Putting it all together We have covered:

We have covered:

✓Introduction to 02 delivery

We have covered:

✓Introduction to 02 delivery✓Cardiac output

We have covered:

Introduction to 02 delivery
Cardiac output
Types of fluids

We have covered:

Introduction to 02 delivery
Cardiac output
Types of fluids
Optimising haemodynamics with fluids

We have covered:

Introduction to 02 delivery
Cardiac output
Types of fluids
Optimising haemodynamics with fluids
The Pump - Inotropes/Vasopressors

We have covered:

√Introduction to 02 delivery ✓Cardiac output •Types of fluids •Optimising haemodynamics with fluids •The Pump - Inotropes/Vasopressors ✓Haemoglobin

We have covered:

√Introduction to 02 delivery ✓Cardiac output •Types of fluids •Optimising haemodynamics with fluids •The Pump - Inotropes/Vasopressors ✓Haemoglobin **√O2** Saturation

General Nathan Bedford Forrest (Gump)





General Nathan Bedford Forrest (Gump) - founder of the Ku Klux Klan





Bad move, Nathan





38 year old male vs. lead projectiles
BP = 75/45 HR = 122
Cold peripheries
RR = 37 Sat 02=90%



38 year old male vs. lead projectiles BP = 75/45 HR = 122 Cold peripheries RR = 37 Sat 02=90%

What are your priorities ?

Cardiac output x Hb x % Sat O2

Cardiac output x Hb x % Sat O2 5 litre/min x 15 gm/dl (x1.34) x 100%

Cardiac output x Hb x % Sat O2 5 litre/min x 15 gm/dl (x1.34) x 100%

Cardiac output x Hb x % Sat O2 5 litre/min x 15 gm/dl (x1.34) x 100% 5 litre/min x 200 ml O2 / litre

Cardiac output x Hb x % Sat O2 5 litre/min x 15 gm/dl (x1.34) x 100% 5 litre/min x 200 ml O2 / litre

Cardiac output x Hb x % Sat O2 5 litre/min x 15 gm/dl (x1.34) x 100% = 1000 ml O2 /min delivered

Body needs ~ 250 ml oxygen / min

Body needs ~ 250 ml oxygen / min

1000 ml O2 /min delivered

If one variable is halved, the oxygen delivery is reduced to 1/2

If one variable is halved, the oxygen delivery is reduced to 1/2
 If two variable is halved, the oxygen delivery is reduced to 1/4

If one variable is halved, the oxygen delivery is reduced to 1/2
 If two variable is halved, the oxygen delivery is reduced to 1/4
 If all three variables are halved, the oxygen delivery is reduced to 1/8th

If one variable is halved, the oxygen delivery is reduced to 1/2 If two variable is halved, the oxygen delivery is reduced to 1/4 If all three variables are halved, the oxygen delivery is reduced to 1/8th

= 125 ml/min O2 delivered

If one variable is halved, the oxygen delivery is reduced to 1/2 If two variable is halved, the oxygen delivery is reduced to 1/4 If all three variables are halved, the oxygen delivery is reduced to 1/8th

= 125 ml/min O2 delivered

this is incompatible with life

Preload

Effective blood volume Capacitance Obstruction Septal shift IV fluid volume C.O.P.

Pump failure

Arrhythmias Ischaemia Valvular problems Septal shift

Afterload

RAA adaptaion Sepsis Valvular problems Pulmonary embolism Hypertension Shunts

Heart rate

Anaemia

Fe def Dilutional Inflammatory Vitamin deficiency Aplastic

Abnormal Hb

Sickle cell Thalassaemia met Hb CO Hb

Hemolysis

free Hb and NO Pulmonary hypertension Hypercoagulability

Hyperviscosity

PRV Acclimatisation

Inspired O2

Altitude Hyperbaric O2 Hypoventilation

Decreased respiratory drive drug induced CVA Fatigue (asthma) Obstruction Sleep apnoea syndrome Decreased consciousness

Ventilation/perfusion abnormalities

Shunt Pneumonia Pulmonary oedema Dead space Pulmonary embolism Fat embolism Mixed ARDS COPD Asthma

02 Delivery Compensation -2 Phases

02 Delivery Compensation -2 Phases

- Phase I The "Big 3" compensate each other
 - Cardiac Output
 - ✤ Hb
 - ✤ O2 Saturation

02 Delivery Compensation -2 Phases

- Phase I The "Big 3" compensate each other
 - Cardiac Output
 - * Hb
 - ✤ O2 Saturation
- Phase 2 Oxygen Extraction
 - If O2 delivery decreases, O2 extraction increases














Oxygen extraction















Venous outflow





Venous outflow

Oxygen extraction



Venous outflow

$VO2 = DO2 \times O2$ Extraction



$VO2 = DO2 \times O2$ Extraction



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J Surg Res 1987; 42 : 629-634

