

Guidelines for Managing ARDS

BERLIN CRITERIA FOR IDENTIFICATION OF ARDS

1. Acute onset within 7 days
2. Rule out cardiogenic pulmonary edema/other causes for hypoxemic respiratory failure
3. Bilateral opacities consistent with edema; cannot be fully explained by effusions, collapse or nodules
4. Respiratory failure not fully explained by cardiac failure or volume overload

If above criteria is met, mild, moderate or severe ARDS is defined by the PaO₂/FiO₂ ratio on ≥ PEEP 5 cm H₂O. If no arterial line is present, an SpO₂/FiO₂ of ≤315 (where SpO₂ is < 100%) would indicate a PaO₂/FiO₂ ratio of ≤300.

Mild >200 and ≤ 300

Moderate >100 and ≤ 200

Severe ≤ 100

Management Guideline for Moderate and Severe ARDS (Berlin Criteria PLUS PaO₂/FiO₂ ratio ≤ 200)

