



# STABILISATION GUIDANCE

An aide-memoire to support the non-Intensivist team caring for a ventilated COVID-19 patient. It is intended as guidance pending formal review by an intensive care doctor.

**For urgent concerns contact Critical Care Consultant Bleep 5490**

**NO EXCEPTIONS: FULL PPE BEFORE ENTERING ROOM**

## PRE-INDUCTION

IV ACCESS x2 ..... CHECK  
 ARTERIAL LINE (if unstable) ..... CHECK

## INDUCTION (USE DEDICATED INTUBATION CHECKLIST)

### STABLE:

Fentanyl 3mcg kg<sup>-1</sup> : Ketamine 2mg kg<sup>-1</sup> : Rocuronium 1mg kg<sup>-1</sup>

### UNSTABLE (can also omit fentanyl)

Fentanyl 1mcg kg<sup>-1</sup> : Ketamine 1mg kg<sup>-1</sup> : Rocuronium 1mg kg<sup>-1</sup>

**PLEASE AVOID PROPOFOL FOR INDUCTION**

## POST INTUBATION

SEDATION: Propofol 1% 5 - 20ml h<sup>-1</sup>

Alfentanil (500mcg ml<sup>-1</sup>) @ 1 - 5ml h<sup>-1</sup>

If unavailable midazolam 1 - 5mg h<sup>-1</sup> and morphine 1 - 5mg h<sup>-1</sup>

### LINES:

12F NASOGASTRIC TUBE ..... CHECK

CVC LINE (no role for CVP to guide fluid) ..... CHECK

VASCATH (optional, Right femoral preferred)

Consider if HCO<sub>3</sub><sup>-</sup> < 15 or Creat >200) ..... CHECK

URINARY CATHETER ..... CHECK

### VENTILATOR:

OXYGEN ..... SpO<sub>2</sub> >90%

TIDAL VOLUME (see over for Vt) ..... 6ml kg<sup>-1</sup>

PEEP (see over for PEEP chart) ..... INITIALLY 10cm H<sub>2</sub>O

CXR (ETT above carina, NGT midline, CVC) ..... CHECK

FLUIDS (minimise to help oxygenation) ..... 250 ml bolus if needed

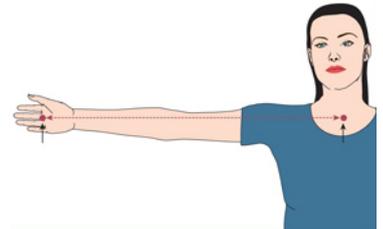
MAP (65mmHg or 75mmHg if hypertensive) ..... NORADRENALINE  
 (4mg in 50ml)

## LOW TIDAL VENTILATION

This is a key evidenced based strategy that decreases mortality significantly in ARDS. Ventilate at 6-8ml kg<sup>-1</sup> of IDEAL body weight. Ideal body weight is determined from height.

Ascertain height by one of the following:

1. Asking the patient how tall they are prior to intubation
2. Measure either from head to heel whilst supine
3. Measure demispan: double the distance from the root of the middle finger to the centre of the sternal notch. See figure.



NIH PREDICTED BODY WEIGHT (PBW) / TIDAL VOLUME CHART															
MALES							FEMALES								
HEIGHT		PBW	4	5	6	7	8	HEIGHT		PBW	4	5	6	7	8
Feet	Inches	Male	ml/kg	ml/kg	ml/kg	ml/kg	ml/kg	Feet	Inches	Female	ml/kg	ml/kg	ml/kg	ml/kg	ml/kg
4' 10"	58	45.4	180	230	270	320	360	4' 7"	55	34	140	170	200	240	270
4' 11"	59	47.7	190	240	290	330	380	4' 8"	56	36.3	150	180	220	250	290
5' 0"	60	50	200	250	300	350	400	4' 9"	57	38.6	150	190	230	270	310
5' 1"	61	52.3	210	260	310	370	420	4' 10"	58	40.9	160	200	250	290	330
5' 2"	62	54.6	220	270	330	380	440	4' 11"	59	43.2	170	220	260	300	350
5' 3"	63	56.9	230	280	340	400	460	5' 0"	60	45.5	180	230	270	320	360
5' 4"	64	59.2	240	300	360	410	470	5' 1"	61	47.8	190	240	290	330	380
5' 5"	65	61.5	250	310	370	430	490	5' 2"	62	50.1	200	250	300	350	400
5' 6"	66	63.8	260	320	380	450	510	5' 3"	63	52.4	210	260	310	370	420
5' 7"	67	66.1	260	330	400	460	530	5' 4"	64	54.7	220	270	330	380	440
5' 8"	68	68.4	270	340	410	480	550	5' 5"	65	57	230	290	340	400	460
5' 9"	69	70.7	280	350	420	490	570	5' 6"	66	59.3	240	300	360	420	470
5' 10"	70	73	290	370	440	510	580	5' 7"	67	61.6	250	310	370	430	490
5' 11"	71	75.3	300	380	450	530	600	5' 8"	68	63.9	260	320	380	450	510
6' 0"	72	77.6	310	390	470	540	620	5' 9"	69	66.2	260	330	400	460	530
6' 1"	73	79.9	320	400	480	560	640	5' 10"	70	68.5	270	340	410	480	550
6' 2"	74	82.2	330	410	490	580	660	5' 11"	71	70.8	280	350	420	500	570
6' 3"	75	84.5	340	420	510	590	680	6' 0"	72	73.1	290	370	440	510	580
6' 4"	76	86.8	350	430	520	610	690	6' 1"	73	75.4	300	380	450	530	600
6' 5"	77	89.1	360	450	530	620	710	6' 2"	74	77.7	310	390	470	540	620
6' 6"	78	91.4	370	460	550	640	730	6' 3"	75	80	320	400	480	560	640

## PEEP CHART

FiO <sub>2</sub>	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
PEEP	5	5-8	8-10	10	10-12	12-14	15	15

Titrate PEEP to FiO<sub>2</sub>, aiming to keep peak pressures below 30cmH<sub>2</sub>O if possible