

COVID-19 QUICK GUIDE

COVID-19 Patient with Hypoxia (Spo2 <95%)

MILD ARDS (PAO₂/FIO₂ <300)

- Lung protective ventilation*
- Test for bacterial infection, respiratory viral panel
- Target SpO₂ 92-96%
- Empiric abx, consider ID consult
- Conservative fluid strategy

*Lung protective ventilation strategy:

- Order lung protective ventilation in PennChart, will guide PEEP titration
- Tidal volume 6 mL/kg
- Plateau pressure < 30 cm H₂O
- Starting PEEP of 10

MODERATE-SEVERE ARDS (PAO₂/FIO₂ <200)

- Consider increasing PEEP
- Assess for PEEP responsiveness
- Trial of Neuromuscular blockade, possible drip
- Prone Positioning (order proning protocol in epic)
- Hydroxychloroquine, T/C Remdesivir (need ID c/s)

**Call ICU supervisor for ECMO eval if:

- PaO₂ < 80 on FIO₂ 100% despite proning, hemodynamic instability X 12 hours
- Age < 65
- BMI < 45
- Smoking hx < 30 ppy

RESCUE/ADJUNCTIVE THERAPY

- Consider systemic hydrocort 50 mg Q 6 h if Norepi > 20 mcg/m or other indications (COPD, asthma)
- Consideration of ECMO**