

## CPR Outcomes

Most patients get information about CPR from TV. Depictions of CPR on TV create overly-optimistic impressions about CPR's effectiveness. A study<sup>1</sup> reviewing outcomes after CPR as portrayed on *ER*, *Chicago Hope*, & *Rescue 911* found the following across 60 episodes of CPR:

- 77% of patients resuscitated on these TV shows survived the immediate arrest;
- Most cases implied long term survival; and
- Only one survivor incurred any obvious disability after CPR.

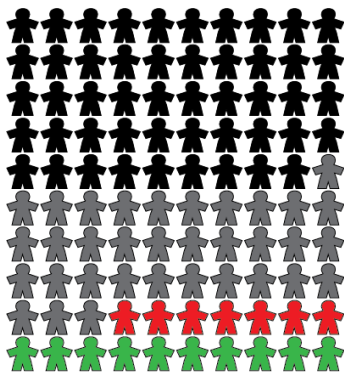
Real-life outcomes are not as positive.

Among adults who received CPR in the hospital<sup>2,3</sup>:

- 56% died during resuscitation
- 27% died before hospital discharge
- 17% survived to discharge

Among patients 65 and older who received CPR in the hospital<sup>4</sup>:

- 49% died during resuscitation (black figures, below)
- 34% died before hospital discharge (gray figures)
- 17% survived to discharge (red and green figures)
- 10% were alive one year after discharge (green figures)

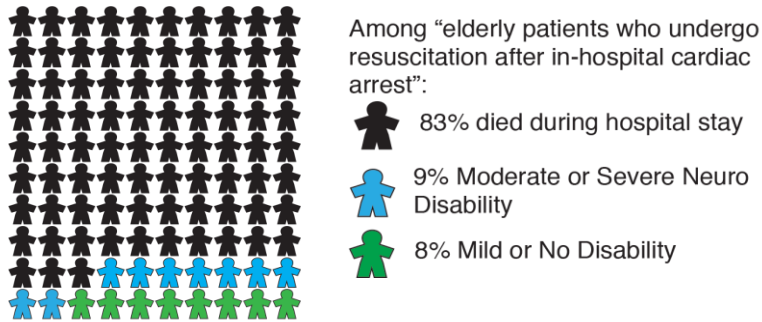


Source of images:

<http://www.geripal.org/2013/09/outcomes-of-in-hospital-cpr-not-as-rosy.html>

Keep in mind that these numbers are averages. Survival rates after CPR are lower for some patient groups, higher for other.

This figure illustrates the risk of experiencing cognitive disability after CPR for patients age 65+.



Among those who survived after CPR and had good cognitive performance before their arrest, most (86%) had good cognitive performance after CPR; some (14%) had at least moderate cognitive impairment.<sup>2</sup>

There is also a risk of not being able to return home, or being unable to care for oneself after surviving CPR. In a recent large study, 83% died during CPR or prior to discharge, 9% were discharged to an inpatient facility, 7% were discharged home, and 1% were discharged to hospice.<sup>4</sup>

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<sup>1</sup> Diem SJ, Lantos JD, Tulskey JA. Cardiopulmonary resuscitation on television: Miracles and misinformation. *N Eng J Med* 1996;334: 1578-82.

<sup>2</sup> Peberdy MA, Kaye W, Ornato JP, Larkin GL, Nadkarni V, Mancini ME, Berg RA, Nichol G, Lane-Trulltt T. Cardiopulmonary resuscitation of adults in the hospital: a report of 14720 cardiac arrests from the National Registry of Cardiopulmonary Resuscitation. *Resuscitation* 2003;58;297-308.

<sup>3</sup> Girotra S, Nallamothu BK, Spertus JA, Li Y, Krumholz HM, Chan PS. Trends in survival after in-hospital cardiac arrest. *N Engl J Med* 2012;367(20):1912-20.

<sup>4</sup> Chan PS, Nallamothu BK, Krumholz HM, et al. Long-term outcomes in elderly survivors of in-hospital cardiac arrest. *N Engl J Med* 2013; 368:1019-1026.