



**UNIKLINIK
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**Klinik für Anästhesiologie und
Operative Intensivmedizin**

How to handle cardiac arrest in spaceflight - a guideline for cardiopulmonary resuscitation in microgravity

Steffen Kerkhoff

steffen.kerkhoff@uk-koeln.de



(1)

Why do we need a special guideline?

Resuscitation 95 (2015) 100–147



Contents lists available at ScienceDirect

Resuscitation

journal homepage: www.elsevier.com/locate/resuscitation



European Resuscitation Council Guidelines for Resuscitation 2015 Section 3. Adult advanced life support



Jasmeet Soar^{a,*}, Jerry P. Nolan^{b,c}, Bernd W. Böttiger^d, Gavin D. Perkins^{e,f}, Carsten Lott^g,
Pierre Carli^h, Tommaso Pellisⁱ, Claudio Sandroni^j, Markus B. Skrifvars^k, Gary B. Smith^l,
Kjetil Sunde^{m,n}, Charles D. Deakin^o, on behalf of the Adult advanced life support section
Collaborators^l

Why do we need a special guideline?



(6)

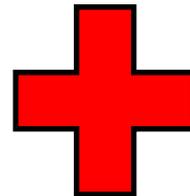


Why do we need a special guideline?



(5)

Why do we need a special guideline?



Microgravity



(2)



(3)



What is the likelihood of a severe medical event?

- General population: 6% per person per year
 - → crew of 6, with mission duration ~ 900 days
 - → one severe medical event!
- Life threatening event: 1% per person per year
 - → crew of 6 , 900 days
 - → 15-20% chance
- BUT: Highly screened, (mostly) young and healthy population
- Space tourism: probably also older participants
 - → pre-existing conditions





Every severe medical event could lead to a cardiac arrest

→ We need a plan

NCBI Resources How To Sign in to NCBI

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PubMed Search

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Article types: Clinical Trial, Review, Customize ...

Text availability: Abstract, Free full text, Full text

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Related searches

See 199 articles about Cpr gene function
See also: Cpr Cytochrome P450 reductase in the Gene database
cpr in Drosophila melanogaster Bombyx mori Musca domestica All 16 Gene records

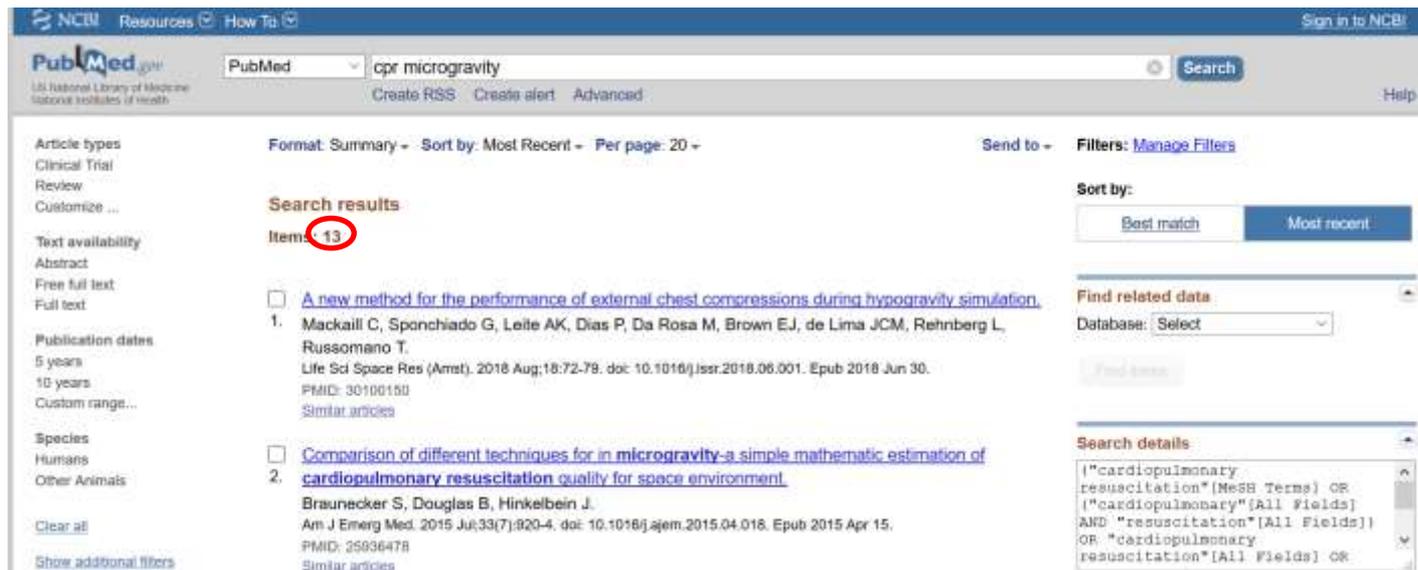
Search results

Items: 1 to 20 of 27108

1. [Humerus intraosseous administration of epinephrine in normovolemic and hypovolemic porcine model.](#)
Long LRP, Gardner LSM, Burgert J, Koeller LCA, O'Sullivan LJ, Blouin D, Johnson CD.
Am J Disaster Med. 2018 Spring;13(2):97-106. doi: 10.5055/ajdm.2018.0291.
PMID: 30234916

Every severe medical event could lead to a cardiac arrest

→ We need a plan



The screenshot shows a PubMed search results page for the query "cpr microgravity". The search results are sorted by "Most recent" and show two items. The first item is highlighted with a red circle around the number "13" in the "Item" column. The search details section shows the query: ["cardiopulmonary resuscitation"[MeSH Terms] OR ["cardiopulmonary"[All Fields] AND "resuscitation"[All Fields]] OR "cardiopulmonary resuscitation"[All Fields] OR

Search results

Item: 13

1. [A new method for the performance of external chest compressions during hypogravity simulation.](#)
Mackail C, Sponchiado G, Leite AK, Dias P, Da Rosa M, Brown EJ, de Lima JCM, Rehnberg L, Russomano T.
Life Sci Space Res (Amst). 2018 Aug;18:72-78. doi: 10.1016/j.jssr.2018.06.001. Epub 2018 Jun 30.
PMID: 30100150
[Similar articles](#)

2. [Comparison of different techniques for in microgravity-a simple mathematic estimation of cardiopulmonary resuscitation quality for space environment.](#)
Braunecker S, Douglas B, Hinkelbein J.
Am J Emerg Med. 2015 Jul;33(7):820-4. doi: 10.1016/j.ajem.2015.04.018. Epub 2015 Apr 15.
PMID: 25836478
[Similar articles](#)

Search details

```
["cardiopulmonary resuscitation"[MeSH Terms] OR ["cardiopulmonary"[All Fields] AND "resuscitation"[All Fields]] OR "cardiopulmonary resuscitation"[All Fields] OR
```

- Up to this day → no cardiac arrest in microgravity
→ No CPR, no experience under real conditions
- Only 3 instances ever required evacuation (1x urosepsis, 1x 14-beat run VT, 1 x severe headache after possible CO² buildup)
- Evacuation is at the moment only possible via Sojuz spacecraft
→ Necessity to wear pressurized suit
- For space exploration missions → no prompt evacuation will be possible



- Formation of a taskforce
- Scientists with a wide range of backgrounds
- Aerospace medicine, emergency medicine, anaesthesia, surgery, cardiology, physics,...

