Introduction:
EuReCa TWO study (1) has recently reported large variation in out-of-hospital cardiac arrest (OHCA) outcomes across the Europe. Unfortunately, Lithuania did not participate in that study. We sought to fill the gap and describe the epidemiology and outcomes from Kaunas, the second largest Lithuanian city with a population of 0.29 million (9.7% of all population in Lithuania).

Methods:
The incidence, demographics and outcomes of patients who were treated for an OHCA between 1st January 2017 and 31st December 2018 in Kaunas Emergency medical Service (EMS) were collected and are reported in accordance with 2014 Utstein recommendations.

Results:
In total, 524 OHCA cases of EMS treated cardiac arrests were analysed. The mean age was 68.6 (SD = 16) years and 66.3% were male. 74% OHCA cases occurred at home and 63.2% were witnessed. The initial rhythm was shockable in 28.6% and non-shockable in 66.6% of all cases. Return of spontaneous circulation (ROSC) at hospital transfer was 28.2% in 2017, and 31.8% in 2018. Survival to hospital discharge was 12.1% in 2017, and 12.7% in 2018. Survival to hospital discharge in Utstein comparator group (OHCA witnessed by a bystander, and shockable rhythm) was 31.8% in 2017, and 44.2% in 2018.

Conclusion:
ROSC and survival to hospital discharge in Kaunas were slightly better to those reported as median in EuReCa TWO study.

References: