

Ventilator Settings

Initial Settings

Normal Lung

RR	10 - 20 b/ min
Tidal Volume	6 - 8 mL / Kg. (Pplat < 30 cmH2o)
I : E Ratio	1 : 2 - 1 : 4
PEEP	5 cmH2o

Obstructive Lung

RR	8 - 12 b/ min
Tidal Volume	6 - 8 mL / Kg. (Pplat < 30 cmH2o)
I : E Ratio	1 : 3 or above
PEEP	5 cmH2o

Restrictive Lung

RR	15 - 25 b/ min
Tidal Volume	4 - 6 mL / Kg. (Pplat < 30 cmH2o)
I : E Ratio	1 : 2 or above
PEEP	> 5 cmH2o

Pressure

1- Start at pressure of 10-15 cmH2O

2- Measure Pplt on VC mode then set that value

3- Set the pressure as PIP from VC – 5 cmH2O.

Management

Oxygenation

- Fio2
- PEEP

Extra:

- Inverse ratio
- APRV
- Prone position
- Lung Recruitment
- ECMO

Ventilation

- RR
- Tidal Volume

Lung Protective Strategy

A ventilatory strategy that minimizes ventilator-induced lung injury (VILI) by limiting alveolar overdistension and preventing repetitive alveolar collapse while maintaining adequate gas exchange.

- Low tidal volume (VT): 4–8 mL/kg predicted body weight (usually 6 mL/kg).
- Limit plateau pressure (Pplat): <30 cmH2O.
- Limit driving pressure (ΔP): <15 cmH2O (if possible).
- Use appropriate PEEP to prevent alveolar collapse.
- Accept permissive hypercapnia when necessary to avoid excessive ventilator pressures.