3 - 1 author - 0 replies)

At the bottom of the highlighted section, there's a 'Members' link showing 102 members. On the right side, there's a sidebar with 'HOME', 'DISCUSSIONS', 'MEMBERS', and 'About this group' links. A 'View this group in the new Google Groups' button is also present.

Or you can click on DISCUSSIONS in the right hand column to view all topics in detail:

The screenshot shows the 'Discussions' page of the 'penn hypothermia' Google Group. The 'Discussions' tab is selected, and the 'hypothermia protocol questions' topic is expanded. The text of the discussion is as follows:

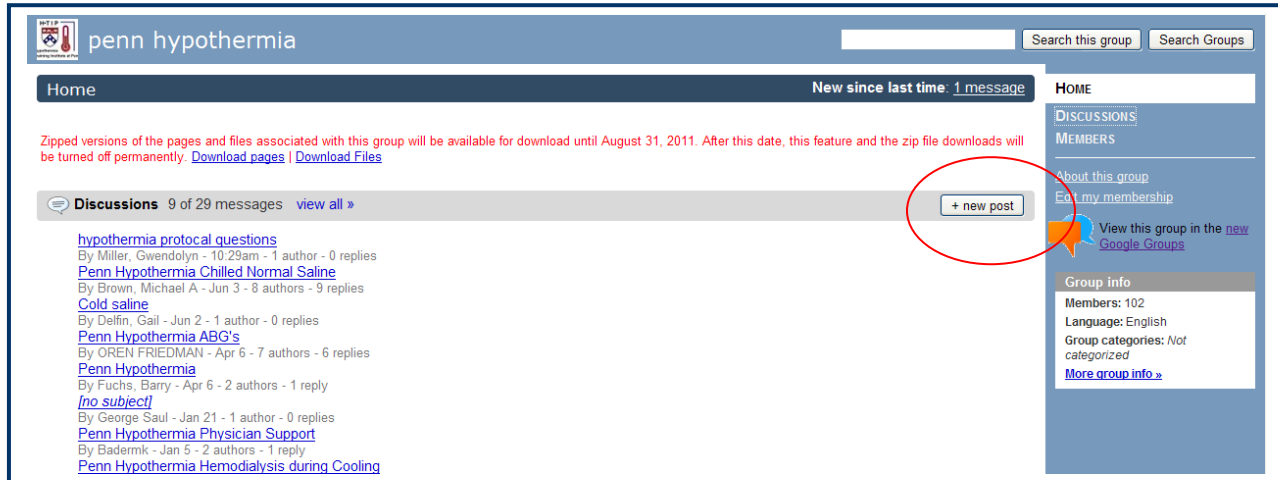
We at Atlantic Health System are revising our Induced Hypothermia order sets and protocol and we have some questions to ask all of you. First, do you stop the protocol on a patient if their qt interval goes beyond 470ms or do you just see if refractory dysrhythmias develop? Has anyone extended the normothermia period beyond 24hour to say 48 to 72 hrs? With the MAP, have you changed the target mean to anything other than 80-100mmHg during the hypothermia protocol? Lastly, does anyone have a policy on the timing of prognostication discussions and when they should occur? Thanks.... [more »](#)

By Miller, Gwendolyn - 1:29pm - [2 new of 2 messages](#) - [Report as spam](#)

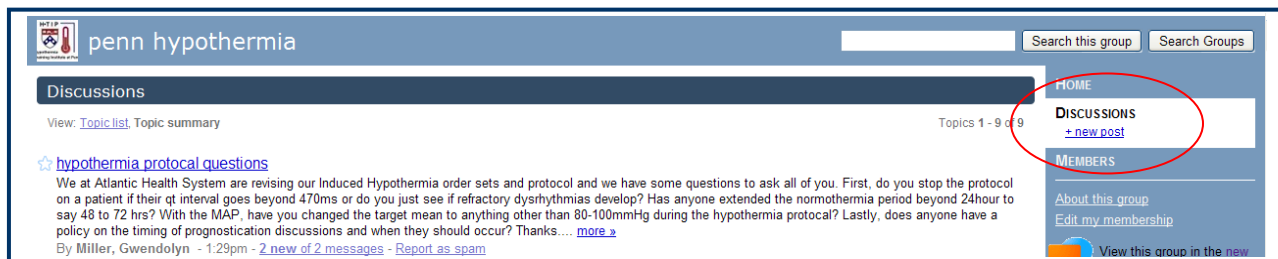
The sidebar on the right shows 'HOME', 'DISCUSSIONS', and 'MEMBERS' sections. There are also 'Sponsored links' for nursing colleges and programs.

