

Protocol 700-R1-P

Respiratory Distress

Rev: 2/18

BLS Treatment

- ❖ Treat life threats. (See Procedure 701 *Life Threats*)
- ❖ Place patient in position of comfort.
- ❖ Observe for signs of severe respiratory distress (Table 1)
- ❖ Keep patient and family calm.
 - Remember to keep the child in the lap of a caregiver whenever possible on scene. This will keep the child calmer, help to prevent further worsening of symptoms, and allow for better evaluation of the child's respiratory status.
- ❖ Prepare for transport/transfer of care.

ALS Treatment

- ❖ Treat life threats. (See Procedure 701 *Life Threats*)
- ❖ Cardiac Monitor and determine rhythm
- ❖ Obtain baseline SpO₂ on room air or baseline O₂ usage
 - Titrate O₂ to main SpO₂ above 94%
- ❖ If child presents with symptoms consistent with croup (history of upper respiratory infection, fever, "seal bark" cough, or stridor) consider blow by nebulized NS to cool inflamed subglottic tissues.
- ❖ Consider CPAP if ≥ 8 years old
- ❖ Treat in accordance with suspected condition (Table 2)
- ❖ Transport/Contact Base Station.

Table 1: Signs of Severe Respiratory Distress

<ul style="list-style-type: none"> • ALOC • Sig. accessory muscle use • fatigue 	<ul style="list-style-type: none"> • low SpO₂, • poor skin signs • Elevated EtCO₂ • inability to speak
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Special Considerations

- ❖ An increased work of breathing - typified by retractions, grunting, head bobbing and nasal flaring is the most specific indicator of respiratory distress.
- ❖ Fatigue is the most specific indicator for impending respiratory failure.
- ❖ Respiratory failure is the number one cause of pediatric cardiac arrest. Bradycardia is almost always caused by hypoxia in children and is an ominous and late finding.

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Table 2: Treatment Protocols for Respiratory Distress	
Suspected Croup (Stridor)	Bronchospasm (Diffuse Wheezing)
<ul style="list-style-type: none"> • Normal Saline via nebulizer 	<ul style="list-style-type: none"> • Albuterol: 2.5 mg and Ipratropium 250 mcg (<12 years) or 500 mcg ≥12 years via nebulizer <ul style="list-style-type: none"> ○ Repeat Albuterol only q15mins prn ○ Obtain base contact if HR >180 • If the patient is in severe distress and his/her tidal volume decreased, <ul style="list-style-type: none"> ○ administer Albuterol/Ipratropium via in-line CPAP or BVM • If, after all other interventions, the patient's condition remains the same or worsens, consider <ul style="list-style-type: none"> ○ Epinephrine 0.01 mg/kg (1: 1,000) 1mg/1ml: 0.3 mg IM every 3-5 minutes to a max of 0.6mg.
Allergic Reaction/ Anaphylaxis	
<ul style="list-style-type: none"> • See Policy M2 - <i>Allergic Reaction</i> 	
Smoke Inhalation	
<ul style="list-style-type: none"> • See Policy R2 – <i>Smoke Inhalation</i> 	

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