


Memo

To: EMS Agencies participating in the ResQ Trial in Whatcom County
From: Janice Lapsansky, Clinical Research Coordinator 
Email: jmlapsansky@whatcomcountyems.com
Phone: 739-5776 (mobile)
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Enclosed you will find several copies of the *final* newsletter for the ResQ Trial. This thank-you note from the study sponsor arrived in October, but I delayed its distribution until I could share the actual results of your work on the ResQ Trial. Please post this information **in each of your stations**, and leave additional copies in accessible locations.

EMS Responders in Whatcom County are RESEARCH STARS!

Whatcom County Emergency Medical Services (EMS) was one of seven sites in the US participating in the ResQ Trial, including 46 EMS agencies in urban, suburban, and rural areas, with a combined total population of 2.3 million. A total of 3032 cardiac arrest patients were enrolled in the study across the country; 1653 met final criteria, 813 received standard CPR and 840 received ACD-CPR. There were no significant differences in demographics, initial rhythms, bystander CPR, intervals to CPR, or adverse events between groups. Nationwide, the results showed that patients treated with the ResQ Pump and ResQ POD had an 8.9 percent survival-to-hospital discharge rate with good neurologic function, compared to a 5.8 percent survival rate in patients who were treated with standard CPR -- a 53% relative improvement in the device group ($p=0.015$). Survival with good neurological function was also higher in the intervention group 90 days after their cardiac arrest ($p=0.029$). These findings support the routine use of ITD+ACD CPR for treatment of cardiac arrest. These results have been made public at meetings of the AHA, ERC, and NAEMSP, and published in The Lancet, JEMS, and several newspapers.

Between April 2006 and July 2009, Whatcom County EMS attempted resuscitation on 377 patients, and obtained a return of spontaneous circulation (ROSC) in nearly half of those patients, who were then transported to the hospital. 44 of these patients were discharged from the hospital, meaning a survival rate within our site of approximately 11.7%. The average age of enrolled patients was 64.5; 251 patients were male, 126 patients were female. The survival rate in the device group in Whatcom County was 14.4% and in the control group 10% (better than the study overall, and better than the national average).

"For the first time ever we have shown that these devices not only increase the prospect of restoring a pulse during CPR, but improve patient outcome in terms of both long-term survival and protecting brain function," said Dr. Wayne. "Bellingham and Whatcom County can be very proud of their contribution by showing this method works not only in densely populated cities, but also in rural communities."

Please **congratulate** yourselves on your important contribution to the science of CPR. You have my sincere respect and gratitude for your work as EMS providers and researchers.