



Immediate treatment

Airway and Breathing

- Maintain SpO₂ 94 – 98%
- Advanced airway
- Waveform capnography
- Ventilate lungs to normocapnia

Circulation

- 12-lead ECG
- Obtain reliable intravenous access
- Aim for SBP > 100 mmHg
- Fluid (crystalloid) – restore normovolaemia
- Intra-arterial blood pressure monitoring
- Consider vasopressor/ inotrope to maintain SBP

Control temperature

- Constant temperature 32°C – 36°C
- Sedation; control shivering

Diagnosis

Likely cardiac cause?

No

Yes

ST elevation on 12 lead ECG?

No

Yes

Consider Coronary angiography ± PCI

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Consider CT brain and/or CTPA

No

Cause for cardiac arrest identified?

Yes

Treat non-cardiac cause of cardiac arrest

Admit to Intensive Care Unit

Optimising recovery

ICU management

- Temperature control: constant temperature 32°C – 36°C for ≥ 24 h; prevent fever for at least 72 h
- Maintain normoxia and normocapnia; protective ventilation
- Optimise haemodynamics (MAP, lactate, ScvO₂, CO/CI, urine output)
- Echocardiography
- Maintain normoglycaemia
- Diagnose/treat seizures (EEG, sedation, anticonvulsants)
- Delay prognostication for at least 72 h

Secondary prevention

e.g. ICD, screen for inherited disorders, risk factor management

Follow-up and rehabilitation