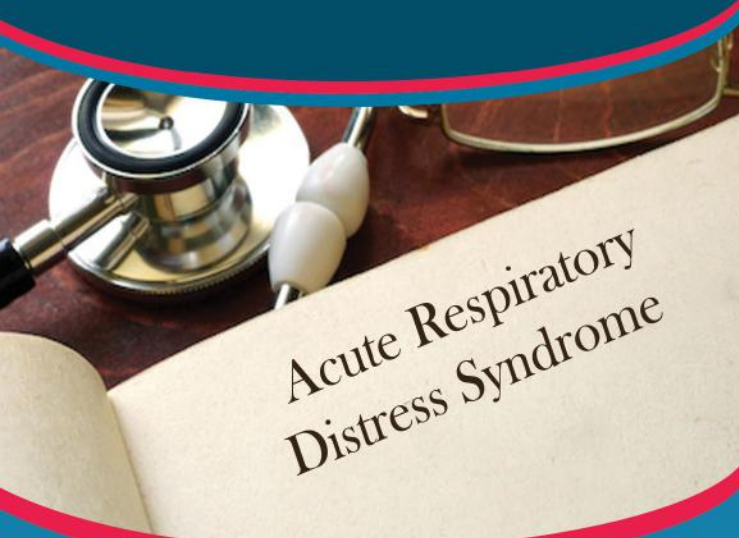




Acute Respiratory Distress Syndrome



Acute Respiratory
Distress Syndrome

surgery or chemotherapy, Obesity

➤ ARDS Symptoms

ARDS puts a lot of strain on the lungs.

Symptoms include:

Shortness of breath, Low blood pressure,
Unusually fast breathing, Fast heartbeat,
Cough, Fever, Chest pain (especially when
breathing deeply), Confusion and exhaustion
Blue-tinted lips or nails from lack of oxygen
in the blood, Dizziness

➤ Diagnosing ARDS

Diagnosing starts with a physical exam and
questions about family or personal health
history. Then get one or both of these tests:
Pulse oximetry and Arterial blood gas test.

➤ ARDS Treatment

Treatment aims to get the oxygen levels in the
blood up to where they should be, so organs
get what they need. In some cases, doctors
might give an air mask and later go to a
breathing tube and ventilator. Ventilator
support, Prone positioning, Sedation and
medications to prevent movement, Fluid
management, Extracorporeal membrane
oxygenation (ECMO)

➤ ARDS Complications

**The condition or its treatment can lead to
other problems, including:**

Collapse parts of the lungs because it can't
inflate the way in should (atelectasis)

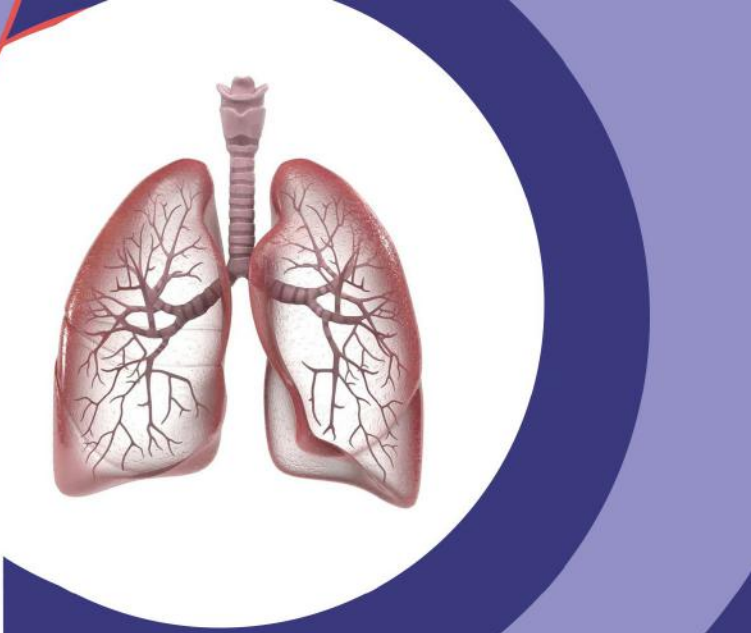


or because of air between the lung and the chest
wall (pneumothorax), Organ damage or failure,

