

# EL DORADO COUNTY EMS AGENCY

## FIELD PROCEDURES

Effective: July 1, 2015

Reviewed: July, 2015, 2017

Revised: July, 2019

Scope: ALS - Adult



---

EMS Agency Medical Director

### THERAPEUTIC HYPOTHERMIA- TARGETED TEMPERATURE MANAGEMENT

#### PURPOSE:

To improve neurological status and survival rates in adult cardiac arrest patients who have a Return of Spontaneous Circulation (ROSC), but who haven't regained consciousness and may benefit from induced hypothermia.

#### INDICATIONS: must meet all three inclusion criteria:

- 1) Non-traumatic cardiac arrest patients with ROSC < 60 minutes
- 2) Comatose after ROSC: GCS < 6 with no purposeful movement to pain
- 3) Age 18 or older

#### ABSOLUTE CONTRAINDICATIONS:

- Suspected pre-existing hypothermia (Core temp <34 Celsius) at presentation
- Refractory hypotension (<90 mm Hg) despite inotropic support
- Gravid pregnancy
- Sepsis
- Head injury/intracranial hemorrhage
- Stroke
- Active bleeding or severe coagulopathy
- DNR or terminal illness

#### RELATIVE CONTRAINDICATIONS:

- Conflict with advanced directives
- Major surgery within 14 days
- Age = to or > 75 years
- Uncontrollable arrhythmias
- Drug OD as etiology of cardiac arrest
- Time to ROSC > 60 minutes

#### PROCEDURE:

1. Remove all clothing from the patient's body.
2. Apply ice packs to the patient's head, neck, and torso.
3. Continuously monitor the patient's vital signs and EKG.