Jochen Hinkelbein¹, Steffen Kerkhoff¹, Stefan Braunecker¹, Fabrizio Cirillo², Edoardo de Robertis³, Eckard Glaser⁴, Pete Hodgkinson⁵, Ivan Zefiro Iovino⁶, Stefanie Jansen⁷, Matthieu Kamorowski^{8,10}, Christopher Neuhaus^{1,9}, Lucas Rehnberg¹¹, Gianmarco Romano¹², Thais Russomano^{13,14}, Oliver Spelten¹⁵, Jan Schmitz¹⁶, Oliver Ullrich¹⁷, Rochelle Veith¹⁸, Tobias Warnecke¹⁹

Affiliations:

¹ Department of Anaesthesiology and Intensive Care Medicine, University Hospital of Cologne, 53077 Cologne, Germany. jochen.hinkelbein@uk-koeln.de

² German Society of Anator and Spate Medicine (DGORM), Munich, Germany.

³ Department of Anaesthesiology and Intensive Care Medicine, University Hospital of Cologne, 53077 Cologne, Germany.

⁴ Department of Critical Care, King's College London | KCL, London, United Kingdom. stefan.braunecker@kcl.ac.uk

⁵ Department of Neurosciences, Reproductive and Odontostomatological Sciences, University of Naples "Federico II", Via S. Pansini, 5-80131 Napoli, Italy. fab.cirillo@gmail.com

⁶ Department of Neurosciences, Reproductive and Odontostomatological Sciences, University of Naples "Federico II", Via S. Pansini, 5-80131 Napoli, Italy. edoardo@unina.it

⁷ Oprium, Germany

⁸ Division of Anaesthesia, University of Cambridge, Box 39, Addenbrooke's Hospital, Hills Road, Cambridge CB2 2QQ, United Kingdom. jethodk@cam.ac.uk

⁹ DAR Centre of Aviation Medicine, DAR Herbolz, 84181 KDM, United Kingdom.

¹⁰ Department of Neurosciences, Reproductive and Odontostomatological Sciences, University of Naples "Federico II", Via S. Pansini, 5-80131 Napoli, Italy. kamorowski@gmail.com

¹¹ Department of Otorhinolaryngology, Head and Neck Surgery, University of Cologne, 50977 Cologne, Germany. stefanie.jansen@uk-koeln.de

¹² Department of Surgery and Cancer, Faculty of Medicine, Imperial College London, Exhibition Road, London, SW7 2AZ UK. matthieu.kamorowski@gmail.com

¹³ Space Medicine Team, ISS Operations and Astronauts Group, European Astronaut Centre, European Space Agency, Unter Eichen, Köln, 53127 Germany.

¹⁴ Department of Anaesthesiology, Heidelberg University Hospital, Heidelberg, Germany. cneuhaus@uni-heidelberg.de

¹⁵ Centre of Human and Aerospace Physiological Sciences, King's College London, London, United Kingdom. lucas.rehnberg@kcl.ac.uk

¹⁶ John Smithing Aerospace Physiology Lab, Microgravity Centre, FUSO, Porto Alegre, Brazil.

¹⁷ Department of Neurosciences, Reproductive and Odontostomatological Sciences, University of Naples "Federico II", Via S. Pansini, 5-80131 Napoli, Italy. gromanos@gmail.com

¹⁸ Centre of Human and Aerospace Physiological Sciences, King's College London, London, United Kingdom. thaisrussomano@kcl.ac.uk

¹⁹ Department of Anaesthesiology and Intensive Care Medicine, University Hospital of Cologne, 50977 Cologne, Germany. oliver.spelten@uk-koeln.de

²⁰ Institute of Anatomy, Faculty of Medicine, University of Zurich, Winterthurerstrasse 190, CH-8057 Zurich, Switzerland. oliver.ullrich@anatomie.unizh.ch

²¹ Academic Department of Anaesthesia, Critical Care, Pain and Resuscitation, Heart of England NHS Foundation Trust, Birmingham, UK. rodyveith@gmail.com

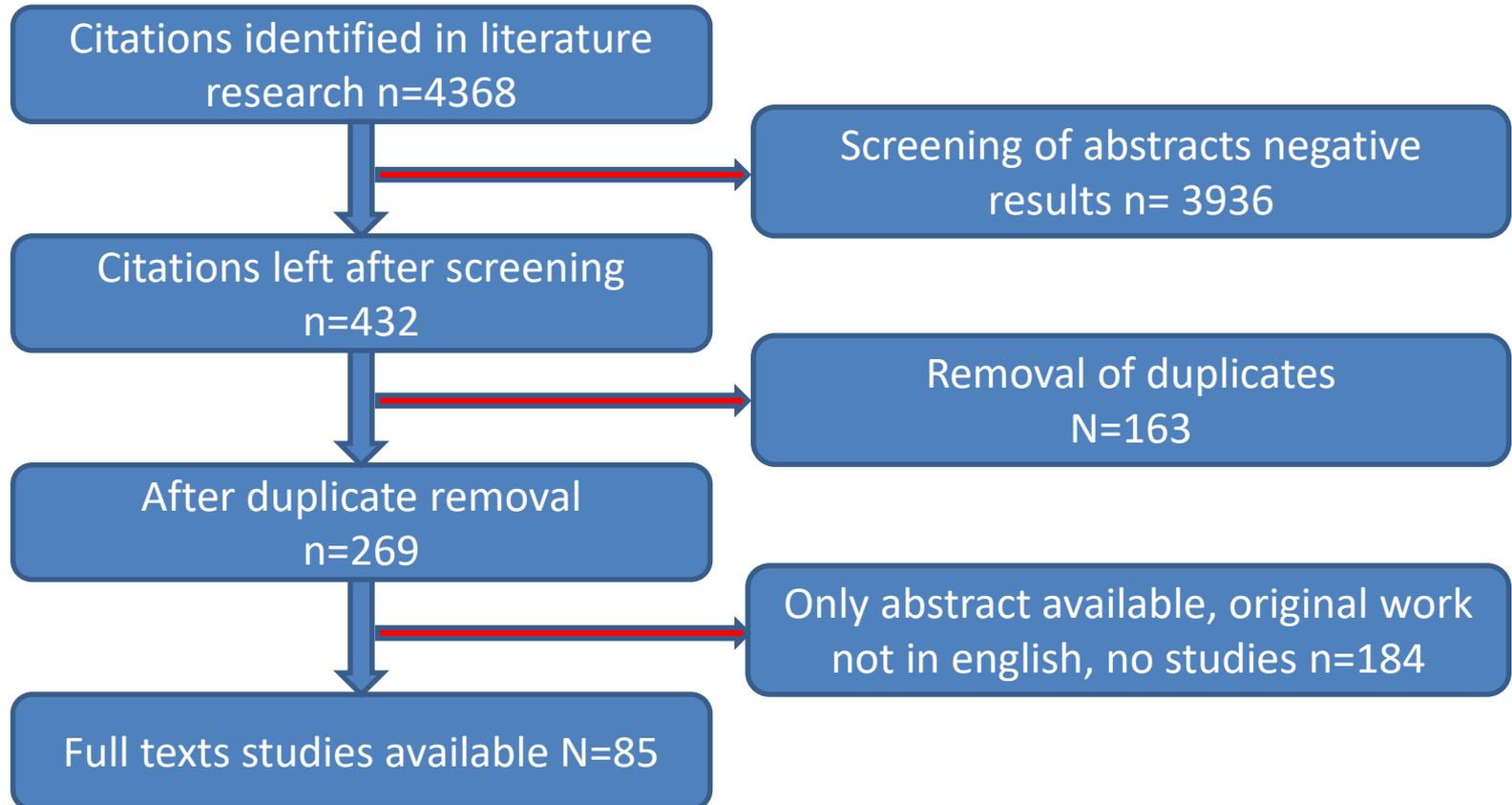
²² Department of Anaesthesiology, Evangelisches Krankenhaus Duisburg, Duisburg, Germany. tobias.warnecke@web.de



