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Having a cold heart may be better, might even save your life!

A new breakthrough in treatment of total cardiac arrest patients has begun in the United States. All of us have heard stories of individuals that were pulled out of freezing water after several hours and survived major injuries. This is similar to the process being done on patients in severe cardiac cases. We at Las Colinas Medical Center have embraced and implemented the induced Hypothermia Protocol. LCMC is constantly searching for new ways to provide the best care for our patients and studies continue to show induced Hypothermia to be very successful. As the increase in level of patient care continues to amplify, so does the demand for current medicine. In collaboration with local Emergency Medical Services (EMS) teams, LCMC has implemented the external cooling measures in an attempt to increase the survivability of our patients. Many patients who suffer total cardiac arrest outside hospitals die due to the lack of oxygen to their brains. Studies show that if the pulse of patients can be restarted and the body temperature cooled (either by a body wrap or by chemically induced hypothermia) below the norm, brain damage can be reduced or minimized. The patient is typically cooled for a 24 hour period, most commonly by using the Arctic Sun device. Afterwards, the patient would then begin the warming process.

“Therapeutic hypothermia is the single most effective intervention to improve neurologic outcome after out-of-hospital cardiac arrest,” says Brian O’Neil, MD, Emergency Department Research Director at Beaumont Hospital in Royal Oak, Michigan, ranked among the nation’s top fifteen heart programs.

Las Colinas Medical Center has initiated the “Induced Hypothermia Protocol” on three patients, with undoubtedly more to come, as this technology continues to improve and the results studied.

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