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Denmark – Data Collection

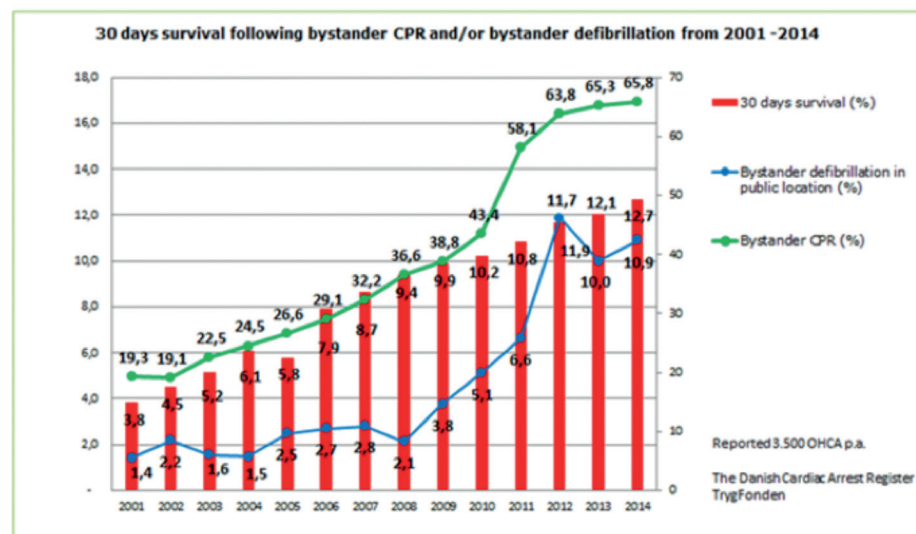
Tripling Survival from OHCA in Denmark

Denmark has become a prime example of implementing best resuscitation practice in Europe, and has achieved a remarkable tripling of survival from pre-hospital cardiac arrest over the past ten years. Since 2006, a national school Cardiopulmonary Resuscitation (CPR) training program has been underway, sponsored by Trygfonden, a national Danish foundation. 17,000 Automated External Defibrillators (AEDs) have been placed in the community.

The National Danish (Utstein) Out-of-Hospital Cardiac Registry has documented tripling of survival. The increase in bystander CPR from 19% to over 65% is considered to be a main contributor to this.

The percentage of survivors returning to work increased significantly, along with improved survival. Of 30-day survivors employed before the arrest, 76.6% returned to work. (Circulation. 2015;131:1682-1690. DOI: 10.1161/CIRCULATIONAHA.114.011366.) Not only did the number of survivors increase during the years but also the percentage of favourable neurological outcome improved. There is a clear correlation to early bystander CPR and use of AED. (N Engl J Med 2017;376:1737-47. DOI: 10.1056/NEJMoal601891) Resuscitation Academy has been established as a national collaboration and all EMS systems have committed themselves to the goal of the GRA and implementation of the 10 programs to improve survival.

In 2017 the HeartRunner app was introduced in Copenhagen to activate volunteer laypersons trained in CPR and AED use to respond to cardiac arrests in their neighbourhood. 16,000 citizens joined the system within the first two months. When receiving a suspected cardiac arrest call, the dispatcher alerts immediately all Heart-Runners that at that time find themselves within 300 m distance from the location of the caller. Any Heartrunner able to respond can then confirm this on the app and will receive exact address and directions on a map on their mobile phone. The dispatcher is also able to inform the responder of all AEDs available within the same 300 m radius with the push of a button.



Percent survivors and bystanders CPR after OHCA