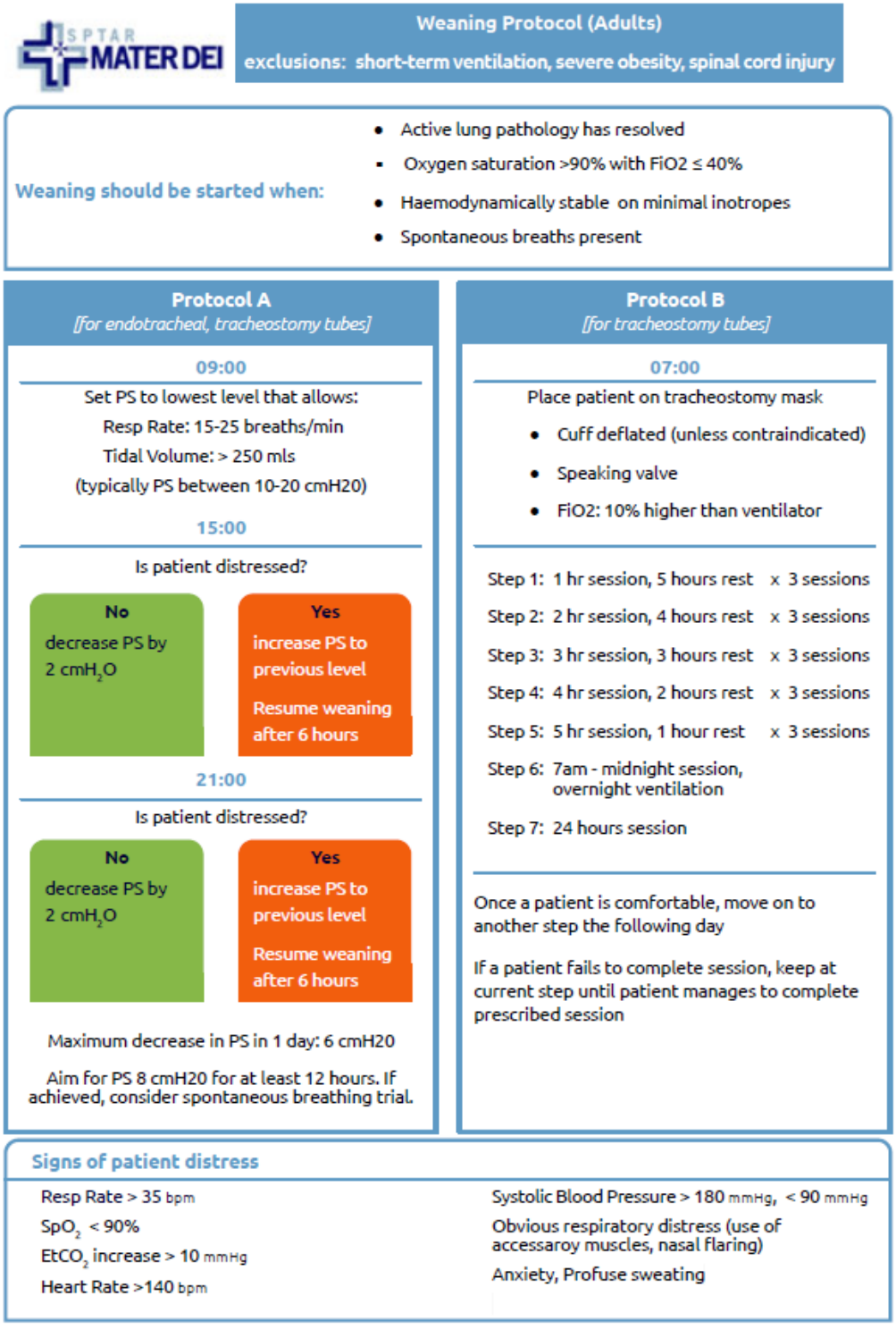
Appendix A: ITU Weaning Protocol



Spontaneous Breathing Trial

Note the current ventilator settings

Decide length of SBT (30 - 120 min)

Change settings to:

CPAP / PSV / Spont

PEEP: same as before

Pressure support: 5 cmH_20

FiO_2: + 10

Observe the patient closely

If Patient is distressed (see opposite), STOP SBT

If successful, record RSBI:

$$RSBI = \frac{\text{Resp Rate}}{\text{Tidal Volume in Litres}}$$

If RSBI < 100, chances of successful extubation are 85%

Signs of Patient Distress

Resp Rate > 35 bpm

SpO_2 < 90%

$EtCO_2$ increase > 10 mmHg

Heart Rate >140 bpm

Systolic Blood Pressure > 180 mmHg, < 90 mmHg

Obvious respiratory distress (use of accessaroy muscles, nasal flaring)

Anxiety, Profuse sweating

If any of the above signs, then stop SBT

Continue ventilation as per previous settings

In difficult-to-wean patients, consider:

W	wheeze (COPD/asthma)	N	nutritional deficiency
H	heart disease & fluid overload	O	opiates & other sedatives
E	electrolyte & metabolic derangement	T	thyroid disease, tube blockages
A	anxiety		
N	neuromuscular diseases & weakness		
S	sepsis, ventilator synchrony		