

Calming the COVID-19 Storm: Delivering Effective Clinical and Nursing Care - Q&A Podcast Series

[VIDEO TRANSCRIPT – May 27, 2020]

Hello, my name is Anne Dabrow Woods and I am the Chief Nurse of Wolters Kluwer Health Learning, Research, and Practice and I just want to take this time to say thank you for attending our webcast, [Calming the COVID-19 Storm: Delivering Effective Clinical and Nursing Care](#). I, like you have been out on the frontlines caring for patients with COVID-19, and it was really evident after looking at the questions that came up during the webcast, we still have some things to answer for you about how to care for these patients. So what we're going to do is put together a series of podcasts to give you some of the answers to your most frequently asked questions during the webcast. Some of our topics are going to include:

- Where are our N95s and what's the guidance for using them?
- How is COVID-19 transmitted - is it airborne or is it droplet?
- What's the testing recommendations for COVID-19 infection and antibodies?
- Clearing the air about oxygenation in COVID-19 patients
- Managing the organ dysfunction that we see in patients with COVID-19

Now we're going to put together this collection of podcasts on www.nursingcenter.com/coronavirus but I wanted to take this opportunity to answer one of the most frequently asked questions during the webcast, which was “Why should we use predicted body weight set of actual body weight to calculate the tidal volume?” Well, here's the answer. During the ARDSNet trial, they took a look at the difference between using actual body weight versus predicted body weight and what they discovered is that lung size is strongly dependent on height and sex; it's not really about weight, so what they recommended to prevent barotrauma is to use predicted body weight and the overall goal is to keep the tidal volume between 4 & 8 mLs per kilogram of predicted body weight. Most of us use the mean number which is 6 mLs per kilogram of predicted body weight and this will help us then prevent that barotrauma in these patients which is something we're really striving to do.

So I want to welcome you to check out our podcast series on www.nursingcenter.com/coronavirus and see some of the other great information we're going to provide for you regarding managing COVID-19 patients. Thank you so much.