

High respiratory rate strategy



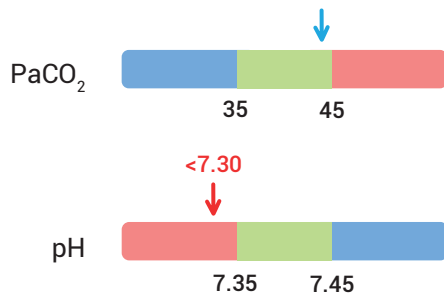
What strategies can I use to treat patients with ARDS?

Volume control mode

Low tidal volume strategy

High respiratory rate strategy

Optimal PEEP strategy

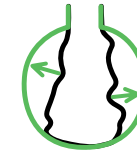


You can use volume control mode with a high respiratory rate (RR) strategy to manage patients with ARDS.

Increase RR → ↓ PaCO₂
→ Air trapping

Air trapping in restrictive lung disease is bad, but air trapping may help your ARDS patient!!!

Air trapping can act like PEEP and help recruit and stabilize the collapsed alveoli.



Alveolar recruitment

- ✓ High respiratory rate
- ✓ Low tidal volume
Plateau pressure ≤ 30 cmH₂O
- ✓ pH as low as 7.30

Treating ARDS patients with a high RR strategy is like walking a fine line... and you may need to adjust, and readjust, RR as necessary to balance PaCO₂ and plateau pressure.

