



The Medical **Bulletin**

In Critical Care

1. Elevated lactate levels suggest tissue hypoperfusion, and normal lactate clearance is suggestive of adequate fluid resuscitation.
2. Always assume that even a single episode of hypotension in a trauma patient is due to bleeding, and proceed accordingly.
3. Good cardiopulmonary resuscitation can make a difference for a successful resuscitation from cardiac arrest. Know and perform it well.
4. Time to defibrillation is the most important factor in a return of spontaneous circulation from ventricular tachycardia and/or ventricular fibrillation.
5. Pulse oximetry is good for continuous monitoring, but arterial blood gases (ABGs) are best for diagnosis and acute management. If oximetry does not fit the clinical picture, obtain an ABG.

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