

ARDSnet: Female

Ht (cm)	PBW	4ml	5ml	6ml	7ml	8ml
4' 0" (122)	17.9	72	90	107	125	143
4' 1" (124)	20.2	81	101	121	141	162
4' 2" (127)	22.5	90	113	135	158	180
4' 3" (130)	24.8	99	124	149	174	198
4' 4" (132)	27.1	108	136	163	190	217
4' 5" (134)	29.4	118	147	176	206	235
4' 6" (137)	31.7	127	159	190	222	254
4' 7" (140)	34.0	136	170	204	238	272
4' 8" (142)	36.3	145	182	218	254	290
4' 9" (145)	38.6	154	193	232	270	309
4' 10" (147)	40.9	164	205	245	286	327
4' 11" (150)	43.3	173	216	259	302	346
5' 0" (152)	45.5	182	228	273	319	364
5' 1" (155)	47.8	191	239	287	335	382
5' 2" (158)	50.1	200	251	301	351	401
5' 3" (160)	52.4	210	262	314	367	419
5' 4" (163)	54.7	219	274	328	383	438
5' 5" (165)	57.0	228	285	342	399	456
5' 6" (168)	59.3	237	297	356	415	474
5' 7" (170)	61.6	246	308	370	431	493
5' 8" (173)	63.9	256	320	383	447	511
5' 9" (175)	66.2	265	331	397	463	530
5' 10" (178)	68.5	274	343	411	480	548
5' 11" (180)	70.8	283	354	425	496	566
6' 0" (183)	73.1	292	366	439	512	585
6' 1" (185)	75.4	302	377	452	528	603

Basic vent settings

Tidal volume: ARDSnet	Respiratory rate: 12-25
PEEP: 5-20	FiO2: Titrate for SpO2 88-92%

ARDSnet: Male

Ht (cm)	PBW	4ml	5ml	6ml	7ml	8ml
4' 5" (134)	33.9	136	170	203	237	271
4' 6" (137)	36.2	145	181	217	253	290
4' 7" (140)	38.5	154	193	231	270	308
4' 8" (142)	40.8	163	204	245	286	326
4' 9" (145)	43.1	172	216	259	302	345
4' 10" (147)	45.4	182	227	272	318	363
4' 11" (150)	47.7	191	239	286	334	382
5' 0" (152)	50.0	200	250	300	350	400
5' 1" (155)	52.3	209	262	314	366	418
5' 2" (158)	54.6	218	273	328	382	437
5' 3" (160)	56.9	228	285	341	398	455
5' 4" (163)	59.2	237	296	355	414	474
5' 5" (165)	61.5	246	308	369	431	492
5' 6" (168)	63.8	255	319	383	447	510
5' 7" (170)	66.1	264	331	397	464	529
5' 8" (173)	68.4	274	342	410	479	547
5' 9" (175)	70.7	283	354	424	495	566
5' 10" (178)	73.0	292	365	438	511	584
5' 11" (180)	75.3	301	377	452	527	602
6' 0" (183)	77.6	310	388	466	543	621
6' 1" (185)	79.9	320	400	479	559	639
6' 2" (188)	82.2	329	411	493	575	658
6' 3" (191)	84.5	338	423	507	592	679
6' 4" (193)	86.8	347	434	521	608	694
6' 5" (196)	89.1	356	446	535	624	713
6' 6" (198)	91.4	366	457	548	640	731

PEEP/FiO2 table

FiO2	.3	.4	.4	.5	.5	.6	.7	.7	.7	.8	.9	.9	.9	1.0
PEEP	5	5	8	8	10	10	10	12	14	14	14	16	18	18-24