COVID-19 - ICU (3.0)

Clinical Overview Synopses

ClinicalKey Clinical Overviews provide additional specific guidance for:
Coronavirus: novel coronavirus (COVID-19) infection

Guidance

KEY POINTS

- COVID-19 (coronavirus disease 2019) is respiratory tract infection due to a novel coronavirus, SARS-CoV-2 (initially called 2019-nCoV); as of March 11, 2020, extent of infection was declared pandemic by the WHO
- Virus is thought to be zoonotic in origin, but the animal reservoir is not yet known, and human-to-human transmission is widespread
- Infection ranges from asymptomatic to severe; symptoms include fever, cough, and (in moderate to severe cases) dyspnea; disease may evolve over the course of a week or more from mild to severe. Upper respiratory tract symptoms (eg, rhinorrhea, sore throat) are uncommon
- A significant proportion of clinically evident cases are severe; the mortality rate among diagnosed cases is generally about 2% to 3% but varies by country
- Infection should be suspected based on presentation with a clinically compatible history and known or likely exposure (eg, residence in or travel to an affected area within the past 14 days, exposure to a known or suspected case, exposure to a health care setting in which patients with severe respiratory tract infections are managed)
- Chest imaging in symptomatic patients almost always shows abnormal findings, usually including bilateral infiltrates; laboratory findings are variable but typically include lymphopenia and elevated lactate dehydrogenase and transaminase levels
- Diagnosis is confirmed by detection of viral RNA on polymerase chain reaction test of upper or lower respiratory tract specimens or serum specimens
There is no specific antiviral therapy, although compassionate use and trial protocols for several agents are underway; treatment is largely supportive, consisting of supplemental oxygen and conservative fluid administration.

Most common complications are acute respiratory distress syndrome and septic shock; myocardial, renal, and multiorgan failure have been reported.

There is no vaccine available to prevent this infection; infection control measures are the mainstay of prevention (i.e., hand and cough hygiene; physical distancing; standard, contact, and airborne precautions in health care).

**URGENT ACTION**

- Triage screening is recommended at registration for medical care to identify patients with symptoms and exposure history that suggest the possibility of COVID-19, and to promptly institute isolation measures.
- Patients with respiratory distress require prompt administration of supplemental oxygen; patients with respiratory failure require intubation.
- Patients in shock require urgent fluid resuscitation and administration of empiric antimicrobial therapy to cover possible bacterial pathogens and/or influenza.

**PITFALLS**

- It is possible (but not yet well established) that persons with prodromal or asymptomatic infection may spread infection, making effective prevention more challenging; regardless, physical distancing is vital to slowing transmission enough to avoid overwhelming health systems.
- Knowledge of this disease is incomplete and evolving; moreover, coronaviruses are known to mutate and recombine often, presenting an ongoing challenge to our understanding and to clinical management.

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**Admission**

**Guidance**

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**COVID-19 Admission to the ICU**

Criteria for ICU admission:

- WHO provides criteria for severe pneumonia
  - Severe pneumonia characterized by tachypnea (respiratory rate greater than 30 breaths per minute), severe respiratory distress, inadequate oxygenation (e.g., SpO₂ less than 90%)
  - Pediatric criteria include central cyanosis or SpO₂ less than 90%; signs of severe respiratory distress (e.g., grunting, chest retractions); inability to drink or breastfeed; lethargy, altered level of consciousness, seizures; severe tachypnea defined by age:
    - Younger than 2 months: 60 or more breaths per minute
    - Aged 2 to 11 months: 50 or more breaths per minute
    - Aged 1 to 5 years: 40 or more breaths per minute
  - Presence of severe complications (e.g., septic shock, acute respiratory distress syndrome)
Head of Bed Elevation

Head of Bed Elevation

- Ventilator-Associated Pneumonia is associated with nursing the patient in a supine position
  - While elevating the bed to 45 has been shown to reduce VAP, practically this does not appear to be achievable
  - The exact degree of elevation needed to prevent VAP is unclear but aiming to avoid the supine position and raising the bed to at least 30 is recommended

- Consider keeping patients in a semirecumbent position (30° to 45° angle), rather than in a supine position; to help reduce aspiration, especially during enteral feeding


Radiographic evidence of pneumonia; progressive clinical illness with indications for supplemental oxygen and hydration; inadequate care at home
  - CDC provides guidance for determining whether the home is a suitable venue and patient and/or caregiver is capable of adhering to medical care recommendations and infection control measures

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- Presence of severe complications (eg, septic shock, acute respiratory distress syndrome)


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**Resuscitation Status**

Resuscitation Status: Do not resuscitate

**Advance Directive**

Document an advance care plan in chart or that a discussion was held; place copy of plan on chart, if available

**Quality Measure**

NQF 0326. Advance Care Plan

Percentage of patients aged 65 years and older who have an advance care plan or surrogate decision maker documented in the medical record or documentation in the medical record that an advance care plan was discussed but the patient did not wish or was not able to name a surrogate decision maker or provide an advance care plan.

*Steward: National Committee for Quality Assurance.*

*Use in Federal Program: Physician Quality Reporting System (PQRS).*

*Care Setting: Ambulatory Care: Clinician Office/Clinic, Hospital/Acute Care Facility, Other.*

National Quality Forum-endorsed measure. [Source](https://clinicalkey.com)
Vital Signs and Monitors

Vital Signs
Vital Signs Per unit Protocol
Weight Once
Weight 1 time a day
Height Once

Monitoring
Cardiac monitor
Intake & Output
Neuro Checks Every 2 hours; For 24 hours

Activity
Ambulate with assistance, 3 times a day
Bed to chair, 3 times a day
Bed rest with commode
Bed rest

Nursing
Assessments
Assess: Braden Scale for Predicting Pressure Sore Risk, Every 8 hours

Guidance

Braden Scale for Predicting Pressure Sore Risk

The copyrighted Braden Scale for Predicting Pressure Sore Risk is available here.

Braden, B.J. and Bergstrom, N. Prevention Plus: Home. Source

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Assess: Need for urinary catheter, every morning
Assess: Richmond Agitation-Sedation Scale (RASS), Every 8 hours

Guidance

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Richmond agitation–sedation scale

The Richmond agitation–sedation scale can be found here.


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Point of Care Testing

Fingerstick Glucose, Once

Guidance

Glucose Measurement, ICU

Glucose Measurement - ICU

- For blood-glucose measurements in some critically ill adult patients, such as those with unstable hemodynamics (low perfusion index, use of a vasopressor, presence of edema, and low mean arterial pressure), hypoglycemia, and insulin infusion, arterial blood samples should be used rather than capillary blood samples, and arterial blood gas or central lab analyzers should be used instead of glucose meters

- Sampling from central venous catheters should not be used for glycemic control in ICU patients


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Fingerstick Glucose, 4 times a day; before meals and at bedtime, or every 6 hours if NPO
Guidance

Glucose Measurement, ICU

For blood-glucose measurements in some critically ill adult patients, such as those with unstable hemodynamics (low perfusion index, use of a vasopressor, presence of edema, and low mean arterial pressure), hypoglycemia, and insulin infusion, arterial blood samples should be used rather than capillary blood samples, and arterial blood gas or central lab analyzers should be used instead of glucose meters.

- Sampling from central venous catheters should not be used for glycemic control in ICU patients


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Occult blood: Gastric aspirate, Once
Occult blood: Stool, Once
Occult blood: Stool, 3 times; On three separate samples

Notify Physician

- Notify Physician for Heart rate less than 50 bpm or greater than 120 bpm
- Notify Physician for Systolic BP less than 90 mmHg or greater than 160 mmHg
- Notify Physician for Temperature less than 35 C or greater than 38 C
- Notify Physician for Respiratory rate less than 10 breaths/min or greater than 24 breaths/min
- Notify Physician for O2 sat less than 90 %
- Notify Physician for Urine output less than 30 mL/hr

Tubes and Drains

Minimize urinary catheter use and duration of use in all patients, particularly those at higher risk for CAUTI or mortality from catheterization such as women, the elderly, and patients with impaired immunity

Guidance

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Indwelling Urethral Catheter

Consider indwelling urethral catheter use in the context of the following *appropriate* indications:

- Acute urinary retention or bladder outlet obstruction
- Need for accurate measurements of urinary output in critically ill patients
- Perioperative use for selected surgical procedures in patients undergoing urologic or other surgery on contiguous structures of the genitourinary tract
- Anticipated prolonged duration of surgery (remove catheters inserted for this reason in postanesthesia care unit)
- Expectation that patient will receive diuretics or large-volume infusions during surgery
- Need for intraoperative monitoring of urinary output
- Need to assist healing of open sacral or perineal wounds in patients with incontinence
- Requirement of prolonged immobilization (eg, because of a potentially unstable thoracic or lumbar spine or multiple traumatic injuries such as pelvic fractures)
- Improved comfort for end-of-life care

Avoid indwelling catheter use in the following circumstances, as they are *not appropriate* indications for indwelling catheter use:

- Substitution for nursing care of a patient or resident with incontinence
- Obtaining urine for culture or other diagnostic tests when the patient can voluntarily void
- Prolonged postoperative duration without appropriate indications (eg, structural repair of urethra or contiguous structures, prolonged effect of epidural anesthesia)


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Indwelling urinary catheter to gravity drainage
Discontinue indwelling urinary catheter
Naso-/Oro-gastric tube to intermittent suction
Discontinue naso-/oro-gastric tube

**Precautions**

**Guidance**

COVID-19 Transmission-Based Precautions ~

Standard, contact, and airborne precautions should be implemented as soon as the diagnosis is suspected
Immediately provide the patient with a face mask and place the patient in a closed room (preferably with structural and engineering safeguards against airborne transmission, such as negative pressure and frequent air exchange) pending further evaluation and disposition decisions.


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Transmission-Based Precautions

Categorize transmission-based precautions as follows:

- Assign a transmission-based precautions category if there is strong evidence of person-to-person transmission via one or more of:
  - Droplet
  - Contact
  - Airborne routes
  - Patient factors (e.g., diapered infants, diarrhea, draining wounds) that increase the risk of transmission
- Assign standard precautions if there is one of the following:
  - No evidence of person-to-person transmission by droplet, contact, or airborne routes
  - A low risk of person-to-person transmission and no evidence of health-care-associated transmission
- Also assign standard precautions to blood-borne pathogens (e.g., hepatitis B and C viruses, HIV) per universal precaution recommendations from the CDC
- Assume that every person is potentially infected or colonized with an organism that could be transmitted in the healthcare setting and apply standard infection control practices during the delivery of health care

For a list of the type and duration of precautions recommended for selected infections and conditions, click here

Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of Healthcare Quality Promotion (DHQP). (2019). Isolation Precautions. Source

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Precaution: Airborne
Precaution: Contact
Precaution: Droplet
Precaution: Standard

Other

Chlorhexidine bath, 1 time a day

Guidance

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Mupirocin/Chlorhexidine Baths

- A large randomized trial compared 3 measures to prevent bloodstream infections due to methicillin-resistant Staphylococcus aureus (MRSA) in ICU patients:
  - Screening and isolation
  - Targeted decolonization
  - Universal decolonization with nasal mupirocin and chlorhexidine baths

- Universal decolonization resulted in significantly greater reductions in MRSA bloodstream infections and in all bloodstream infections than did either of the other treatments

- A meta-analysis showed:
  - Daily CHG bathing was associated with reduced risks of acquiring CLABSI, MRSA, and VRE
  - A prolonged intervention period and concomitant nasal antibiotic use were associated with lower risks of MRSA acquisition

- Recommended by SHEA/IDSA guidelines for all ICU patients as a means of preventing CLABSI


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Respiratory

Guidance

Oxygen Supplementation

A clinical practice guideline from the British Medical Journal:

- Recommends that oxygen saturation be maintained no higher than 96% (Strong Recommendation)
- Suggests not providing oxygen therapy to patients with acute stroke or myocardial infarction with oxygen saturation of 90-92% on room air. (Weak Recommendation)
- Recommends not providing oxygen therapy to patients with acute stroke or myocardial infarction with oxygen saturation more than 92% on room air. (Strong Recommendation)
In acutely ill adults, liberal oxygen therapy increases mortality by 1% without improving other patient-important outcomes

- Oxygen is not recommended for patients with normal oxygen saturation levels regardless of presenting symptoms or diagnosis
- When providing oxygen, titrate oxygen supplementation to a target saturation of 94-96% for patients with hypoxia, except:
  - Use a target of no more than 92% for patients with acute stroke or myocardial infarction
  - Use a target of 88-92% for those at risk of hypercapnic respiratory failure


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Oxygen Administration

Guidance

COVID-19 Oxygenation and Ventilation, COVID-19 ~

WHO provides specific guidance for oxygenation, and ventilation

- Oxygenation and ventilation
  - Patients with severe respiratory distress, obstructed or absent breathing, central cyanosis, shock, seizures, or coma require aggressive airway management (which may include intubation) and oxygen
    - Nasal cannula at 5 L/minute or face mask with reservoir bag at 10 to 15 L/minute
      - Titrate to reach SpO₂ of 94% or more initially
      - Once stable, target SpO₂ of 90% or higher in nonpregnant adults; 92% or higher in pregnant patients
      - In most children the target SpO₂ is 90% or greater; for those who require urgent resuscitation (eg, those with apnea or obstructed breathing, severe respiratory distress, central cyanosis, shock, seizures, or coma), a target SpO₂ of 94% or higher is recommended
    - High-flow nasal oxygen or noninvasive ventilation has been used to achieve adequate oxygenation in some patients; however, there is concern that these techniques may result

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in higher risk of aerosolization of the virus, and this modality is recommended only in selected patients and when airborne precautions can be taken.

- Mechanical ventilation may become necessary for patients in whom oxygenation targets cannot be met with less invasive measures or who cannot maintain the work of breathing.
  - Recommended settings are tidal volume of 4 to 8 mL/kg and inspiratory pressures less than 30 cm H₂O.
  - In children, tidal volumes of 5 to 8 mL/kg for preserved lung compliance and 3 to 6 mL/kg for poor compliance; inspiratory pressures should be less than 28 cm H₂O.
  - Use of PEEP may be necessary in patients with acute respiratory distress syndrome. Optimal regimen is not clearly defined, although WHO suggests higher rather than lower pressures. A protocol is available from ARDSnet.
  - For patients with severe acute respiratory distress syndrome, prone positioning for 12 to 16 hours/day is recommended.
  - Lateral decubitus position for pregnant women.
- Extracorporeal membrane oxygenation has been used in severely ill patients, and it can be considered if resources and expertise are available.


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Oxygen Nasal cannula 5 L/Minute ; titrate to oxygen saturation 94% or greater

Step 1

Oxygen Nasal cannula 5 L/Minute ; titrate to oxygen saturation 90% or greater

When stable, Step 2 for Non-pregnant adults

Oxygen Nasal cannula 5 L/Minute ; titrate to oxygen saturation 92% or greater

When stable, Step 2 for Pregnant adults

Oxygen Nonrebreather mask 15 L/Minute ; titrate to oxygen saturation 94-96%

Step 1

Oxygen Nonrebreather mask 15 L/Minute ; titrate to oxygen saturation 90% or greater

When stable, Step 2 for Non-pregnant adults

Oxygen Nonrebreather mask 15 L/Minute ; titrate to oxygen saturation 92% or greater

When stable, Step 2 for Pregnant adults

Oxygen Nasal cannula 20 L/Minute ; titrate to oxygen saturation 90% or greater ; High Flow Oxygen BiPAP (Inspiratory Pressure 15 cmH2O, Expiratory Pressure 5 cmH2O) 100 %FiO2 ; titrate to oxygen saturation 94-96%

Guidance

COVID-specific Noninvasive Ventilation, COVID-19 ~

High-flow nasal oxygen or noninvasive ventilation has been used to achieve adequate oxygenation in some patients; however, there is concern that these techniques may result in higher risk of aerosolization of the virus, and this modality is recommended only in selected patients and when airborne precautions can be taken.


