San Mateo County Emergency Medical Services

Cardiac Arrest - Post Resuscitation (ROSC)

### History
- Respiratory arrest
- Cardiac arrest

### Signs and Symptoms
- Return of spontaneous circulation

### Differential
- Continue to address specific differentials associated with the original dysrhythmia

### Signs and Symptoms
- Return of spontaneous circulation

**Repeat primary assessment**

- Optimize ventilation and oxygenation
  - Maintain SpO₂ ≥ 94%
  - Maintain respiratory rate between 6 – 10/minute for EtCO₂ 35 – 45
  - DO NOT HYPERVENTILATE
  - Apply mechanical CPR device (if available)

- Monitor vital signs

- Advanced airway placement, *if indicated*

**Obtain 12-Lead ECG**

**Establish IO/IV**

- If systolic BP < 90
  - Normal Saline bolus 500ml IV/IO
  - May repeat as needed if lungs are clear
  - Maximum 2L

- If systolic BP < 90
  - Dopamine

- Transport to STEMI Receiving Center

**Exit to Bradycardia**

- Yes

- Symptomatic Bradycardia?

- No

- Notify receiving facility. Consider Base Hospital for medical direction

### Pearls
- Transmit any EKG that shows STEMI to the receiving hospital.

### Approved STEMI Receiving Centers
- Stanford Health Care
- Kaiser Redwood City
- Sequoia Medical Center
- Mills-Peninsula Medical Center
- Seton Medical Center

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Effective March 2019