



# **Outcome of In-hospital Cardiac Arrest And Its Relation To Quality of Cardiopulmonary Resuscitation**

*Thesis*

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**Cardiovascular Medicine**

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# Abstract

**Introduction:** Cardiopulmonary resuscitation (CPR) is a lifesaving intervention and the cornerstone of resuscitation from cardiac arrest and when performed according to the international guidelines has a vital impact on survival of cardiac arrest (CA). The Utstein template (UT) has been used internationally to objectively evaluate different variables of CPR quality and outcome. **Objective:** Determine outcomes of cardiopulmonary resuscitation (CPR) in the form of return of spontaneous circulation (ROSC) and survival to hospital discharge in Maadi Military hospital also to determine adherence to evidence-based CPR guidelines.

- **Methods:** A prospective observational study of 134 IHCA from 1<sup>st</sup> of December 2012 and through May 2013 out of 3498 patients admitted in the different departments at Maadi Military hospital, using a modified UT. **Results:** CPR was attempted in 129 cases (96.3%) the remaining 5 cases one of them was found dead and the other 4 were considered futile. CA was witnessed in 124 (92.5%) and monitored in 114 cases (85.1%). The initial rhythm was brady-asystole in 98 cases (73.1%) brady-asystole 98 cases (73.1%) and PEA in 3% of cases. ROSC was achieved in 54 cases (41.9%). Survival to hospital discharge (STHD) was achieved in 22 cases (16.4%); none of them had neurologic deficit. **Conclusion:** The survival rate to hospital discharge was appropriate (16.4%) compared to other studies. ROSC was achieved in 41.9% of cases which was almost equivalent to other studies. Relatively poor post cardiac arrest care (eg. no therapeutic hypothermia). Monitored arrest, 1<sup>st</sup> responder CPR, time interval from collapse and 1<sup>st</sup> DC shock were independent predictors of ROSC. Monitored arrest 1<sup>st</sup> responder CPR, shockable rhythm and age were predictors of survival.

**Keywords:** in-hospital cardiac arrest, cardiopulmonary resuscitation, ROSC

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# Content

	<i>Page No.</i>
INTRODUCTION .....	1
AIM OF THE WORK .....	3
REVIEW OF LITERATURE:	
▪ CHAPTER I: Epidemiology of Cardiac Arrest .....	4
▪ CHAPTET II: Evolution of CPR .....	13
▪ CHAPTER III: CPR Guidelines .....	22
▪ CHAPTER IV: Adherence to Guidelines .....	60
PATIENTS AND METHODS .....	69
RESULTS .....	77
DISCUSSION .....	99
SUMMARY .....	110
CONCLUSION & RECOMMENDATIONS .....	111
LIMITATIONS OF THE STUDY .....	113
REFERENCES .....	114
ARABIC SUMMARY .....	

## **List of Abbreviations**

AC	: Alternating Current
ACD	: Active Compression Decompression
ACLS	: Advanced Cardiac Life Support
ACS	: Acute Coronary Syndrome
AED	: Automated External Defibrillator
AHA	: American Heart Association
ALS	: Advanced Life Support
AMI	: Acute Myocardial Infarction
ANZCOR	: Australia and New Zealand Committee on Resuscitation
ARC	: Australian Resuscitation Council
ATVs	: Automatic Transport Ventilators
BLS	: Basic Life Support
CA	: Cardiac Arrest
CAD	: Coronary Artery Disease
CCF	: Chest Compression fraction
CCU	: Coronary Care Unit
CHF	: Congestive Heart Failure
CNS	: Central Nervous System
COPD	: Chronic Obstructive Pulmonary Disease
CPAP	: Continuous Positive Airway Pressure
CPC	: Cerebral Performance Category
cpm	: Compressions per minute
CPR	: Cardiopulmonary Resuscitation
CT	: Computed Tomography
CVA	: Cerebrovascular Accident
DC	: Direct Current
DNAR	: Do Not Attempt Resuscitation
ECC	: Emergency Cardiovascular Care
ECMO	: Extracorporeal membrane Oxygenator
EEG	: Electroencephalogram
EIT	: Education, Implementation and Teams
EMS	: Emergency Medical Services