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Ventilator Orders

Guidance

COVID-specific Ventilator Settings, COVID-19 ~

Mechanical ventilation may become necessary for patients in whom oxygenation targets cannot be met with less invasive measures or who cannot maintain the work of breathing

- Recommended settings are tidal volume of 4 to 8 mL/kg and inspiratory pressures less than 30 cm H₂O
- In children, tidal volumes of 5 to 8 mL/kg for preserved lung compliance and 3 to 6 mL/kg for poor compliance; inspiratory pressures should be less than 28 cm H₂O
- Use of PEEP may be necessary in patients with acute respiratory distress syndrome. Optimal regimen is not clearly defined, although WHO suggests higher rather than lower pressures. A protocol is available from ARDSnet
- For patients with severe acute respiratory distress syndrome, prone positioning for 12 to 16 hours/day is recommended
  - Lateral decubitus position for pregnant women


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Elevate head of bed 30-45 degrees

Guidance

Head of Bed Elevation

Head of Bed Elevation

- Ventilator -Associated Pneumonia is associated with nursing the patient in a supine position
  - While elevating the bed to 45 has been shown to reduce VAP, practically this does not appear to be achievable
  - The exact degree of elevation needed to prevent VAP is unclear but aiming to avoid the supine position and raising the bed to at least 30 is recommended
- Consider keeping patients in a semirecumbent position (30° to 45° angle), rather than in a supine position; to help reduce aspiration, especially during enteral feeding

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Ventilation: AC tidal volume 6 mL/kg at 20 breaths/min, FiO2: 100%, PEEP: 8 cmH2O; titrate to oxygen saturation 94-96%; Keep peak inspiratory pressure less than 30 cm H2O
Ventilation: SIMV tidal volume 6 mL/kg at 20 breaths/min, FiO2: 100%, PEEP: 8 cmH2O; titrate to oxygen saturation 94-96%; Keep peak inspiratory pressure less than 30 cmH2O; Pressure Support 10cmH2O

**Monitoring**
- O2 saturation monitor
- End-tidal CO2 monitor

**Diet**

**Oral**
- Diet: Regular
- Diet: Regular (Low saturated fat and cholesterol, No added salt)
- Diet: Regular (consistent carbohydrate)
- Diet: Mechanical/dental soft
- Diet: Full liquids
- Diet: Clear liquids
- Diet: Nothing by mouth
- Diet: Nothing by mouth, except medications

**Preprocedure**

**Guidance**

**Preprocedure Diet**

According to guidelines from the American Society of Anesthesiology, patients may:
- Ingest clear liquids for up to 2 hours before procedures requiring general anesthesia, regional anesthesia, or procedural sedation and analgesia
Ingest a light meal or nonhuman milk for up to 6 hours before elective procedures requiring general anesthesia, regional anesthesia, or procedural sedation and analgesia.

Require additional fasting time (e.g. 8 or more hours) in cases of patient intake of fried foods, fatty foods, or meat.

In addition, Clinical Practice Guidelines for Enhanced Recovery After Colon and Rectal Surgery recommend that:

- A clear liquid diet may be continued <2 hours before general anesthesia. (Grade of recommendation: strong recommendation based on high-quality evidence, 1A)

Gastroparesis is a diabetic complication, defined as delayed gastric emptying in the absence of mechanical obstruction, usually affecting diabetic patients with other neuropathic diseases.

- Symptoms classically include anorexia, nausea, vomiting, abdominal pain, sensation of bloating, early satiety or slowing of digestion
- There is a weak correlation between symptoms and the rate of gastric emptying
- If clinical signs suggestive of gastroparesis are present:
  - It should be a consideration in the pre-procedure diet because it creates a risk of stasis (full stomach) and aspiration at anesthetic induction
  - Measurement of the gastric antral area by ultrasound can distinguish whether the stomach is full or not


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**Diet:** Nothing by mouth (8 hours prior to procedure)
**Diet:** Nothing by mouth, except medications (8 hours prior to procedure)
**Diet:** Preprocedure; Patient is allowed clear liquids up to 2 hours before procedure, a light meal up to 6 hours prior to procedure, and no procedural diet restrictions up to 8 hours prior to procedure

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**Intravenous Fluids**

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Guidance

Intravenous Fluids, COVID-19 ~

WHO provides specific guidance for fluid management

- Fluid management
- Overhydration should be avoided, because it may precipitate or exacerbate acute respiratory distress syndrome
- In patients with shock:
  - Administration of crystalloids (ie, saline or lactated Ringer solution) is recommended
    - Adults: administer 250 to 500 mL over the first 15 to 30 minutes; goal is mean arterial pressure of at least 65 mm Hg (if invasive pressure monitoring is available)
    - Children: 10 to 20 mL/kg bolus over the first 30 to 60 minutes
    - If there is no response to fluid bolus or if signs of fluid overload exist, discontinue or reduce fluid administration
    - For patients who respond to initial bolus and are without evidence of fluid overload, titrate continued fluid to achieve improvement in clinical signs (capillary refill, heart rate, tactile temperature of extremities, palpable pulses), urine output (0.5 mL/kg/hour in adults, 1 mL/kg/hour in children), and hemodynamic parameters (mean arterial pressure more than 65 mm Hg in adults)


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Saline Lock

Intravenous Bolus

- IV Bolus: Sodium Chloride 0.9%; 500 mL
- IV Bolus: Sodium Chloride 0.9%; 1000 mL
- IV Bolus: Lactated Ringer’s Solution; 500 mL
- IV Bolus: Lactated Ringer’s Solution; 1000 mL

Intravenous Infusion

- IV infusion: Sodium Chloride 0.9% at 100 mL/hr
- IV infusion: Dextrose 5% and Sodium Chloride 0.45% at 100 mL/hr
- IV infusion: Dextrose 5% and Sodium Chloride 0.45% with Potassium Chloride 20 mEq/L at 100 mL/hr
- IV infusion: Lactated Ringer’s Solution at 100 mL/hr

Medications

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At present, no specific antiviral agent is approved for treatment of this infection. Several existing antiviral agents are being used under clinical trial and compassionate use protocols based on in vitro activity (against this or related viruses) and on limited clinical experience.

- Lopinavir-ritonavir is FDA-approved for treatment of HIV infection. It has been used for other coronavirus infections; it was used empirically for SARS and is being studied in the treatment of MERS.
  - In China this combination is used in conjunction with interferon alfa for treatment of some patients with COVID-19.
  - A trial in 199 patients with COVID-19 comparing lopinavir-ritonavir with standard care did not show a significant difference in time to improvement or in mortality at 28 days, nor were there differences in duration of viral RNA in oropharyngeal specimens.
- Chloroquine and derivatives have also been used in China and South Korea, reportedly with favorable results, although details are lacking. Further trials are underway.
  - Azithromycin has been used in combination with hydroxychloroquine in some protocols; however, the risk of cardiac arrhythmias must be considered.
- Remdesivir is an experimental antiviral agent with significant in vitro activity against coronaviruses and some evidence of efficacy in an animal model of MERS.
- Immunomodulators such as tocilizumab (monoclonal antibody against interleukin-6 receptor) are also being investigated.
- Information on therapeutic trials and expanded access is available at [www.ClinicalTrials.gov](http://www.ClinicalTrials.gov).
- Corticosteroid therapy is not recommended for viral pneumonia but is suggested by some authorities for COVID-19 patients with refractory shock or acute respiratory distress syndrome.
- FDA is investigating a controversy that has arisen regarding the use of NSAIDs in patients with COVID-19; however, there is no published evidence connecting the use of NSAIDs with worsening COVID-19 symptoms. Until additional data are available, acetaminophen may be preferred for temperature control.
- Until a diagnosis of COVID-19 is confirmed by polymerase chain reaction test, appropriate antiviral or antimicrobial therapy for other viral pathogens (eg, influenza virus) or bacterial pathogens should be administered in accordance with the site of acquisition (hospital or community) and epidemiologic risk factors.
- Otherwise, treatment is largely supportive and includes oxygen supplementation and conservative fluid support.

