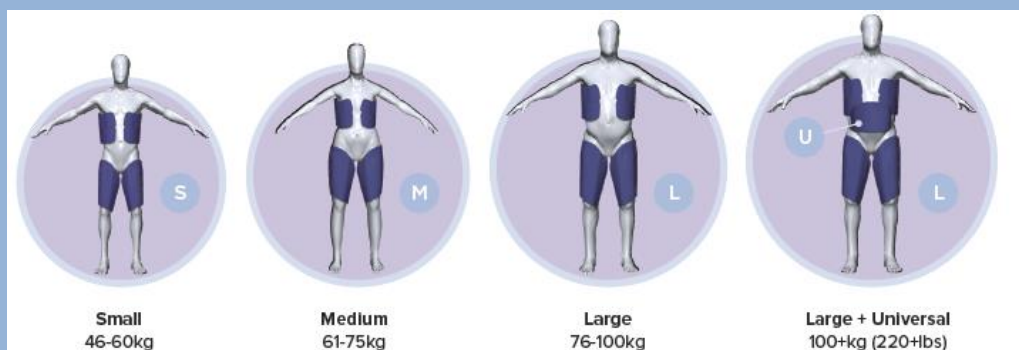


**Fiona Stanley ICU**

# Arctic Sun 5000 Quick Reference Guide

- 1. Patient identified for TTM therapy**
- 2. Collect Arctic Sun system and pads**
- 3. Select the correct size pads for the patient based on weight range. Add an extra universal pad for those patients +100kg.**



- 4. Connect power cord and turn on system (switch at the back)**
- 5. Apply the 4 Arctic Gel Pads: 2 x Torso and 2 x Thigh:**
  - Peel the backing off
  - Ensure groin access remains free when placing the thigh pad
  - Place the torso pad 2cm from spine and wrap pad around underneath the axilla and breast line
  - Snug fit (not too tight)
  - Apply extra universal single pad if patient is >100kg



- 6. Connect fluid delivery line to pads. Ensure white line connects with white and blue line connects to blue**



*\*Connection is critical for optimal patient therapy, so ensure you hear an audible click on both sides and the plastic clear clip is over the dark grey ridge on both sides of the fluid delivery line*

*\* To disconnect, pinch the clear clip, push the pad and fluid line together and it will pop apart*

- 7. Insert temperature probe and connect to the Arctic Sun Temperature Cable (at the back)**
- 8. Select “Hypothermia Mode” for the Sudden Cardiac Arrest Patient**  
*(Protocol already set)*
- 9. Select “Normothermia Mode” for all other indications. Select the target based on the prescribed therapy** *(Press adjust button, select temperature, press save)*
- 10. Select the Green “Start” button**
- 11. When you are ready to stop therapy, or the patient is required to go to CT or MRI, press ‘Stop’. The system will ask you to purge the water from the Arctic Sun Pads. Press ‘Start’ and the water will take approximately 40 seconds to empty back into the system**
- 12. Disconnect the fluid delivery lines, remove the pads from the patient and discard if therapy has ended. Leave pads in place if the patient is going for a CT or MRI**
- 13. Call Bard Representative 24/7 if you have any questions or need case support**

## **BARD Contact Details**

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## TIPS

- Do NOT chase the target (change the target). The system will make automatic changes every 2 min and monitor the patients temperature every second

## XRAY/CT/MRI

- Pads are X-ray safe – no need to stop therapy or empty pads
- Pads are MRI, CT safe – stop therapy, purge the pads, disconnect pads but leave the pads on

## CPR and DEFIB

- CPR can be performed with pads left insitu
- Automatic defibrillation pads can be placed underneath the Arctic Gel Pads. The system does not need to be stopped if the patient needs to be defibrillated

## FILLING THE TANK

- Purge the water after each patient to avoid filling the reservoir. Water can remain in system for 6 months. Total reservoir volume is 3.5lt of Sterile H2O or Distilled water

## SKIN CARE

- No need to shave or clean skin prior to applying pads. Aim for dry skin and snug pad fit.
- Perform 4-6 hourly skin checks. Gently peel back, check integrity, re apply (may need to loosen if patient becomes oedematous)
- Avoid leaving soap residue, lotions, powders, deodorants, faecal matter under the pads
- Check for faecal incontinence. Consider faecal management system to manage diarrhoea or change the thigh pad with a universal pad if it becomes contaminated
- Attend to any system 'Alerts and Alarms' to help manage the patient

## SHIVER MANAGEMENT

- Shiver is the most common side effect of TTM. Occurs in 64% of all patients (Bajadta, 2009)
- Negative effects -  $\uparrow$ REE,  $\uparrow$ O2 consumption,  $\uparrow$ Co2 production
- Use the patient Trend Indicator to recognise heat generation
- Manage Shiver as per hospital protocol/Consultant
- Consider Bear Hugger with Arctic Sun to help manage shiver

