



**Acute Respiratory Distress**

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**Continuous Positive Airway Pressure (CPAP)**

**• Indications:**

- CHF with pulmonary edema
- Moderate to severe resp. distress
- Near drowning

**• Contraindications:**

- < 8 years of age
- Respiratory or cardiac arrest
- Severe decreased LOC
- Agonal respirations
- Inability to maintain airway
- Suspected pneumothorax
- SBP < 90
- Major trauma, especially head injury or significant chest trauma

**• Complications:**

- Hypotension
- Pneumothorax
- Corneal drying

**EMT Epinephrine Auto-Injector Administration Criteria (epinephrine auto-injector optional skills providers only)**

- Candidates for administration of auto-injector epinephrine by authorized EMT personnel are patients with suspected asthma, in severe distress (**auto-injector epinephrine for asthma is not authorized for PSFA or EMR personnel**)

**Epinephrine should be used cautiously in patients > 35 years old, or with a history of CAD or HTN**

**BLS**

- Assess respiratory status, administer high flow O<sub>2</sub>, manage airway & assist ventilation as appropriate
- Assess V/S, including SpO<sub>2</sub>
- Consider CPAP, when appropriate, for moderate to severe distress
- Assess history and physical, determine degree of illness – fever, sputum production, medications, asthma, COPD, CHF, exposures, hypertension, tachycardia, JVD, edema

**Epinephrine auto-injector provider?**

NO

YES

**Suspected asthma in severe distress?**

NO

YES

**Monitor & reassess**

**See page 2 for ALS treatment**

**Epinephrine Adult (> 30 kg) Auto-injector**

- 0.3 mg (0.3 mL) – inject deep IM into lateral thigh, midway between waist and knee



### Acute Respiratory Distress

#### Asthma/COPD

#### ALS

##### Mild Distress

- Mild wheezing
- Mild shortness of breath
- Cough

- Cardiac monitor
- Consider IV NS (may bolus up to 1000 mL)

- Albuterol 5 mg and Ipratropium 500 mcg**
- Nebulizer
- May repeat (**albuterol 5 mg only**) if respiratory distress continues

##### Moderate to Severe Distress

- Cyanosis
- Accessory muscle use
- Inability to speak > 3 words
- Severe wheezing/shortness of breath
- Decreased or absent air movement

- Cardiac monitor
- IV/IO NS (may bolus up to 1000 mL)

- Albuterol 5 mg and Ipratropium 500 mcg**
- Nebulizer/CPAP/BVM
- May repeat (**albuterol 5 mg only**) if respiratory distress continues

- History of asthma with severe distress only**
- Epinephrine 1:1,000**
- 0.01 mg/kg IM (max dose = 0.5 mg)

#### CHF/Pulmonary Edema

#### ALS

##### Mild Signs & Symptoms

- Cardiac monitor
- IV NS TKO

- \*Nitroglycerin**
- 0.4 mg SL
- May repeat every 5 minutes

##### \*Nitroglycerin Notes/Precautions

- Do not administer if SBP < 100
- Do not delay due to difficult vascular access
- Consult with base/modified base hospital prior to administration for pts taking erectile dysfunction or pulmonary HTN medication

##### Moderate to Severe Signs & Symptoms

- Cardiac monitor
- Assess BP x 2 to confirm accuracy
- IV/IO NS TKO

- \*Nitroglycerin – titrate dose based on SBP**
- SBP 100 – 150: 0.4 mg SL
- SBP 150 – 200: 0.8 mg SL
- SBP > 200: 1.2 mg SL
- May repeat titrated doses every 5 minutes based on repeat BP