



Cardiac Arrest Resuscitation Emphasis Study
CARES Project

July 2012

Chain of Survival

Early



Access

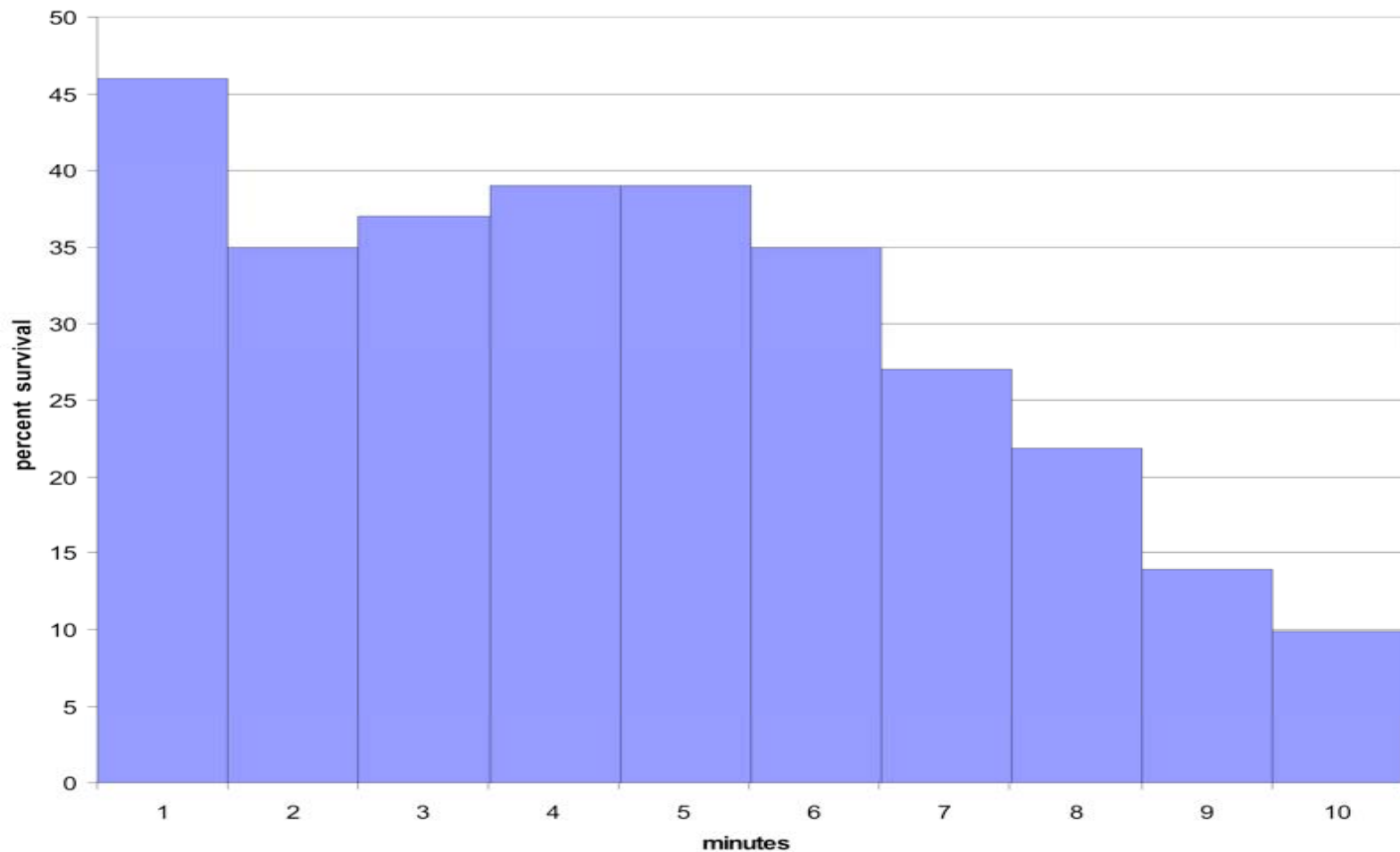
CPR

Defibrillation

Advanced Care

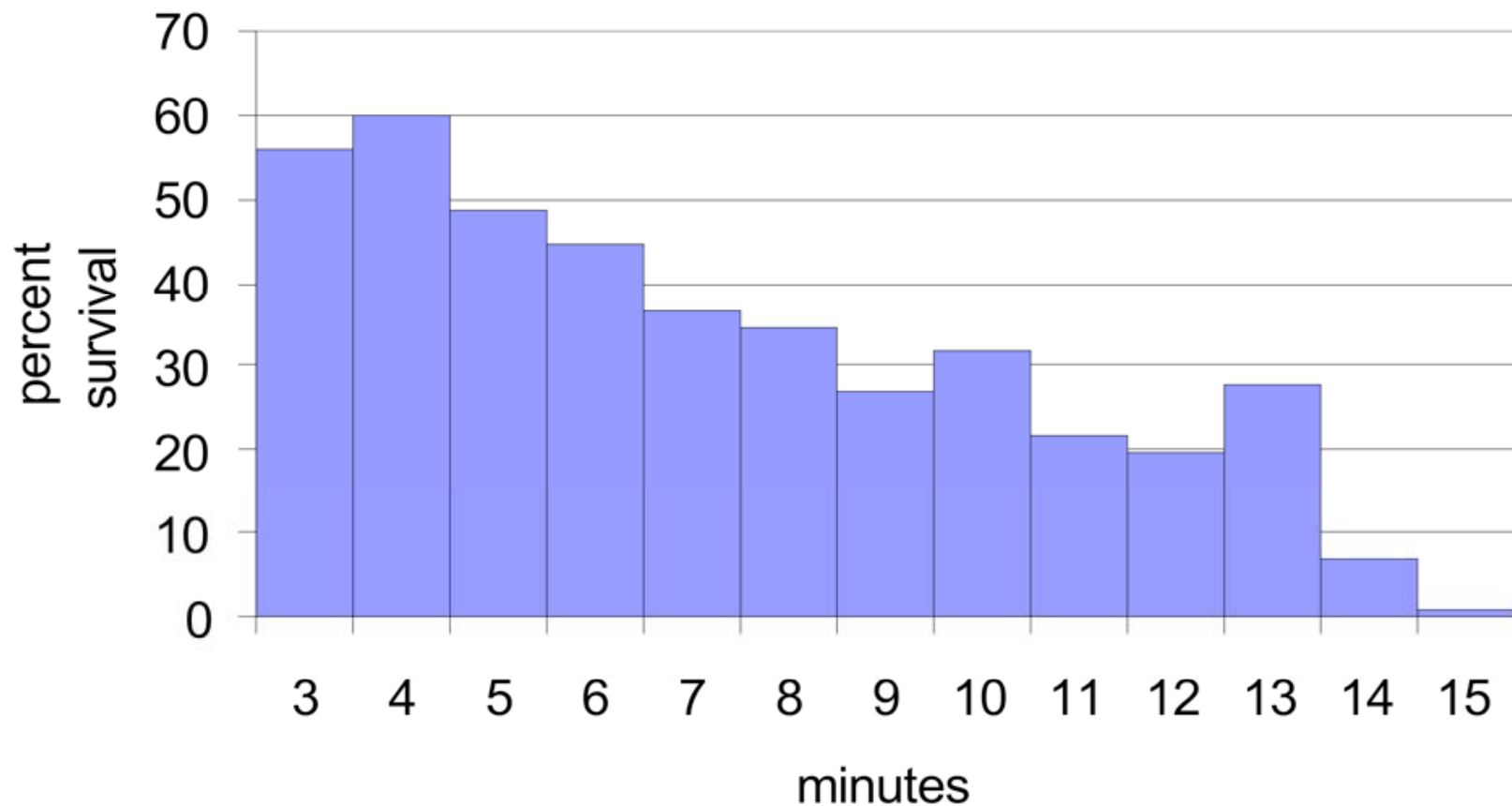
The Value of CPR in Chain of Survival

Percent survival by time to CPR



The Value of Early Defibrillation

Percent survival by time to first shock



Overview of Project



Hypothesis: Emphasis on CPR Density will increase survival from Cardiac Arrest by 5%

- Before (21% averaged over 4 years) and After Study
- Consistent System wide Training Roll Out
 - >46 classes, trained over 550 EMS personnel
- Continuous CPR with minimum interruptions for interventions (intubation, IV, ventilations)
- Record entire Cardiac Arrest and merge data, Dispatch to Discharge from Hospital
- Use Utstein Criteria for study

The Study Case Definition

- Utstein criteria

Developed in Norway in 1995 and established a reference standard that would be used internationally in cardiac resuscitation research

- Cardiac origin
- Witnessed
- Shockable rhythm



Importance of Study?