Methods

- Brainstorming
- Determination of relevant topics (15 main groups)
 - Chest compressions
 - Automated chest compression devices
 - Airway management
 - Ventilation
 - Suction
 - Defibrillation
 - Vascular access
 - Medication
 - ROSC
 - Death
 - Telemedicine
 - Reversible causes
 - Technical limitations of spaceflight
 - Training
 - Ethics

- Development of 137 PICO-questions to guide the literature research
- „ *Should a patient in cardiac arrest in microgravity be fastened on the crew medical restraint system for CPR or should he be free floating regarding beginning of effective chest compressions?* “
- Search strategy for the MEDLINE® database (www.pubmed.gov)
- “(((("restraint, physical"[MeSH Terms] OR restraint[All Fields]) OR "restraint, physical"[MeSH Terms]) OR fasten[All Fields]) AND ((((((("weightlessness"[MeSH Terms] OR "weightlessness"[All Fields] OR "microgravity"[All Fields]) OR "weightlessness"[MeSH Terms]) OR ("weightlessness"[MeSH Terms] OR "weightlessness"[All Fields])) OR "weightlessness"[MeSH Terms]) OR "space flight"[MeSH Terms]) AND ((((((("cardiopulmonary resuscitation"[MeSH Terms] OR ("cardiopulmonary"[All Fields] AND "resuscitation"[All Fields]) OR "cardiopulmonary resuscitation"[All Fields] OR "cpr"[All Fields]) OR "cardiopulmonary resuscitation"[MeSH Terms]) OR cardiopulmonary[All Fields]) OR "cardiopulmonary resuscitation"[MeSH Terms]) OR ("resuscitation"[MeSH Terms] OR "resuscitation"[All Fields])) OR "cardiopulmonary resuscitation"[MeSH Terms]))))”
- **Aim: strictly evidence-based guideline (GRADE-methodology)**



- Remaining literature was then rated using the GRADE-method by two groupmembers

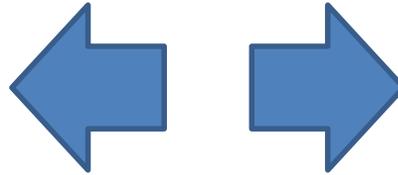
Section II	Study design, Quality, starting point	Quality of evidence	The 5 domains	The 3 Upgrades
EXERCISE 12 The 9 GRADE quality features	Randomized trials →	High Moderate Low Very low	Quality is assessed as: Limitations of design -1 Serious -2 Very serious Inconsistency -1 Serious -2 Very serious Indirectness -1 Serious -2 Very serious Imprecision -1 Serious -2 Very serious Publication bias -1 Likely -2 Very likely	Quality is assessed as: Large effect +1 Large +2 Very large Dose response +1 Evidence of a gradient Antagonistic bias +1 All plausible explanations would reduce the effect or +1 Would suggest a spurious effect when results show no effect
	Observational studies →	Low Very low		
	Total Points →			

- Every taskforce member was assigned to two of the main topics
- → draft of recommendations for the assigned topic

- Then two-round Delphi-procedure for consensus finding
- Taskforce members could rate the proposed recommendations with agreement/disagreement and give additional comments
- Of the 27 proposed recommendations, 23 recommendations were consented, mainly with strong consensus
- Quality of evidence and consensus were then assessed and
- → strength of recommendation determined

	clarity of risk / benefit	quality of supporting evidence	implications
1A strong recommendation high-quality evidence	benefits clearly outweigh risk and burdens, or vice versa	Consistent evidence from well performed RCTs or overwhelming evidence of some other form. Further research is unlikely to change confidence in the estimate of benefit and risk.	Strong recommendation, can apply to most patients in most circumstances without reservation.
1B strong recommendation moderate-quality evidence	benefits clearly outweigh risk and burdens, or vice versa	Evidence from RCTs with important limitations or very strong evidence of some other form. Further research is likely to have an impact on the confidence in the estimate of benefit and risk and may change the estimate.	Strong recommendation, likely to apply to most patients.
1C strong recommendation low-quality evidence	benefits appear to outweigh risk and burdens, or vice versa	Evidence from observational studies, unsystematic clinical experience, or from RCTs with serious flaws. Any estimate of effect is uncertain.	Relatively strong recommendation; might change when higher quality evidence becomes available.
2A weak recommendation high-quality evidence	benefits closely balanced with risk and burdens	Consistent evidence from well performed RCTs or overwhelming evidence of some other form. Further research is unlikely to change confidence in the estimate of benefit and risk.	Weak recommendation; best action may differ depending on circumstances or patients or societal values.
2B weak recommendation moderate-quality evidence	benefits closely balanced with risks and burdens; some uncertainty in the estimates of benefits, risks and burdens	Evidence from RCTs with important limitations or very strong evidence of some other form. Further research is likely to have an impact on the confidence in the estimate of benefit and risk and may change the estimate.	Weak recommendation; alternative approaches likely to be better for some patients under some circumstances.
2C weak recommendation low-quality evidence	uncertainty in the estimates of benefits, risks and burdens; benefits may be closely balanced with risks and burdens	Evidence from observational studies, unsystematic clinical experience, or from RCTs with serious flaws. Any estimate of effect is uncertain.	Very weak recommendation; other alternatives may be equally reasonable.

Chest compressions



Astronaut Bursch performs CPR on a "human chest" dummy on the ISS.



Basic Life Support in Microgravity: Evaluation of a Novel Method During Parabolic Flight

SIMON N. EYETS, LISA M. EYETS, THAIS RUSSOMANO,
JOÃO C. CASTRO, AND JOHN ERNSTING

EYETS SN, EYETS LM, RUSSOMANO T, CASTRO JC, DORTCH J.
Basic life support in microgravity: evaluation of a novel method
during parabolic flight. *Aviat Space Environ Med* 2009; 80:906-10.

methods of basic and advanced life support (ALS) in
microgravity (28). Protocols have been examined that
could be used for trauma management in conjunction



Original Content
Comparison of different techniques for in microgravity—a simple
mathematic estimation of cardiopulmonary resuscitation quality for
space environment

S. Braunacker, MD^{1,2*}, J. Douglas, MD³, J. Hinkelbein, MD^{4,5*}

¹Department of Anesthesiology and Intensive Care Medicine, University Hospital of Cologne, Cologne, Germany
²Workgroup "Trauma Medicine and Air Rescue", Trauma Center for Disaster and Air Medicine, Cologne, Germany
³Department of Anesthesiology, University of Cologne



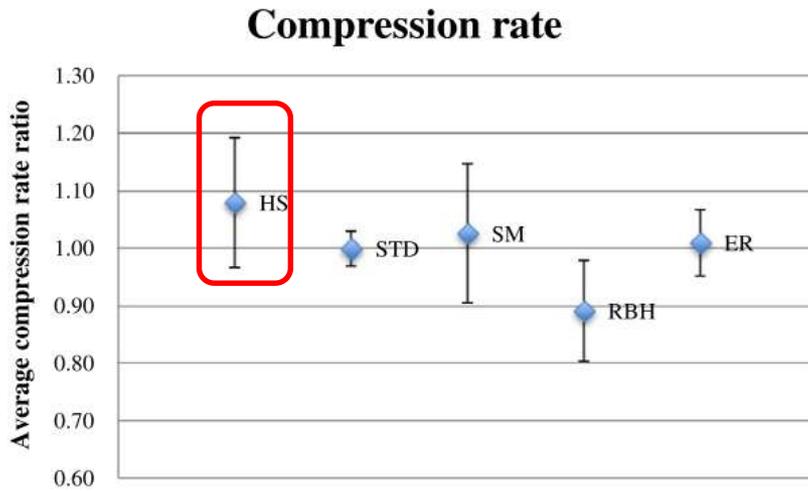


Fig. 3. Average CR in ratio to guideline.

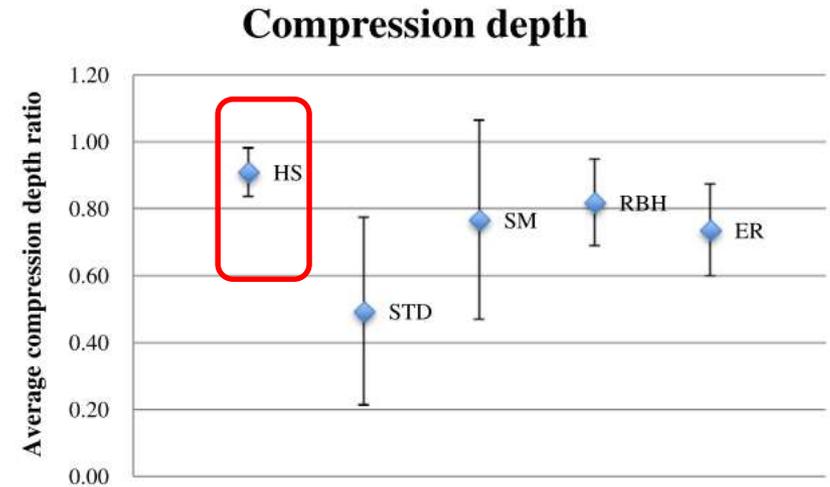


Fig. 2. Average CD in ratio to guideline.

No.	Recommendations	Quality of evidence (QoE)	Consensus	Strength of recommendation
#1	CPR in microgravity SHOULD be divided into a chain of survival consisting of Basic Life Support (BLS) and Advanced Life Support (ALS).	moderate	strong	1B strong recommendation moderate-quality evidence
#2	For BLS at the site of emergency the Evetts-Russomano method (ER) of performing chest compressions SHOULD be applied. If the rescuer cannot perform adequate chest compressions with the ER method, he should switch to the Reverse-Bear-Hug method (RBH).	moderate	strong	1B strong recommendation moderate-quality evidence
#3	As soon as the patient has been restrained on the Crew Medical Restraint System chest compressions SHOULD be applied using the Handstand-method (HS).	moderate	strong	1B strong recommendation

Airway management



Fig. 1. Experimental apparatus showing the frame holding the two mannequins and the two flyers.



Figure 1. Laryngoscope-guided tracheal intubation with the manikin floating free with the head between the knees.



(7)

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Airway Management with Eschmann Combitube[®] during Parabolic Flight

Werner Ratsch, M.D.,¹ David Alvar, Ph.D.,¹ Michelle R. Wolfgang, J. Köster, M.D.,² Thomas Staudinger, M.D.,³ G. Beatrix Wulfschlaeger, M.D.,⁴ James M. Alci, C.A.N.A.,⁴ & Michael Frass, M.D.⁵

REVIEW ARTICLE



Airway management in microgravity: A systematic review

Tobias Warnecke¹ | Felix Tochtermann² | Steffen Kerkhoff^{3,4,5} |

Matthieu Komorowski^{5,6} | Christopher Neuhaus^{4,7} | Jochen Hinkelbein^{3,4,5}

