



Targeted Temperature Management Q & A Podcast

Liz Olsen:

[00:04](#)

The use of therapeutic hypothermia is a centuries old technique. In modern times now referred to as targeted temperature management. The practice is a class one guideline, according to the American Heart Association. Despite the evidentiary support, many hospitals still lack the protocols to include this therapy in their post-cardiac arrest temperature management. We'll be talking with two physician experts from Get with the Guidelines Resuscitation AHA's premier quality improvement program.



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Dr. Steve Bradley: [05:12](#)

One of the things that Tia and I were commenting about earlier is we care for different populations and so there may be nuances between pediatrics and adults that we don't even think about just because we don't necessarily have overlap in our populations. I'll say that the concepts for adults are largely similar. The first is that the patient population are those that have suffered cardiac arrest and are in persistent coma, so not intentionally responsive. Our best evidence is that that's most effective for patients who have suffered out-of-hospital cardiac arrest with a shockable rhythm, but current guidelines recommend use of therapeutic hypothermia or targeted temperature management in anybody who's suffered cardiac arrest, regardless of whether or not it's out-of-hospital, in-hospital, and regardless of whether or not it's a shockable or non shockable rhythm, if they have persistent coma.

The other part is to recommend that in that population, that you initiate targeted temperature management as soon as possible with one caveat. So there have been studies looking at initiation of targeted temperature management through the use of bolus cold IV infusion, saline fusions in patients prehospital that did not improve outcomes and concern for harm. So it's not recommended to use bolus IV infusions prior to hospital arrival. Whether or not there are benefits to other approaches to cooling prior to hospital arrival is still in debate under study, but essentially initiating targeted temperature management as soon as possible. And the other concept of duration and rewarming as outlined by Dr. Raymond.

Liz Olsen:



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- Dr. Steve Bradley: [10:58](#) I would agree with all of that and say that one of the best ways to do that as a system is to participate in the Get With The Guidelines Resuscitation Program, whereby data on patients who are cared for in your hospital as a result of in-hospital cardiac arrest, that data is then contributed to a quality improvement program that allows insights on who are the patient populations that you're serving, who have suffered in-hospital cardiac arrest, what are their treatment and what are their subsequent outcomes as it relates to survival and their neurologic outcomes. An excellent opportunity to tie together your understanding of processes of care and the impact on the patient outcomes for whom you're caring.
- Liz Olsen: [11:37](#) For a hospital that doesn't currently have TTM protocols, what would your recommendations be for integrating this into their post-cardiac arrest care processes?
- Dr. Steve Bradley: [11:48](#) Well, I'm going to jump in on this one because I've known Dr.



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The other thing that I would say is reaching out to other centers, even centers that might be in your city. I know we have a post-cardiac arrest care clinical pathway that we use in our hospital, and I'm sure there are other hospitals who have the same thing, and there's no point in reinventing the wheel. So I think reaching out to other facilities within your area, we can give our own information if needed as well, and start by developing a pathway, putting it at the bedside and bringing it out so that everybody knows what they need to do in this situation.

And practice it. It can be part of a simulation training as well, post-cardiac arrest care.

Liz Olsen:

[14:28](#)

Well, I want to thank you, Dr. Raymond and Dr. Bradley for talking with me today about targeted temperature management.

Thank you for joining us. Remember, share this show with someone who needs it. To view our previous webinar on targeted temperature management and learn more about the American Heart Association and its quality improvement efforts, visit us at heart.org/resuscitation. Today's webinar's made possible through the support of Becton, Dickinson and company.