Survival and EMS System

- Improvement in survival is outcome measure of EMS System and directly affects patient/citizen
- EMS systems are as varied and specific as the communities they serve.
- This provides a “gold standard” by which a system can be measured and effectively compared to other systems
- Requires critical involvement and cooperation between all facets of an EMS system (dispatch, BLS, ALS, hospital)
 - Can serve as a surrogate for EMS system function in general

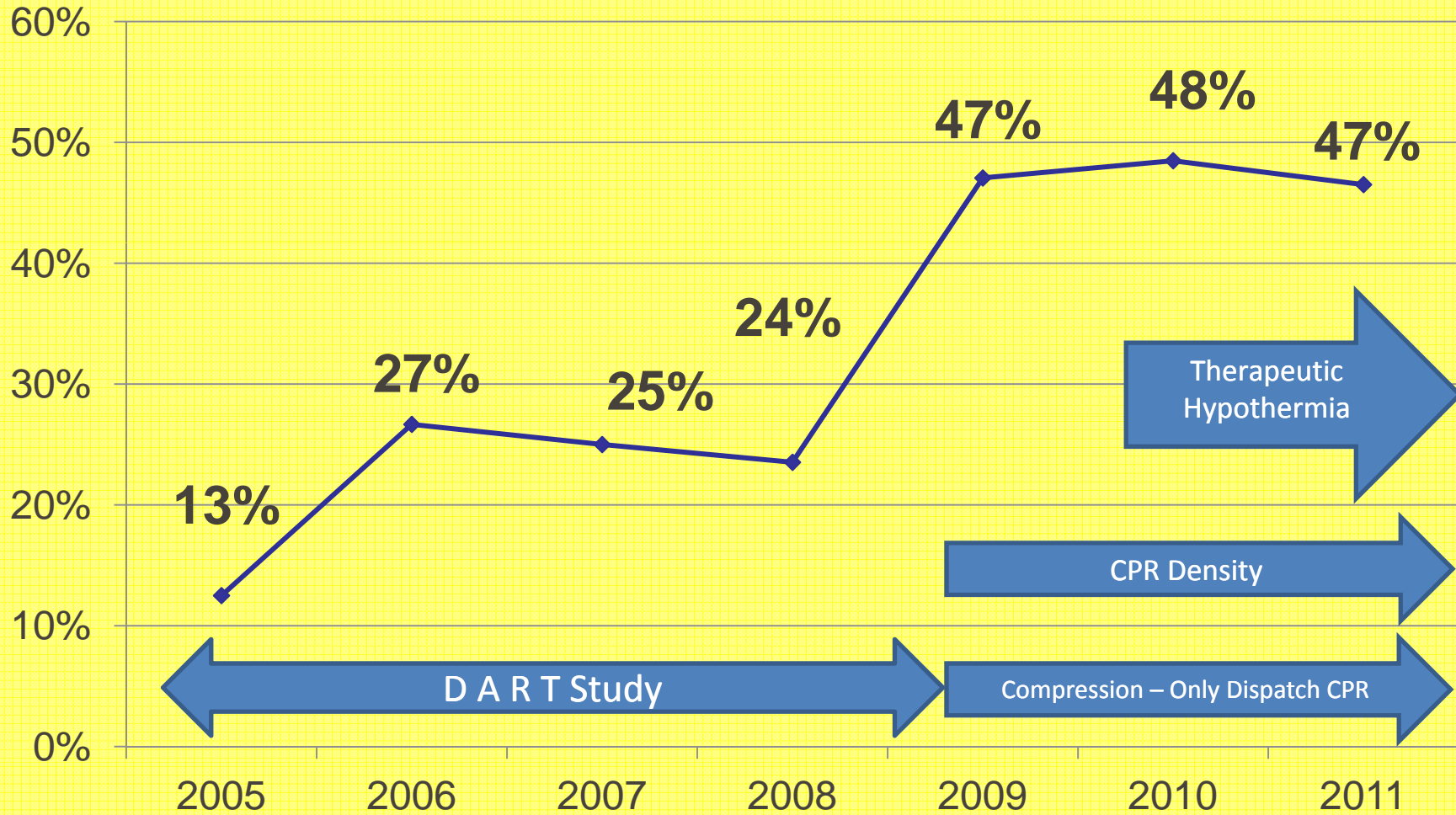
Benefits



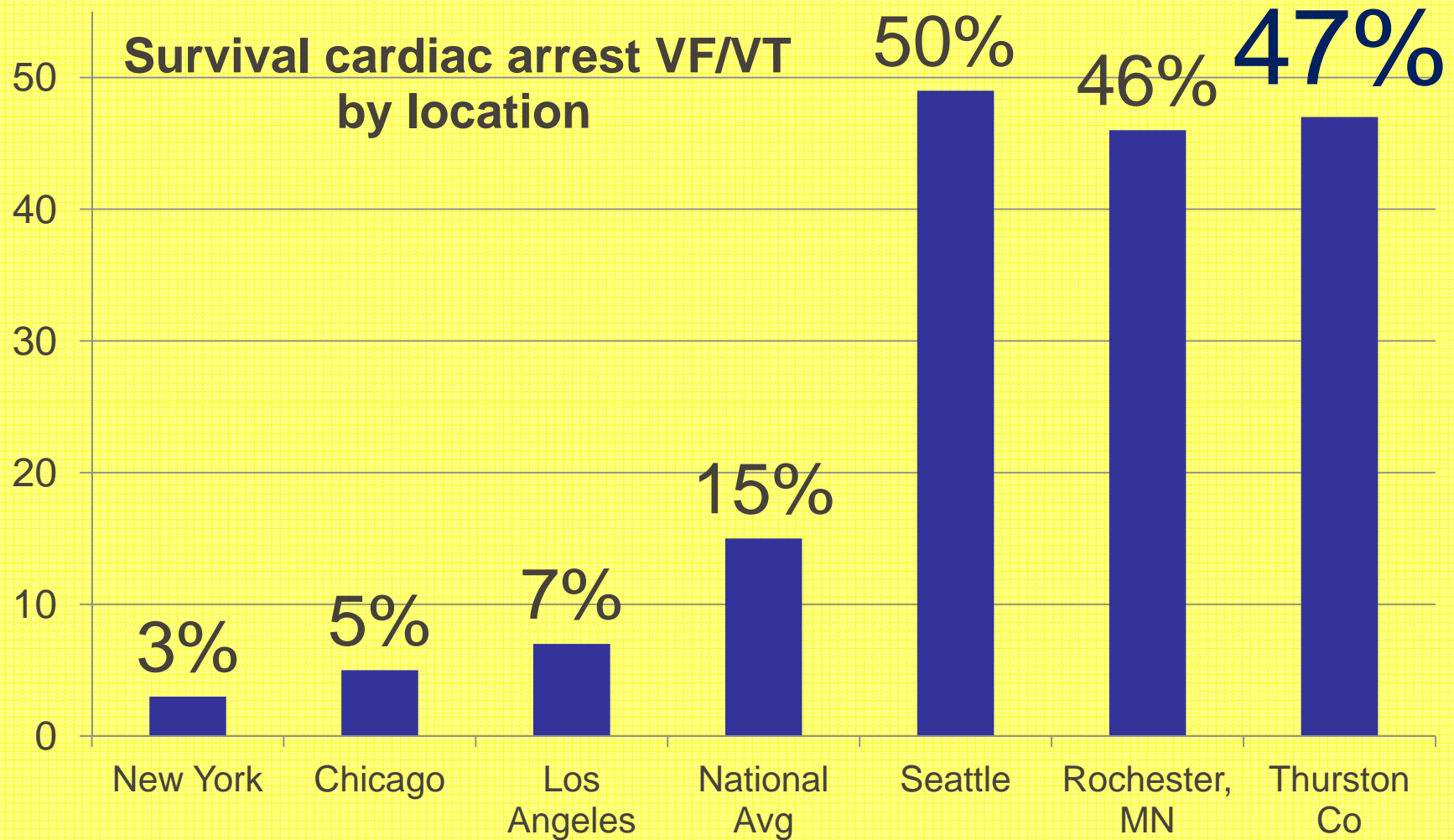
- Teamwork: chaotic Cardiac Arrest scenes more organized
- ALS/BLS interactive simulation
- Opportunity to evaluate realistic CPR scenario



