Link 6: Post Cardiac Arrest Care
Post Cardiac Arrest Care

Only recently has the importance of specific therapies and treatment goals after return of spontaneous circulation (ROSC) been fully appreciated. Return of pulse is really only the first step in treating a cardiac arrest victim. What you do after return of pulse makes a huge difference in not only whether the person survives but also on their neurological recovery if they do survive.

- **Post resuscitation care protocol**
  Work with your medical director to adopt a state of the art protocol for what to do after the patient develops ROSC. This should include attention to the following:
  - Maintain perfusion: vasopressor infusion to maintain systolic blood pressure
  - Therapeutic hypothermia for patients who are unresponsive (unable to follow commands)
  - Proper ventilation and oxygenation
  - Transfer to appropriate receiving facility (see next bullet)

- **Participate in regional system of care for cardiac arrest patients**
  Hospitals and EMS agencies should develop a plan for determination of patient destination and transfers, so that patients are directed to hospitals with dedicated comprehensive post-cardiac care programs. This may involve direct transport from field by ground or air or transfer from local community emergency department, depending on local factors.