

Rajesh Chawla  
Subhash Todi *Editors*

# ICU Protocols

A Stepwise Approach



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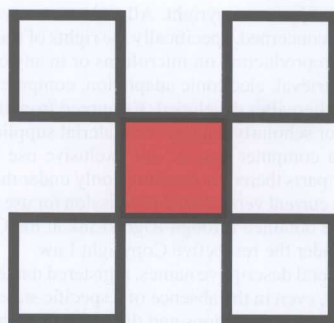
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# ICU Protocols

A Stepwise Approach



Springer



ISCCM

An endeavour of Indian College of Critical Care Medicine under the auspices of  
Indian Society of Critical Care Medicine.

*Editors*

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## ICU Protocols



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*To my parents, wife Renu, and daughters  
Aakanksha and Aakriti for their  
unconditional love and support. Special  
thanks to all my students, residents, fellows,  
and colleagues who inspire and educate me.*

—Rajesh Chawla

*To my mother, my wife Shailja, and daughter  
Suchira for their understanding, tolerance,  
and patience shown during the gestational  
period of this manual.*

—Subhash Todi

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## Preface

It gives us great pleasure to present to you the first edition of “ICU protocol Book – a stepwise approach” under the auspices of Indian Society of Critical Care Medicine (ISCCM). The goal of this book is to provide residents, fellows, critical care practitioners, and allied health care professionals with a current and comprehensive stepwise algorithm for bedside diagnosis and management of the most frequently encountered problems in the intensive care unit (ICU).

This book is neither a condensed text book as some of the current hand books are nor an elementary primer. Although it is small enough to carry around, yet it is big enough to contain all essential elements of ICU care. The management of various conditions has been described in a stepwise fashion to avoid missing any important step in both the workup and treatment.

It is a multiauthor book, written by well-known practitioners in the field of critical care in India. We have included contributions from other specialties that bring a complementary perspective to the multidisciplinary management of critically ill patients. We have avoided the didactic style of writing and have made it more algorithmic with bulleted points to highlight important steps. Each chapter starts with a typical case scenario followed by stepwise management of diagnostic workup and treatment of that condition. Flow sheet, tables, charts, figures, and illustrations have been added at appropriate places. Each chapter ends with current authoritative references with annotations to guide the reader about more in-depth reading and important web resources. To prevent the manual from becoming voluminous, we have not gone into the details of the pathophysiology of each condition. We have included an appendix that has drug doses, ICU formulae, normal values, and ICU syllabus for the trainees.

The chapters of this book follow a uniform format and are divided on the basis of organ system and special topics (trauma, toxicology, metabolic problems, and procedures). It is important to understand that the field of critical care, like everything else, is not static but changes constantly. This book does not purport to define standard of care but is only a guide to current clinical practice in intensive care medicine. It is generally presumed that multiauthor books are only superficially edited and their chapters reflect the styles of its authors. In this book, we have tried to give a uniform format to all the chapters reflecting the purpose of the book. We have both worked together as a team for more than a year and reviewed each chapter to ensure the authenticity of the information.

This is an important educational venture of ISCCM, and we hope the book will be read not only in India but also regionally and internationally. Last but not the least, we sincerely hope that this manual will be used by the residents, wherever they are, for better bedside care of critically ill patients.

Rajesh Chawla  
Subhash Todi

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# Contents

## Part I Respiratory System

Rajesh Chawla and Gopi Chand Khilnani

<b>1</b>	<b>Airway Management .....</b>	<b>3</b>
	Sheila Nainan Myatra and Jigeeshu V. Divatia	
<b>2</b>	<b>Acute Respiratory Failure.....</b>	<b>17</b>
	Randeep Guleria and Jaya Kumar	
<b>3</b>	<b>Noninvasive Positive-Pressure Ventilation .....</b>	<b>23</b>
	Rajesh Chawla and Subhash Todi	
<b>4</b>	<b>Basic Mechanical Ventilation .....</b>	<b>31</b>
	Gopi Chand Khilnani and Vijay Hadda	
<b>5</b>	<b>Mechanical Ventilation in Acute Respiratory Distress Syndrome.....</b>	<b>39</b>
	Farhad N. Kapadia and Umakant Bhutada	
<b>6</b>	<b>Mechanical Ventilation in Obstructive Airway Diseases.....</b>	<b>51</b>
	Raj Kumar Mani	
<b>7</b>	<b>Weaning .....</b>	<b>57</b>
	Rajesh Chawla, Vishakh Varma, and Rakesh Sharma	
<b>8</b>	<b>Massive Hemoptysis.....</b>	<b>65</b>
	Avdhesh Bansal and Viny Kantroo	
<b>9</b>	<b>Pulmonary Thromboembolism.....</b>	<b>71</b>
	Rajesh Chawla and Subhash Todi	
<b>10</b>	<b>Severe Community-Acquired Pneumonia .....</b>	<b>79</b>
	Subhash Todi and Rajesh Chawla	
<b>11</b>	<b>Ventilator-Associated Pneumonia.....</b>	<b>85</b>
	Rajesh Pande	
<b>12</b>	<b>Pleural Diseases .....</b>	<b>93</b>
	Sudha Kansal and Rajesh Chawla	