Information on therapeutic trials and expanded access is available at [www.ClinicalTrials.gov](http://www.ClinicalTrials.gov).


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* Sedation-agitation scales should be used when medications that alter consciousness are administered.

**Guidance**

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* Sedation-Agitation Scales
Routine monitoring of sedation may improve patients’ outcomes. The Richmond Agitation-Sedation Scale (RASS) and Riker Sedation-Agitation Scale are the most commonly reported sedation-agitation scales. Neither is reported to be demonstrably superior.

These scales can be found in Tables 1 and 2 in this article.


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**Analgesics**

Acetaminophen Oral Tablet; 650 mg Every 4 hours (PRN: Pain, mild); Do not exceed 4000 mg acetaminophen in 24 hours from all sources

Acetaminophen 325 MG / HYDROcodone Bitartrate 5 MG Oral Tablet; 1 tablet(s) Every 4 hours (PRN: Pain, moderate); Do not exceed 4000 mg acetaminophen in 24 hours from all sources

Acetaminophen 325 MG / oxyCODONE Hydrochloride 5 MG Oral Tablet; 1 tablet(s) Every 6 hours (PRN: Pain, moderate); Do not exceed 4000 mg acetaminophen in 24 hours from all sources

Morphine Intravenous Injectable Solution; 4 mg Every 2 hours (PRN: pain, severe)

HYDROmorphine Intravenous Injectable Solution; 0.5 mg Every 2 hours (PRN: pain, severe)

fentaNYL Intravenous Injectable Solution ; 1 mcg/kg Once ; Infuse over 2 minutes (Loading dose)

fentaNYL Intravenous Injectable Solution at 25 to 200 mcg/hr; Start at 50 mcg/hr; Titrate by 25 mcg/hr every 30 minutes to achieve target pain score; Maximum rate 200 mcg/hr (Maintenance dose)

**Antibiotics – Prophylactic**

Mupirocin Nasal Ointment; 1 Application(s) Every 12 hours for 5 Day(s)

**Guidance**

Mupirocin/Chlorhexidine Baths
A large randomized trial compared 3 measures to prevent bloodstream infections due to methicillin-resistant *Staphylococcus aureus* (MRSA) in ICU patients:

- Screening and isolation
- Targeted decolonization
- Universal decolonization with nasal mupirocin and chlorhexidine baths

Universal decolonization resulted in significantly greater reductions in MRSA bloodstream infections and in all bloodstream infections than did either of the other treatments

A meta-analysis showed:

- Daily CHG bathing was associated with reduced risks of acquiring CLABSI, MRSA, and VRE
- A prolonged intervention period and concomitant nasal antibiotic use were associated with lower risks of MRSA acquisition

Recommended by SHEA/IDSA guidelines for all ICU patients as a means of preventing CLABSI


**Antidiarrheal Agents**

**Loperamide Oral Tablet**: 4 mg Once

**Antiemetics**

**Ondansetron Tablet**: 4 mg Every 8 hours (PRN: Nausea/vomiting)

**Ondansetron Intravenous Injectable Solution**: 4 mg Every 8 hours (PRN: Nausea/vomiting)

**Antihypertensives**

**Labetalol Intravenous Injectable Solution** at 0.5 to 10 mg/min; Start at 2 mg/min; Titrate by 0.5 mg/min every 15 minutes to achieve systolic BP less than 160 mmHg; Discontinue infusion when target blood pressure achieved; Maximum loading dose 300 mg (Loading dose)

**Guidance**

**Labetalol, Medication Infusions**

**Intermittent Intravenous dosage**

*Adults:*

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Continuous Intravenous Infusion dosage

Adults:

- 1 to 8 mg/minute continuous IV infusion until desired effect, then transition to oral or intermittent IV dosing
- Usual total dose: 50 to 200 mg
- Max total dose: 300 mg

Labetalol Intravenous Injectable Solution; 20 mg Every 4 hours; Hold for systolic BP less than 120 mmHg or heart rate Less than 55 bpm (Maintenance dose)

niCARdipine Intravenous Injectable Solution at 5 to 15 mg/hr; Start at 5 mg/hr; Titrate by 2.5 mg/hr every 15 minutes to achieve systolic BP less than 160 mmHg, then reduce infusion rate to 3 mg/hr; Maximum rate 15 mg/hr

Antipyretics

Acetaminophen Oral Tablet; 650 mg Every 4 hours (PRN: Temperature greater than 38 degree celsius); Do not exceed 4000 mg acetaminophen in 24 hours from all sources

Acetaminophen Rectal Suppository; 650 mg Every 4 hours (PRN: Temperature greater than 38 degree celsius); Do not exceed 4000 mg acetaminophen in 24 hours from all sources

Antiulcer Agents

Guidance

Antiulcer Agents

The Society of Critical Care Medicine in their Surviving Sepsis Campaign recommends:

- That stress ulcer prophylaxis be given to patients with sepsis or septic shock who have risk factors for gastrointestinal (GI) bleeding (Strong recommendation, low quality of evidence)

- Use either proton pump inhibitors (PPIs) or histamine-2 receptor antagonists (H2RAs) when stress ulcer prophylaxis is indicated (Weak recommendation, low quality of evidence)

- Against stress ulcer prophylaxis in patients without risk factors for GI bleeding (best practice statement)
Clinical predictors of GI bleeding risk in critically ill patients include:

- Mechanical ventilation for > 48 hours
- Coagulopathy
- Preexisting liver disease
- Need for renal replacement therapy
- Higher Sequential Organ Failure Assessment (SOFA) scores


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Famotidine Oral Tablet; 20 mg Every 12 hours
Famotidine Intravenous Injectable Solution; 20 mg Every 12 hours
Pantoprazole Oral Delayed Release Tablet; 40 mg Every 24 hours
Pantoprazole Intravenous Injectable Solution; 40 mg Every 24 hours

**Anxiolytics, Sedatives, and Hypnotics**

**Guidance**

**Sedatives, Critical Care**

Society of Critical Care Medicine Recommendations for agitation/sedation in mechanically ventilated patients. (Strength, conditional: quality of evidence, low):

- Use light sedation
- Use propofol over a benzodiazepine for sedation after cardiac surgery
- Use either propofol or dexmedetomidine over benzodiazepines for sedation of in critically ill

Current guidelines from the Society of Critical Care Medicine suggest that sedation strategies using nonbenzodiazepine sedatives (either propofol or dexmedetomidine) may be preferred over sedation with benzodiazepines (either midazolam or lorazepam) to improve clinical outcomes in mechanically ventilated adult ICU patients. (Level of evidence: +2B).

- Monitor the depth of sedation using assessment tools, such as the Richmond Agitation-Sedation Scale or the Sedation-Agitation Scale
- Administer either daily interruption of sedation or a light target level of sedation for ventilator patients


Executive Summary: Clinical Practice Guidelines for the Prevention and Management of Pain, Agitation/Sedation, Delirium, Immobility, and Sleep Disruption in Adult Patients in the ICU. Critical Care Medicine. 2018;46(9), 1532–
Dexmedetomidine Intravenous Injectable Solution; 1 mcg/kg Once; Infuse over 10 minutes
(Loading dose)
Dexmedetomidine Intravenous Injectable Solution at 0.2 to 1.5 mcg/kg/hr; Start at 0.2 mcg/kg/hr;
Titrate by 0.1 mcg/kg/hr every 30 minutes to achieve desired level of sedation; Maximum rate 1.5
mcg/kg/hr (Maintenance dose)

Benzodiazepines may increase the risk of falls.