EPI	: Epinephrine
ERC	: European Resuscitation Council
ETCO <sub>2</sub>	: End- Tidal Carbon Dioxide Concentrations
GCS	: Glasgow Coma Scale
HSFC	: Heart and Stroke Foundation of Canada
IABP	: Intraaortic Balloon Pump
ICD	: Implantable Cardioverter Defibrillator
ICU	: Intensive Care Unit
IE	: Infective Endocarditis
IHCA	: In-Hospital Cardiac Arrest
ILCOR	: International Liaison Committee on Resuscitation
Inc.	: Incorporation
IO	: Intraosseous
ITD	: Impedance Threshold Device
IV	: Intravenous
LMA	: Laryngeal Mask Airway
LUCAS	: Lund University Cardiac Arrest System
LVAD	: Left Ventricular Assist Device
NRCPR	: National Registry on Cardiopulmonary Resuscitation
OHCA	: Out- of Hospital Cardiac Arrest
OPC	: Overall Performance Category
PCI	: Percutaneous Coronary Intervention
PE	: Pulmonary Embolism
PEA	: Pulseless Electrical Activity
PETCO <sub>2</sub>	: Partial Pressure of Exhaled CO <sub>2</sub>
PLS	: Pediatric Life Support
QI	: Quality improvement
RCSA	: Resuscitation Council of Southern Africa
RHD	: Rheumatic Heart Disease
ROSC	: Return of Spontaneous Circulation
VAM	: Voice Advisory Manikin
VF	: Ventricular Fibrillation
VT	: Ventricular Tachycardia

## List of Tables

<b><i>Table No.</i></b>	<b><i>Title</i></b>	<b><i>Page No.</i></b>
1.	Common Vasoactive Drugs	45
2.	Demographic and epidemiological variations between the three units	78
3.	Comparison of resuscitation attempt between the three units	78
4.	Comparison of witnessed and monitored arrests in the three units	79
5.	Comparison of 1st responder CPR in the three units out of 129 attempted resuscitation	80
6.	Comparison between admitting diagnosis in the three units	82
7.	Comparison of Initial rhythm in the three units	84
8.	Comparison of securing airway between the three units	84
9.	Comparison of defibrillator usage between the three units	86
10.	Comparison of no. of shocks required by different cases in the three units	86
11.	The medications used according to the units	87
12.	Comparison between time intervals in the different units	89
13.	Comparison between reason of CPR termination in the three units	90
14.	Comparison of achievement of spontaneous circulation in the three units	91
15.	Comparison between post cardiac arrest care in the three units	91
16.	Comparison of average hospitalization duration post-ROSC in the 3 units	93
17.	Comparison between monitored and not monitored	94
18.	Predictors of Return Of Spontaneous Circulation (ROSC)	95
19.	Predictors of Survival	96
20.	Adherence to ILCOR 2010 CPR guidelines	98

## List of Figures

<b><i>Figure No.</i></b>	<b><i>Title</i></b>	<b><i>Page No.</i></b>
1.	Figure from publication by Safar and McMahon illustrating the need for neck extension and jaw thrust to maintain a patent airway during mouth-to-mouth artificial ventilation	15
2.	The polio ward at Rancho Los Amigos Rehabilitation Center, in 1952	17
3.	Positive pressure ventilation of an awake polio victim	17
4.	Dr Claude Beck and his first cardiac defibrillator.	20
5.	Chain of Survival.	26
6.	The algorithm is to present the steps of Basic Life Support	27
7.	Chest compression technique	29
8.	Opening airway by head tilt chin lift	30
9.	Advanced Life Support Algorithm	33
10.	Post–cardiac arrest care algorithm	39
11.	European Resuscitation Council Adult BLS sequence	48
12.	European Resuscitation Council Algorithm of ALS	49
13.	Active Compression Decompression Device	53
14.	Impedance Threshold Device	55
15.	Mechanical Piston	55
16.	Extracorporeal cardiopulmonary resuscitation circuit	57
17.	Public Access Resuscitator	66
18.	Q-CPR meter	67
19.	The data collection form used in standard reporting of in-hospital cardiopulmonary resuscitation	70
20.	Comparison of resuscitation attempt between the three units	78
21.	Comparison of witnessed and monitored arrests in the three units	79
22.	Comparison of 1 <sup>st</sup> responder CPR in the three units out of 119 attempted resuscitation	81
23.	A graph illustrating the number of arrests witnessed by different people and who started CPR out of the total of 134 arrested cases	81
24.	Comparison between admitting diagnosis in the three units	82



