

Syllabus	Annex F domain 3.8
Topic	Acute respiratory distress syndrome (ARDS)

a)
According to the Berlin definition, what four features are required to diagnose ARDS.
(4 marks)

- 1)
- 2)
- 3)
- 4)

b)
According to the Berlin definition of ARDS, give the classifications of mild moderate and severe ARDS with units (6 marks)

- Mild:
- Moderate:
- Severe:

c)
What tidal volume is commonly recommended to avoid ventilator induced ARDS?
(1 mark)

.....

d)
Apart from oxygen titration and tidal volume prescribing, list four other management options you would employ to help improve oxygenation in a patient with severe ARDS
(4 marks)

- 1)
- 2)
- 3)
- 4)

e)

List five causes of ARDS (5 marks)

1)

2)

3)

4)

5)

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	Answer	Marks	Guidance
a)	<ul style="list-style-type: none"> • Hypoxaemia • Within 1 week • Bilateral opacities/infiltrates • Not fully explained by pulmonary oedema (or fluid overload) 	1 mark for each (Max. 4 marks)	
b)	<ul style="list-style-type: none"> • Mild: <13.3 kPa • Moderate: 13.3-16.6 kPa • Severe: 16.6-39.9 kPa 	1 mark for each value, 1 for unit (Max. 6 marks)	<ul style="list-style-type: none"> • Accept rounded numbers • Accept <100mmHg, 100-200mmHg, 200-300mmHg
c)	<ul style="list-style-type: none"> • 6mls/kg 	1	
d)	<ul style="list-style-type: none"> • Conservative fluid management • Neuromuscular blockade • High PEEP • Proning • ECMO 	1 mark for each (Max. 4 marks)	
e)	<ul style="list-style-type: none"> • Pancreatitis • Burns • Pneumonia/flu • Sepsis • TRALI (transfusion related acute lung injury) • Inhaling toxic substances/vomit • Trauma 	1 mark for each (Max. 5 marks)	

References

1) McCormack V, Tolhurst-Cleaver S. Acute respiratory distress syndrome. BJA Education (2017) 17(5)161-165 <https://academic.oup.com/bjaed/article/17/5/161/3782744>