

## Rare Medical Emergency: Case Study- Acute Respiratory Distress Syndrome (ARDS)

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### Abstract

8-year-old Child, who's weights 16 Kg and has always been weak and had health issues. The family members had cold and fever over the last few weeks, but the child still suffering from fever, with occasional nausea and vomiting. His mom told that child was normal till six of his age but after Electrocutation, the child was unable to walk and talk and only replies to sound. Then child has recently been admitted with an episode of vomiting.

On questioning, to his previous medical history it was found that the child has been underwent Encephalopathy treatment on 14/05/2020. It was also found with Myocarditis.

#### #On examination:

\*Blood pressure-84/67mmHg

\*Heart rate-142bpm

\*Respiratory rate-42bpm

#### #Arterial blood goes on admission:

\*pH -7.8

\*PCO<sub>2</sub>-45mmHg

\*PO<sub>2</sub> -114mmHg

\*SpO<sub>2</sub>-100%

#### # Laboratory test at admission

\*Hb-12.6g/dL

\*PCV-36.6%

\*Urea-21mmol/L

\*Creatinine-0.68mg/dL

\*Na+ -140 mmol/L

\*K+-3.5 mmol/L

### #Medication on admission

\*Inj. Adrenaline 0.3Mcg/Kg/min

\*Inj. Non-Adrenaline 0.3Mcg/Kg/min

\*Inj. Dobutamine

\*Inj. Tranexamic Acid

### #Diagnosis

#### Acute Respiratory Distress Syndrome (ARDS)

#### Question

1.What is (ARDS)?

- Acute respiratory distress syndrome (ARDS) is a life-threatening condition where the lungs cannot provide the body's vital organs with enough oxygen.

2. What is the risk factor for (ARDS)?

- A) Direct lung-injury risk factor

Pneumonia (bacterial infection, fungal, or opportunistic)\*

Aspiration of gastric contents\*

Pulmonary contusion

Inhalation injury

Near drowning

- B) Indirect lung-injury risk factors

Sepsis (nonpulmonary source)

Nonthoracic trauma or hemorrhagic shock

Pancreatitis

Major burn injury

Drug overdose

Transfusion of blood products

Cardiopulmonary bypass

3. What is Encephalopathy? and what is varies treatment?

- Encephalopathy is a broad term for any brain disease that alters brain function or structure.

Treatment, such as anti-seizure medication, may help manage some symptoms. Antiviral

medication may be used to treat encephalitis caused by a viral infection.

4. What is myocarditis and its symptoms?

- Myocarditis is usually caused by a viral infection. A severe case can weaken the heart,

which can lead to heart failure, abnormal heartbeat and sudden death.

Symptoms

Chest pain, fatigue, abnormal heartbeat and shortness of breath.

5. What are the plan treatment for (ARDS)?

- In (ARDS) patient treatment for milder symptoms or as a temporary measure, oxygen may

be delivered through a mask that fits tightly over your nose and mouth. Mechanical

ventilation. Most people with ARDS will need help of a machine to breathe. A mechanical

ventilator pushes air into your lungs and forces some of the air sacs.

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