Guidance

Benzodiazepine Risks, Elderly

According to the Beers Criteria, benzodiazepines are considered potentially inappropriate medications (PIMs)
for use in geriatric patients and avoidance is generally recommended. Older adults have an increased
sensitivity to benzodiazepines.

In general, all benzodiazepines increase the risk of:

- Cognitive impairment
- Delirium
- Falls
- Fractures
- Motor vehicle accidents

The Panel recommends avoiding benzodiazepines in geriatric patients with the following disease states or
symptoms due to the potential for exacerbation of the condition or increased risk of adverse effects:

- Delirium (possible new-onset or worsening delirium)
- Dementia (adverse CNS effects)
- History of falls / fractures (ataxia, impaired psychomotor function, syncope, and additional falls)

Lorazepam Drug Monograph. ClinicalKey.

Beers criteria for potentially inappropriate medication use in older adults. J Am Geriatr Soc. 2015 Nov;63(11),
2227-46. Source
LORazepam Oral Tablet; 1 mg Every 8 hours (PRN: Anxiety)
LORazepam Intravenous Injectable Solution; 0.5 mg Every 8 hours (PRN: Anxiety)
Midazolam Intravenous Injectable Solution; 2 mg Once; Infuse over 2 minutes (Loading dose)
Midazolam Intravenous Injectable Solution at 1 to 7 mg/hr; Start at 1 mg/hr; Titrate by 1 mg/hr every 30 minutes to achieve desired level of sedation; Maximum rate 7 mg/hr (Maintenance dose)
Propofol Intravenous Injectable Suspension at 5 to 67 mcg/kg/min; Start at 5 mcg/kg/min; Titrate by 5 mcg/kg/min every 10 minutes to achieve desired level of sedation; Maximum rate 67 mcg/kg/min

**Inotropes**

DOBUTamine Intravenous Injectable Solution at 0.5 to 20 mcg/kg/min; Start at 2.5 mcg/kg/min; Titrate by 2.5 mcg/kg/min every 10 minutes to achieve cardiac index of greater than 2; Infuse via central line if available; Maximum rate 20 mcg/kg/min

**Laxatives/Stool Softeners**

Bisacodyl Oral Tablet; 10 mg Every 24 hours (PRN: Constipation); Administer up to 3 times a week of either suppository or oral tablet
Bisacodyl Rectal Suppository; 10 mg Every 24 hours (PRN: Constipation); Administer up to 3 times a week of either suppository or oral tablet
Docusate Oral Capsule; 100 mg Every 24 hours
Magnesium Hydroxide 80 MG/ML Oral Suspension; 30 mL At bedtime (PRN: Constipation)
POLYETHYLENE GLYCOL 3350 Oral Solution; 17 grams Every 24 hours (PRN: Constipation)

**Nitrates**

Nitroglycerin Intravenous Injectable Solution at 5 to 200 mcg/min; Start at 10 mcg/min; Titrate by 10 mcg/min every 5 minutes to achieve pain/dyspnea relief; Maximum rate 200 mcg/min

**Vasopressors**

**Guidance**

Dopamine and Norepinephrine, Clinical Outcomes

A study of 1679 patients with shock found that dopamine and norepinephrine had similar 28-day death rates.

- However, patients treated with dopamine had more arrhythmic events
- Patients with cardiogenic shock had an increased rate of death when treated with dopamine compared with those treated with norepinephrine; this effect did not occur in patients with septic shock or hypovolemic shock

A Cochrane review of vasopressors for hypotensive shock found:

- No evidence of substantial differences in total mortality between several vasopressors
- Dopamine increases the risk of arrhythmia compared with norepinephrine and might increase mortality
- Selection of vasopressors could be better individualized and could be based on clinical variables reflecting hypoperfusion
COVID-specific Vasopressor Guidance, COVID-19 ~

Management of septic shock includes cautious fluid resuscitation and use of vasopressors if fluid administration does not restore adequate perfusion. WHO provides guidance specific to the treatment of shock in patients with COVID-19

- In adults, begin with norepinephrine; epinephrine or vasopressin are preferred as second line over dopamine if norepinephrine is unavailable
  - Hemodynamic goal: generally, mean arterial pressure of 65 mm Hg or more; in older adults (older than 65 years), 60 to 65 mm Hg
- In children, epinephrine is considered the first line agent, and norepinephrine may be added if necessary

DVT Prophylaxis

**Guidance**

**Prevention of VTE in Hospitalized Acutely Ill Medical Patients**

According to American College of Chest Physicians Practice Guidelines:

- Use anticoagulant thromboprophylaxis with low-molecular-weight heparin, low-dose unfractionated heparin 2 or 3 times per day, or fondaparinux in acutely ill hospitalized medical patients at increased risk of thrombosis

Published By: Elsevier
- Do not use pharmacologic or mechanical prophylaxis in acutely ill, hospitalized medical patients at low risk of thrombosis. (Grade: 1B)
- Do not use anticoagulant thromboprophylaxis for acutely ill hospitalized medical patients who are bleeding or at high risk for bleeding. (Grade: 1B)
- Use mechanical thromboprophylaxis with graduated compression stockings (grade: 2C) or intermittent pneumatic compression (Grade: 2C) rather than no mechanical thromboprophylaxis in acutely ill hospitalized medical patients at increased risk of thrombosis who are bleeding or at high risk of major bleeding. When bleeding risk decreases and venous thromboembolism risk persists, substitute pharmacologic thromboprophylaxis for mechanical thromboprophylaxis. (Grade: 2B)
- Do not extend the duration of thromboprophylaxis beyond the period of patient immobilization or acute hospital stay in acutely ill hospitalized medical patients who receive an initial course of thromboprophylaxis. (Grade: 2B)

The ACCP recommends the Padua Prediction Score for judging hospitalized patients' risk. The Padua Prediction Score assigns points to the 11 risk factors below. A cumulative score of 4 points or higher constitutes a high risk of venous thromboembolism.

**Padua Prediction Score is available here.**

**American Society of Hematology (ASH) Guidelines**

- Acutely ill medical patients: ASH suggests using UFH, LMWH, or fondaparinux rather than no parenteral anticoagulant. (Conditional recommendation, low certainty in the evidence of effects)
- Critically ill medical patients: AHS recommends using UFH or LMWH over no UFH or LMWH (strong recommendation, moderate certainty in the evidence of effects) and suggests using LMWH over UFH. (Conditional recommendation, moderate certainty in the evidence of effects)
- DOAC vs LMWH in acutely ill medical patients:
  - In acutely ill hospitalized medical patients, the ASH guideline panel recommends using LMWH over DOACs for VTE prophylaxis. (Strong recommendation, moderate certainty in the evidence of effects)
  - In acutely ill hospitalized medical patients, the ASH guideline panel recommends inpatient VTE prophylaxis with LMWH only, rather than inpatient and extended-duration outpatient VTE prophylaxis with DOACs. (Strong recommendation, moderate certainty in the evidence of effects)

The **American College of Physicians (ACP) guideline** differ slightly from those of the American College of Chest Physicians, particularly with respect to the use of mechanical prophylaxis. According to the ACP:

- Individually assess the risks of thromboembolism and bleeding in medical patients before administering prophylaxis. (Strong recommendation, moderate-quality evidence)
- Administer pharmacologic prophylaxis with heparin or a related drug in medical patients (including those with stroke), unless the risk of bleeding exceeds the likely benefits. (Strong recommendation, moderate-quality evidence)
- Do not administer mechanical prophylaxis with graduated compression stockings. (Strong recommendation, moderate-quality evidence). In patients at high risk for bleeding events or in whom heparin is contraindicated for other reasons, intermittent pneumatic compression may be a reasonable option

The **National Institute for Health and Care Excellence (NICE) guideline** recommends to:

- Screen patients with an approved tool. The NICE recommended tool can be found here.
- Offer pharmacological VTE prophylaxis for a minimum of 7 days to acutely ill medical patients whose risk of VTE outweighs their risk of bleeding:
- Use low-molecular-weight heparin (LMWH) as first-line treatment
- If LMWH is contraindicated use fondaparinux sodium
- If using pharmacological VTE prophylaxis for people with renal impairment choose either LMWH or unfractionated heparin (UFH)
- If needed, reduce the dose of LMWH and UFH for people with renal impairment. Base the decision on multidisciplinary or senior opinion, or locally agreed protocols

Specific recommendations for people with cancer, under palliative care, admitted to critical care, and who have psychiatric illness are found in the NICE guideline.


