Putting the Performance in High Performance CPR

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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

- What you know
- What you don’t know

- What you don’t know you don’t know
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
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
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