

Acls Targeted Temperature Management

ACLS Targeted Temperature Management: Challenges and Opportunities in Neuroprotection

Author: Dr. Eleanor Vance, MD, PhD, FCCM

Dr. Vance is a Professor of Critical Care Medicine at the University of California, San Francisco, and a nationally recognized expert in advanced cardiovascular life support (ACLS) and therapeutic hypothermia.

Keywords: ACLS Targeted Temperature Management, Therapeutic Hypothermia, Neuroprotection, Cardiac Arrest, Post-Cardiac Arrest Care, Hypothermia Complications, Rewarming, ACLS Protocols, Temperature Management Guidelines, Clinical Outcomes

Abstract: This article provides a comprehensive overview of ACLS targeted temperature management (TTM), exploring its benefits in improving neurological outcomes after cardiac arrest, while also critically examining the associated challenges and limitations. We delve into the mechanisms of neuroprotection offered by TTM, discuss current best practices and guidelines, and analyze the practical and ethical considerations involved in implementing effective TTM protocols.

Introduction: Cardiac arrest remains a leading cause of death worldwide. While advancements in ACLS have improved survival rates, a significant proportion of survivors experience neurological deficits. ACLS targeted temperature management (TTM), also known as therapeutic hypothermia, has emerged as a crucial neuroprotective strategy following cardiac arrest. This technique involves inducing mild hypothermia (typically 32-34°C) for a defined period, aiming to reduce neuronal injury and improve neurological outcomes. This article explores the opportunities and challenges presented by ACLS targeted temperature management.

Mechanisms of Neuroprotection in ACLS Targeted Temperature Management:

The exact mechanisms underlying the neuroprotective effects of TTM are not fully understood, but several factors contribute:

Reduced Cerebral Metabolism: Lowering body temperature decreases cerebral metabolic rate, reducing the demand for oxygen and glucose in the brain, thereby mitigating ischemic damage.

Decreased Excitotoxicity: Hypothermia inhibits the release of excitatory neurotransmitters, such as glutamate, which are implicated in neuronal cell death following ischemia.

Anti-inflammatory Effects: TTM reduces the inflammatory cascade, minimizing brain swelling and further neuronal damage.

Improved Blood Flow: In some cases, mild hypothermia can improve cerebral blood flow, enhancing oxygen delivery to the brain.

Current Guidelines and Best Practices in ACLS Targeted Temperature Management:

International guidelines recommend TTM for patients who remain comatose after resuscitation from cardiac arrest. These guidelines typically specify the target temperature range, duration of hypothermia, and rewarming rate. Careful monitoring of core body temperature, neurological status, and other vital signs is crucial throughout the process. The specific protocol may vary depending on the patient's clinical condition and institutional practices. The implementation of robust ACLS targeted temperature management protocols requires dedicated resources and trained personnel.

Challenges Associated with ACLS Targeted Temperature Management:

Despite the proven benefits, ACLS targeted temperature management faces several challenges:

Hypothermia-Induced Complications: These include arrhythmias, coagulopathy, infection, and shivering, which can interfere with temperature control and patient management. Careful monitoring and proactive management of these complications are essential.

Logistical Difficulties: Effective TTM requires specialized equipment and trained personnel, which may not be readily available in all settings.

Patient Selection: Identifying patients who will most likely benefit from TTM is crucial. Factors such as age, comorbidities, and the duration of unconsciousness need to be considered.

Ethical Considerations: The decision to initiate TTM involves weighing potential benefits against potential risks and the patient's overall prognosis. This requires careful discussion with family members, when appropriate.

Cost-Effectiveness: The implementation of ACLS targeted temperature management can be expensive, raising questions about cost-effectiveness in resource-limited settings.

Opportunities in ACLS Targeted Temperature Management:

Despite the challenges, there are significant opportunities to improve the effectiveness and accessibility of TTM:

Improved Monitoring Techniques: Advancements in temperature monitoring technology can lead to more precise temperature control and reduce the risk of complications.