ing Spaceflight

ices in Simulated Microgravity

Ch.B., F.R.C.A., M.D.,¹ Maria Gampalmo, M.D.,² ³ ⁴ ⁵ ⁶ ⁷ ⁸ ⁹ ¹⁰ ¹¹ ¹² ¹³ ¹⁴ ¹⁵ ¹⁶ ¹⁷ ¹⁸ ¹⁹ ²⁰ ²¹ ²² ²³ ²⁴ ²⁵ ²⁶ ²⁷ ²⁸ ²⁹ ³⁰ ³¹ ³² ³³ ³⁴ ³⁵ ³⁶ ³⁷ ³⁸ ³⁹ ⁴⁰ ⁴¹ ⁴² ⁴³ ⁴⁴ ⁴⁵ ⁴⁶ ⁴⁷ ⁴⁸ ⁴⁹ ⁵⁰ ⁵¹ ⁵² ⁵³ ⁵⁴ ⁵⁵ ⁵⁶ ⁵⁷ ⁵⁸ ⁵⁹ ⁶⁰ ⁶¹ ⁶² ⁶³ ⁶⁴ ⁶⁵ ⁶⁶ ⁶⁷ ⁶⁸ ⁶⁹ ⁷⁰ ⁷¹ ⁷² ⁷³ ⁷⁴ ⁷⁵ ⁷⁶ ⁷⁷ ⁷⁸ ⁷⁹ ⁸⁰ ⁸¹ ⁸² ⁸³ ⁸⁴ ⁸⁵ ⁸⁶ ⁸⁷ ⁸⁸ ⁸⁹ ⁹⁰ ⁹¹ ⁹² ⁹³ ⁹⁴ ⁹⁵ ⁹⁶ ⁹⁷ ⁹⁸ ⁹⁹ ¹⁰⁰ ¹⁰¹ ¹⁰² ¹⁰³ ¹⁰⁴ ¹⁰⁵ ¹⁰⁶ ¹⁰⁷ ¹⁰⁸ ¹⁰⁹ ¹¹⁰ ¹¹¹ ¹¹² ¹¹³ ¹¹⁴ ¹¹⁵ ¹¹⁶ ¹¹⁷ ¹¹⁸ ¹¹⁹ ¹²⁰ ¹²¹ ¹²² ¹²³ ¹²⁴ ¹²⁵ ¹²⁶ ¹²⁷ ¹²⁸ ¹²⁹ ¹³⁰ ¹³¹ ¹³² ¹³³ ¹³⁴ ¹³⁵ ¹³⁶ ¹³⁷ ¹³⁸ ¹³⁹ ¹⁴⁰ ¹⁴¹ ¹⁴² ¹⁴³ ¹⁴⁴ ¹⁴⁵ ¹⁴⁶ ¹⁴⁷ ¹⁴⁸ ¹⁴⁹ ¹⁵⁰ ¹⁵¹ ¹⁵² ¹⁵³ ¹⁵⁴ ¹⁵⁵ ¹⁵⁶ ¹⁵⁷ ¹⁵⁸ ¹⁵⁹ ¹⁶⁰ ¹⁶¹ ¹⁶² ¹⁶³ ¹⁶⁴ ¹⁶⁵ ¹⁶⁶ ¹⁶⁷ ¹⁶⁸ ¹⁶⁹ ¹⁷⁰ ¹⁷¹ ¹⁷² ¹⁷³ ¹⁷⁴ ¹⁷⁵ ¹⁷⁶ ¹⁷⁷ ¹⁷⁸ ¹⁷⁹ ¹⁸⁰ ¹⁸¹ ¹⁸² ¹⁸³ ¹⁸⁴ ¹⁸⁵ ¹⁸⁶ ¹⁸⁷ ¹⁸⁸ ¹⁸⁹ ¹⁹⁰ ¹⁹¹ ¹⁹² ¹⁹³ ¹⁹⁴ ¹⁹⁵ ¹⁹⁶ ¹⁹⁷ ¹⁹⁸ ¹⁹⁹ ²⁰⁰ ²⁰¹ ²⁰² ²⁰³ ²⁰⁴ ²⁰⁵ ²⁰⁶ ²⁰⁷ ²⁰⁸ ²⁰⁹ ²¹⁰ ²¹¹ ²¹² ²¹³ ²¹⁴ ²¹⁵ ²¹⁶ ²¹⁷ ²¹⁸ ²¹⁹ ²²⁰ ²²¹ ²²² ²²³ ²²⁴ ²²⁵ ²²⁶ ²²⁷ ²²⁸ ²²⁹ ²³⁰ ²³¹ ²³² ²³³ ²³⁴ ²³⁵ ²³⁶ ²³⁷ ²³⁸ ²³⁹ ²⁴⁰ ²⁴¹ ²⁴² ²⁴³ ²⁴⁴ ²⁴⁵ ²⁴⁶ ²⁴⁷ ²⁴⁸ ²⁴⁹ ²⁵⁰ ²⁵¹ ²⁵² ²⁵³ ²⁵⁴ ²⁵⁵ ²⁵⁶ ²⁵⁷ ²⁵⁸ ²⁵⁹ ²⁶⁰ ²⁶¹ ²⁶² ²⁶³ ²⁶⁴ ²⁶⁵ ²⁶⁶ ²⁶⁷ ²⁶⁸ ²⁶⁹ ²⁷⁰ ²⁷¹ ²⁷² ²⁷³ ²⁷⁴ ²⁷⁵ ²⁷⁶ ²⁷⁷ ²⁷⁸ ²⁷⁹ ²⁸⁰ ²⁸¹ ²⁸² ²⁸³ ²⁸⁴ ²⁸⁵ ²⁸⁶ ²⁸⁷ ²⁸⁸ ²⁸⁹ ²⁹⁰ ²⁹¹ ²⁹² ²⁹³ ²⁹⁴ ²⁹⁵ ²⁹⁶ ²⁹⁷ ²⁹⁸ ²⁹⁹ ³⁰⁰ ³⁰¹ ³⁰² ³⁰³ ³⁰⁴ ³⁰⁵ ³⁰⁶ ³⁰⁷ ³⁰⁸ ³⁰⁹ ³¹⁰ ³¹¹ ³¹² ³¹³ ³¹⁴ ³¹⁵ ³¹⁶ ³¹⁷ ³¹⁸ ³¹⁹ ³²⁰ ³²¹ ³²² ³²³ ³²⁴ ³²⁵ ³²⁶ ³²⁷ ³²⁸ ³²⁹ ³³⁰ ³³¹ ³³² ³³³ ³³⁴ ³³⁵ ³³⁶ ³³⁷ ³³⁸ ³³⁹ ³⁴⁰ ³⁴¹ ³⁴² ³⁴³ ³⁴⁴ ³⁴⁵ ³⁴⁶ ³⁴⁷ ³⁴⁸ ³⁴⁹ ³⁵⁰ ³⁵¹ ³⁵² ³⁵³ ³⁵⁴ ³⁵⁵ ³⁵⁶ ³⁵⁷ ³⁵⁸ ³⁵⁹ ³⁶⁰ ³⁶¹ ³⁶² ³⁶³ ³⁶⁴ ³⁶⁵ ³⁶⁶ ³⁶⁷ ³⁶⁸ ³⁶⁹ ³⁷⁰ ³⁷¹ ³⁷² ³⁷³ ³⁷⁴ ³⁷⁵ ³⁷⁶ ³⁷⁷ ³⁷⁸ ³⁷⁹ ³⁸⁰ ³⁸¹ ³⁸² ³⁸³ ³⁸⁴ ³⁸⁵ ³⁸⁶ ³⁸⁷ ³⁸⁸ ³⁸⁹ ³⁹⁰ ³⁹¹ ³⁹² ³⁹³ ³⁹⁴ ³⁹⁵ ³⁹⁶ ³⁹⁷ ³⁹⁸ ³⁹⁹ ⁴⁰⁰ ⁴⁰¹ ⁴⁰² ⁴⁰³ ⁴⁰⁴ ⁴⁰⁵ ⁴⁰⁶ ⁴⁰⁷ ⁴⁰⁸ ⁴⁰⁹ ⁴¹⁰ ⁴¹¹ ⁴¹² ⁴¹³ ⁴¹⁴ ⁴¹⁵ ⁴¹⁶ ⁴¹⁷ ⁴¹⁸ ⁴¹⁹ ⁴²⁰ ⁴²¹ ⁴²² ⁴²³ ⁴²⁴ ⁴²⁵ ⁴²⁶ ⁴²⁷ ⁴²⁸ ⁴²⁹ ⁴³⁰ ⁴³¹ ⁴³² ⁴³³ ⁴³⁴ ⁴³⁵ ⁴³⁶ ⁴³⁷ ⁴³⁸ ⁴³⁹ ⁴⁴⁰ ⁴⁴¹ ⁴⁴² ⁴⁴³ ⁴⁴⁴ ⁴⁴⁵ ⁴⁴⁶ ⁴⁴⁷ ⁴⁴⁸ ⁴⁴⁹ ⁴⁵⁰ ⁴⁵¹ ⁴⁵² ⁴⁵³ ⁴⁵⁴ ⁴⁵⁵ ⁴⁵⁶ ⁴⁵⁷ ⁴⁵⁸ ⁴⁵⁹ ⁴⁶⁰ ⁴⁶¹ ⁴⁶² ⁴⁶³ ⁴⁶⁴ ⁴⁶⁵ ⁴⁶⁶ ⁴⁶⁷ ⁴⁶⁸ ⁴⁶⁹ ⁴⁷⁰ ⁴⁷¹ ⁴⁷² ⁴⁷³ ⁴⁷⁴ ⁴⁷⁵ ⁴⁷⁶ ⁴⁷⁷ ⁴⁷⁸ ⁴⁷⁹ ⁴⁸⁰ ⁴⁸¹ ⁴⁸² ⁴⁸³ ⁴⁸⁴ ⁴⁸⁵ ⁴⁸⁶ ⁴⁸⁷ ⁴⁸⁸ ⁴⁸⁹ ⁴⁹⁰ ⁴⁹¹ ⁴⁹² ⁴⁹³ ⁴⁹⁴ ⁴⁹⁵ ⁴⁹⁶ ⁴⁹⁷ ⁴⁹⁸ ⁴⁹⁹ ⁵⁰⁰ ⁵⁰¹ ⁵⁰² ⁵⁰³ ⁵⁰⁴ ⁵⁰⁵ ⁵⁰⁶ ⁵⁰⁷ ⁵⁰⁸ ⁵⁰⁹ ⁵¹⁰ ⁵¹¹ ⁵¹² ⁵¹³ ⁵¹⁴ ⁵¹⁵ ⁵¹⁶ ⁵¹⁷ ⁵¹⁸ ⁵¹⁹ ⁵²⁰ ⁵²¹ ⁵²² ⁵²³ ⁵²⁴ ⁵²⁵ ⁵²⁶ ⁵²⁷ ⁵²⁸ ⁵²⁹ ⁵³⁰ ⁵³¹ ⁵³² ⁵³³ ⁵³⁴ ⁵³⁵ ⁵³⁶ ⁵³⁷ ⁵³⁸ ⁵³⁹ ⁵⁴⁰ ⁵⁴¹ ⁵⁴² ⁵⁴³ ⁵⁴⁴ ⁵⁴⁵ ⁵⁴⁶ ⁵⁴⁷ ⁵⁴⁸ ⁵⁴⁹ ⁵⁵⁰ ⁵⁵¹ ⁵⁵² ⁵⁵³ ⁵⁵⁴ ⁵⁵⁵ ⁵⁵⁶ ⁵⁵⁷ ⁵⁵⁸ ⁵⁵⁹ ⁵⁶⁰ ⁵⁶¹ ⁵⁶² ⁵⁶³ ⁵⁶⁴ ⁵⁶⁵ ⁵⁶⁶ ⁵⁶⁷ ⁵⁶⁸ ⁵⁶⁹ ⁵⁷⁰ ⁵⁷¹ ⁵⁷² ⁵⁷³ ⁵⁷⁴ ⁵⁷⁵ ⁵⁷⁶ ⁵⁷⁷ ⁵⁷⁸ ⁵⁷⁹ ⁵⁸⁰ ⁵⁸¹ ⁵⁸² ⁵⁸³ ⁵⁸⁴ ⁵⁸⁵ ⁵⁸⁶ ⁵⁸⁷ ⁵⁸⁸ ⁵⁸⁹ ⁵⁹⁰ ⁵⁹¹ ⁵⁹² ⁵⁹³ ⁵⁹⁴ ⁵⁹⁵ ⁵⁹⁶ ⁵⁹⁷ ⁵⁹⁸ ⁵⁹⁹ ⁶⁰⁰ ⁶⁰¹ ⁶⁰² ⁶⁰³ ⁶⁰⁴ ⁶⁰⁵ ⁶⁰⁶ ⁶⁰⁷ ⁶⁰⁸ ⁶⁰⁹ ⁶¹⁰ ⁶¹¹ ⁶¹² ⁶¹³ ⁶¹⁴ ⁶¹⁵ ⁶¹⁶ ⁶¹⁷ ⁶¹⁸ ⁶¹⁹ ⁶²⁰ ⁶²¹ ⁶²² ⁶²³ ⁶²⁴ ⁶²⁵ ⁶²⁶ ⁶²⁷ ⁶²⁸ ⁶²⁹ ⁶³⁰ ⁶³¹ ⁶³² ⁶³³ ⁶³⁴ ⁶³⁵ ⁶³⁶ ⁶³⁷ ⁶³⁸ ⁶³⁹ ⁶⁴⁰ ⁶⁴¹ ⁶⁴² ⁶⁴³ ⁶⁴⁴ ⁶⁴⁵ ⁶⁴⁶ ⁶⁴⁷ ⁶⁴⁸ ⁶⁴⁹ ⁶⁵⁰ ⁶⁵¹ ⁶⁵² ⁶⁵³ ⁶⁵⁴ ⁶⁵⁵ ⁶⁵⁶ ⁶⁵⁷ ⁶⁵⁸ ⁶⁵⁹ ⁶⁶⁰ ⁶⁶¹ ⁶⁶² ⁶⁶³ ⁶⁶⁴ ⁶⁶⁵ ⁶⁶⁶ ⁶⁶⁷ ⁶⁶⁸ ⁶⁶⁹ ⁶⁷⁰ ⁶⁷¹ ⁶⁷² ⁶⁷³ ⁶⁷⁴ ⁶⁷⁵ ⁶⁷⁶ ⁶⁷⁷ ⁶⁷⁸ ⁶⁷⁹ ⁶⁸⁰ ⁶⁸¹ ⁶⁸² ⁶⁸³ ⁶⁸⁴ ⁶⁸⁵ ⁶⁸⁶ ⁶⁸⁷ ⁶⁸⁸ ⁶⁸⁹ ⁶⁹⁰ ⁶⁹¹ ⁶⁹² ⁶⁹³ ⁶⁹⁴ ⁶⁹⁵ ⁶⁹⁶ ⁶⁹⁷ ⁶⁹⁸ ⁶⁹⁹ ⁷⁰⁰ ⁷⁰¹ ⁷⁰² ⁷⁰³ ⁷⁰⁴ ⁷⁰⁵ ⁷⁰⁶ ⁷⁰⁷ ⁷⁰⁸ ⁷⁰⁹ ⁷¹⁰ ⁷¹¹ ⁷¹² ⁷¹³ ⁷¹⁴ ⁷¹⁵ ⁷¹⁶ ⁷¹⁷ ⁷¹⁸ ⁷¹⁹ ⁷²⁰ ⁷²¹ ⁷²² ⁷²³ ⁷²⁴ ⁷²⁵ ⁷²⁶ ⁷²⁷ ⁷²⁸ ⁷²⁹ ⁷³⁰ ⁷³¹ ⁷³² ⁷³³ ⁷³⁴ ⁷³⁵ ⁷³⁶ ⁷³⁷ ⁷³⁸ ⁷³⁹ ⁷⁴⁰ ⁷⁴¹ ⁷⁴² ⁷⁴³ ⁷⁴⁴ ⁷⁴⁵ ⁷⁴⁶ ⁷⁴⁷ ⁷⁴⁸ ⁷⁴⁹ ⁷⁵⁰ ⁷⁵¹ ⁷⁵² ⁷⁵³ ⁷⁵⁴ ⁷⁵⁵ ⁷⁵⁶ ⁷⁵⁷ ⁷⁵⁸ ⁷⁵⁹ ⁷⁶⁰ ⁷⁶¹ ⁷⁶² ⁷⁶³ ⁷⁶⁴ ⁷⁶⁵ ⁷⁶⁶ ⁷⁶⁷ ⁷⁶⁸ ⁷⁶⁹ ⁷⁷⁰ ⁷⁷¹ ⁷⁷² ⁷⁷³ ⁷⁷⁴ ⁷⁷⁵ ⁷⁷⁶ ⁷⁷⁷ ⁷⁷⁸ ⁷⁷⁹ ⁷⁸⁰ ⁷⁸¹ ⁷⁸² ⁷⁸³ ⁷⁸⁴ ⁷⁸⁵ ⁷⁸⁶ ⁷⁸⁷ ⁷⁸⁸ ⁷⁸⁹ ⁷⁹⁰ ⁷⁹¹ ⁷⁹² ⁷⁹³ ⁷⁹⁴ ⁷⁹⁵ ⁷⁹⁶ ⁷⁹⁷ ⁷⁹⁸ ⁷⁹⁹ ⁸⁰⁰ ⁸⁰¹ ⁸⁰² ⁸⁰³ ⁸⁰⁴ ⁸⁰⁵ ⁸⁰⁶ ⁸⁰⁷ ⁸⁰⁸ ⁸⁰⁹ ⁸¹⁰ ⁸¹¹ ⁸¹² ⁸¹³ ⁸¹⁴ ⁸¹⁵ ⁸¹⁶ ⁸¹⁷ ⁸¹⁸ ⁸¹⁹ ⁸²⁰ ⁸²¹ ⁸²² ⁸²³ ⁸²⁴ ⁸²⁵ ⁸²⁶ ⁸²⁷ ⁸²⁸ ⁸²⁹ ⁸³⁰ ⁸³¹ ⁸³² ⁸³³ ⁸³⁴ ⁸³⁵ ⁸³⁶ ⁸³⁷ ⁸³⁸ ⁸³⁹ ⁸⁴⁰ ⁸⁴¹ ⁸⁴² ⁸⁴³ ⁸⁴⁴ ⁸⁴⁵ ⁸⁴⁶ ⁸⁴⁷ ⁸⁴⁸ ⁸⁴⁹ ⁸⁵⁰ ⁸⁵¹ ⁸⁵² ⁸⁵³ ⁸⁵⁴ ⁸⁵⁵ ⁸⁵⁶ ⁸⁵⁷ ⁸⁵⁸ ⁸⁵⁹ ⁸⁶⁰ ⁸⁶¹ ⁸⁶² ⁸⁶³ ⁸⁶⁴ ⁸⁶⁵ ⁸⁶⁶ ⁸⁶⁷ ⁸⁶⁸ ⁸⁶⁹ ⁸⁷⁰ ⁸⁷¹ ⁸⁷² ⁸⁷³ ⁸⁷⁴ ⁸⁷⁵ ⁸⁷⁶ ⁸⁷⁷ ⁸⁷⁸ ⁸⁷⁹ ⁸⁸⁰ ⁸⁸¹ ⁸⁸² ⁸⁸³ ⁸⁸⁴ ⁸⁸⁵ ⁸⁸⁶ ⁸⁸⁷ ⁸⁸⁸ ⁸⁸⁹ ⁸⁹⁰ ⁸⁹¹ ⁸⁹² ⁸⁹³ ⁸⁹⁴ ⁸⁹⁵ ⁸⁹⁶ ⁸⁹⁷ ⁸⁹⁸ ⁸⁹⁹ ⁹⁰⁰ ⁹⁰¹ ⁹⁰² ⁹⁰³ ⁹⁰⁴ ⁹⁰⁵ ⁹⁰⁶ ⁹⁰⁷ ⁹⁰⁸ ⁹⁰⁹ ⁹¹⁰ ⁹¹¹ ⁹¹² ⁹¹³ ⁹¹⁴ ⁹¹⁵ ⁹¹⁶ ⁹¹⁷ ⁹¹⁸ ⁹¹⁹ ⁹²⁰ ⁹²¹ ⁹²² ⁹²³ ⁹²⁴ ⁹²⁵ ⁹²⁶ ⁹²⁷ ⁹²⁸ ⁹²⁹ ⁹³⁰ ⁹³¹ ⁹³² ⁹³³ ⁹³⁴ ⁹³⁵ ⁹³⁶ ⁹³⁷ ⁹³⁸ ⁹³⁹ ⁹⁴⁰ ⁹⁴¹ ⁹⁴² ⁹⁴³ ⁹⁴⁴ ⁹⁴⁵ ⁹⁴⁶ ⁹⁴⁷ ⁹⁴⁸ ⁹⁴⁹ ⁹⁵⁰ ⁹⁵¹ ⁹⁵² ⁹⁵³ ⁹⁵⁴ ⁹⁵⁵ ⁹⁵⁶ ⁹⁵⁷ ⁹⁵⁸ ⁹⁵⁹ ⁹⁶⁰ ⁹⁶¹ ⁹⁶² ⁹⁶³ ⁹⁶⁴ ⁹⁶⁵ ⁹⁶⁶ ⁹⁶⁷ ⁹⁶⁸ ⁹⁶⁹ ⁹⁷⁰ ⁹⁷¹ ⁹⁷² ⁹⁷³ ⁹⁷⁴ ⁹⁷⁵ ⁹⁷⁶ ⁹⁷⁷ ⁹⁷⁸ ⁹⁷⁹ ⁹⁸⁰ ⁹⁸¹ ⁹⁸² ⁹⁸³ ⁹⁸⁴ ⁹⁸⁵ ⁹⁸⁶ ⁹⁸⁷ ⁹⁸⁸ ⁹⁸⁹ ⁹⁹⁰ ⁹⁹¹ ⁹⁹² ⁹⁹³ ⁹⁹⁴ ⁹⁹⁵ ⁹⁹⁶ ⁹⁹⁷ ⁹⁹⁸ ⁹⁹⁹ ¹⁰⁰⁰

