

Blueberry Ice

In an Intensive Care Unit

I performed a pediatrics rotation as a third-year medical student in a community hospital in Connecticut. While rotating through the intensive care unit, I was present when a very ill child with Down syndrome was successfully removed from mechanical ventilation.

The nurse offered him an ice pop, which he readily accepted. Regrettably, the color of the ice pop was a bluish purple.

The intern walked in, noted the recently extubated child with bright blue lips, and immediately called a code. Fortunately, the nursing staff was able to intervene, stop the code, and allow the child to finish his ice pop.

Since that time, however, I have never offered blueberry ices to any of my critical care patients.

—**Steven M. Brown, MD**
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