Goal-directed therapy should be performed to reduce postoperative complications.

Main Points

- Goal-directed therapy (GDT) utilizes monitoring techniques to help guide clinicians with administering fluids, vasopressors, and inotropes to avoid hypotension and low cardiac output.

- Clinicians employ various therapeutic strategies targeted to achieve predetermined parameters for blood pressure, cardiac index, systemic venous oxygen saturation, urine output, oxygen consumption, lactate levels, and other biomarkers.

- Post-operative GDT in cardiac surgery patients has demonstrated reduced length of stay and infection rates, as well as less occurrence of low cardiac output syndrome.

- The full utility of GDT, including its application in the intraoperative phase, requires additional study.

Key References


