Adult post-resuscitation care

**Airway and breathing**
- Maintain SpO₂ 94–98%
- Insert advanced airway
- Waveform capnography
- Ventilate lungs to normocapnia

**Circulation**
- 12-lead ECG
- Obtain reliable intravenous access
- Aim for SBP >100 mmHg
- Fluid (crystalloid) – restore normovolaemia
- Intra-arterial blood pressure monitoring
- Consider vasopressor/inotrope to maintain SBP

**Control temperature**
- Prevent fever
- Sedation; control shivering

**Likely cardiac cause?**

- **YES**
  - 12-lead ECG ST elevation?
    - **NO**
      - Consider coronary angiography ± PCI
    - **YES**
      - Coronary angiography ± PCI

- **NO**
  - Cause for cardiac arrest identified?
    - **YES**
      - Admit to ICU
    - **NO**
      - Consider CT brain and/or CTPA

  - Treat non-cardiac cause of cardiac arrest

**ICU management**
- Temperature control: prevent fever for at least 72 h
- Maintain normoxia and normocapnia; protective ventilation
- Avoid hypotension
- Echocardiography
- Maintain normoglycaemia
- Diagnose/treat seizures (EEG, sedation, anti-epileptic drugs)
- Delay prognostication for at least 72 h

**Secondary prevention**
- e.g. ICD, screen for inherited disorders, risk factor management

**DIAGNOSIS**

**IMMEDIATE TREATMENT**

**OPTIMISING RECOVERY**

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