

ECCU 2015

Q&A Session about ECCU 2015 with:



**Audrey Blewer MPH
Assistant Director for Educational Programs
Center for Resuscitation Science
University of Pennsylvania
Program Committee, ECCU 2015**

Audrey Blewer, MPH, is the Assistant Director for Educational Programs at the Center for Resuscitation Science and a third-year PhD student in the Department of Epidemiology. Prior to her arrival at the University of Pennsylvania, Audrey completed a Master's degree in public health at the University of Florida. Ms. Blewer's scholarly interests lie at the intersection of resuscitation science, health disparities research, health education, and implementation science. In her current work, Ms. Blewer is examining how CPR training dissemination strategies can be expanded, and tailored, to target geographic, racial, and socioeconomic disparities in layperson CPR education and bystander CPR delivery.



**Ben Abella MD MPhil
Clinical Research Director
Center for Resuscitation Science
University of Pennsylvania**

Dr. Abella is the Clinical Research Director of the Center for Resuscitation Science, at the University of Pennsylvania, and an Associate Professor of Emergency Medicine. He attended medical school at Johns Hopkins and then completed both internal medicine and emergency medicine residencies at the University of Chicago. Dr. Abella has authored over 100 scholarly works in numerous professional journals including JAMA and Circulation, and has authored review monographs and textbook chapters on cardiac arrest and resuscitation. He is the incoming chair of the AHA National 3CPR Council and has participated in developing international CPR guidelines. He has won a number of honors for his research, clinical care in the Emergency Department and his teaching of residents and medical students, and has lectured widely on the topics of cardiac arrest and post-arrest hypothermia treatment. The investigative work of Dr. Abella's team is supported by funding from the NIH, AHA and Medtronic Foundation, as well as industry sources.

1. Why is ECCU the conference not to miss for CPR and ECC Instructors and resuscitation providers?

Audrey Blewer response: While I look forward to learning effective resuscitation implementation strategies at ECCU, I am really encouraged by the survivor network and survivor track activities. In particular, I am looking forward to the “CPR Saves lives March” where we will be marching to the San Diego Civic Center to bring attention to the hundreds of thousands who could survive from more CPR, more AED’s and better care. The survivor activities remind me why I was initially captivated by this field of research and encourage me to further my resuscitation investigations and dissemination of the findings.

2. Tell us about what attendees have to look forward to in your session: "Novel Methods for CPR Training".

Audrey Blewer response: We are currently wrapping up a 3 year randomized controlled trial where we trained over 1500 family members of high risk cardiac patients in either video-only CPR (no manikin) or video+manikin before hospital discharge. We found that individuals trained in video-only had comparable CPR to those trained with video+manikin. We will discuss methods to implement video-only based education training and provide attendees with a “handbook” on how to implement our hospital-based model for training cardiac patient families in CPR before hospital discharge.

3. Tell us about your session on "Targeted Temperature Management".

Dr. Ben Abella response: I will be presenting updates on one of the most important therapeutic advances in cardiac arrest care over the past decade – the implementation of a “post arrest care bundle” that includes careful temperature management, cardiac catheterization, and other interventions. The use of targeted temperature management (TTM), also known as therapeutic hypothermia, has created important new opportunities to save lives after cardiac arrest. There has been a tremendous amount of recent clinical research on TTM, and I will be sharing highlights from these studies.

4. How will we be discussing the TTM guidelines during this session?

Dr. Ben Abella response: The new resuscitation guidelines contain updates on how we employ TTM following cardiac arrest; I will include content on these guidelines and how they apply in the “real world” of clinical care.

5. Why do you attend ECCU?

Audrey Blewer response: ECCU is a fantastic opportunity to network with like-minded individuals and learn how to implement cutting edge, research-based resuscitation strategies. With the release of the 2015 guidelines, we anticipate ECCU will be better than ever! Thought leaders in the field will be disseminating their research through effective, clear communication channels. Resuscitation instructors and providers should plan to attend the upcoming conference December 8-11, 2015.