

# TABLE OF CONTENTS

## Book 6

Preface.....	i
Editorial Board.....	ii
Book 6 Panel.....	iii
Disclosure of Potential Conflicts of Interest.....	ix
Book 6 Post Test.....	x
Continuing Education and Program	
Evaluation Instructions.....	x
Role of ACCP.....	xv

## Pulmonary

CHRONIC OBSTRUCTIVE PULMONARY DISEASE	
Learning Objectives.....	1
Introduction.....	1
Pathophysiology.....	1
Definition.....	1
Epidemiology and Risk Factors.....	1
Diagnosis and Clinical Presentation.....	2
Prognosis.....	3
Pathophysiology.....	4
Monitoring Achievement of Therapeutic Goals and Outcomes.....	4
Quality Patient Care.....	5
GOLD Guidelines.....	5
Therapeutic Issues.....	5
Selection of Initial Maintenance	
Bronchodilator Therapy.....	5
Combination Bronchodilator	
Therapy vs. Monotherapy.....	7
New Data Regarding the Role	
of Inhaled Corticosteroids.....	7
Treatment of Concurrent COPD and	
Asthma.....	7
Nondrug Therapy and Health	
Maintenance.....	8
Pulmonary Rehabilitation Programs.....	8
Tobacco Abstinence and Cessation.....	9
Issues Potentially Diminishing	
Efficiency and Effectiveness.....	10
Conclusion.....	11
Annotated Bibliography.....	11
Self-Assessment Questions.....	17

## UPDATE ON GUIDELINES AND CONTROVERSIES IN THE TREATMENT OF ASTHMA

Learning Objectives.....	21
Review of New NHLBI NAEP	
Guidelines for the Diagnosis and	
Management of Asthma: Expert Panel Report 3.....	21
Assessment and Monitoring.....	21
Factors Affecting Asthma Severity and Control.....	23
Patient Education for a Partnership in Care.....	24
Pharmacological Therapy.....	24
Immunomodulators.....	24
Omalizumab.....	25
Safety of Long-Acting Inhaled $\beta_2$ -agonists.....	25
Short-Acting Inhaled $\beta_2$ -agonists.....	26
Aerosol Delivery Devices.....	26
Management of Chronic Persistent Asthma.....	26
Management of Childhood Asthma.....	27
Management of Adult Asthma.....	28
Management of Severe	
Acute Asthma Exacerbations.....	28
Controversies in the Management	
of Severe Acute Asthma.....	29
MDIs Plus VHCs vs. Nebulizers	
for Short-Acting $\beta_2$ -agonists.....	29
Is Intravenous Magnesium Sulfate Effective?.....	30
Controversies in the Management of	
Chronic Asthma.....	30
Do Long-Acting Inhaled $\beta_2$ -agonists	
Worsen Asthma?.....	30
Use of Inhaled Corticosteroid/Long-Acting	
Inhaled $\beta_2$ -agonists for Maintenance	
Plus Rescue Therapy.....	32
Do Pharmacy-Based Education Programs	
Improve Asthma Outcomes?.....	32
Annotated Bibliography.....	32
Self-Assessment Questions.....	39

## SLEEP DISORDERS

Learning Objectives.....	43
Introduction.....	43
Assessment of Sleep and Sleepiness.....	43
Insomnia.....	44
Pharmacotherapy.....	45
Nondrug Therapy.....	45
Sleep Apnea.....	45
Obstructive Sleep Apnea.....	45

Central Sleep Apnea. . . . .	47
Sleep Apnea and Systemic Disease. . . . .	49
Hypertension. . . . .	50
Heart Failure. . . . .	50
Arrhythmias. . . . .	50
Stroke. . . . .	50
Metabolic Syndrome. . . . .	51
Conclusion. . . . .	51
Annotated Bibliography. . . . .	51
<b>Self-Assessment Questions.</b> . . . . .	55

