2016 Measure & Improve

CARES
Cardiac Arrest Registry to Enhance Survival

OVERVIEW

By participating in CARES and measuring your community's response to cardiac arrest, you've taken an essential step toward quality improvement. Only through measurement can we make informed decisions and replicate best practices. The goal of this document is to supplement the CARES 2016 Annual Report by providing suggestions for evaluating your agency's performance and identifying potential areas for improvement. Below are two summary metrics to allow you to compare your community's bystander intervention rates against the national CARES rates.

	2016 National Average	2016 EMS Agency Average
Bystander CPR Rate	39.9%	xx.x%
Bystander PAD Rate	11.7%	xx.x%

GENERAL OHCA QUALITY IMPROVEMENT RESOURCES:

Washington RA eBook: 10 Steps for Improving Survival from Sudden Cardiac Arrest
Washington Resuscitation Academy
HeartRescue Project
HeartRescue Sudden Cardiac Arrest Playbook
2015 CPR & ECC Guidelines
Institute for Healthcare Improvement: How to Improve

THREE IMPROVEMENT STRATEGIES

Work with your dispatch center to implement Dispatcher-Assisted CPR

A dispatch center whose dispatchers assertively deliver CPR instructions over the telephone has the chain of survival firmly in its grasp, as this intervention can significantly raise bystander CPR rates in your community. Dispatchers should be trained to ask two critical screening questions: Is the patient conscious? Is the patient breathing normally? If the answer is no to both, the dispatcher should immediately begin CPR instructions.

In order to effectively measure dispatch performance, we recommend implementation of the CARES Dispatcher-Assisted CPR Module to educate and provide feedback to 911 communicators. The module collects the data elements below and includes a data export and standardized report.

- Was the need for CPR recognized?
- Were telephone-CPR instructions given?
- Were chest compressions started?
- Time to recognition of cardiac arrest, CPR instructions, and compressions

DA-CPR Resources:
SHARE Telephone-Assisted CPR Training
Data Entry Training Webinar
Dispatchers & Call-Takers Resources
Telephone CPR Webinar

Implement High Performance CPR

Recent studies demonstrate the connection between quality CPR and survival from cardiac arrest. High quality CPR emphasizes correct hand position, proper depth and compression rate, full recoil, and minimization of pauses. This skill can be achieved in training, as well as through review of real events.

One simple training strategy is to place a recording manikin in your equipment room and have crew members perform 2 minutes of CPR every day before their shift to give them practice and feedback about their performance. Post-event review can be conducted by analyzing downloads from the monitor/defibrillator.

HP-CPR Resources:
High Performance CPR videos
AHA High Quality CPR Toolkit
Minnesota RA High Performance CPR Toolkit

Community CPR and Public Access Defibrillation (PAD) training

EMS systems have an opportunity to optimize community response by offering compression-only CPR and AED training.

Compression-only CPR can be quickly taught in venues such as local schools, businesses, health fairs, or mass training events. Focusing on the “3 C’s” – check the victim, call 911 and get an AED if one is available, compress the chest by pushing hard and fast – can reduce barriers to training.

We recommend the establishment of AED programs in public locations where there is a relatively high likelihood of witnessed cardiac arrest. To maximize the effectiveness of these programs, it is important to include a high degree of planning and training. Resources outlining the design of a successful AED program are found below.

CPR Training Resources:
Illinois HeartRescue CPR PSA
Learn CPR Now
Save a Life Simulator
American Heart Association - CPR Training
American Red Cross – CPR and AED Certification

PAD Implementation Resources:
Implementing an AED Program
AED Program Implementation Guide (Physio)