Dispatcher-Assisted CPR

Dispatcher-assisted CPR: Coaching process that a dispatcher uses to provide real-time CPR instructions to bystanders.

The Evidence
Dispatcher-assisted CPR is associated with improved outcomes in out-of-hospital cardiac arrest and a 5× increase in bystander CPR.

2019 Recommendations
- Emergency dispatch centers should offer CPR instructions and empower dispatchers to provide such instructions for adult patients in cardiac arrest.
- Dispatchers should instruct callers to initiate CPR for adults with suspected out-of-hospital cardiac arrest.

Cardiac Arrest Centers

Specialized centers for post–cardiac arrest care modeled after Stroke centers, STEMI centers, and Trauma centers.

Services Available at Cardiac Arrest Centers

- Hemodynamic support
- Neurological expertise
- Emergency cardiac catheterization
- Targeted temperature management

Successful Resuscitation

2019 Recommendations
A regionalized approach to post–cardiac arrest care that includes transport of acutely resuscitated patients directly to specialized cardiac arrest centers is reasonable when comprehensive post–cardiac arrest care is not available at local facilities.