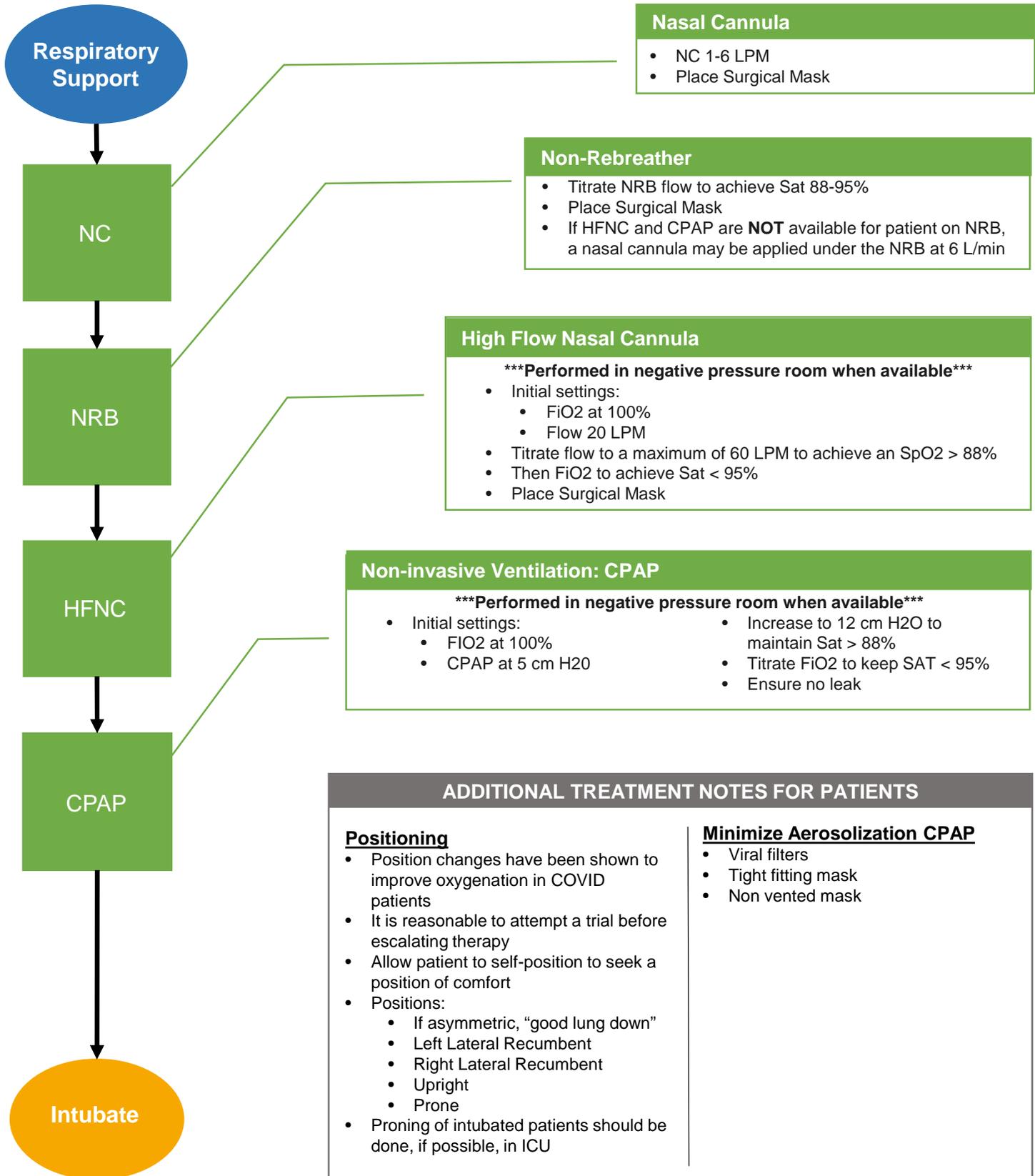


Appendix A – EPPA Procedures for RSI in COVID or COVID PUI PATIENTS



Appendix B – EPPA Procedures for RSI in COVID or COVID PUI PATIENTS

PRINCIPLES

- Intubation and resuscitation are the situations most likely to expose us to COVID
- Securing the airway first allows for the best source control
- PPE first; no staff to be compromised even in emergency
- Critically ill patients likely have the highest viral load
- Minimize the number of personnel in the room while balancing with safety and optimal care for the patient

PERSONNEL & PPE

In Room:

- (negative pressure if available)
- Physician
 - RN
 - RT

In Hallway:

- PPE spotter for donning and doffing
- Runner (ED Tech)
- Pharmacist (when available)
- Physician backup (with PPE ready)
- Second RN (with PPE ready)
- Charge RN (when available)

Personal Protective Equipment (PPE):

- N95 or CAPR/ PAR
- Gloves
- Face shield
- Gown

ADDITIONAL TREATMENT NOTES

Medication

- **Quick List** (average adult)
 - **Ketamine 150mg IV**
 - **Rocuronium 100mg IV**
- Induction:
 - Etomidate 0.3 mg/kg IV (**etomidate 20mg IV** for average adult)
 - Ketamine 1.5 to 2 mg/kg IV (**ketamine 150mg** for average adult)
- Paralytic:
 - Succinylcholine 1.5 to 2 mg IV (**succinylcholine 150mg** for average adult)
 - Rocuronium 1 to 1.5 mg/kg (**rocuronium 100mg IV** for average adult)

Intubation Technique

- If necessary, two person BVM with viral filter or NIPPV with viral filter
- Begin with video laryngoscopy
- If necessary, direct laryngoscopy (bougie if needed)
- If necessary, LMA
- If necessary, cricothyrotomy

Sedation to minimize coughing

- Propofol, Fentanyl, Ketamine, Midazolam prn or drip
- Consider paralysis

Initial Vent Settings (initial lung protective strategy)

- Mode: volume assist control
- Tidal Volume: 6 to 8 ml/kg (IBW)
- RR: 15/min
- PEEP: 5 cm H₂O (8 if obese)
- FiO₂: 30% and titrate
- Goal oxygenation: 88 to 95%

Persistent Hypoxia

- Rule out complication (PTX)
- Positioning
 - HOB 30 degrees
 - Left/right decub
- PEEP Trial
 - 10-15cm H₂O for 5-10 min (watch BP)
- Recruitment Maneuver
 - 30cmH₂O for 30 seconds
- Deep Sedation and/or paralysis

WHY AM I BEING DISCHARGED?

Your Provider has determined that you should practice self-isolation and self-monitoring in order to protect yourself and your community from COVID-19, which is the disease caused by a new coronavirus. The virus spreads from person to person primarily by droplets when an infected person coughs or sneezes and the droplet either lands on another person or that other person touches a surface with the droplet on it. Diagnosis of COVID-19 can be made with a test but many times the test is unavailable or not necessary. There is no specific treatment or medicine for the disease.

Symptoms of COVID-19

Many people have no symptoms or mild symptoms. Symptoms may usually appear 4 to 5 days (up to 14 days) after contact with another ill person. Some people will get severe symptoms and pneumonia.

Usual symptoms: fever, cough, trouble breathing

Less common symptoms: headache, body aches, sore throat, sneezing, diarrhea

HOW TO CARE FOR YOURSELF

Stay Home

Most people will recover from illness with mild symptoms. Isolation by staying home is the best method to prevent the spread of the illness. **DO NOT** go to work or school. Have a friend or relative do your shopping. Do not use public transportation (bus and/or train), or ridesharing (Lyft/Uber).

Treat your symptoms

Take Acetaminophen (Tylenol) to treat body aches and fever as needed for comfort. Ibuprofen (Advil or Motrin) can be used as well if you still have symptoms after taking Tylenol. Drink fluids. Rest.

Watch for worsening symptoms

Shortness of breath or difficulty breathing.

When to seek medical attention or return to the emergency room

You should seek medical attention if your breathing worsens, you have shortness of breath, or you feel worse.

If you are uncertain, contact your health care provider or clinic. If you need emergency medical attention, call 911 and tell them you have been ill.

HOW TO PREVENT SPREADING COVID-19

Wash your hands and avoid touching your face

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol. As much as possible, avoid touching your face.

Separate yourself from other people

Separate yourself from other people in your home. As much as possible, you should stay in one room and away from other people in your home. If possible, use a separate bathroom. Avoid handling pets or other animals while sick. .

Wear a mask

Wear a mask if you need to be around other people. Cover your mouth and nose with a tissue when you cough or sneeze.

Avoid sharing personal household items

You should not share dishes, drinking glasses, forks/knives/spoons, towels, or bedding with other people in your home. After using these items, they should be washed with soap and water. Clean parts of your home that are touched often (doorknobs, faucets, countertops, etc.) daily.