National Institute for Health and Care Excellence (NICE). (2019). Venous thromboembolism in over 16s: reducing the risk of hospital-acquired deep vein thrombosis or pulmonary embolism. Source


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Quality Measure

NQF 0371. Venous Thromboembolism Prophylaxis

This measure assesses the number of patients who received venous thromboembolism prophylaxis or have documentation why no venous thromboembolism prophylaxis was given the day of or the day after hospital admission or surgery end date for surgeries that start the day of or the day after hospital admission. This measure is part of a set of six nationally implemented prevention and treatment measures that address venous thromboembolism.

Exclusions:

- Patients less than 18 years of age
- Patients who have a length of stay (LOS) less than two days and greater than 120 days
- Patients with Comfort Measures Only documented on day of or day after hospital arrival
- Patients enrolled in clinical trials related to VTE
- Patients who are direct admits to intensive care unit (ICU), or transferred to ICU the day of or the day after hospital admission with ICU LOS greater than or equal to one day
- Patients with ICD-9-CM Principal Diagnosis Code of Mental Disorders or Stroke.
- Patients with ICD-9-CM Principal or Other Diagnosis Codes of Obstetrics or VTE.
- Patients with ICD-9-CM Principal Procedure Code of Surgical Care Improvement Project (SCIP) VTE selected surgeries

VTE-2: ICU Venous Thromboembolism Prophylaxis, VTE-3: Venous Thromboembolism Patients with Anticoagulation Overlap Therapy, VTE-4: Venous Thromboembolism Patients Receiving Unfractionated Heparin with Dosages/Platelet Count Monitoring, VTE-5: Venous Thromboembolism Warfarin Therapy Discharge Instructions and VTE-6: Hospital Acquired Potentially-Preventable Venous Thromboembolism that are used in The Joint Commission’s accreditation process.

Steward: The Joint Commission.

Use in Federal Program: Hospital Inpatient Quality Reporting, Meaningful Use Stage 2 (EHR Incentive Program) - Hospitals, CAHs.

Care Setting: Hospital/Acute Care Facility.

National Quality Forum-endorsed measure. [Source](#)

No Prophylaxis

Venous thromboembolism prophylaxis not required - document reason in patient chart
Venous thromboembolism prophylaxis contraindicated - document reason in patient chart

Mechanical Devices

*Mechanical methods of prophylaxis against deep vein thrombosis (DVT) such as graduated compression stockings (GCS) and/or intermittent pneumatic compression (IPC) should be used primarily in patients at high risk for bleeding*

Guidance

**Mechanical Methods, Deep Vein Thrombosis Prophylaxis**

Published guidelines have different recommendations on the use of mechanical compression devices to prevent deep vein thrombosis:

- The American College of Chest Physicians recommends using mechanical thromboprophylaxis with graduated compression stockings (Grade 2C) or intermittent pneumatic compression (Grade 2C) rather
than no mechanical thromboprophylaxis for acutely ill hospitalized medical patients at increased risk of thrombosis who are bleeding or at high risk for major bleeding

- When bleeding risk decreases, and venous thromboembolism risk persists, these guidelines suggest substituting pharmacologic thromboprophylaxis for mechanical thromboprophylaxis. (Grade 2B)
- The American College of Physicians recommends against the use of mechanical prophylaxis with graduated compression stockings (GCS). (Strong recommendation, moderate-quality evidence)
- A systematic review found that GCS are effective in reducing the risk of DVT, but the evidence is stronger for general and orthopedic surgery patients than medical patients.
- In addition, a systematic review suggests that thigh-high stockings were non-statistically more effective than knee-high stocking, but patient preference may increase the likelihood of using knee-high stockings.

Do not offer anti-embolism stockings to people who have:

- Suspected or proven peripheral arterial disease
- Peripheral arterial bypass grafting
- Peripheral neuropathy or other causes of sensory impairment
- Any local conditions in which anti-embolism stockings may cause damage – for example, fragile ‘tissue paper’ skin, dermatitis, gangrene or recent skin graft
- Known allergy to material of manufacture
- Severe leg edema
- Major limb deformity or unusual leg size or shape preventing correct fit

Do not offer anti-embolism stockings for VTE prophylaxis to people who are admitted for acute stroke. Consider intermittent pneumatic compression for VTE prophylaxis for people who are immobile and admitted with acute stroke. If using, start it within 3 days of acute stroke


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Apply sequential compression device
Apply thigh-high graduated compression stockings

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Apply knee-high graduated compression stockings

**Medications**

*Medical patients at increased risk of DVT should receive thromboprophylaxis with LMWH, LDUH, or fondaparinux as soon as no high risk of bleeding is present*

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**Guidance**

**Prevention of VTE in Hospitalized Acutely Ill Medical Patients**

According to *American College of Chest Physicians* Practice Guidelines:

- Use anticoagulant thromboprophylaxis with low-molecular-weight heparin, low-dose unfractionated heparin 2 or 3 times per day, or fondaparinux in acutely ill hospitalized medical patients at increased risk of thrombosis
- Do not use pharmacologic or mechanical prophylaxis in acutely ill, hospitalized medical patients at low risk of thrombosis. (Grade: 1B)
- Do not use anticoagulant thromboprophylaxis for acutely ill hospitalized medical patients who are bleeding or at high risk for bleeding. (Grade: 1B)
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- Administer pharmacologic prophylaxis with heparin or a related drug in medical patients (including those with stroke), unless the risk of bleeding exceeds the likely benefits. (Strong recommendation, moderate-quality evidence)
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The National Institute for Health and Care Excellence (NICE) guideline recommends to:

- Screen patients with an approved tool. The NICE recommended tool can be found here
- Offer pharmacological VTE prophylaxis for a minimum of 7 days to acutely ill medical patients whose risk of VTE outweighs their risk of bleeding:
  - Use low-molecular-weight heparin (LMWH) as first-line treatment
  - If LMWH is contraindicated use fondaparinux sodium
  - If using pharmacological VTE prophylaxis for people with renal impairment choose either LMWH or unfractionated heparin (UFH)
  - If needed, reduce the dose of LMWH and UFH for people with renal impairment. Base the decision on multidisciplinary or senior opinion, or locally agreed protocols

Specific recommendations for people with cancer, under palliative care, admitted to critical care, and who have psychiatric illness are found in the NICE guideline.


National Institute for Health and Care Excellence (NICE). (2019). Venous thromboembolism in over 16s: reducing the risk of hospital-acquired deep vein thrombosis or pulmonary embolism. Source


Published By: Elsevier
Modify the dose of enoxaparin in patients with severe renal insufficiency (CrCl less than 30 mL/min) and morbidly obese patients (BMI greater than or equal to 35 mg/m2)

Guidance

Exoxaparin, DVT Prophylaxis - Medical

For venous thromboembolism (VTE) prophylaxis including deep venous thrombosis (DVT) prophylaxis or pulmonary embolism prophylaxis:

For general medical adult patients with risk factors for DVT due to restrictive mobility during acute illness, e.g.

