

Targeted Temperature Management Study Guide

5 Things to Know About Targeted Temperature Management

1. Targeted temperature management (TTM) is an active treatment that tries to achieve and maintain a specific body temperature in a person for a specific duration of time in an effort to improve health outcomes during recovery after a period of stopped blood flow to the brain. This is done in an attempt to reduce the risk of tissue injury following lack of blood flow.
2. TTM improves survival and brain function following resuscitation from cardiac arrest. This is useful following certain types of cardiac arrest with no gain of consciousness.
3. Maintaining TTM between 32 and 36 degrees Celsius for a period of 24 hours has proven to be beneficial in keeping patients neurologically intact.
4. TTM is thought to prevent brain injury by several methods including by decreasing the brain's oxygen demand.
5. Cooling blankets, catheters, ice packs, ice water, lavage, and cold IV fluids are all methods used for maintaining body temperature for TTM.