Ch.B., F.R.C.A., M.D.,¹ Maria Gampalmo, M.D.,² ³ ⁴ ⁵ ⁶ ⁷ ⁸ ⁹ ¹⁰ ¹¹ ¹² ¹³ ¹⁴ ¹⁵ ¹⁶ ¹⁷ ¹⁸ ¹⁹ ²⁰ ²¹ ²² ²³ ²⁴ ²⁵ ²⁶ ²⁷ ²⁸ ²⁹ ³⁰ ³¹ ³² ³³ ³⁴ ³⁵ ³⁶ ³⁷ ³⁸ ³⁹ ⁴⁰ ⁴¹ ⁴² ⁴³ ⁴⁴ ⁴⁵ ⁴⁶ ⁴⁷ ⁴⁸ ⁴⁹ ⁵⁰ ⁵¹ ⁵² ⁵³ ⁵⁴ ⁵⁵ ⁵⁶ ⁵⁷ ⁵⁸ ⁵⁹ ⁶⁰ ⁶¹ ⁶² ⁶³ ⁶⁴ ⁶⁵ ⁶⁶ ⁶⁷ ⁶⁸ ⁶⁹ ⁷⁰ ⁷¹ ⁷² ⁷³ ⁷⁴ ⁷⁵ ⁷⁶ ⁷⁷ ⁷⁸ ⁷⁹ ⁸⁰ ⁸¹ ⁸² ⁸³ ⁸⁴ ⁸⁵ ⁸⁶ ⁸⁷ ⁸⁸ ⁸⁹ ⁹⁰ ⁹¹ ⁹² ⁹³ ⁹⁴ ⁹⁵ ⁹⁶ ⁹⁷ ⁹⁸ ⁹⁹ ¹⁰⁰ ¹⁰¹ ¹⁰² ¹⁰³ ¹⁰⁴ ¹⁰⁵ ¹⁰⁶ ¹⁰⁷ ¹⁰⁸ ¹⁰⁹ ¹¹⁰ ¹¹¹ ¹¹² ¹¹³ ¹¹⁴ ¹¹⁵ ¹¹⁶ ¹¹⁷ ¹¹⁸ ¹¹⁹ ¹²⁰ ¹²¹ ¹²² ¹²³ ¹²⁴ ¹²⁵ ¹²⁶ ¹²⁷ ¹²⁸ ¹²⁹ ¹³⁰ ¹³¹ ¹³² ¹³³ ¹³⁴ ¹³⁵ ¹³⁶ ¹³⁷ ¹³⁸ ¹³⁹ ¹⁴⁰ ¹⁴¹ ¹⁴² ¹⁴³ ¹⁴⁴ ¹⁴⁵ ¹⁴⁶ ¹⁴⁷ ¹⁴⁸ ¹⁴⁹ ¹⁵⁰ ¹⁵¹ ¹⁵² ¹⁵³ ¹⁵⁴ ¹⁵⁵ ¹⁵⁶ ¹⁵⁷ ¹⁵⁸ ¹⁵⁹ ¹⁶⁰ ¹⁶¹ ¹⁶² ¹⁶³ ¹⁶⁴ ¹⁶⁵ ¹⁶⁶ ¹⁶⁷ ¹⁶⁸ ¹⁶⁹ ¹⁷⁰ ¹⁷¹ ¹⁷² ¹⁷³ ¹⁷⁴ ¹⁷⁵ ¹⁷⁶ ¹⁷⁷ ¹⁷⁸ ¹⁷⁹ ¹⁸⁰ ¹⁸¹ ¹⁸² ¹⁸³ ¹⁸⁴ ¹⁸⁵ ¹⁸⁶ ¹⁸⁷ ¹⁸⁸ ¹⁸⁹ ¹⁹⁰ ¹⁹¹ ¹⁹² ¹⁹³ ¹⁹⁴ ¹⁹⁵ ¹⁹⁶ ¹⁹⁷ ¹⁹⁸ ¹⁹⁹ ²⁰⁰ ²⁰¹ ²⁰² ²⁰³ ²⁰⁴ ²⁰⁵ ²⁰⁶ ²⁰⁷ ²⁰⁸ ²⁰⁹ ²¹⁰ ²¹¹ ²¹² ²¹³ ²¹⁴ ²¹⁵ ²¹⁶ ²¹⁷ ²¹⁸ ²¹⁹ ²²⁰ ²²¹ ²²² ²²³ ²²⁴ ²²⁵ ²²⁶ ²²⁷ ²²⁸ ²²⁹ ²³⁰ ²³¹ ²³² ²³³ ²³⁴ ²³⁵ ²³⁶ ²³⁷ ²³⁸ ²³⁹

