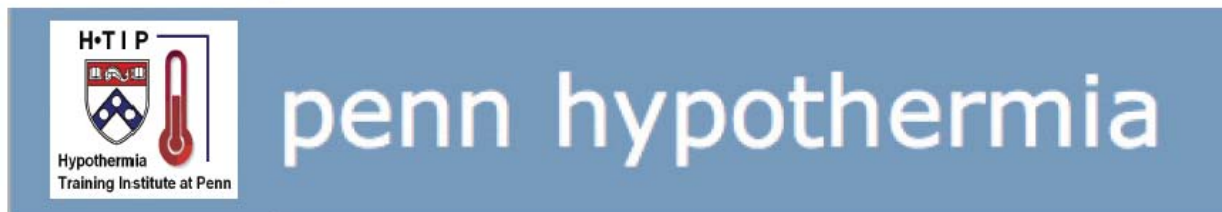


PENN HYPOTHERMIA DISCUSSION FORUM MANUAL



Google groups



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

TABLE OF CONTENTS

- About The Discussion Forum Page 2
- How To Join Page 3
 - With a Gmail Account Page 3
 - Without a Gmail Account Page 4
- How To Modify Your Membership Page 5
- How To Post Discussion Topics Page 6
 - View Discussion Topics Page 6
 - New Discussion Topics Page 7
 - Reply To Discussion Threads Page 8
- CRS Resources Page 9

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!

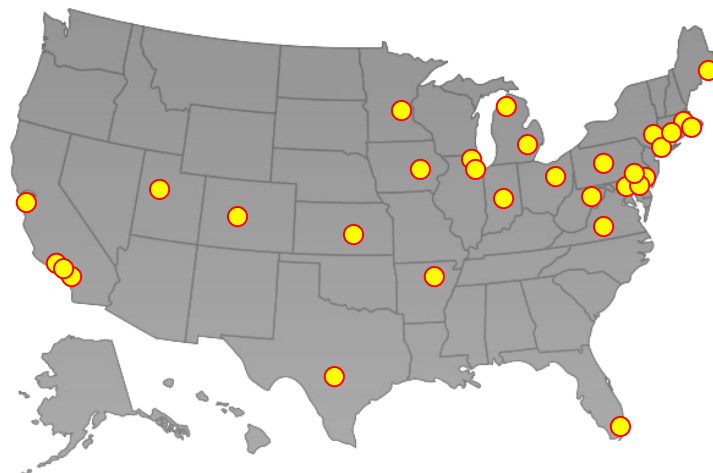
AHA ECC Adult Chain of Survival

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 includes radio button options for 'No Email', 'Abridged Email', 'Digest Email', and 'Email'. Below this, there is a text box for a nickname and an 'Apply to this group' button. Arrows point from the text 'Choose your email settings:' to the email options and from the text 'filling in the text box below.' to the nickname text box.

WITHOUT A GMAIL ACCOUNT

1. Send an email to:

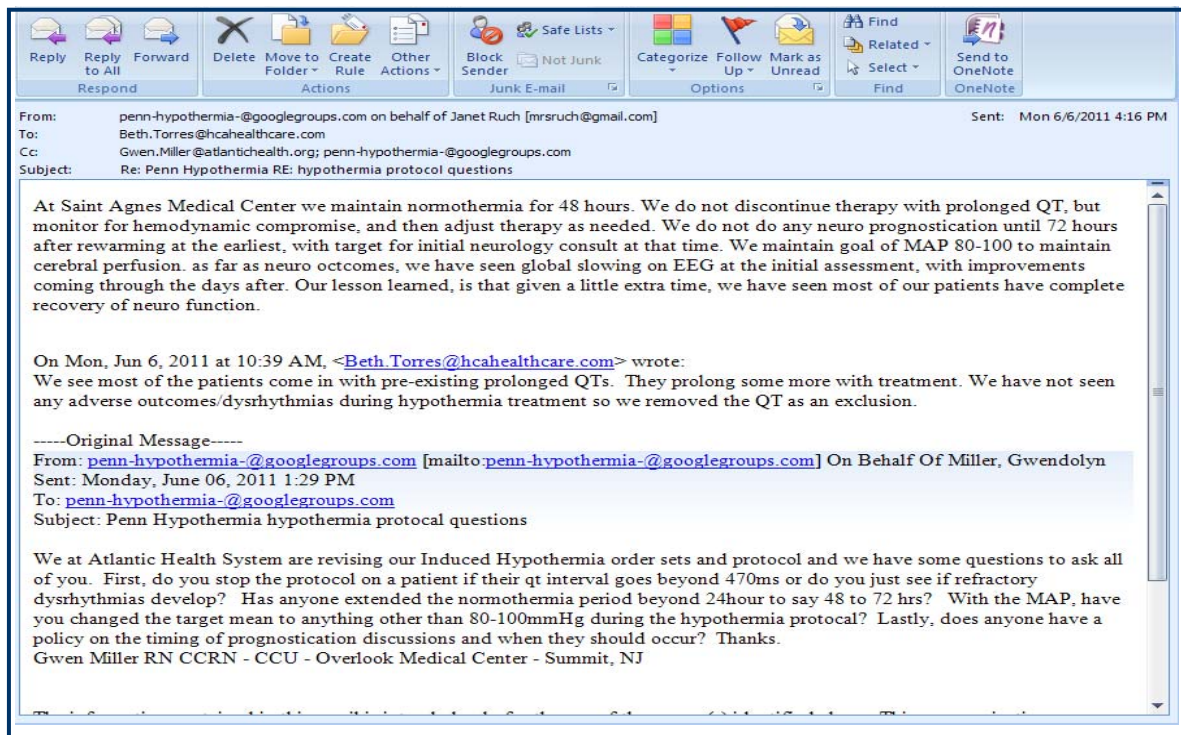
penn-hypothermia-+subscribe@googlegroups.com



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.

