“Wake Up and Breathe” Protocol
Spontaneous Awakening Trials (SATs) + Spontaneous Breathing Trials (SBTs)

SAT Safety Screen
- No active seizures
- No alcohol withdrawal
- No agitation
- No paralytics
- No myocardial ischemia
- Normal intracranial pressure

SAT Failure
- Anxiety, agitation, or pain
- Respiratory rate > 35/min
- Oxygen saturation < 88%
- Respiratory distress
- Acute cardiac arrhythmia

Perform SAT

Restart sedatives at 1/2 dose

SAT Safety Screen

Perform SBT

SBT Safety Screen
- No agitation
- Oxygen saturation ≥ 88%
- FiO2 ≤ 50%
- PEEP ≤ 7.5 cm H2O
- No myocardial ischemia
- No vasopressor use
- Inspiratory efforts

SBT Failure
- Respiratory rate > 35/min
- Respiratory rate < 8/min
- Oxygen saturation < 88%
- Respiratory distress
- Mental status change
- Acute cardiac arrhythmia

Consider extubation

Full ventilatory support

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