## Critical Care I

### ACUTE RESPIRATORY DISTRESS SYNDROME

Learning Objectives. . . . .	59
Introduction. . . . .	59
Diagnosis. . . . .	59
Pathophysiology. . . . .	61
Etiologies. . . . .	61
Clinical Course and Prognosis. . . . .	61
Acute Respiratory Distress Syndrome	
Clinical Network. . . . .	62
Quality Pharmaceutical Care. . . . .	62
Primary Pharmacological Therapy. . . . .	62
Corticosteroids. . . . .	62
$\beta$ -Adrenergic Agonists. . . . .	64
Anticoagulants. . . . .	64
Other Experimental Therapies. . . . .	64
Non-pharmacological Therapies. . . . .	64
Fluid and Hemodynamic Management. . . . .	64
Lung-Protective Ventilation Strategy. . . . .	65
Role of the Pharmacist. . . . .	65
Conclusion. . . . .	66
Annotated Bibliography. . . . .	66
<b>Self-Assessment Questions.</b> . . . . .	69

### HEALTH POLICIES THAT INFLUENCE COST, QUALITY, AND SAFETY IN CRITICAL CARE

Learning Objectives . . . . .	73
Introduction. . . . .	73
Health Economics. . . . .	74
Cost of Hospital and ICU Expenditures. . . . .	74
Cost of Pharmaceuticals in the ICU. . . . .	75
The Critical Care Pharmacist as a	
Member of the Patient Care Team. . . . .	75
ICU Staffing. . . . .	75
The Critical Care Pharmacist and Outcomes. . . . .	75
Economic Outcomes. . . . .	75
Clinical Outcomes. . . . .	76
Humanistic Outcomes. . . . .	76
Recommendations for the Critical	
Care Pharmacist's Activities. . . . .	77
Workforce Issues. . . . .	77
Summary of the Critical Care	
Pharmacist as a Member of the	
Health Care Team. . . . .	78
Quality Improvement in the ICU. . . . .	78
Institute for Healthcare Improvement Bundles. . . . .	78
Society of Critical Care Medicine Sepsis Bundle. . . . .	79
The Joint Commission Standards. . . . .	79
Protocol Use. . . . .	79

Quality Improvement Program. . . . .	80
Development to Evaluation. . . . .	80
Outcome Measures. . . . .	80
Patient Safety. . . . .	81
Epidemiology. . . . .	81
Applicaton of the Joint Commision Patient	
Safety Goals and Medication Management	
Standards in the ICU. . . . .	81
Recent USP Recommendations for	
Safe Use of Medications Applicable to the ICU. . . . .	81
Neuromuscular Blocking Agents. . . . .	81
Blood Coagulation Modifiers. . . . .	82
Institutional Patient Safety Surveillance	
Systems in the ICU. . . . .	82
Identification. . . . .	82
Reporting. . . . .	82
Evaluation. . . . .	82
Prevention. . . . .	82
Postmarketing Surveillance. . . . .	83
FDA MedWatch Sentinel Events Reporting. . . . .	83
MEDMARX Database. . . . .	83
Conclusion. . . . .	83
Annotated Bibliography. . . . .	83
<b>Self-Assessment Questions.</b> . . . . .	87

### BURNS IN CHILDREN

Learning Objectives. . . . .	91
Introduction. . . . .	91
Epidemiology. . . . .	91
Risk Factors for Burn Injury. . . . .	91
Predictors of Mortality. . . . .	92
Severity of Burn Injury. . . . .	92
Initial Assessment and Care. . . . .	92
Burn Size and Depth. . . . .	92
Inhalation Injury. . . . .	92
Pathophysiology. . . . .	92
Skin Response to Burn. . . . .	92
Hypovolemic and Cellular Shock. . . . .	92
Edema Formation and Resorption. . . . .	93
Acute Resuscitation Pharmacotherapy. . . . .	93
Fluid Resuscitation. . . . .	93
Resuscitation End Points. . . . .	94
Crystalloid vs. Colloid. . . . .	94
Ascorbic Acid. . . . .	95
Wound Intervention. . . . .	95
Post-resuscitation Pharmacotherapy. . . . .	95
Pharmacokinetic and Pharmacodynamic	
Considerations. . . . .	95
Tetanus Prophylaxis. . . . .	95
Stress Ulcer Prevention. . . . .	96
Inhalation Injury Management. . . . .	97
Pain, Itching, and Anxiety Management. . . . .	97
Infection Prevention and Treatment. . . . .	98
Nutrition. . . . .	100
Energy Requirements. . . . .	100
Protein Requirements. . . . .	100
Fat Requirements. . . . .	100
Early Enteral Nutrition. . . . .	100
Vitamin and Mineral Supplementation. . . . .	101
Modulators of the Hypermetabolic	
Stress Response . . . . .	101
Growth Hormone. . . . .	101

