

# QUICK REFERENCE CARD

## Lung Protective Ventilation (Tidal Volumes)

v1.0

These are based on ideal body weight (6ml/kg) by measuring/estimating the patient's height

FEMALE		
Vt	Under 65 years (height, cm)	65 years and over (height, cm)
500	185	194
480	190	191
460	186	186
440	179	179
420	176	176
400	172	172
380	168	168
360	165	165
340	161	161
320	157	157
300	154	153
280	150	150

MALE		
Vt	Under 65 years (height, cm)	65 years and over (height, cm)
500	189	190
480	185	186
460	182	183
440	180	178
420	175	174
400	171	170
380	167	168
360	163	163
340	160	160
320	155	154
300	152	152
280	149	150

### To convert imperial to metric:

- 12 inches to the foot
- Inches to cm – multiply by 2.54 (eg. 6feet 2 inches = 74 inches = 188cm)

### Lung protective ventilation also includes:

- Appropriate PEEP (minimum 5cmH<sub>2</sub>O)
- Maintaining Plateau Pressure <30cmH<sub>2</sub>O