POCKET INTENSIVIST: APPROACH TO THE ACUTELY ILL PATIENT

ICUedu

INITIAL ASSESSMENT

1) ASSESS & ADDRESS IMMINENT CIRCULATORY OR RESPIRATORY COLLAPSE

2) INTERPRET INITIAL DATA

- First pass context (Age + Eyeball test + Presenting issue) + Interpret initial vitals

3) INITIATE INITIAL MANAGEMENT (occurring in PARALLEL to #2)

- Anticipate & Prioritize: Hemodynamic monitoring + Vascular access + Respiratory support

4) GATHER INITIAL HISTORICAL, PHYSICAL EXAM & POCUS DATA

- Information gathering strategy:
  Actual reason for presentation → DDX for that presentation → Working hypothesis

5) GATHER INITIAL LAB & IMAGING DATA

- Hypothesis directed data: Supports or refutes working hypothesis
- Logistic data: Required for anticipated next steps (eg: Type & Screen if may need OR)
- Fishing expedition data: Lower threshold in super sick patient + uncertain hypothesis

6) SUMMARIZE (for yourself and for your team)

- Context (Protoplasm + Acuity + Reason for presentation)
- Current working hypothesis
- Management thus far and response
- Next steps (if-then statements) & Reassessment plan

ITERATIVE HYPOTHESIS TESTING CYCLES

1) REASSESS FOR IMMINENT CIRCULAOTRY OR RESPIRATORY COLLAPSE

- Progression of previous process vs development of new process

2) REVISE WORKING HYPOTHESIS BASED ON INTERVAL DATA INTERPRETATION

- Data that supports or refutes working hypothesis
- New lens data (suggests alternative interpretation of previous data)
- Red herring data
- New problem data

3) ADJUST MANAGEMENT

- Adjust current treatments, Initiate new treatments, Logistic next steps

4) GATHER ADDITIONAL DATA

- Refine current working hypothesis +/- evaluate new problems
- Progressively lower threshold for fishing expedition if patient not improving & significant uncertainty remains as to working hypothesis

5) SUMMARIZE

- Recapitulate context (Protoplasm + Acuity + Reason for presentation)
- Current working hypothesis (emphasize any changes from previous)
- Management thus far and response
- Next steps (if-then statements) & Dispo plan