




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 P_{plat} < 30 cm H₂O

 **DO:**
Investigate for bacterial infection

 **DO:**
Target SpO₂ 92% - 96%

 **CONSIDER:**
Conservative fluid strategy

 **CONSIDER:**
Empiric antibiotics

 **UNCERTAIN:**
Systemic corticosteroids

COVID-19 with mod to severe ARDS

 **CONSIDER:**
Higher PEEP

 **CONSIDER:**
NMBA boluses to facilitate ventilation targets

 **CONSIDER:** if PEEP responsive
Traditional recruitment maneuvers

 **CONSIDER:**
Prone ventilation 12 -16 h


 **CONSIDER:** if proning, high P_{plat}, asynchrony
NMBA infusion for 24 h


 **DON'T DO:**
Staircase recruitment maneuvers

 **CONSIDER:**
Short course of systemic corticosteroids

 **UNCERTAIN:**
Antivirals, chloroquine, anti-IL6


Rescue/adjunctive therapy

 **UNCERTAIN:**
Antivirals, chloroquine, anti-IL6

 **CONSIDER:** if proning, high P_{plat}, asynchrony
NMBA infusion for 24 h

 **CONSIDER:**
Prone ventilation 12 -16 h

 **CONSIDER:** STOP if no quick response
A trial of inhaled nitric oxide

 **CONSIDER:** follow local criteria for ECMO
V-V ECMO or referral to ECMO center

Mod = moderate
ARDS = adult respiratory distress syndrome
P_{plat} = plateau pressure
SpO₂ = peripheral capillary oxygen saturation
PEEP = positive end-expiratory pressure
NMBA = neuromuscular blocking agents
ECMO = extracorporeal membrane oxygenation