

RSI Checklist

Step No.	Key Action / Detail
Team + Plan	Roles; Equipment; Verbalize plan A&B ; Anticipate complications
Position	Head-up 20–30°; Ear-to-sternal notch; Suction ON
PreOx	NRB + NC (3–5 min); Severe hypoxemia → NIPPV; Apneic oxygenation
Optimize	IV x2; Treat hypotension; Micro-dose pressors; ETT (2 sizes) + bougie; EtCO ₂
Induction	Etomidate 0.3 mg/kg; Ketamine 1–2 mg/kg; Propofol 0.5–1.5 mg/kg
Paralytics	Roc 1.2 mg/kg or Succ 1–1.5 mg/kg
Intubate	First-pass goal; Poor view → Bougie early; Max 3 attempts (After 1 fail → call senior)
Confirm	MANDATORY Waveform EtCO ₂ ; Check chest rise, secure tube + depth
Post	Sedation + analgesia; Lung-protective vent (6–8 mL/kg PBW); Treat hypotension
Can't Int or Ox	BVM + PEEP → SGA → emerg cric.



Critical Care Medications

Medication	Common Formulations / Concentrations	Common Dosing (Load/Bolus)	Usual Starting Dose (Infusion)	Common Titration Instructions
Norepinephrine	4 mg/250 mL or 8 mg/250 mL	N/A (Infusion only)	0.05 mcg/kg/min	Titrate by 0.01-0.05 mcg/kg/min every 2-5 minutes to MAP goal
Epinephrine	1 mg/mL (Bolus); 4 mg/250 mL (Infusion)	1 mg IV push (Cardiac Arrest) or 0.1-0.3 mg (microdose IV push)	0.01- 0.05 mcg/kg/min	Titrate by 0.01-0.05 mcg/kg/min every 2-5 minutes to MAP goal
Dobutamine	250 mg/250 mL	N/A (Infusion only)	2.5 mcg/kg/min	Titrate by 2.5-5 mcg/kg/min every 10-20 minutes
Phenylephrine	10 mg/250 mL	50 - 200 mcg IV bolus for hypotension	10-40 mcg/min	Titrate by 10-40 mcg/min every 2-5 minutes to MAP goal
Dopamine	400 mg/250 mL	N/A (Infusion only)	5 mcg/kg/min	Titrate by 2-5 mcg/kg/min increments every 5-10 to MAP goal
Amiodarone	50 mg/mL *with a filter*	150 mg IV over 10 minutes (w/ pulse); 300 mg IV push (VF/VT)	1 mg/min (for 6 hours)	After 6 hours, drop to 0.5mg/min for maintenance
Adenosine	3 mg/mL	6 mg rapid IV push, followed by 12 mg rapid IV push X 2 doses	N/A (Bolus only)	Administer rapidly followed by immediate 20 mL NS flush
Vasopressin	20 units/mL; 20 units/50 mL	N/A (Infusion only)	0.01 units/min	Titrate by 0.005 units/min every 10-15 minutes. Max dose 0.07 units/min
Esmolol	100 mg/10 mL or 2500 mg/250 mL	500 mcg/kg IV over 1 minute (Loading)	50 mcg/kg/min	Titrate by 25-50 mcg/kg/min every 4-5 minutes. Max dose 200-300 mcg/kg/min