COVID-19 Resources

Summary of recommendations on the management of patients with COVID-19 and ARDS

COVID-19 with mild ARDS

- **DO:** Vt 4-8 ml/kg and Pplat < 30 cm H₂O
- **DO:** Investigate for bacterial infection
- **DO:** Target SpO₂ 92% - 96%
- **CONSIDER:** Conservative fluid strategy
- **CONSIDER:** Empiric antibiotics

COVID-19 with mod to severe ARDS

- **CONSIDER:** Higher PEEP
  - PEEP should be tailored to individual response
- **CONSIDER:** NMBA boluses to facilitate ventilation targets
- **CONSIDER:** If PEEP responsive
  - Traditional recruitment maneuvers
- **CONSIDER:** Prone ventilation 12 - 16 h
- **CONSIDER:** If proning, high Pplat, asynchrony
  - NMBA infusion for 24 h

Rescue/adjunctive therapy

- **CONSIDER:** If proning, high Pplat, asynchrony
  - NMBA infusion for 24 h
- **CONSIDER:** Prone ventilation 12 - 16 h
- **CONSIDER:** A trial of inhaled nitric oxide
  - STOP if no quick response
- **CONSIDER:** V-V ECMO or referral to ECMO center
  - Follow local criteria for ECMO

**Mod =** moderate

**ARDS =** adult respiratory distress syndrome

**Pplat =** plateau pressure

**SpO₂ =** peripheral capillary oxygen saturation

**PEEP =** positive end-expiratory pressure

**NMBA =** neuromuscular blocking agents

**ECMO =** extracorporeal membrane oxygenation

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