



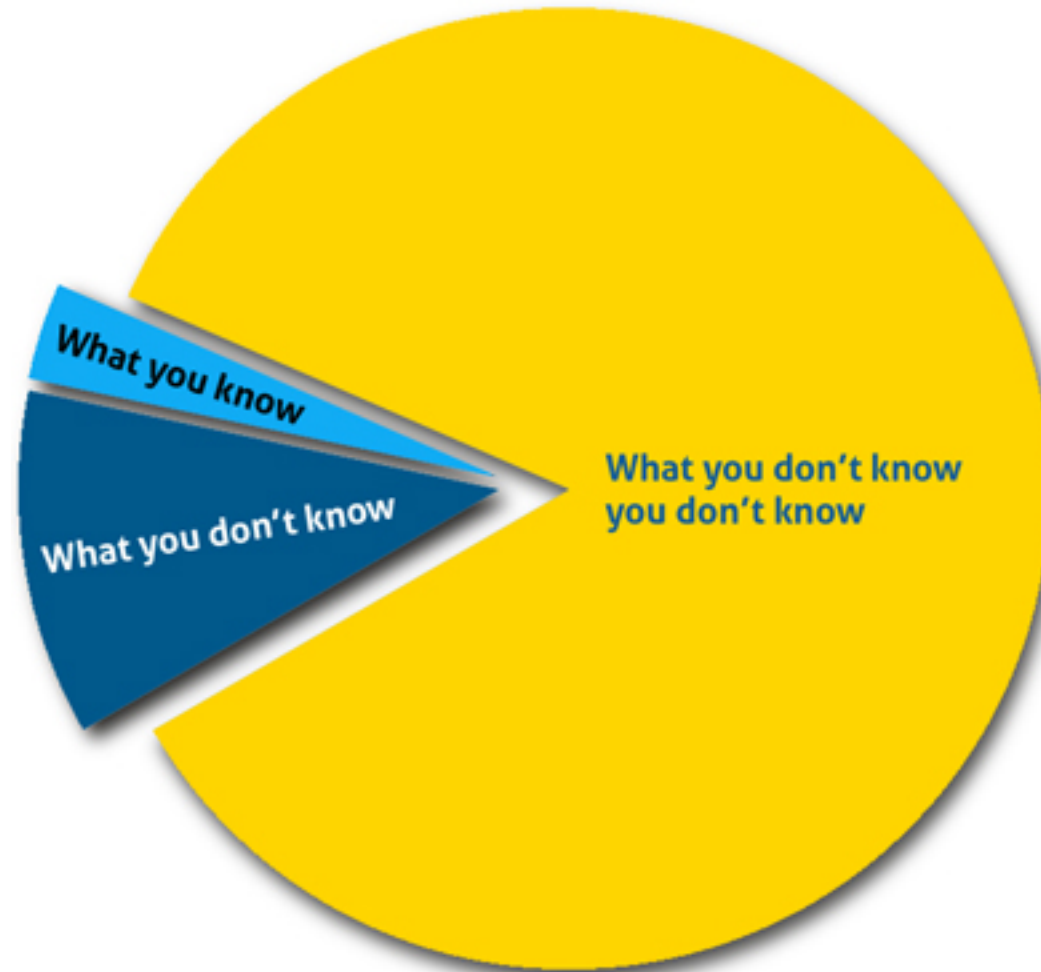
Putting the Performance in High Performance CPR

Nashua K. Alexander
Chief
Wilton EMS

Who is Wilton EMS

- Community Based Non Profit
- Combination Department in Saratoga County
- 2,500 annual calls
- 4 Ambulances and 2 Fly Cars
- Every Call Staffed Paramedic/EMT
- Project of the Field Training Officer Team

The Problem



So Let's Investigate

- 20 “Workable” Cardiac Arrests a Year
- Looked to place on average 10 staff at a SCA
- We had mechanized CPR
- Highly Skilled Technicians
- Skill Lanes were flawless
- Pretty Poor Chance of SCA Survival in Wilton
- Some response times over 10 minutes



And Measure

- CPR Rates varied greatly - 70-180
- Respiratory rates and volume varied greatly
- Minimal understanding of Mechanized CPR
- Never trained on resuscitation
- We were dreadfully awful, we have the video to prove it.



The Fix



Research

- Kings County
- Mesa Fire
- Austin-Travis County EMS
- AHA
- Zoll

We looked everywhere!