Targeted Drug Therapies: Combining TTM with other neuroprotective therapies may enhance its efficacy.

Personalized Medicine: Tailoring TTM protocols to individual patient characteristics may optimize outcomes.

Education and Training: Improving the training and education of healthcare professionals on TTM protocols will lead to better implementation and patient care.

Technological Advancements: The development of portable and user-friendly devices could enhance the accessibility of TTM in various healthcare settings.

Conclusion:

ACLS targeted temperature management represents a significant advancement in post-cardiac arrest care, offering substantial opportunities to improve neurological outcomes. While challenges remain in terms of complications, logistics, and ethical considerations, ongoing research and

advancements in technology are paving the way for improved protocols, broader accessibility, and ultimately better patient care. The continued development and refinement of ACLS targeted temperature management will be crucial in minimizing the devastating neurological consequences of cardiac arrest.

FAQs:

1. What is the optimal temperature range for ACLS targeted temperature management? Generally, 32-34°C (89.6-93.2°F) is recommended.
2. How long should TTM be maintained? Guidelines typically recommend 24 hours of targeted hypothermia.
3. What are the common complications of TTM? Arrhythmias, shivering, infection, and coagulopathy.
4. Who is a candidate for TTM? Comatose patients after cardiac arrest who meet specific criteria.
5. How is TTM induced and maintained? Various methods exist, including cooling blankets, ice packs, and intravascular cooling devices.
6. What are the signs of rewarming syndrome? Arrhythmias, hypotension, and metabolic acidosis.
7. What is the role of the family in TTM decisions? Families should be involved in discussions about the risks and benefits of TTM.
8. Is TTM effective in all patients? No, the efficacy of TTM varies depending on several factors.
9. What are future directions in TTM research? Further research is needed to optimize protocols, identify predictors of response, and explore combined therapies.

Related Articles:

1. "Targeted Temperature Management After Cardiac Arrest: A Systematic Review": This review synthesizes evidence on the effectiveness of TTM in improving neurological outcomes after cardiac arrest.
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4. "Cost-Effectiveness of Targeted Temperature Management: A Comparative Analysis": This analysis compares the cost-effectiveness of TTM with other neuroprotective strategies.
5. "Optimal Rewarming Strategies After Targeted Temperature Management": This research focuses on improving rewarming protocols to minimize complications.

6. "Predictive Biomarkers for Response to Targeted Temperature Management": This study aims to identify biomarkers that can predict which patients will benefit most from TTM.
7. "Targeted Temperature Management in Out-of-Hospital Cardiac Arrest": This research focuses on the application and effectiveness of TTM in prehospital settings.
8. "ACLS Targeted Temperature Management Protocols: A Multi-Center Comparison": This article compares and contrasts TTM protocols used across various medical centers.
9. "The Role of Nursing in Effective ACLS Targeted Temperature Management": This article highlights the crucial role of nurses in the successful implementation of TTM protocols.

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Dr. Smith is a leading expert in critical care medicine with extensive experience in ACLS and therapeutic hypothermia.

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a. Patients who are at the target temperature on admission to the hospital should be maintained using cooling measures described in this guideline. b. If below the target temperature on ...

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6 hours as needed for magnesium < 2.5 mg/dL (adjust dose based on renal function) Titrate up or down by 5-10 mcg/kg/minute every 5-20 minutes as needed to achieve and maintain target ...

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ANZCOR suggests actively preventing fever by targeting a temperature less than or equal to 37.5°C for patients who remain comatose after return of spontaneous circulation (ROSC) from ...

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- Targeted temperature control for 3 days (no fevers in all patients in both groups in TTM trial)
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Hyperthermia must be avoided: target and maintain temperature at 36°C for 12 hours (or up to 24 hours) as directed by medical staff. Record core temperature every hour using oesophageal ...

