

ARDS

Diagnosis

(Berlin's Criteria)

- Non-cardiogenic
- Bilateral diffuse opacities
- PF ratio < 300 (severe <100)

Initial Management (ventilator support)

- High PEEP
- Low Tidal volume (~6 ml/kg of ideal body weight)
- Keep plateau pressures < 30 (to reduce risk of pneumothorax)
- Allow permissible hypercapnia

Further Management

- **Diuresis** - keep lungs on dry side.
 - Monitor electrolytes
 - If hypernatremia --> treat with IV D5
- **Paralytic**
- **Pronation**. flip patient daily if possible. (Prone --> supine --> prone --> supine, etc)
- **Inhaled Nitric oxide**. Vasodilates --> recruits more lung tissue --> increases O₂
- **ECMO** - "dialysis" for lungs