INDICATION

- Adult cardiac arrest patients with 5 minutes of sustained return of spontaneous circulation (ROSC) who remains unconscious.

CONTRAINDICATION

- Traumatic Cardiac Arrest.
- Responsive post arrest with GCS ≥ 8, and/or rapidly improving GCS.

PROCEDURE

- Begin targeted temperature management procedure if patient is unconscious and has no other obvious underlying causes for this comatose state.
- Expose patient and apply 8 cold packs:
  - 2 on head.
  - 2 on the neck over the carotid arteries.
  - 1 in each axilla.
  - 1 on each femoral artery at groin.
- Consider other passive cooling measures (removal of patient’s clothes, air-conditioning in the patient compartment directed over the patient).
- Continue with standard of care and monitor patient for shivering and/or improved GCS.
- Transport patients whom cooling procedures have been initiated to the nearest STEMI receiving center.
- Advise the emergency department personnel in advance and upon arrival that targeted temperature management was initiated.
- Discontinue targeted temperature management if patient becomes responsive.

KEY CONCEPTS

- Consider causes for comatose state such as hypoglycemia or hypoxemia.