

ECCU 2015

Q & A Session about ECCU 2015 with:



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Dr. Tom Rea has a career research interest in cardiac arrest resuscitation. He is trained in clinical medicine and epidemiology and conducts both observational and interventional research involving resuscitation. Dr. Rea has a strong interest in bridging clinical medicine, epidemiology, and health services to identify new strategies to improve treatment of cardiac arrest.

Balancing research efforts with clinical leadership, Dr. Rea is the Medical Director for King County Medic One Paramedic group. He also co-directs the Resuscitation Academy and has served on the Basic Life Support Guideline Writing Group for the American Heart Association. Dr. Rea also works as part of the national HeartRescue Project to try and improve community systems directed to emergency care, while working clinically at Harborview Medical Center and the University of Washington system of hospitals.

1. What is the Resuscitation Academy High Performance CPR workshop at ECCU all about?

The best chances of resuscitation occur when there is a coordinated set of actions aimed at improving blood flow so that the brain is preserved and the heart can be restarted electrically and mechanically. Research increasingly demonstrates that the outcome depends on how well professional rescuers coordinate care to achieve Guideline performance goals. Although the metrics related to patient assessment, chest compressions, airway management, defibrillation, and medication treatment are detailed in the Guidelines, it is *the process* required to achieve these metrics that makes the difference between life and death. Based on our own experience, we have learned that what is straightforward on paper is not always easy to achieve in real life with regards to resuscitation. Even when we believe we have achieved perfect CPR, we know that there are opportunities to improve.

We can hone the approach so that professional responders can achieve the guidelines through choreographed strategy for resuscitation. The approach takes the scientific concepts and pairs them with specific actions that can be practiced and then combined to truly achieve guideline performance goals. This approach has been a key to survival improvements in Seattle and King County. This High Performance CPR workshop is geared to field providers, instructors, trainers, and leadership to help provide hands-on approaches to improve resuscitation care. The forum is always dynamic and fast-paced – with great discussion and important learning.

2. How will it benefit educators and EMS professionals attending ECCU?

The benefit of the High Performance CPR workshop is that the training is relevant to all providers and systems.....whether you are an instructor of a large urban EMS system or part of a volunteer system where only a couple of rescuers might be available. The High-Performance workshop provides very concrete, hands-on approaches to improve resuscitation field care. The goal is to put the science into action in a smart, practical way that can translate to field success and save lives. The curriculum provides a ready approach to re-energize team-based training that attendees can use to inform, motivate and train their own organizations. The curriculum really is all about how to implement best practice.

3. Tell us about the general session you are giving at ECCU on Resuscitation Progress and Improving Outcomes: Successful Models in the US.

Resuscitation is an immense challenge when you consider the unexpected circumstances and the need to involve a whole spectrum of rescuers in a time-sensitive manner. On one hand, it is remarkable that anyone survives. On the other hand, we have a pretty good handle on what needs to happen to be successful. The last decade has been an interesting time as different communities have approached the challenge using a range of strategies. Because of these efforts, we now appreciate that most communities can and rally should be successful. This progress might not be complicated, but it's also not easy; and the past decade provides a roadmap to implement best practices.

The presentation will highlight the variety of published experiences that have tracked resuscitation outcomes over time to understand what community-based strategies are most effective, understand the pitfalls of resuscitation “magic bullets”, and postulate how more communities might achieve improvement.

4. Why do you attend ECCU?

I attend several different scientific and training meetings on a regular basis. I must say I look forward most to the ECCU meeting because it brings together persons who are really the ones who promote and activate resuscitation care. The ECCU embodies the intersection between the best science and best field practice. The attendees are often challenged to translate science into actions for their organization and their community. They are charged with implementing best practice in their locale, which requires intelligence, determination, and almost always some flexibility. I really enjoy this perspective of how to achieve implementation in the real world, because after all it is the real world where lives are saved.