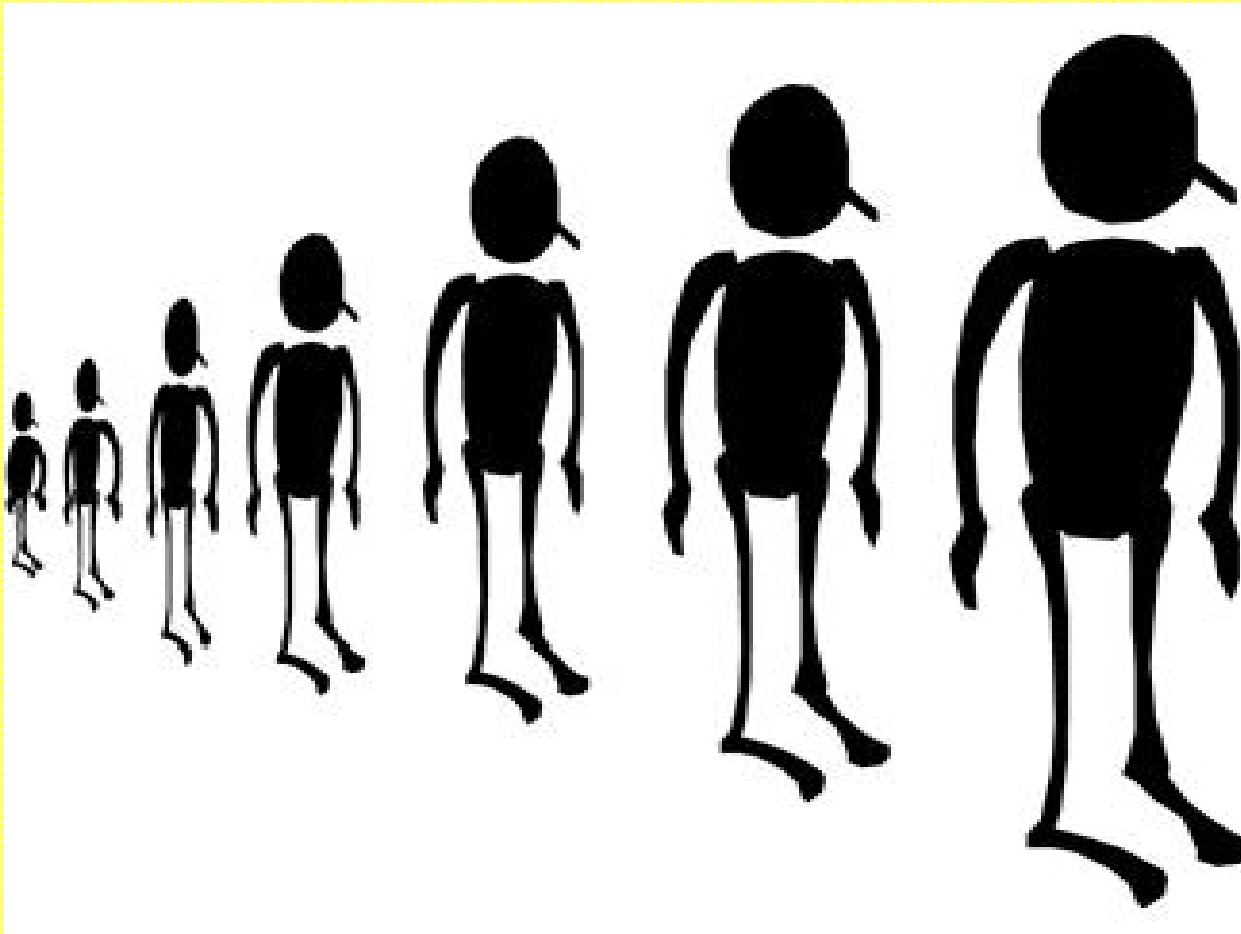
Thurston County Medic One/EMS Survival to Discharge, Cardiac Origin, Witnessed Arrest, VF/VT on arrival