Oxandrolone. . . . .	101
Propranolol. . . . .	101
Nephrolithiasis. . . . .	101
Outcomes. . . . .	102
Quality of Life. . . . .	102
Pharmacist's Role. . . . .	102
Annotated Bibliography. . . . .	102
<b>Self-Assessment Questions.</b> . . . . .	107

#### SPECIAL CONSIDERATIONS IN NEUROTRAUMA

Learning Objectives. . . . .	111
Introduction. . . . .	111
Traumatic Brain Injury. . . . .	111
Background/Epidemiology. . . . .	111
Neurologic Evaluation. . . . .	111
Neurologic Monitoring. . . . .	111
Intracranial Pressure Monitoring/ Hemodynamic Monitoring. . . . .	112
Local Brain Oxygenation and Metabolic Measurements. . . . .	112
Jugular Venous Oxygen Saturation Monitoring. . . . .	112
Electroencephalographic Monitoring. . . . .	112
Therapeutic Controversies in the Management of TBI. . . . .	114
Pharmacological Controversies. . . . .	114
Resuscitation Fluid. . . . .	114
Role of Corticosteroids for Neuroprotection . . . . .	114
Hyperosmolar Therapy. . . . .	114
Analgesia, Sedation, and Paralysis. . . . .	115
Barbiturate Therapy. . . . .	115
Role of Antiepileptic Drugs in Post-traumatic Seizure Prophylaxis. . . . .	116
Optimal Blood Glucose Concentration. . . . .	116
Corticosteroid Use in Post-TBI Adrenal Insufficiency. . . . .	116
$\beta$ -Blockers for Management of Paroxysmal Sympathetic Storm. . . . .	117
Non-pharmacological Controversies. . . . .	117
Optimal Transfusion Threshold. . . . .	117
Hyperventilation. . . . .	117
Hypothermia. . . . .	117
Spinal Cord Injury. . . . .	118
Background/Epidemiology. . . . .	118
Injury Classification. . . . .	118
Acute Interventions. . . . .	118
Initial Management. . . . .	118
Neuroprotection (Corticosteroids). . . . .	118
Prevention and Management of Complications in SCI. . . . .	118
Respiratory. . . . .	118
Cardiovascular . . . . .	119
Genitourinary. . . . .	119
Neuropathic Pain. . . . .	119
Thromboembolism. . . . .	120
Quality Improvement. . . . .	121
Annotated Bibliography. . . . .	121
<b>Self-Assessment Questions.</b> . . . . .	125

## Critical Care II

### CENTRAL NERVOUS SYSTEM SYNDROMES IN CRITICALLY ILL ADULTS

Learning Objectives. . . . .	129
Introduction. . . . .	129
Causes of ICU Pain and the Frequency of Undertreatment. . . . .	129
The Importance and Unique Aspects of ICU Pain. . . . .	129
Monitoring Patient Analgesia Needs in the ICU. . . . .	130
Management of ICU Pain or Discomfort. . . . .	130
Opiate Therapy. . . . .	130
Analgesia-Based "Sedation". . . . .	131
Agitation and Its Consequences in the Critically Ill. . . . .	131
Risk Factors and Frequency of ICU Agitation. . . . .	131
Assessment of ICU Agitation and Its Impact on Outcomes. . . . .	131
Treatment and Prevention of ICU Agitation. . . . .	132
Benzodiazepines. . . . .	132
Propofol. . . . .	133
Dexmedetomidine. . . . .	133
Neuromuscular Blockade. . . . .	134
ICU Delirium. . . . .	134
Pathogenesis of Delirium. . . . .	134
Delirium Assessment in the ICU. . . . .	135
Management of ICU Delirium. . . . .	135
Delirium Prevention Strategies. . . . .	135
Delirium Treatment. . . . .	135
Post-traumatic Stress Disorder After Critical Illness. . . . .	136
Risk Factors for Developing Post-ICU PTSD. . . . .	136
ICU Strategies to Avoid PTSD Development. . . . .	136
The Role of the Pharmacist in Optimizing the Provision of Comfort. . . . .	137
Conclusion. . . . .	137
Annotated Bibliography. . . . .	137
<b>Self-Assessment Questions.</b> . . . . .	141

