Therapeutic Hypothermia: A Cool Treatment Of Cardiopulmonary Arrest
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Introduction
- Therapeutic hypothermia was pioneered by 2 landmark studies (Safar et.al and Bernard et.al) in 2002.
- Brain temperature during the first 24 hours after resuscitation from cardiac arrest has a significant effect on survival and neurological recovery.
- Cooling to 32-34°C for 24 hours was associated with a decreased mortality.

Case Presentation
- A 49-year-old female was comatose s/p CPR after sudden collapse.
- The patient was taking pseudoephedrine for decongestion prior to the episode.
- EKG s/p V fib showed profound QT prolongation (>550 msec).
- Therapeutic hypothermia was instituted followed by full neurological recovery.
- A biventricular device was placed.
- Genetic testing was to be completed on follow up.

Conclusions
- Newer therapeutic modalities in our arsenal to treat patients with as grim a scenario as cardiopulmonary brain resuscitation to preserve the patient’s neurological function include therapeutic hypothermia.
- The clinician should exercise caution when the patient is on medications, even OTC.

References