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These evaluations should be done concurrently so that decisions on targeted temperature management (TTM) receive high priority as cardiac interventions.

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The ACLS course now requires a mandatory Precourse Self-Assessment and Precourse Work with a passing score of at least 70%. Students may take the self-assessment as many times ...

TARGETED TEMPERATURE MANAGEMENT AFTER CARDIAC ...

Targeted Temperature Management for Improved Outcomes. Are we there yet?. Critical Care Nurse. 11(2);102-108. Nielsen, N. et al (2013). Targeted Temperature Management at 33°C ...

Targeted Temperature Management Post Cardiac Arrest

Targeted Temperature Management (TTM) previously known as therapeutic hypothermia is an active treatment aimed at achieving and maintaining a specific core body temperature for a ...

High Quality Targeted Temperature Management (TTM) ...

Targeted temperature management (TTM) is a complex intervention used with the aim of minimizing post-anoxic injury and improving neurological outcome after cardiac arrest. There ...

Targeted Temperature Management - acoi.org

- Targeted temperature management/TTM is a shared decision ...
- ACLS initiated by EMS
- Epinephrine x6, defibrillation x3, amiodarone 300mg x1, amiodarone 150mg x1, lidocaine ...

TARGETED TEMPERATURE MANAGEMENT IN ADULT ...

Oct 28, 2020 · Targeted temperature management (TTM) has been a mainstay of post-resuscitation care since early trials in 2002 suggested a beneficial effect after OHCA with ...

Heart Smart ACLS

targeted temperature management (TTM) receive high priority as cardiac interventions. Emergent cardiac intervention: Early evaluation of 12-lead electrocardiogram (ECG); consider ...

2015 Interim Training Materials - Atrium Health Wake Forest ...

Targeted temperature management (ACLS Provider Manual, Part 5: The ACLS Cases) All comatose (ie, lacking meaningful ... circulation (ROSC) after cardiac arrest should have ...

Management of Shock After ROSC Pediatric Algorithm

initiate targeted temperature management, including aggressive treatment of fever Seek consultation and patient transport to tertiary care center Milrinone can cause severe ...

Protocol for Hypothermic (32C to 34C Degrees) Targeted ...

T1: Time point when the patient's temperature first reaches target (e.g., 34) T40: Time point for the end of active cooling and initiation of sedation withdrawal. T72: End of targeted ...

ACLS Update 2023 - ucsfcmc.com

ACLS Update 2023 Jeffrey Tabas, M.D. Professor of Emergency Medicine ... Fernando et al. Targeted temperature management following out-of-hospital cardiac arrest: a systematic ...

Targeted Temperature Management at 33°C versus 36°C ...

Nov 17, 2013 · Targeted Temperature Management after Cardiac Arrest n engl j med 369;23 nejm.org 5december , 2013 2199 devices at the discretion of the sites. Details of the trial ...

Post Cardiac Arrest Care Guideline - CHOC

Targeted temperature management • Normothermia (keep temp 36-37.5 C), consider temp management device • Prevent shivering • Treat fever promptly Glucose Control • Avoid ...

Pediatric Post-Cardiac Arrest Care - AHA/ASA Journals

(uncontrolled) temperature therapy that did not include fever prevention.¹ More recent follow-up studies compared therapeutic hypothermia with controlled normo-thermia (36°C–37.5°C), with ...

AHA ACLS Study Guide - University of Arizona

AHA ACLS Study Guide 1 Update 01/2021 ACLS Course Objectives AHA ACLS book pg. 1 • Apply the BLS, Primary and Secondary Assessment sequences for a systematic evaluation of ...

2015 Interim Training Materials ACLS Lesson Map Changes

ACLS 3A-3F and ACLS-U 4A-4B: Management of Respiratory Arrest • Advanced airway ventilation rate ACLS 4A -4C and ACLS-U 5A-5B: CPR and AED Practice ...

Targeted Temperature Management in Critical care ...

