

Adult Universal Respiratory Distress

Consider pulmonary & non-pulmonary causes:

pulmonary embolism, pneumothorax, pulmonary edema ("cardiac asthma"), MI, pneumonia, sepsis, metabolic acidosis (DKA, AKA), anxiety

Multiple causes can occur together and be contributing to a patient's symptoms.

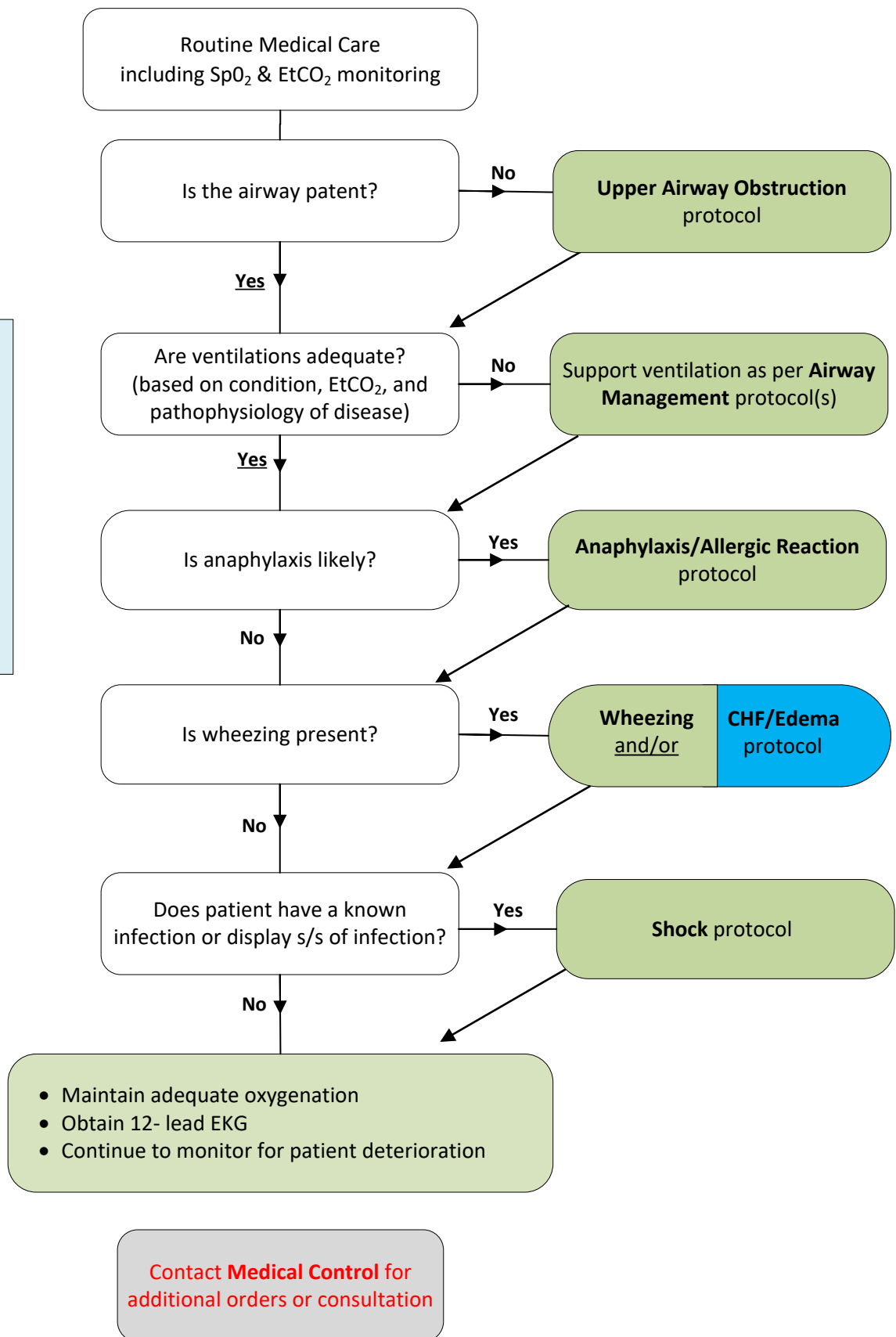
Consider management of more than one condition and use more than one protocol when needed

Signs of Respiratory Distress

- SpO₂ <90%
- Nasal flaring
- Unable to speak sentences
- Supraclavicular/intercostal/subcostal retractions
- Absence of wheezing with obvious SOB
- Apprehension, combativeness, anxiety
- Cyanosis
- Lethargy

The goal should be to **maximize oxygenation and ventilation regardless of the cause**

Consider CPAP early and anticipate possible deterioration needing advanced airway management



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