The screenshot shows the 'Edit my membership' page for the 'penn hypothermia' group. The page is titled 'Edit my membership' and contains the following sections:

- 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
-
-

There is also a section for 'About this group' with a description and a group email address: penn-hypothermia@googlegroups.com.

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

The screenshot shows the 'Discussions' page for the 'penn hypothermia' group. The page displays a list of discussions with the following columns: Topic, Rating, Messages, Author, and Date.

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

There is also a '+ New post' button and a link to 'Send email to this group: penn-hypothermia@googlegroups.com'.

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 Groups' button. Below that, a navigation bar includes 'Home' and 'New since last time: 1 message'. A red circle highlights the 'Discussions' section, which shows a list of 9 of 29 messages. The list includes topics like 'hypothermia protocol questions', 'Penn Hypothermia Chilled Normal Saline', 'Cold saline', 'Penn Hypothermia ABG's', 'Penn Hypothermia', 'Ino subject', 'Penn Hypothermia Physician Support', and 'Penn Hypothermia Hemodialysis during Cooling'. To the right, there's a sidebar with 'HOME', 'DISCUSSIONS', 'MEMBERS', and 'Group info'.

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

The screenshot shows the 'Discussions' page for the 'penn hypothermia' Google Group. The 'Discussions' section is active, showing a list of topics. The first topic, 'hypothermia protocol questions', is selected and expanded. The message text reads: '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 »'. The author is Gwendolyn Miller, dated 1:29pm. The right sidebar shows 'HOME', 'DISCUSSIONS', 'MEMBERS', and 'Sponsored links'.

NEW DISCUSSION TOPICS

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

The screenshot shows the home page of the 'penn hypothermia' group. At the top, there are search bars and a 'Home' tab. Below the search bars, there is a notification: 'Zipped versions of the pages and files associated with this group will be available for download until August 31, 2011. After this date, this feature and the zip file downloads will be turned off permanently. [Download pages](#) | [Download Files](#)'. A 'Discussions' section shows '9 of 29 messages' and a '+ new post' button, which is circled in red. The right-hand column contains navigation links for 'HOME', 'DISCUSSIONS', and 'MEMBERS', with the 'DISCUSSIONS' link and its '+ new post' sub-link circled in red.

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

The screenshot shows the 'Discussions' page of the 'penn hypothermia' group. The 'Discussions' tab is selected. The page displays a list of topics, with the first one being 'hypothermia protocol questions'. The '+ new post' button is circled in red. The right-hand column shows the 'DISCUSSIONS' link and its '+ new post' sub-link, also circled in red.

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 'From' field is pre-filled with 'Julie Xu <julie.yang.xu@gmail.com> - change nickname'. The 'To' field is pre-filled with 'penn hypothermia'. The 'Subject' field is empty. The 'Message' field is a large text area. At the bottom of the form, there are buttons for 'Send to moderators' and 'Cancel', and a checkbox for 'Send me a copy of this message'. The right-hand column shows the 'DISCUSSIONS' link and its '+ new post' sub-link, circled in red.

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 »](#)
 - By Miller, Gwendolyn - 1:29pm - [2 new of 2 messages](#) - [Report as spam](#)
- 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 »](#)
 - By Delfin, Gail - Jun 2 - [1 message](#) - [Report as spam](#)
- 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
 - By Rande Cady - Jun 2 - [10 messages](#) - [Report as spam](#)
- [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 DISCLAIMER: Saint Clare's Health System Confidentiality Notice: This e-mail and any accompanying documents may be confidential and/or legally privileged. If you are not the intended recipient, you are hereby notified that any disclosure, copying, distribution or the taking of any action in reliance on the contents of this information is strictly prohibited. If you have received this e-mail in error, please notify the sender immediately by reply e-mail and delete the message and any attachments. Thank you.... [more »](#)

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 forum page for 'penn hypothermia' with the topic 'hypothermia protocol questions'. The message post by Miller, Gwendolyn is displayed:

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.
Gwen Miller RN CCRN - CCU - Overlook Medical Center - Summit, NJ

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At the bottom of the message, the following buttons are visible:

- Reply** (highlighted with a red circle and arrow)
- Reply to author** (highlighted with a red circle and arrow)
- Forward**
- Report spam**

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?

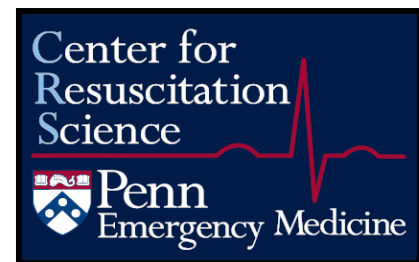
Please contact Audrey L. Blewer, MPH at 215.662.6912 or

Audrey.blewer@uphs.upenn.edu

Visit us on the web!

Center for Resuscitation Science

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



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