

2010 ADULT RESPIRATORY DISTRESS



- * Inadequate Oxygenation**
- SpO₂ less than 90% despite high flow O₂
- * Inadequate Ventilation**
- Dyspnea with verbal impairment – i.e. cannot speak in full sentences
 - Accessory muscle use
 - Respiratory rate greater than 24/minute despite O₂
 - Diminished tidal volume

- Consider pulmonary and non-pulmonary causes of respiratory distress:**
- Pulmonary embolism
 - Pneumonia
 - Heart attack
 - Pneumothorax
 - Sepsis
 - Metabolic acidosis (e.g.: DKA)
 - Anxiety

- Mixed picture may exist**
- Goal is maximization of oxygenation and ventilation in all cases
 - CPAP may be particularly useful in mixed picture with hypoxia and/or hypoventilation
 - Avoid albuterol in suspected pulmonary edema