NEW DISCUSSION TOPICS

1. To post a new discussion topic, click on “+ new post”, located on the home page



Or you can click on DISCUSSIONS in the right hand column, then “+ new post” underneath:



2. Type your subject and message, which will be sent to the moderators for approval:

The screenshot shows the 'Start a new discussion' form. The form includes fields for 'From', 'To', 'Cc', 'Subject', and 'Message'. The 'Message' field is a large text area. At the bottom, there are buttons for 'Send to moderators' and 'Cancel', and a checkbox for 'Send me a copy of this message'.

REPLY TO DISCUSSION POSTS

1. To reply to discussion posts, click on a specific discussion topic:

The screenshot shows a forum page for 'penn hypothermia'. The 'Discussions' section lists several topics:

- hypothermia protocol questions** (highlighted with a red circle and arrow): We at Atlantic Health System are revising our Induced Hypothermia order sets and protocol and we have some questions to ask all of you. First, do you stop the protocol on a patient if their qt interval goes beyond 470ms or do you just see if refractory dysrhythmias develop? Has anyone extended the normothermia period beyond 24hour to say 48 to 72 hrs? With the MAP, have you changed the target mean to anything other than 80-100mmHg during the hypothermia protocol? Lastly, does anyone have a policy on the timing of prognostication discussions and when they should occur? Thanks. [more »](#)
- Cold saline**: Hi all - 2 - 4 liters of normal saline and a couple of liter bags of lactated ringers are kept in our individual pharmacy refrigerators at 4 degrees celsius. Always check for expiration dates before using. Gail Delfin Hospital of the University of Pennsylvania The information contained in this e-mail message is intended only for the personal and confidential use of the recipient(s) named above. If the reader of this message is not the intended recipient or an agent responsible for delivering it to the intended recipient, you are hereby notified that you have received this document in error and that any review, dissemination, distribution, or copying of this message is strictly prohibited. If you have received this communication in error, please notify us immediately by e-mail, and delete the original message.... [more »](#)
- Chilled Normal Saline**: What method do you use to chill the Normal Saline for rapid IV infusion? Refrigerators? Basins of ice? Thank you, Mary Ann Warner RN Anne Arundel Medical Center Annapolis, Maryland email: mwar...@aaahs.org
- [no subject]**: We correct for temperature as well. Tracy Oster, RN, BSN Clinical Nurse Educator Critical Care Units Saint Clare's Hospital 25 Pocono Road, Denville, NJ 07834 973-983-2306 tracynos...@saintclares.org

Navigation options include 'View: Topic list, Topic summary' and 'Topics 1 - 9 of 9'. A sidebar on the right contains 'HOME', 'DISCUSSIONS', 'MEMBERS', and 'Sponsored links'.

2. Then, click **“Reply”** on a particular message post to respond to the discussion post, or **“Reply to author”** to just respond to the author:

The screenshot shows a specific discussion post titled 'hypothermia protocol questions' in the 'penn hypothermia' forum. The post is by 'Miller, Gwendolyn' and contains the same text as the first post in the previous screenshot. At the bottom of the post, there are several action buttons: 'Reply', 'Reply to author', 'Forward', and 'Report spam'. The 'Reply' and 'Reply to author' buttons are circled in red with arrows pointing to them.

CRS RESOURCES

We hope that you find this inter-hospital discussion forum a useful tool as you move forward in post-resuscitation care protocol development and implementation!

Any questions about the discussion forum?

Please contact Audrey L. Blewer, MPH at 215.662.6912 or

Audrey.blewer@uphs.upenn.edu

Visit us on the web!

Center for Resuscitation Science

<http://www.med.upenn.edu/resuscitation/>



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