

## Abstract 11

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**Title:** Increasing Cardiac Arrest Survival Rates with early Hands-Only Cardiopulmonary Resuscitation

### **Background:**

According to American Heart Association, Cardiac arrest is the leading cause of death, with nearly 326,200 out of hospital cardiac arrests each year in the United States. In 2014, 33.3 percent of patients experiencing a witnessed Ventricular Tachycardia/Ventricular Fibrillation (V-tach/V-fib) arrest received bystander Cardiopulmonary Resuscitation (CPR) in Milwaukee County. Literature shows that bystander CPR increases survival rate by 40 percent. North Shore Fire Department and Milwaukee County Emergency Medical Services (EMS) developed a County Wide Hands Only CPR initiative. This initiative was designed to dramatically increase the availability of CPR training to the community. Froedtert and the Medical College partnered with Milwaukee county EMS on this initiative. The objective was to teach 5,000 individuals in the first year.

### **Methods:**

This county wide Hands-Only CPR initiative launched in April of 2015. Fire departments throughout Milwaukee County and Froedtert hospital staff began teaching Hands-Only CPR to the community. Hands-Only CPR education was provided at several community events. In September 2015, 175+ attendees were trained at the American Heart Association Heart and Stroke Walk. On Monday, February 15th, 2016 Froedtert & the Medical College of Wisconsin along with Milwaukee County Fire Department, the Milwaukee County Office of Emergency Management, and Project ADAM deployed our CPR bin program. CPR bins contain necessary training equipment and are available for checkout at firehouses and public buildings throughout Milwaukee County. Each bin contains a locally produced training DVD, training manikin and Automated External Defibrillator (AED) trainer, which will allow for free, self-directed basic compression only CPR training in the comfort of one's own home, and information on Early Heart Attack Care. Promotion and education is also provided via local media outlets, websites and social media.

### **Results:**

Since the rollout of this initiative, over 700 people have been trained in Hands-Only CPR. The bystander CPR rate for witnessed v-tach/v-fib arrests has increased from 33.3 percent in 2014 to 40 percent in 2015. Lives saved have also increased in witnessed v-tach/v-fib arrests from 34.6 percent in 2014 to 42.1 percent in 2015. An increase in these results could also be from another program called "Increasing Cardiac Arrests Survival in Milwaukee County through Dispatcher Assisted Bystander CPR."

**Conclusion:**

Increasing community awareness and education in Early Heart Attack Care and Hands-Only CPR can increase the survival rates in cardiac arrests patients. By training more people in Hands-Only CPR, more people will be prepared to take action until trained medical professionals arrive to help.