 $VO2 = DO2 \times O2$ Extraction



J Surg Res 1987; 42 : 629-634

 $VO2 = DO2 \times O2$ Extraction



79 year old woman 3rd day post total hip replacement

79 year old woman 3rd day post total hip replacement Hb 7.5 gm/dL but well, therefore not for transfusion

79 year old woman 3rd day post total hip replacement Hb 7.5 gm/dL but well, therefore not for transfusion Later found to be confused, breathless and passes moderate quantity of melaena

79 year old woman 3rd day post total hip replacement Hb 7.5 gm/dL but well, therefore not for transfusion Later found to be confused, breathless and passes moderate quantity of melaena What are your main concerns?





Cardiac outputxHbx% Sat O2 \downarrow \downarrow \downarrow \downarrow 517.5 gm100 %



Cardiac outputxHbx% Sat O2 \downarrow \downarrow \downarrow \downarrow 517.5 gm100 %

500 O2 ml/min delivered





Cardiac outputxHbx% Sat O2 \downarrow \downarrow \downarrow \downarrow 517.5 gm100 %



Cardiac outputxHbx% Sat O2 \int \int \int \int \int 517.5 gm100 %

2.5 I

7.5 gm 100 %



Cardiac output x Hb x % Sat O2 51 7.5 gm 100 %

2.5 I

7.5 gm 100 %

250 O2 ml/min delivered

77 yr old lady C. Difficile toxic mega colon Peripherally very oedematous **Received 5.5 I fluid** BP = 95/55 ; HR 99 RR = 35U.O = 15 ml/hrCentral line in place in femoral vein

What is our approach?

Consider 02 delivery

Consider 02 delivery

Cardiac output is the most important of the

"Big 3"

Aim for:

Aim for:

Clinical

Warm toes
Normal BP
Good urine output

Aim for:

Clinical

✤ Warm toes * Normal BP Good urine output Biochemical * SvO2 (normal ~ 75%) Lactate (can be venous - Delta lactate = Sv02)

Aim for:

Clinical

✤ Warm toes * Normal BP Good urine output Biochemical * SvO2 (normal ~ 75%) Lactate (can be venous - Delta lactate = Sv02) Direct measurement



Get to the top of the Starling curve -> optimize fluids

Get to the top of the Starling curve -> optimize fluids

Predict if fluid responsive?

Cardiac output adequate ? No Get to the top of the Starling curve -> optimize fluids

Predict if fluid responsive?



Spontaneous respirations


















First optimise filling (stretch)





First optimise filling (stretch)

Only then use inotropes if needed



Ventricular filling = **muscle stretch**

Cardiac Output







Ventricular filling = **muscle stretch**

Cardiac Output

How would we assess this patients volume status?

How about the CVP ?





A Systematic Review of the Literature and the Tale of Seven Mares

Paul E. Marik, MD, FCCP; Michael Baram, MD, FCCP; and Bobbak Vahid, MD

Chest 2008; 134:172-178





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"CVP should not be used to make clinical decisions regarding fluid management."





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But.....no correlation between CVP and hemodynamic response to fluid!



(r=0.27)

Crit Care Med 1984; 12:107-112



















Would not have been given fluid



CVP





















Cardiac output



Preload

Cardiac output


Cardiac output





Preload

Cardiac output



Cardiac output



Cardiac output



Starling curve



EVLW Starling curve









Either

Either

*Give a bolus and watch response

Either

Give a bolus and watch response Probably safe if <u>small</u> volumes required

Either

Give a bolus and watch response
Probably safe if <u>small</u> volumes required
If no risk of pulmonary oedema

Either

Give a bolus and watch response
Probably safe if <u>small</u> volumes required
If no risk of pulmonary oedema

Either

*Give a bolus and watch response - Probably safe if small volumes required - If no risk of pulmonary oedema Or *Try to **predict** how patient will respond





the pleural pressure drops



the pleural pressure <u>drops</u>

-> the rt. atrium/vena cavae expand (if compliant)



the pleural pressure <u>drops</u>

-> the rt. atrium/vena cavae expand (if compliant)

-> the CVP drops



the pleural pressure drops

- -> the rt. atrium/vena cavae expand (if compliant)
- -> the CVP drops
- -> sucking more blood into the chest





the pleural pressure drops

- -> the rt. atrium/vena cavae expand (if compliant)
- -> the CVP drops
- -> sucking more blood into the chest
- ->venous return and cardiac output increased



Change in CVP and spontaneous ventilation - Does it work ?





Change in CVP and spontaneous ventilation - Does it work ?

Inspiratory fall in CVP



Change in CVP and spontaneous ventilation - Does it work ?



