

Low tidal volume strategy



What strategies can I use to treat patients with ARDS?

Volume control mode

Low tidal volume strategy

High respiratory rate strategy

Optimal PEEP strategy



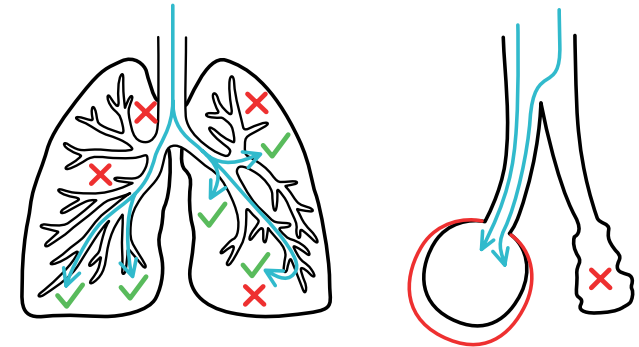
1. Reduce V_T

You can use volume control mode with a low tidal volume strategy to manage patients with ARDS.

Add more V_T ?

Increasing volume in does not help because the extra volume just enters the normal alveoli and overextends them, further increasing the plateau pressure above the acceptable 30 cmH₂O. This can damage the lung.

Instead, it is better to reduce the V_T to keep plateau pressure down and reduce the risk of barotrauma.



6–8 mL/kg \longrightarrow 4–6m L/kg
 \downarrow V_T by 1 mL/kg

Note

Reducing V_T may cause an increase in PaCO₂ and a decrease in pH.

According to the ARDSnet protocol, compared to barotrauma, respiratory acidosis is the lesser of the evils.