- Moderate to severe congestive heart failure
- Severe respiratory disease
- Patients who are confined to bed and have 1 or more of the following risk factors:
  - Active cancer
  - History of VTE
  - Sepsis
  - Acute neurological disease
  - Inflammatory bowel disease
- Adults: 40 mg subcutaneous daily for up to 14 days

For thrombosis prophylaxis in patients with obesity:

NOTE: Although previous clinical practice guidelines recommended weight-based dosing for VTE prophylaxis in obese patients, current guidelines do not provide specific dosing recommendations but suggest an increased dose may be required.

- Adults: 0.5 mg/kg subcutaneous once or twice daily
- Anti-factor Xa concentrations may be monitored with dosage adjustments considered to achieve an anti-factor Xa concentration of 0.2—0.5 International Units/mL

For patients with a CrCl less than 30 mL/minute:

- Adults: 30 mg subcutaneously once daily

For thrombosis prophylaxis in perioperative patients, pregnant females, and patients that need interruption in vitamin K antagonists (VKA) therapy, consult the reference.

Exoxaparin Drug Monograph. ClinicalKey.

Published By: Elsevier

Enoxaparin Subcutaneous Injectable Solution; 40 mg Every 24 hours
Avoid the use of fondaparinux in patients weighing less than 50 kg, the elderly, and frail patients

Guidance

Fondaparinux, DVT Prophylaxis

Avoid the use of fondaparinux in patients weighing <50 kg, the elderly, and frail patients because bleeding complications may be increased.


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fondaparinux Subcutaneous Prefilled Syringe; 2.5 mg Every 24 hours
heparin Subcutaneous Injectable Solution; 5000 Units Every 8 hours

Laboratory

Guidance

COVID-19 Laboratory Testing ~

Laboratory testing recommendations:

- Positive identification of SARS-CoV-2 (2019-nCoV) RNA by polymerase chain reaction test is considered confirmation of diagnosis
- Routine blood work is not diagnostic, but a pattern of typical abnormalities is emerging in case series of hospitalized patients:
  - Leukopenia may be observed and relative lymphopenia is common, especially in patients with more severe illness
  - Anemia was noted in about half of patients in one series
  - Both elevated and low platelet counts have been seen
  - A prolonged prothrombin time has been reported

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Levels of D-dimer and fibrinogen may be elevated
Elevated levels of lactate dehydrogenase and liver enzymes (ALT and AST) are common
Serum procalcitonin levels are usually within reference range; elevated levels have been seen in patients with secondary infection
Serum levels of some other acute phase reactants (eg, C-reactive protein, ferritin) are elevated in most patients, as is the erythrocyte sedimentation rate

- Lactate level of 2 mmol/L or higher suggests presence of septic shock

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Blood Bank
ABO, Rh, and Ab screen
Type and Crossmatch 2 Units Red Blood Cells

Blood Gases
Lab: Arterial Blood Gas (ABG), Once
Lab: Venous Blood Gas, Once

Chemistry
Lab: Basic Metabolic Profile, Once
Lab: Basic Metabolic Profile, Every morning for 3 Day(s)
Lab: Comprehensive Metabolic Panel, Once
Lab: Brain Natriuretic Peptide, Once
Lab: C-Reactive Protein, Once
Lab: D-Dimer, Quantitative, Once
Lab: Ferritin, Once
Lab: Fibrinogen, Once
Lab: Hepatic Function Panel, Once
Lab: Glucose, Serum Random, Once; label with source

Guidance

Glucose Measurement, ICU

Glucose Measurement - ICU

- For blood-glucose measurements in some critically ill adult patients, such as those with unstable hemodynamics (low perfusion index, use of a vasopressor, presence of edema, and low mean arterial pressure), hypoglycemia, and insulin infusion, arterial blood samples should be used rather than capillary blood samples, and arterial blood gas or central lab analyzers should be used instead of glucose meters

- Sampling from central venous catheters should not be used for glycemic control in ICU patients

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Lab: Lactic Acid, Venous, Once

Guidance

COVID-19 Lactate ~

Lactate level of 2 mmol/L or higher suggests presence of septic shock


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Lab: Lipid Panel, Once
Lab: Magnesium, Once
Lab: Phosphorus, Once
Lab: Procalcitonin, Once
Lab: Troponin I, Every 6 hours for 3 Times

Guidance

Blood Chemistry, Non-ST-elevation Acute Coronary Syndrome

AHA/ACC Recommendations for Biomarkers Used for Prognosis, Early Risk Stratification and Diagnosis:

Class I Recommendation

- Serial cardiac troponin I or T levels (when a contemporary assay is used) should be obtained at presentation and 3 to 6 hours after symptom onset in all patients who present with symptoms consistent with ACS to identify a rising and/or falling pattern of values. (Level of Evidence: A)
Additional troponin levels should be obtained beyond 6 hours after symptom onset in patients with normal troponin levels on serial examination when changes on ECG and/or clinical presentation confer an intermediate or high index of suspicion for ACS. (Level of Evidence: A)

If the time of symptom onset is ambiguous, the time of presentation should be considered the time of onset for assessing troponin values. (Level of Evidence: A)

The presence and magnitude of troponin elevations are useful for short- and long-term prognosis. (Level of Evidence: B)

Class IIa Recommendation

- It is reasonable to obtain a fasting lipid profile in patients with NSTE-ACS, preferably within 24 hours of presentation. (Level of Evidence: C)

Class IIb

- Measurement of B-type natriuretic peptide or N-terminal pro–B-type natriuretic peptide may be considered to assess risk in patients with suspected ACS. (Level of Evidence: B)

Class III: No Benefit

- With contemporary troponin assays, creatine kinase myocardial isoenzyme (CK-MB) and myoglobin are not useful for diagnosis of ACS. (Level of Evidence: A)


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**Hematology**

- Lab: Complete Blood Count (CBC), Once
- Lab: Complete Blood Count (CBC), Every morning for 3 Day(s)
- Lab: Erythrocyte sedimentation rate (ESR), Once
- Lab: Glycohemoglobin A1C, Once
- Lab: Prothrombin time (PT) with INR, Once
- Lab: Prothrombin time (PT) with INR, Every morning
- Lab: Partial Thromboplastin Time, Once

**Microbiology**

- Blood culture, Once (1 of 2)
- Blood culture, Once (2 of 2)
- C. difficile toxin, Stool, Once
- Gram stain, culture and sensitivity, Sputum, Once
**Guidance**

**COVID-19 Sputum Culture, COVID-19 ~**

Collect a sputum specimen if a productive cough is present:

Lower respiratory tract

- A deep cough sputum specimen (collected after mouth rinse) is also acceptable
  - WHO advises against attempts to induce sputum, because the process may increase aerosolization and risk of transmission


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**Sputum Culture ~**

Gram stain and culture of respiratory secretions

- Must be interpreted carefully to distinguish colonization from infection
- Current American Thoracic Society/Infectious Disease Society of America guidelines favor noninvasive means of obtaining specimens over bronchoscopy
  - Expectorated sputum is most easily obtained, but may not accurately reflect lower respiratory tract
    - Inability to differentiate true pathogens from tracheal and upper respiratory tract colonizers may lead to more or broader-spectrum antibiotic therapy than necessary
    - Careful review of Gram stain looking for neutrophils and assessing the number and morphology of bacteria can lead to a more accurate interpretation of culture results (ie, to determine whether cultured organisms are true pathogens or colonizers)
  - Endotracheal aspirate to retrieve deep specimens in intubated patients
    - Semiquantitative cultures reported as light, moderate, or heavy growth
    - In patients who do undergo invasive testing, quantitative culture results may be interpreted as follows:
      - For bronchoscopic lavage, the diagnostic threshold for infection is usually $10^4$ or $10^5$ CFU/mL
      - For protected brush samples, the usual threshold is $10^3$ CFU/mL
- Sterile culture of respiratory secretions (without new antibiotic therapy in the past 72 hours) rules out bacterial pneumonia, but does not exclude viral or *Legionella* infection