### ENDOCRINE SYNDROMES IN THE ICU

Learning Objectives. . . . .	145
Introduction. . . . .	145
Pathophysiology of AI in Critical Illness. . . . .	145
Diagnosis of AI in Critical Illness. . . . .	146
Treatment with Corticosteroids. . . . .	147
Etomidate and AI. . . . .	148
Pathophysiology of Hyperglycemia in Critical Illness. . . . .	149
Diagnosis of Hyperglycemia and Hypoglycemia. . . . .	150
Treatment of Hyperglycemia. . . . .	150
Risk vs. Benefit of IIT. . . . .	151
Application of IIT to the General ICU Population. . . . .	151
Pathophysiology of VP in Critical Illness. . . . .	152
Treatment with VP in Critically Ill Patients. . . . .	152
Pathophysiology of GH in Critical Illness. . . . .	153

Treatment with GH in Critically Ill Patients. . . . .	153
Opportunities for Clinical Research Regarding GH. . . . .	153
Pathophysiology of TH in Critical Illness. . . . .	154
Treatment with TH in Critically Ill Patients. . . . .	154
Dopamine-Endocrine Interactions. . . . .	154
Role of the Pharmacist. . . . .	154
Conclusion. . . . .	155
Annotated Bibliography. . . . .	155
<b>Self-Assessment Questions.</b> . . . .	159

**PULMONARY ARTERIAL HYPERTENSION**

Learning Objectives. . . . .	163
Background. . . . .	163
History. . . . .	163
Level of Evidence. . . . .	163
Definition and Diagnosis. . . . .	163
Presentation and Epidemiology. . . . .	164
Functional Classification. . . . .	164
Pathophysiology. . . . .	164
Mechanisms of Pulmonary Arterial Hypertension. . . . .	164
Cellular and Molecular Derangements. . . . .	164
Genetic Predisposition. . . . .	165
Drug-Induced Pulmonary Arterial Hypertension. . . . .	165
Treatment for Pulmonary Arterial Hypertension. . . . .	165
Initial Treatment and Goals. . . . .	165
Non-pharmacological Treatment or Therapy. . . . .	166
Pharmacological Therapy. . . . .	166
Fluid Management and Inotropic Therapy. . . . .	166
Anticoagulation. . . . .	166
Calcium Channel Blockade. . . . .	166
Prostacyclin Derivatives. . . . .	166
Epoprostenol. . . . .	167
Treprostinil. . . . .	168
Iloprost. . . . .	168
Endothelin-Receptor Antagonists. . . . .	168
Bosentan. . . . .	168
Ambrisentan. . . . .	169
Phosphodiesterase-5 Inhibitors. . . . .	169
Combination Therapy. . . . .	169
Investigational Agents. . . . .	170
Pulmonary Arterial Hypertension in the Acutely Ill Patient. . . . .	170
Preload. . . . .	170
Hypotension. . . . .	170
Contractility. . . . .	170
Afterload. . . . .	171
Surgical Therapies. . . . .	171
Approach to Treatment and Monitoring. . . . .	171
Admission to Hospital. . . . .	172
Patient Education. . . . .	172
Administration Considerations. . . . .	172
Epoprostenol. . . . .	172
Treprostinil. . . . .	172
Iloprost. . . . .	172
Cost Considerations. . . . .	173
Conclusion. . . . .	173
Annotated Bibliography. . . . .	173
<b>Self-Assessment Questions.</b> . . . .	179