Confusion, High blood pressure in the artery
that goes from the heart to the lungs (pulmonary
hypertension), Scarred lung tissue (pulmonary
fibrosis), Blood clots, Infection

➤ Manage ARDS

Not smoking, Not drinking alcohol, Getting a
flu shot every year and a pneumonia vaccine as
directed by your doctor , Avoid cold food items,
refrigerated foods, and carbonated drinks, Avoid
lung irritants, such as air pollution, chemical
fumes, dust, and secondhand smoke , Avoid too
much salt & sodium in diet with causes water
retention and affects the breathing, Get
treatment for depression. If you are depressed,
your doctor may recommend medicines or other
treatments that can improve your quality of life.



so most people who have it are already in the hospital for something else.

Causes of ARDS include:

Sepsis. This is when patients get an infection in their bloodstream and their immune system goes into overdrive, causing inflammation, small blood clots, and bleeding. **Accidents.** Injuries from a car wreck or a fall can damage the lungs

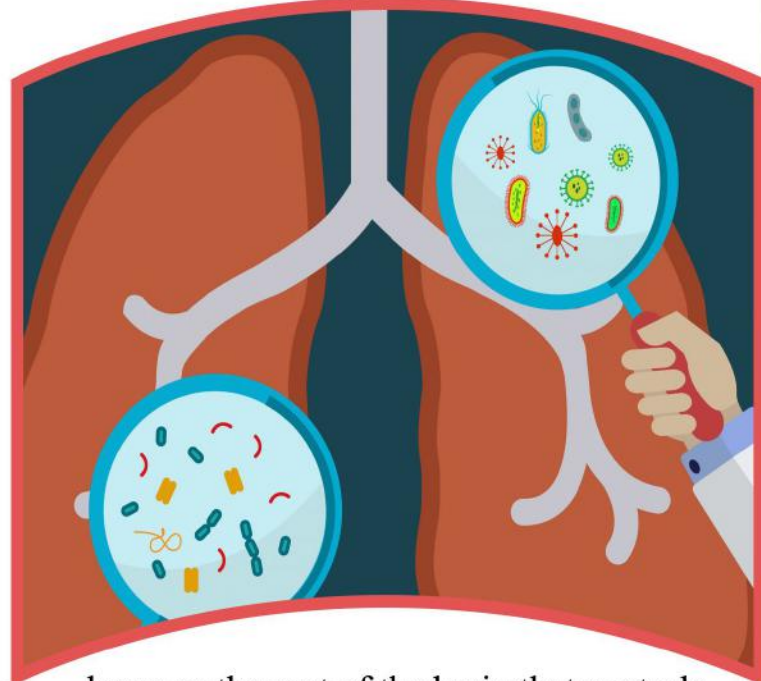
Acute Respiratory Distress Syndrome is a condition that causes fluid to build up in your lungs so oxygen can't get to your organs.

Fluid leaks from small blood vessels and collects in tiny air sacs in the lungs so they can't fill with enough air. Because of this, blood can't pick up the oxygen it needs to carry to the rest of the body. Organs such as kidneys or brains might not work the way they should or might shut down.

ARDS is sometimes life-threatening and can get worse quickly. But it's generally treatable, and most people recover. Fast diagnosis and treatment are important.

➤ ARDS Causes and Risk Factors

ARDS is usually triggered by another health problem,



lungs or the part of the brain that controls breathing. **Breathing in harmful things.**

Dense smoke or

chemical fumes can trigger ARDS. **➤ Other possible causes of ARDS include:** Pneumonia, Bleeding that needs a transfusion, Inflamed pancreas, Drug overdose, Near-drowning, Burns, Reactions to medications, Breathing food into lungs (aspiration)

Doctors don't know why some people get ARDS and others don't. **Risk factors include:** A problem in genes, Heavy alcohol use, Smoking tobacco, Using oxygen for a lung condition, Recent high-risk