Pulse oximeter plethysmographic waveform changes in awake, spontaneously breathing, hypovolemic volunteers

Anesth Analg 2011;112: 368 -74

Pulse oximeter plethysmographic waveform changes in awake, spontaneously breathing, hypovolemic volunteers Hot off the press!!

Anesth Analg 2011;112: 368 -74

Pulse oximeter plethysmographic waveform changes in awake, spontaneously breathing, hypovolemic volunteers



Anesth Analg 2011;112: 368 -74

Pulse oximeter plethysmographic waveform changes in awake, spontaneously breathing, hypovolemic volunteers



"These results support the use of pulse oximeter waveform analysis as a potential diagnostic tool to **detect clinically significant hypovolemia** <u>before</u> the onset of cardiovascular decompensation in spontaneously breathing patients"

Anesth Analg 2011;112: 368 –74

 \Rightarrow Raise the **B.P.** with inotropes/vasopressors

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▷ Is C.O. adequate (ex. clinically, ScvO2, lactate)

clearance etc) ?

 \Rightarrow Raise the **B.P.** with inotropes/vasopressors

▷ Is C.O. adequate (ex. clinically, ScvO2, lactate)

clearance etc) ?

➡ If <u>not</u> - Dobutamine/RBCs
Cardiac output still inadequate and Patient <u>not</u> fluid responsive?

 \Rightarrow Raise the **B.P.** with inotropes/vasopressors

⇒ Is C.O. adequate (ex. clinically, ScvO2, lactate)

clearance etc) ?

➡ If <u>not</u> - Dobutamine/RBCs

Resuscitate the microcirculation

Inadequate 02 delivery -there is not a moment to lose! "Golden hour"

Analogous to fibrinolysis and myocardial infarction!

"Golden hour" shown in :

"Golden hour" shown in :

Haemorrhagic shock

"Golden hour" shown in :

Haemorrhagic shock

*Trauma

"Golden hour" shown in :

Haemorrhagic shock
Trauma
Major Pulmonary Embolism

"Golden hour" shown in :

*Haemorrhagic shock
*Trauma
*Major Pulmonary Embolism
*Septic shock

Crit Care Med 2006; 34:1589–1596





8% more die with each hours delay!

Crit Care Med 2006; 34:1589-1596

55 yr old male pedestrian v car

55 yr old male pedestrian v car

Taken to A+E

55 yr old male pedestrian v car

Taken to A+E

Fractured femoral shaft

55 yr old male pedestrian v car

Taken to A+E

Fractured femoral shaft

Distended abdomen



Taken to A+E

Fractured femoral shaft

Distended abdomen

Resuscitated with colloid / crystalloid



Taken to A+E

Fractured femoral shaft Distended abdomen Resuscitated with colloid / crystalloid In pain, so you give morphine



Taken to A+E

Fractured femoral shaft Distended abdomen Resuscitated with colloid / crystalloid In pain, so you give morphine What happens?



Taken to A+E

Fractured femoral shaft Distended abdomen Resuscitated with colloid / crystalloid In pain, so you give morphine What happens?

Why?

































Cardiac output /Venous return

-4

Rt atrial pressure
Cardiac output /Venous return

15





















Flow

Mean circulatory pressure

Flow



Mean circulatory pressure









Resuscitation strategies

Resuscitation strategies

First **priority** is supporting cardiac output with **fluids** - not anaemia

Resuscitation strategies

First **priority** is supporting cardiac output with **fluids** - not anaemia

Don't use Haematocrit to gauge bleeding

Liters Π

Hct =45%



Hct =45%



Hct =45%



Hct =45%



Resuscitation









Clinical Case

Clinical Case

24 yr old male stabbed in abdomen

Clinical Case

24 yr old male stabbed in abdomen

Arrives in A+E in shock



24 yr old male stabbed in abdomen Arrives in A+E in shock

Rushed to theatre for urgent laparotomy



24 yr old male stabbed in abdomen Arrives in A+E in shock Rushed to theatre for urgent laparotomy Do I need a central line ?







Flow ~ radius⁴ x pressure gradient / length x viscosity A 20 cm Central Line is <u>NOT</u> the best option to give fluid rapidly !



Flow ~ radius⁴ x pressure gradient / length x viscosity A 20 cm Central Line is <u>NOT</u> the best option to give fluid rapidly !





Short and **Fat** is best!