<b><i>Figure No.</i></b>	<b><i>Title</i></b>	<b><i>Page No.</i></b>
<b>25.</b>	A graph illustrating initial rhythm in arrested cases	83
<b>26.</b>	A graph showing Comparison of securing airway between the three units	85
<b>27.</b>	A graph showing Comparison of no. of shocks required by different cases in the three units	86
<b>28.</b>	A graph illustrating duration of CPR in relation to ROSC	88
<b>29.</b>	A graph showing Reason for stopping CPR in different units	90

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## List of Tables

<b>Table 1.</b>	Candidate genes for developing COPD.	<b>10</b>
<b>Table 2.</b>	Differential diagnosis of COPD.	<b>25</b>
<b>Table 3.</b>	MMRC dyspnea scale.	<b>27</b>
<b>Table 4.</b>	Therapy at each stage of COPD.	<b>35</b>
<b>Table 5.</b>	Indications for Hospital Assessment or Admission for Exacerbation of COPD.	<b>40</b>
<b>Table 6.</b>	Management of severe but not life-threatening exacerbations of COPD in the emergency department or the hospital.	<b>41</b>
<b>Table 7.</b>	Indications for ICU Admission of Patients with Exacerbation of COPD.	<b>42</b>
<b>Table 8.</b>	Indications for noninvasive mechanical ventilation.	<b>43</b>
<b>Table 9.</b>	Indications for invasive mechanical ventilation.	<b>43</b>
<b>Table 10.</b>	Discharge Criteria for Patients with Exacerbation of COPD.	<b>44</b>
<b>Table 11.</b>	Preparation of buffer AW <sub>1</sub> and AW <sub>2</sub> .	<b>71</b>
<b>Table 12.</b>	TaqMan® genotyping assays for tested <i>ADRB2</i> SNP.	<b>73</b>
<b>Table 13.</b>	The total volume of each component of PCR reaction mix.	<b>74</b>
<b>Table 14.</b>	Thermal cycling conditions.	<b>75</b>
<b>Table 15.</b>	Demographic data of the study groups.	<b>78</b>
<b>Table 16.</b>	Pulmonary function parameters of the study groups.	<b>82</b>
<b>Table 17.</b>	Genotype frequencies and carriage rates of <i>ADRB2</i> gene polymorphisms in COPD patients (n=61) and controls (n=54)	<b>85</b>
<b>Table 18.</b>	Genotype frequencies of <i>ADRB2</i> polymorphisms in patients (n=61) and controls (n=54) stratified by smoking status	<b>86</b>

<b>Table 19.</b>	<i>ADRB2</i> gene polymorphisms of the subjects in Hardy-Weinberg equilibrium.	<b>87</b>
<b>Table 20.</b>	Haplotype combinations of <i>ADRB2</i> gene polymorphisms in COPD patients and controls.	<b>89</b>
<b>Table 21.</b>	Haplotype frequencies in COPD patients and controls according to copy number.	<b>89</b>
<b>Table 22.</b>	Clinical Characteristics of COPD patients according to <i>ADRB2</i> genotypes.	<b>91</b>
<b>Table 23.</b>	Clinical Characteristics of COPD patients according to <i>ADRB2</i> haplotypes	<b>93</b>
<b>Table 24.</b>	Pulmonary function parameters of COPD patients before and after salbutamol according to <i>ADRB2</i> genotypes.	<b>96</b>
<b>Table 25.</b>	Pulmonary function parameters of COPD patients before and after salbutamol according to <i>ADRB2</i> haplotypes	<b>98</b>
<b>Table 26.</b>	GOLD staging system for COPD severity.	<b>142</b>
<b>Table 27.</b>	MMRC Dyspnea Scale.	<b>147</b>
<b>Table 28.</b>	Broad clinical picture of the impact of COPD by CAT score.	<b>149</b>
<b>Table 29.</b>	Minimum Information for Publication of Quantitative Real-Time PCR Experiments	<b>154</b>
<b>Table 30.</b>	Master sheet of controls	<b>156</b>
<b>Table 31.</b>	Master sheet of cases	<b>157</b>