Targeted Temperature Management in Critical care Neurology Supaporn Konmun Sornsawan Sriratanaporn Sorapat Kittu-udom Sombat Muengtawepongsa, M.D. 2nd years Medical ...

ACLS Study Guide (2020 Guidelines) - practicalaccls.com

The ACLS Provider exam is 50 multiple-choice questions, with a required passing score is 84%. All AHA exams are now "open resource" which means student may use the ACLS manual, ...

ACLS Megacode Testing Scenarios - We R CPR

Considers targeted temperature management STOP TEST Test Results Circle PASS or NR to indicate pass or needs remediation: PASS NR Instructor Initials _____ Instructor Number ...

Methods and clinical applications of targeted temperature ...

Inclusion and exclusion criteria for targeted temperature management after cardiac arrest Inclusion Criteria 1. Witnessed arrest 2. Initial rhythm VF or pulseless VT 3. Time to ACLS was ...

Megacode Practice Learning Station Checklist: Case 49 ...

Considers targeted temperature management STOP TEST Instructor Notes • Place a in the box next to each step the student completes successfully. • If the student does not complete all ...

American Heart Association Focused Updates for ACLS from ...

for ACLS from 2018, 2019, 2020, and 2023 2018 American Heart Association Focused Update on Advanced Cardiovascular Life Support Use ... • Targeted temperature management for ...

Nationally Accredited and OSHA Programs CEU Provider ...

The latest ACLS guidelines from the American Heart Association 2015 ECC Committee were published in late 2015 and implementation began in early 2016. These guidelines will be ...

ACLS 2020 Algorithms - floridaheartcpr.com

support B/P, consider targeted temperature management, maintain capnography 35-40mmHg. Secure the airway without prolonged intubation attempts (BVM) and maintain O₂@92-98% ...

ACLS Guidelines 2015 Update - Post Arrest Care

ACLS Guidelines 2015 Update - Post Arrest Care Written Summary and blog post prepared by Dr. Anton Helman, November 2015 ... The Guidelines stipulate that Targeted Temperature ...

Evaluation of Cardiac Arrest: Causes, Management, and ...

(SIRS). Targeted Temperature Management (TTM), through the induction of therapeutic hypothermia or controlled normothermia, has emerged as a foundation of post-cardiac arrest ...

Targeted Temperature Management in Post Cardiac Arrest ...

Targeted Temperature Management in Post Cardiac Arrest Patients . Treasa Joseph, PharmD . PGY-1 Pharmacy Resident . Atlantic Health System . Continuing Education Presentation

ACLS Checkoff Sheet - EMC Medical Training

Considers targeted temperature management STOP TEST Test Results Check PASS or NR to indicate pass or needs remediation: 'if done correctly PASS [2 Megacode Practice Instructor ...

Adult Immediate Post-Cardiac Arrest Care Algorithm—2015 ...

Adult Immediate Post-Cardiac Arrest Care Algorithm—2015 Update 1 2 3 5 4 Yes No 6 7 8 No Yes Doses/Details Ventilation/oxygenation: Avoid excessive ventilation.

Hypothermia versus Normothermia after Out-of-Hospital ...

2284 n engl j med 384;24 nejm.org June 17, 2021 The new england journal of medicine International guidelines recommend targeted temperature management to prevent ...

UMHHC Policy 03-01-025 Adult Post-Cardiac Arrest ...

Hypothermic Targeted Temperature Management (HTTM): : Continuous monitoring and regulation of core body temperature with target temperature between 33°C and 36°C for a ...

PALS Post Cardiac Arrest Checklist - New

Earn your ACLS, PALS, Neonatal or BLS in 1-2 hours. Certify or Recertify Today! Pediatric Post-Cardiac Arrest Care Check Comments ... Targeted Temperature Management Monitor core ...

10/11/17 TARGETED TEMPERATURE MANAGEMENT IN ...

