

Specific nurse interventions when performing therapeutic hypothermia

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KEYWORDS: therapeutic hypothermia, nursing interventions, teamwork, holistic and individual approach.

CITATION: Cardiol Croat. 2022;17(9-10):344. | <https://doi.org/10.15836/ccar2022.344>

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Therapeutic hypothermia is a method of treating patients with post-resuscitation syndrome¹. Invasive and non-invasive methods are used to lower the central temperature and reduce destructive processes in the central nervous system caused by circulatory arrest. Our Intensive Cardiac Care Unit routinely implements therapeutic hypothermia as a treatment method for post-resuscitation syndrome. The three most important elements for carrying out therapeutic hypothermia are: preparation of the patient, induction and maintenance of hypothermia, and rewarming. The active participation of the nurse in the implementation of the procedure requires continuous education on specific knowledge and skills. In the process of therapeutic hypothermia, the nurse participates equally in diagnostic and therapeutic procedures, and as such, acts as an important member of the medical team that continuously cares for patients during the process. The specific interventions of the nurse refer to the preparation of the equipment, the space where the procedure will take place, taking care of vital functions with an emphasis on temperature, the patient's state of consciousness, laboratory findings, and pathological signs that may occur during hypothermia. Successful implementation of therapeutic hypothermia requires high-quality communication between nurses and doctors. Care for a patient during therapeutic hypothermia is complex and requires specific knowledge, skills, good organization, and proper recognition of the patient's needs to be able to make appropriate nursing diagnoses, carry out interventions accordingly and fulfill the set goals. An individual and holistic approach as well as teamwork are the keys to the successful therapeutic hypothermia.

RECEIVED:
November 2, 2022

ACCEPTED:
November 10, 2022



LITERATURE

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