Shaida Talebreza MD, Jill Lowery PhD. Sources: EPERC Fast Facts, VITALTalk, VA Goals of Care Conversations Training
CPR Discussion Data

- No one wants CPR. They are willing to undergo it to reach their goals (e.g. live longer, have more time with family, etc.). You can help patients and caregivers determine if CPR will help them reach these goals.
  - As medical providers we often spend too much time focusing on the data and not as much time on goals and values
  - Remember, goals are the destination and treatments are just the route (method) to get to the patient’s goals
  - Many older adults do not want to undergo CPR once the probability of survival after the procedure is explained.

- It is important for patients to understand their prognosis because we cannot map out the future if the patient does not know what to expect with their illness.

- 17% of all inpatient adult CPR patients survived to hospital discharge according to the largest and most comprehensive source of in-hospital CPR outcomes data.
  - Although the average is 17% this number includes patients with multimorbidity and frailty that have lower survival percentages and healthier people who have higher survival percentages
  - It is important for you to consider the health of your patient and determine if their chances of survival to discharge after CPR are at, below, or above the average CPR survival rate

- 9.1% of cancer patients with localized disease and 7.8% of cancer patients with metastatic disease survived CPR to hospital discharge.

- 9.4% of eighty year-olds and 4.4% of ninety year-olds survived to hospital discharge after an out-of-hospital cardiac arrest.

- On 3 popular TV shows, 67% of patients survived to hospital discharge, skewing the expectations of many patients.

- Factors associated with failure to survive CPR to hospital discharge: (Also see http://www.gofarcalc.com)
  - Serum Creatinine >1.5 mg/dl
  - Metastatic cancer
  - Dementia
  - Dependent Status
  - Sepsis the day prior to the CPR event

### Neurological Disability

<table>
<thead>
<tr>
<th>Patients &gt;65 y.o. with inpatient arrest</th>
<th>Died</th>
<th>Mild or No Disability</th>
<th>Moderate to Severe Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>All CPR (n=42,566)</td>
<td>84%</td>
<td>7.9%</td>
<td>8.1%</td>
</tr>
<tr>
<td>CPR Survivors (n=6972)</td>
<td>-----</td>
<td>48%</td>
<td>52%</td>
</tr>
</tbody>
</table>

### Discharge Location

<table>
<thead>
<tr>
<th>Patients &gt;65 y.o. with inpatient arrest</th>
<th>Died</th>
<th>Home</th>
<th>Inpatient Facility</th>
<th>Hospice</th>
</tr>
</thead>
<tbody>
<tr>
<td>All CPR (n=42,566)</td>
<td>84%</td>
<td>6.2%</td>
<td>9%</td>
<td>0.8%</td>
</tr>
<tr>
<td>CPR Survivors (n=6972)</td>
<td>-----</td>
<td>40%</td>
<td>55.2%</td>
<td>4.8%</td>
</tr>
</tbody>
</table>

References