Table 1. Airway Management Data

	ETT			COPA			LMA			ILM		
	Poolside	Free-floating	Restraints									
Insertion attempts;												
n												
1	40	0	22	40	38	40	39	36	39	40	37	40
2	0	2	10	0	2	0	1	4	1	0	3	0
3	0	5	7	0	0	0	0	0	0	0	0	0
Fail	0	33	1	0	0	0	0	0	0	0	0	0
Placement; n												
Adequate	40	6	37	36	34	34	40	39	40	38	38	36
Inadequate	0	1*	2*	4	6	6	0	1	0	2	2	4
Airway management failure; n	0	34	3	4	6	6	0	1	0	2	2	4
Time to successful insertion; s	19 ± 3	33 ± 21	36 ± 7	19 ± 3	31 ± 7	33 ± 6	19 ± 2	33 ± 8	34 ± 6	19 ± 2	31 ± 7	34 ± 5

Number of insertion attempts, adequacy of placement, airway management failure and time to successful insertion in normogravity by the poolside (Poolside), simulated microgravity with the manikin floating free (Free-floating) and simulated microgravity with the manikin attached to the floor with restraints (Restraints) for the endotracheal tube (ETT), cuffed oropharyngeal airway (COPA), standard laryngeal mask airway (LMA) and intubating laryngeal mask airway (ILM). Data are mean ± SD or numbers (%).

* Esophageal intubation.



#10	The endotracheal intubation remains the gold standard for securing the airway if performed by a skilled provider and SHOULD be executed in that case.	moderate	strong	1B strong recommendation moderate-quality evidence
#11	When endotracheal intubation is attempted patient and rescuer should be restrained using the Crew Medical Restraint System.	moderate	strong	1B strong recommendation moderate-quality evidence
#12	If no rescuer with extensive training in endotracheal intubation is present a second generation supraglottic airway device SHOULD be used for airway management.	moderate	strong	1B strong recommendation moderate-quality evidence

Defibrillation

#15	A defibrillator SHOULD only be used on a patient that is restrained to an electrically isolated and safe surface.	low	strong	1C strong recommendation low-quality evidence
#16	An automated external defibrillator (AED), with long duration batteries and long shelf-life self-adhesive pads, SHOULD be stored with the emergency equipment.	low	strong	1C strong recommendation low-quality evidence
#17	The AED SHOULD have a user-friendly interface, a step-by-step instruction voice for correct pads positioning and electrical shock delivery and a timing device for correct chest compressions/ventilation rate.	low	strong	1C strong recommendation low-quality evidence
#18	All crewmembers SHOULD be trained in the use of the specific AED provided during the mission.	none	strong	1C strong recommendation low-quality evidence

Limitations

- Studies either performed in simulated microgravity or parabolic flight
- → weak representation of the real circumstances during spaceflight
- → parabolic flight offers only ~ 20 seconds of microgravity
- Limited set of studies have been performed
- Case numbers are very low
- → in some cases expert consensus was necessary



Future

- Guideline needs to be reevaluated frequently
- More high quality studies need to be performed
- Possible focus on
 - → defibrillation
 - → crew training
 - → treatment of reversible causes
 - → post resuscitation care



Thank you for your attention!



(8)

Contact: steffen.kerkhoff@uk-koeln.de



List of figures

- (1) <https://nonprofitquarterly.org/wp-content/blogs.dir/56/files/2018/02/no-money-handshake.jpg>
- (2) <https://www.zdf.de/kinder/logo/raumfahrer-erreichen-iss-100.html>
- (3) <https://www.nasa.gov/johnson/exploration/deep-space>
- (4) https://en.wikipedia.org/wiki/Extravehicular_activity
- (5) https://bos-fahrzeuge.info/einsatzfahrzeuge/125953/Rotkreuz_Schaumburg_4483-01/zoom/1/photo/363175
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- (7) <http://orbitalmedicine.com/>
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