

Post-cardiac arrest care: An evidence-based plan for nursing

Nayara da Silva Lisboa and Moema Silva Borges

University of Brasilia, Brazil

Introduction: The nurse is an important element in the mediation of care to patients who suffered cardiac arrest (CA). The aim of this study was to find evidence to give support to the nursing care to patients in the post-CA, in order to increase the chance of survival, as well as reduce the risk of neurological damage in this population.

Method: This is an integrative review, with research in databases SciELO, LILACS, PubMed and Science Direct.

Results: We found 441 articles. After applying the inclusion and exclusion criteria, 54 articles were selected for the study and categorized into the pathophysiology of post-CA and post-CA care. The analysis of this material has identified the essential care that should be provided to patients who underwent CA and returned to spontaneous rhythm, namely: 1) initial evaluation of the patient, seeking the cause of CA; 2) evaluation of ventilatory and hemodynamic parameters; 3) evaluation of blood tests for full blood count and biochemistry, blood glucose control and temperature control; 4) control of sedation and neurological patient status and vigilance to episodes of seizure; 5) preventing infections, particularly pneumonia, and care with catheters and probes, as well as prevention of pressure ulcers; and 6) attention and support to the patient's family.

Conclusion: Nurses must identify hemodynamic, ventilatory and metabolic alterations in patients who suffered CA and returned to spontaneous rhythm. For quality care, nurses must base their care on scientific evidence regarding the pathophysiology of the disease and therapeutic measures used.

Biography

Nayara da Silva Lisboa is graduated in Nursing at the University of Brasilia (UnB) and she is specialist in Urgency and Emergency by the Study Center of Nursing and Nutrition of Catholic University of Goiania. Currently she is a student of the Post-Graduate Department of Nursing at University of Brasilia.

naylisboa@hotmail.com