Flow ~ radius⁴ x pressure gradient / length x viscosity A 20 cm Central Line is <u>NOT</u> the best option to give fluid rapidly !
42 yr old male admitted to A+E

42 yr old male admitted to A+E

Known alcoholic with endoscopically proven, bleeding posterior duodenal ulcer

42 yr old male admitted to A+E

Known alcoholic with endoscopically proven, bleeding posterior duodenal ulcer

Likely to have aspirated on intubation

42 yr old male admitted to A+E

Known alcoholic with endoscopically proven, bleeding posterior duodenal ulcer Likely to have aspirated on intubation Taken to theatre for laparotomy

42 yr old male admitted to A+E

Known alcoholic with endoscopically proven, bleeding posterior duodenal ulcer Likely to have aspirated on intubation Taken to theatre for laparotomy O2 saturation is 80% on 100% 02

42 yr old male admitted to A+E

Known alcoholic with endoscopically proven, bleeding posterior duodenal ulcer Likely to have aspirated on intubation Taken to theatre for laparotomy O2 saturation is 80% on 100% 02 Hct on Hemacue 18 %

42 yr old male admitted to A+E

Known alcoholic with endoscopically proven, bleeding posterior duodenal ulcer Likely to have aspirated on intubation Taken to theatre for laparotomy O2 saturation is 80% on 100% 02 Hct on Hemacue 18 % Blood on the way !

With regards to O2 delivery, what do I worry about most:

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With regards to O2 delivery, what do I worry about most:

Hct or O2 Saturation ? Do I use PEEP to get increase pO2 ?

With regards to O2 delivery, what do I worry about most: Hct or O2 Saturation ? Do I use PEEP to get increase pO2 ? What might that do to O2 delivery?

















Pressure

Volume









Pressure

Add PEEP/

Recruit

Volume

Limit distending pressure





Pressure



Pressure













Cardiac Index

Crit Care Med 2003; 31: 2719-2726



Cardiac Index



Cardiac Index



Cardiac Index
Effect of PEEP on lung efficiency vs. cardiac output



Cardiac Index

Crit Care Med 2003; 31: 2719-2726

Effect of PEEP on lung efficiency vs. cardiac output



Cardiac Index

Crit Care Med 2003; 31: 2719-2726

kPa

13.3			
10.7			
8			
5.3			
2.6			
0			-
	Venous blood	Arterial blood	om autorial to you out

Influence of a V/Q abnormality on the transition from arterial to venous P02 + the added effect of a low mixed venous p02.

kPa



P02 + the added effect of a low mixed venous p02.



kPa

P02 + the added effect of a low mixed venous p02.



kPa

P02 + the added effect of a low mixed venous p02.



kPa

Influence of a V/Q abnormality on the transition from arterial to venous P02 + the added effect of a low mixed venous p02.

48 yr old male admitted to A+E

48 yr old male admitted to A+E Massive inspiratory efforts

48 yr old male admitted to A+E Massive inspiratory efforts Patient on verge of respiratory arrest

48 yr old male admitted to A+E Massive inspiratory efforts Patient on verge of respiratory arrest Claims to have choked while eating a kebab

48 yr old male admitted to A+E Massive inspiratory efforts Patient on verge of respiratory arrest Claims to have choked while eating a kebab Anaesthetist called and under direct laryngoscopy removes a piece of lamb

48 yr old male admitted to A+E Massive inspiratory efforts Patient on verge of respiratory arrest Claims to have choked while eating a kebab Anaesthetist called and under direct laryngoscopy removes a piece of lamb What must we watch out for?

Negative pressure pulmonary oedema









Illustration of transmural pressure



807 m

Illustration of transmural pressure



1424 m

Negative pressure pulmonary oedema



FIG. 18. Diagram showing two mechanisms that can cause an increased stress in the blood-gas barrier. *1*, Hoop or circumferential stress caused by the capillary transmural pressure; *2*, results from linear tension in the alveolar wall which increases as the lung is inflated. P, capillary hydrostatic pressure. [Modified from West et al. (253).]

Physiol Rev • VOL 85 • JULY 2005 • www.prv.org





Remember, when things get wild, think :





Remember, when things get wild, think :



Cardiac output x Hb x % Sat O2







Arthur Guedel







Arthur Guedel

Prof Jerome Kassirer Stanford University School of Medicine

The Lancet 2010; 376: 1510-11

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"trainees are learning the minimum, they cite practice guidelines.."

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"... little need to remember **pathophysiological mechanisms** ... when summaries are available ...

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The Lancet 2010; 376: 1510-11

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"...clinical decisions derived from practice guidelines without understanding the basis for the recommendations."

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"As teachers, we are not blameless if the next generation is short-changed."







Anesthesia Analgesia Vol. 108, No. 1, January 2009



"...the overall difference...was small in magnitude"

Anesthesia Analgesia Vol. 108, No. 1, January 2009

February 14, 2011, 9:30 PM Villages Without Doctors The New Hork Eimes

"For the next few weeks, I'll be writing about an idea that can make people healthier while bringing down health care costs, both in poor countries **and** in the **United States**.

The strategy is to **move beyond doctors** — to take the work of health care and shift down from doctors and nurses **to lay** people"



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