*Hospital-acquired and Ventilator-associated Pneumonias Clinical Overview. ClinicalKey.*

*Published By: Elsevier*
Gram stain, culture and sensitivity, Urine, Once
Legionella Antigen, Urine, Once
Influenza A/B PCR, Nose, Once

Guidance

Influenza A/B Antigen ~

Influenza A/B Antigen - Influenza

- Nasal Influenza A and B virus antigen
  - Obtain nasal swab samples to test for influenza in patients with suspected viral pneumonia
- Use a rapid influenza diagnostic test if it will change the care of the patient or of other patients. The following factors warrant such testing:
  - Hospitalized patients
  - Patients with high-risk conditions
  - Documentation of institutional outbreaks
  - Atypical timing (e.g., summer months in temperate climates)
    - Under these circumstances, viral culture is recommended to confirm positive results from rapid tests and to identify strain

- Antigen detection tests: rapid influenza diagnostic tests are usually available at the point of care
  - Performed on nasal or nasopharyngeal swab or aspirate
  - Some can distinguish influenza A from influenza B but cannot identify specific strain
  - Sensitivity is 50% to 70%
  - Specificity is 90% to 95%

Community-Acquired Pneumonia in Adults Clinical Overview. ClinicalKey.

ClinicalKey. Influenza Clinical Overview.

Published By: Elsevier

Influenza A/B PCR, Sputum, Once
Methicillin-resistant S. aureus (MRSA) Culture, Nose, Once
Mycoplasma pneumoniae Culture, Sputum, Once
Contact Local Public Health Department for Positive SARS-CoV-2 Polymerase Chain Reaction results
Real-Time Polymerase chain reaction for SARS-CoV-2; Nasopharyngeal swab, Once
Guidance

Pharyngeal Swab, COVID-19 ~

CDC provides specific instructions for collection and handling of specimens.

Upper Respiratory Tract Swab

- Nasopharyngeal swab is preferred; oropharyngeal swab may be submitted in addition, if obtained. Only synthetic fiber swabs with plastic shafts are acceptable. If both are submitted, they may be placed in the same container
- For nasopharyngeal specimen, insert swab into nostril parallel to palate. Leave swab in place for a few seconds to absorb secretions
- For oropharyngeal specimen, swab the posterior pharynx, avoiding tongue and tonsils


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Real-Time Polymerase chain reaction for SARS-CoV-2; Oropharyngeal swab, Once

Guidance

Pharyngeal Swab, COVID-19 ~

CDC provides specific instructions for collection and handling of specimens.

Upper Respiratory Tract Swab

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- For oropharyngeal specimen, swab the posterior pharynx, avoiding tongue and tonsils


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**Urine**
- Lab: Urinalysis, Once
- Lab: Pregnancy Test, Urine, Once
- Lab: Drug Screen Emergency, Urine, Once

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**Radiology**

**Plain Films**

**Guidance**

**COVID-19 Imaging ~**

Chest imaging (eg, plain radiography, CT) has shown abnormalities in most reported patients; it usually shows bilateral involvement, varying from consolidation in more severely ill patients to ground-glass opacities in less severe and recovering pneumonia


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**X-ray, Chest PA (Portable), Once**

**History:** [add diagnosis, symptom(s)]

**Question:** [add reason for study]

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**CT Scan**

**Guidance**

**COVID-19 CT Scan ~**

CT appears to be more sensitive than plain radiographs, but normal CT appearance does not exclude COVID-19


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**CT, Chest with IV contrast**

**History:** [add diagnosis, symptom(s)]

**Question:** [add reason for study]

---

**CT, Chest without IV contrast**

**History:** [add diagnosis, symptom(s)]

**Question:** [add reason for study]
Diagnostic Studies
Electrocardiogram, with at least 12 leads; History: [add diagnosis, symptom(s)]; Question: [add reason for study]

Consults
Consult: Public Health; History: [add diagnosis, symptom(s)]; Question: [add reason for consult]; further evaluation and management
Consult: Infectious Disease; History: [add diagnosis, symptom(s)]; Question: [add reason for consult]

Guidance

Infectious Disease Referral, COVID-19 ~
Consult infectious disease specialist to coordinate diagnosis and management with public health authorities

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Consult: Pulmonary Medicine (Pulmonology); History: [add diagnosis, symptom(s)]; Question: [add reason for consult]

Guidance

COVID-19 Pulmonology Referral, COVID-19 ~
Consult pulmonologist to aid in obtaining deep specimens for diagnosis and managing mechanical ventilation if necessary

Published By: Elsevier

Consult: Cardiovascular Disease (Cardiology); History: [add diagnosis, symptom(s)]; Question: [add reason for consult]
Consult: Neurology; History: [add diagnosis, symptom(s)]; Question: [add reason for consult]
Consult: Dietitian; History: [add diagnosis, symptom(s)]; Question: [add reason for consult]
Consult: Pharmacy; History: [add diagnosis, symptom(s)]; Question: [add reason for consult]

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COVID-19 Module Use, COVID-19 ~

Please note that the Medication Infusion Module and the Mechanical Ventilation Module are not COVID-specific. COVID-specific guidance is below:

Medication Infusion

Management of septic shock includes cautious fluid resuscitation and use of vasopressors if fluid administration does not restore adequate perfusion. WHO provides guidance specific to the treatment of shock in patients with COVID-19

- In adults, begin with norepinephrine; epinephrine or vasopressin are preferred as second line over dopamine if norepinephrine is unavailable
  - Hemodynamic goal: generally, mean arterial pressure of 65 mm Hg or more; in older adults (older than 65 years), 60 to 65 mm Hg
- In children, epinephrine is considered the first line agent, and norepinephrine may be added if necessary

WHO provides specific guidance for oxygenation and ventilation

- Oxygenation and ventilation
  - Patients with severe respiratory distress, obstructed or absent breathing, central cyanosis, shock, seizures, or coma require aggressive airway management (which may include intubation) and oxygen
    - Nasal cannula at 5 L/minute or face mask with reservoir bag at 10 to 15 L/minute
      - Titrate to reach SpO₂ of 94% or more initially
      - Once stable, target SpO₂ of 90% or higher in nonpregnant adults; 92% or higher in pregnant patients
      - In most children the target SpO₂ is 90% or greater; for those who require urgent resuscitation (eg, those with apnea or obstructed breathing, severe respiratory distress, central cyanosis, shock, seizures, or coma), a target SpO₂ of 94% or higher is recommended
    - High-flow nasal oxygen or noninvasive ventilation has been used to achieve adequate oxygenation in some patients; however, there is concern that these techniques may result in higher risk of aerosolization of the virus, and this modality is recommended only in selected patients and when airborne precautions can be taken
      - Mechanical ventilation may become necessary for patients in whom oxygenation targets cannot be met with less invasive measures or who cannot maintain the work of breathing
        - Recommended settings are tidal volume of 4 to 8 mL/kg and inspiratory pressures less than 30 cm H₂O
- In children, tidal volumes of 5 to 8 mL/kg for preserved lung compliance and 3 to 6 mL/kg for poor compliance; inspiratory pressures should be less than 28 cm H₂O.
- Use of PEEP may be necessary in patients with acute respiratory distress syndrome. Optimal regimen is not clearly defined, although WHO suggests higher rather than lower pressures. A protocol is available from ARDSnet.
- For patients with severe acute respiratory distress syndrome, prone positioning for 12 to 16 hours/day is recommended.
  - Lateral decubitus position for pregnant women.
  - Extracorporeal membrane oxygenation has been used in severely ill patients, and it can be considered if resources and expertise are available.

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