

Out of Hospital Cardiac Arrest Strategy



To pro-actively provide and strengthen a positive culture within the CAA member ambulance services to improve survival from out of hospital cardiac arrest



1

Establish a Cardiac Arrest Registry

A registry measures all aspects of the resuscitation care and can act as a benchmark for the entire EMS system. Data from every case should be collected to use as an internal measurement tool.



2

Provide Telephone-CPR Training

Telephone dispatchers are the first link in the chain of survival. Once dispatchers understand how vital they are and see concrete evidence of their success, they become staunch advocates of T-CPR.



3

Begin High-Performance EMS CPR

The quality of CPR is an equally important predictor of survival as the time it takes to begin CPR following a collapse. Ongoing Quality Improvement (QI) programs should provide performance feedback.



4

Use Rapid Dispatch

Rapid dispatch can add 5-10 percent to a community's survival rate without additional staffing or resources. Speed is of the essence in a life or death situation, and in those cases protocols must be short circuited.



5

Use Defibrillator Recording

A digital recording includes second-by-second information about cardiac rhythm and CPR, synchronized with a digital voice recording. This creates a vivid image where sequence and timing of events become clear and reason for delays can be deduced.



6

AED Program for First Responders

In communities embracing defibrillation, increased CPR skills and AED training for police, public safety officers or other first-responders, there have been dramatic improvements in survival rates from cardiac arrest.



7

Use Smart Technologies to Alert Bystanders

The past five years has seen introduction of numerous pilot programs using smart technology designed to alert volunteer responders to a nearby cardiac arrest and/ or identify the location of the nearest AED.



8

CPR & AED Training in Schools

A population universally trained in CPR has the potential to double survival rates. Performance goals are to train 100% of high school students in CPR prior to graduation and 100% of public employees.



9

Be Accountable

An annual EMS performance report is the best way to declare accountability to the community. Sharing such important information including cardiac arrest data can be used to promote the organisation if results are positive



10

Provide a Culture of Excellence

Creating and nurturing a culture of excellence is perhaps the most difficult step. It involves an implicit awareness perceived by most or all members of the organisation that high expectations and high performance define the standard of care.