Aspects of post-resuscitation care after out-of hospital cardiac arrest

Akademisk avhandling

som för avläggande av medicine doktorsexamen vid Sahlgrenska akademin, Göteborgs universitet kommer att offentligen försvaras i Hjärtats aula, Sahlgrenska Universitetssjukhuset, Vita stråket 12, den 3 maj, klockan 09:00.

av Louise Martinell

Fakultetsopponent:

Eldar Søreide

Professor, anestesiologi och intensivvård,

Universitetet i Bergen, Norge

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SAHLGRENSKA AKADEMIN
Aspects of post-resuscitation care after out-of hospital cardiac arrest

Louise Martinell

Department of Anaesthesiology and Intensive Care Medicine, Institute of Clinical Sciences, Sahlgrenska akademin, Göteborgs universitet, Sverige, 2017.

Abstract

Cardiac disease is the most common cause of death in the western world and the majority of these deaths are due to out-of-hospital cardiac arrest (OHCA).

The aims of Papers I, II and IV were to evaluate different aspects of post-resuscitation care and their importance for survival after OHCA. The aim of Paper III was to use information available at hospital admission to develop a risk score for poor outcome.

In Paper I, we did not find any significant change in one-year survival between the two time periods (1980-2002 and 2003-2006) when all the patients were studied (27% vs. 32%; P = 0.14). Among patients found in ventricular fibrillation, an increase in one-year survival was found (37% vs. 57%; P=0.0001). The proportion of survivors to hospital discharge with a low cerebral function (cerebral performance category score 3) decreased from 28% to 6% (P = 0.0006) among all patients.

The use of implantable cardioverter defibrillators (ICDs) increased (Paper II), but only 15% received an ICD. Among patients who received an ICD, the two-year mortality was 2%, versus 25% among those who did not (p < 0.0001). The long-term follow-up showed that the use of an ICD had a borderline association with a lower risk of death (adjusted hazard ratio 0.49; 95% confidence interval (CI), 0.24-1.01; p = 0.052).

In Paper III, we identified ten independent predictors of a poor outcome among patients admitted to hospital after OHCA and created a risk score based on the impact of each of these variables. This score yielded a median area under the curve corrected for optimism of 0.842 (range; 0.840-0.845) and good calibration. The most important predictors were initial rhythm, age and length of no-flow and low-flow.

In Paper IV, we studied the association of mild induced hypothermia (MIH) and survival in patients admitted unconscious to hospital using stratified propensity score analysis. Odds ratio (OR) for 30-day survival was not significantly higher in patients treated with mild induced hypothermia (MIH) compared with non-MIH-treated patients; OR 1.33 (95% CI 0.83-2.15; p=0.24). A good neurological outcome at hospital discharge was seen in 82% of patients who were discharged alive from hospital.

Keywords: Out-of-hospital cardiac arrest, survival, Implantable Cardioverter Defibrillator, prediction of prognosis, mild induced hypothermia