



EXAMFACTS BONUS MATERIAL

THE SECRET TO PASSING THE BOARD EXAMS

UNDERSTANDING SOAPS – FOLLOW STEPS

IDENTIFY		RECOMMEND	IMPLEMENT
What's the Problem?		What's the fix?	Select solution based on the fix.
HEART RATE	IDENTIFY	RECOMMEND	IMPLEMENT
<ul style="list-style-type: none"> >100 bpm <60 bpm 	Consuming Oxygen Not Delivering Enough Oxygen	Improve Oxygenation Improve Delivery	Give Oxygen, Increase FiO ₂ , Drugs, or Address Lung Issue Give Oxygen, Increase FiO ₂ , Drugs, or Address Lung Issue
RESPIRATORY RATE	IDENTIFY	RECOMMEND	IMPLEMENT
<ul style="list-style-type: none"> >22 bpm <10 bpm 	Consuming Oxygen Not Delivering Enough Oxygen	Improve Oxygenation & Ventilation Improve Oxygenation & Ventilation	Give Oxygen, Increase FiO ₂ , Drugs or Address Lung Issue Give Oxygen, Increase FiO ₂ , Drugs or Address Lung Issue
SpO₂ & SaO₂	IDENTIFY	RECOMMEND	IMPLEMENT
<ul style="list-style-type: none"> >90 % <90 % 	Normal Oxygenation Consuming Oxygen	Based on Assessment Only Improve Oxygenation & Ventilation	Do Not Increase Oxygen Stay Put Give Oxygen, Increase FiO ₂ , Drugs, or Address Lung Issue
PaO₂	IDENTIFY	RECOMMEND	IMPLEMENT
<ul style="list-style-type: none"> >90 % <90 % 	Normal Oxygenation Consuming Oxygen	Based on Assessment Improve Oxygenation	Wean or Discontinue Oxygen Increase FiO ₂ , CPAP, BiPAP (increase EPAP only,) Pressure
PaCO₂ & pH	Identify	Recommend	Implement
<ul style="list-style-type: none"> >45 torr <35 torr 	Not Ventilating Properly Consumption and Delivery	Improve Ventilation Unless Normal pH Based on Assessment - Adjust Ventilation	Increase VT, PIP, RR, BiPAP (Delta P), or Pressure Wean, Drugs Consider Neuro (reduced perfusion to brain)