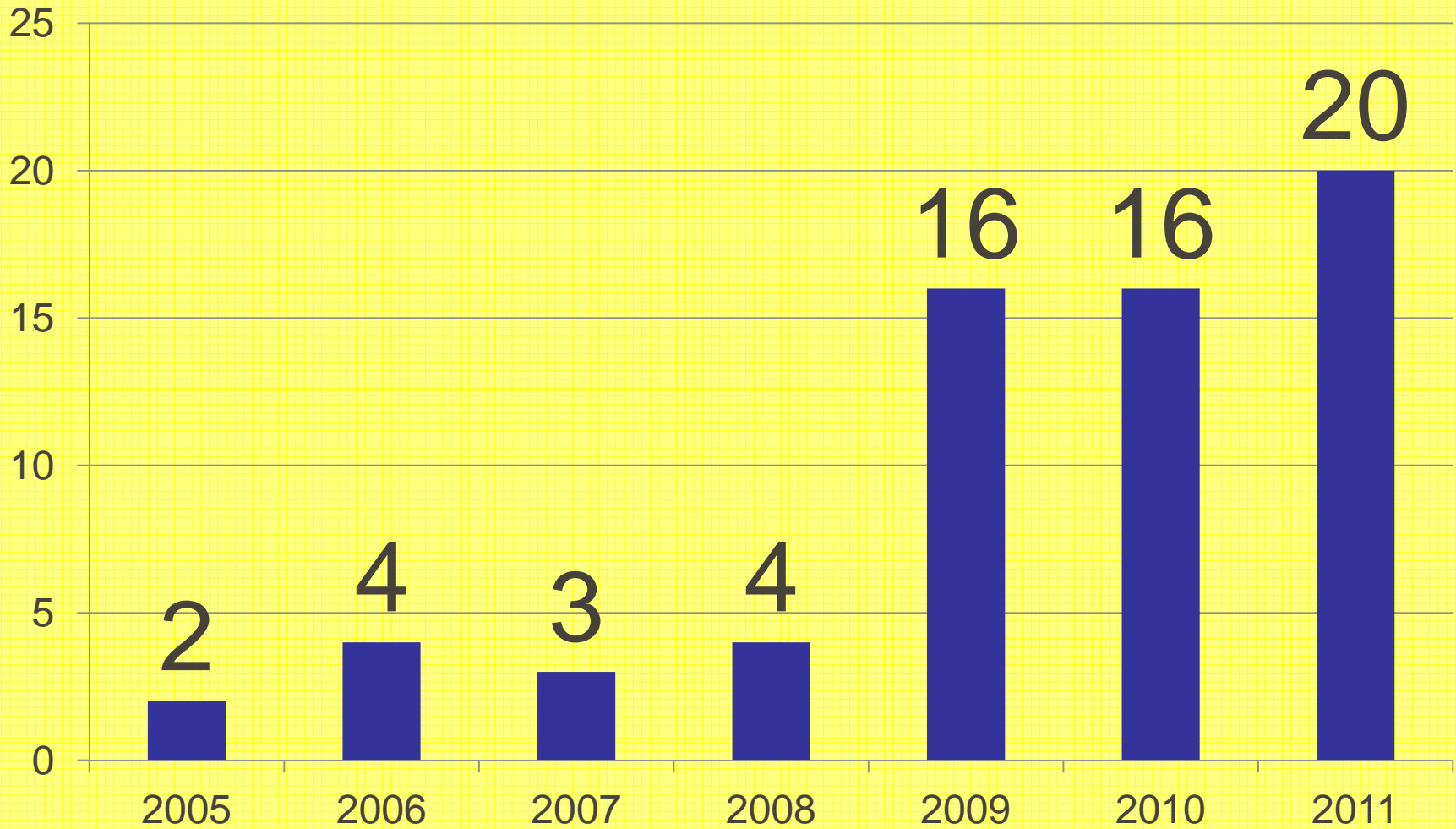
How is Thurston Medic One doing?



But it is not just about the percentage.....



**Thurston County Medic One/EMS
n Survived to Discharge
Witnessed Arrest, VF on Arrival, Cardiac Origin**



What can Citizens do to help?

- Learn CPR, take a free *Medic One* CPR class
www.co.thurston.wa.us
Medic One, CPR class schedule
Or, Medic One phone: 704-2780
- Act immediately!
- Phone 9-1-1
- Use AED if available
- **Do CPR** (compression only) until relieved