

# ARDS Lung-Protective Ventilation

PBW-based ventilation essentials

Fluids & ICU

PHYSICIAN REFERENCE

## Core

- Use low tidal volume based on predicted body weight, not actual weight; target plateau pressure  $\leq 30$  cmH<sub>2</sub>O when feasible.

## Oxygenation

- Titrate FiO<sub>2</sub> and PEEP; consider prone positioning for appropriate moderate-severe ARDS.

## Reassess

- Driving pressure, synchrony, gas exchange, hemodynamics and causes of deterioration.

### Clinical safety note

Use this as a memory aid, not a prescription. Verify current guidelines, local protocols, contraindications, renal/hepatic dosing, pregnancy status, interactions and patient-specific factors before treatment.