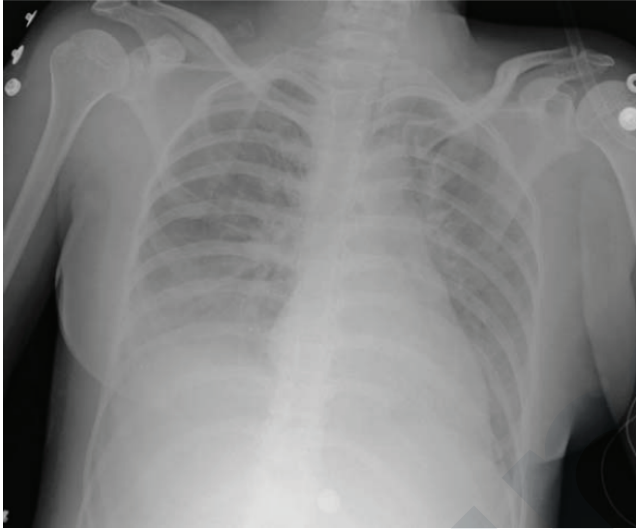


ARDS VENTILATION

Acute Respiratory Distress Syndrome (ARDS) is a condition characterized by diffuse damage to the lungs and fluid filling the alveoli, preventing proper gas exchange. ARDS has a high mortality rate without quick intervention.

ASSESSMENT FINDINGS

1. Diffuse bilateral infiltrates on chest x-ray ("White out")
2. Refractory hypoxemia - oxygen requirements increasing



By Altaf Gauhar Haji, Shekhar Sharma, DK Vijaykumar and Jerry Paul. - Transfusion related acute lung injury presenting with acute dyspnoea: a case report. Journal of Medical Case Reports 2008, 2:336. doi:10.1186/1752-1947-2-336, CC BY 2.0. <https://commons.wikimedia.org/w/index.php?curid=5898904>

DIAGNOSTIC CRITERIA: THE P/F RATIO

Determine refractory hypoxemia by dividing the PaO₂ by the FiO₂
For example: A PaO₂ of 85 on 40% FiO₂

$$85 \div 0.40 = 212.5$$

- Mild ARDS if <300
- Moderate ARDS if <200
- Severe ARDS if <100

LUNG PROTECTIVE VENT STRATEGIES

- High PEEP
- Tidal Volumes - 4-6 mL/kg
- Prone Positioning
- APRV or Oscillating Vent Mode