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## INTRODUCTION

Resuscitation is the art of restoring life or consciousness of one apparently dead.<sup>(1)</sup> Cardiopulmonary resuscitation (CPR) is a lifesaving intervention and the cornerstone of resuscitation from cardiac arrest.<sup>(2)</sup> The treatment of cardiac arrest (CA) with cardiopulmonary resuscitation (CPR), including mouth-to-mouth ventilation and external chest compression, today widely known as basic life support (BLS), was described in the 1950s.<sup>(3)</sup>

In-hospital cardiac arrest is a major public health problem. During 2005 and 2006, more than 21 000 in-hospital cardiac arrests were reported to the AHA NRCPR from approximately 10% of the hospitals in the United States.<sup>(4)</sup>

Survival from cardiac arrest depends on early recognition of the event and immediate activation of the emergency response system, but equally critical is the quality of CPR delivered. Both animal and clinical studies demonstrate that the quality of CPR during resuscitation has a significant impact on survival and contributes to the wide variability of survival noted between and within systems of care.<sup>(5)</sup>

For more than 30 years, researchers have published many studies on survival after in-hospital CPR. Until recently no clear picture of success had emerged. DeBard reported survival rate of 39% at 24 hours and 17% at discharge to home.<sup>(6)</sup> Cummins and Graves reviewed 44 studies and calculated survival rates to hospital discharge that ranged from 3% to 27% following an in-hospital cardiac arrest (IHCA).<sup>(7)</sup> Such

wide variations in the rate of survival are explained by marked differences in inclusion criteria and outcome definition.

The international Liaison Committee on Resuscitation (ILCOR) was chartered on November 22, 1992, aiming to identify and review international science and knowledge relevant to CPR and emergency cardiovascular care and when there is consensus to offer treatment recommendations. Since 2000, researchers from the ILCOR member councils have evaluated resuscitation science in 5-yearly cycles with the latest being the 2010 international consensus conference which involved 313 experts from 30 countries. <sup>(8,9)</sup>

Outcome from cardiac arrest remains an important field of research. This especially applies to a developing countries like Egypt, where there is a lack of appropriate statistics of resuscitation outcomes and illiteracy. The ethics of resuscitation and end-of-life decisions which are generally influenced by local cultural, traditional, religious, social and legal factors are also defective in Egypt. By doing a survey on in-hospital cardiac arrest in large Egyptian hospitals, we could have a road to a nationwide database of in-hospital resuscitation events, to identify opportunities to improve quality of care.

## AIM OF THE WORK

**The aim of the study was to:**

- 1) Determine outcomes of cardiopulmonary resuscitation (CPR) in the form of return of spontaneous circulation (ROSC) and survival to hospital discharge in Maadi Military hospital.
- 2) Determine adherence to evidence-based CPR guidelines.

# CHAPTER I

## Epidemiology of Cardiac Arrest

Cardiac arrest, also known as cardiopulmonary arrest or circulatory arrest, is the end of normal circulation of the blood due to failure of the heart to contract effectively. <sup>(10)</sup>

### **Incidence:**

Despite important advances in prevention, cardiac arrest remains a substantial public health problem and occur both in and out of the hospital. <sup>(11)</sup>

In the US and Canada, approximately 350 000 people/year (approximately half of them in-hospital) suffer a cardiac arrest and receive attempted resuscitation. <sup>(12)</sup>

Data from 37 communities in Europe indicate that the annual incidence of EMS-treated out-of-hospital cardiopulmonary arrests (OHCAs) for all rhythms is 38 per 100,000 population. <sup>(13)</sup>

Intensivists are frequently involved in the management of in-hospital cardiac arrests (IHCA), either as members of cardiac arrest teams (CATs) or to provide post resuscitation care. <sup>(14)</sup>

Few studies have reported the incidence of IHCA. The incidence can be calculated either as the number of events per hospital beds per year or as the number of events per number of patient admissions. The first approach gives an estimate of the number of the expected events in a single institution, while the second method takes into account the