TARGETED TEMPERATURE MANAGEMENT IN CARDIAC ARREST Cody M. Yochum, DNP, ARPN, FNP-BC, ENP-BC, CCRN Internal/Critical Care Medicine St. John Medical Center | ...

TEMPERATURE CONTROL AFTER CARDIAC ARREST - Allina ...

Apr 9, 2024 · • Targeted Temperature Management 2020s ... CPR Defibrillation ACLS Post-Arrest Care Recovery OHCA 350,000 1 in 4 Survive to Hospital6 Post-Arrest Care ... Temperature ...

Targeted Temperature Management for Cardiac Arrest with ...

Oct 2, 2019 · n engl j med 381;24 nejm.orgDecember 12, 2019 2329 Targeted Temperature Management for Cardiac Arrest tive were included in the trial, were informed as

ACLS STUDY GUIDE - Learn ACLS

ACLS Study Guide. LearnACLS,LLC 29-20 23rd ave Suite 302, Astoria, NY 11105 ... Post Cardiac Arrest Therapeutic Hypothermia-Targeted Temperature Management (TMM) is in the ...

Schwerpunkte der fokussierten Aktualisierungen der Leitlinien ...

Warum: Der Targeted Temperature Management 2 Trial fand keinen Unterschied im primären Ergebnis der zerebralen Leistungskategorie 1 oder 2 nach 6 Monaten bei Patienten, die auf 33 ...

ACLS Megacode Testing Scenarios - Atrium Health Wake ...

Considers targeted temperature management STOP TEST Test Results Circle PASS or NR to indicate pass or needs remediation: PASS NR Instructor Initials _____ Instructor Number ...

ACLS Megacode Testing Scenarios - American Heart ...

Considers targeted temperature management STOP TEST Test Results Circle PASS or NR to indicate pass or needs remediation: PASS NR Instructor Initials _____ Instructor Number ...

ACLS Post-Cardiac Arrest Care Algorithm - American Heart ...

Continued Management and Additional Emergent Activities These evaluations should be done concurrently so that decisions on targeted temperature management (TTM) receive high ...

ACLS Pharmacology - Virginia Department of Health

Targeted Temperature Management (I, B-R) ... Microsoft PowerPoint - ACLS 2015.ppsx Author: pjt36183 Created Date: 3/4/2016 11:33:21 AM ...

Highlights of the 2019 Guidelines Focused Updates

(IHCA), and post-cardiac arrest targeted temperature management (TTM) Part 13: Neonatal Resuscitation: initial oxygen concentration for term and late-preterm newborns (35 weeks of ...

Advance Cardiac Life Support - ccit.go.th

Targeted Temperature Therapy. Circulation 142, Issue 16_Suppl_2, 20 October 2020, Pages S337-S357 ... and targeted temperature management were reaffirmed with new supporting ...

POS T CARDIAC ARREST F ACT SHEET - American Heart ...

ultimate goal of improving patient outcomes, the PCAC measures look specifically at targeted temperature management, coronary reperfusion, and optimization of hemodynamics and gas ...

Sintesi degli aggiornamenti specifici 2019 delle linee guida

Motivazione: lo studio Targeted Temperature Management 2 (Gestione controllata della temperatura 2) non ha riscontrato differenze nell'esito primario di categoria di prestazioni ...

Post-Cardiac Arrest Care - theclinics.com

Apr 11, 2023 · Targeted temperature management remains an important part of post-cardiac arrest care. Percutaneous coronary intervention is indicated for patients with evidence of ST ...

Targeted Temperature Management After Cardiac Arrest

The Targeted Temperature Management (TTM) trial[12] in 2013 randomised 950 subjects with an OHCA with a presumed cardiac cause to two different temperature targets: 33°C versus 36°C, ...

ACLS Megacode Testing Checklists - Training USA

Considers targeted temperature management STOP TEST Test Results Check PASS or NR to indicate pass or needs remediation: ☐ PASS ☐ NR Instructor Initials _____ Instructor Number ...