

# New Recommendations for Infants and Children in the 2010 ERC\* Guidelines on Resuscitation<sup>1</sup>

\*European Resuscitation Council

Now, for the first time, the ERC guidelines recommend Therapeutic Hypothermia treatment to newborns suffering from lack of oxygen during birth and to the pediatric population recovering from Cardiac Arrest. This direct and implicit recommendation is based on the large amount of clinical data that has accumulated in the recent years.

“Newly born infants born at term or near-term with evolving moderate to severe Hypoxic–Ischemic–Encephalopathy **should, where possible, be treated with Therapeutic Hypothermia**”<sup>1</sup>.

“A child who regains a spontaneous circulation, but remains comatose after cardiopulmonary arrest, **may benefit from being cooled to a core temperature of 32–34 °C for at least 24 h**. The successfully resuscitated child with hypothermia and ROSC should not be actively rewarmed unless the core temperature is below 32 °C. Following a period of mild hypothermia, rewarm the child slowly at 0.25–0.5 °C/h.”<sup>1</sup>

The message of the 2010 guidelines is loud and clear for all patient populations- Newborns, Pediatric and Adults : “Immediate and hard chest compressions, early defibrillation, and **cooling are the key factors of resuscitation**”<sup>1</sup>