DO NOT FORGET · THE SHORT CHECKLIST

Post-ROSC bundle

The first hour after return of spontaneous circulation

EM Orbit

Patient reference	Date	Time zero	Completed by

The 3 steps that must not be missed

- [ ] AIRWAY AND BREATHING

Secure the airway if the patient is not protecting it; confirm with waveform capnography

An intact airway in a patient who is waking is not an indication to intubate.

- [ ] CIRCULATION

SBP > 90 mmHg and MAP > 65 mmHg — fluid, then vasopressor

Noradrenaline first line. Avoid hypotension: it is associated with worse neurological outcome.

- [ ] NEUROLOGICAL PROTECTION

Not following commands → temperature control now

AHA 2020: targeted temperature 32–36 °C for ≥ 24 h. AHA 2023 update: a constant target of 32–37.5 °C, with active fever prevention for at least 72 h in patients who remain comatose. Follow the local protocol and start in the ED.

The short list: an aid to memory, not the whole procedure. The full checklist is at the QR code. It does not replace your local protocol or your clinical judgement. Source: AHA ACLS 2020 · ERC 2021 · AHA 2023 focused update.