We Found Out We Needed A

- Simple Solution
- Scalable
- Easy to Integrate Outsiders
- Easy to Train Others
- Has Quality Control Built In
- We wanted perfection

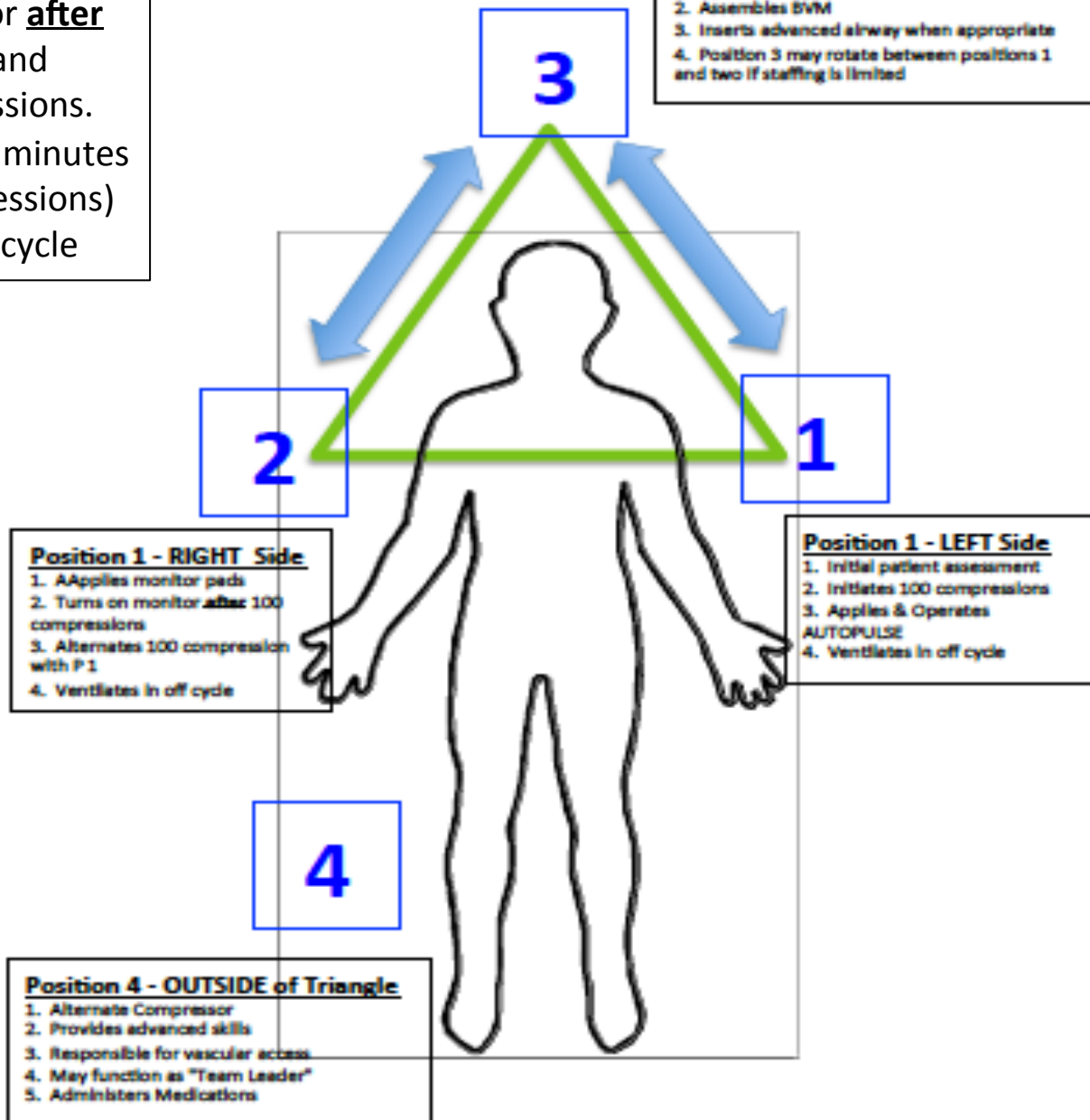
We Developed a Process that Worked For US!

Position 2 - RIGHT Side

1. Applies monitor pads
2. Turns on monitor **after** 100 compressions and takes over compressions.
3. Analyzes after 2 minutes of CPR (200 compressions)
4. Ventilates in off cycle

Position 3 - Patients HEAD

1. Opens airway & inserts OPA
2. Assembles BVM
3. Inserts advanced airway when appropriate
4. Position 3 may rotate between positions 1 and two if staffing is limited



We Have This Beautiful Graphic

- And we shelved it
- 4-months
- Not even a thought
- Dusted it off & added some meat
- Added controls & sit on your hands medics
- Conducted walkthrough
- Created a Super Cool Training Aid

AND WE TRAINED

- 1 Hour of Orientation and Theory
- Get our Clinical Pathway in Everyone's Hands
- Every staff every shift for MONTHS!
- Simulation
- Competition
- Buy In....Finally

Change in Attitude

“Every other place I work everyone sighs when a cardiac arrest comes in, here everyone is 100mph because we believe we will save someone”

Staff Paramedic Alexander Lushpinsky

EMERGENCY
EXCELLENCE IS
MY
RESPONSIBILITY.
EST. 1981

FULLY
INVOLVED
2007

Results for 2015

- 17 Cardiac Arrest
- 16 ROSC
- 9 ROSC Cases Transported for PCI
- 3 Walkouts
- Hospital Wanted to Improve

Future

- Checklists
- Keep Training
- Share what we know



Questions

