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Uncovering Disparities in Resuscitation

Texas HeartRescue evaluates SCA disparities by demographic and socioeconomic status



THE CHALLENGE:

Despite efforts to improve out-of-hospital cardiac arrest (OHCA) care, people of color and lower socioeconomic status experience disparities in medical care and outcomes. However, the research is limited on this topic, and notably, Hispanic/Latino neighborhoods are less studied than other racial/ ethnic minority groups in the U.S. Work is needed to identify and characterize racial, ethnic, and socioeconomic disparities in OHCA care so that groups may develop targeted programs that aim to improve health for specific populations.

THE RESPONSE:

Texas HeartRescue examined the Texas Cardiac Arrest Registry to Enhance Survival (CARES) registry to evaluate disparities in cardiac arrest incidence, process of care, and outcomes according to demographic and socioeconomic status.

The evaluation revealed that:

- Cardiac arrest victims in predominantly Hispanic/Latino neighborhoods had lower rates of bystander CPR, AED use and survival than white neighborhoods.
- Cardiac arrest victims in predominantly black neighborhoods were less likely to have early placement of Automated External Defibrillators (AEDs) than victims in white neighborhoods.
- Lower income areas in general had lower rates of bystander CPR, AED use, and survival.
- Areas with lower high school graduation rates and/or higher unemployment had lower rates of bystander CPR and AED use.



The findings uncover an important opportunity for targeted resuscitation training and quality improvement efforts to **lessen disparities and improve outcomes in predominantly minority and poor neighborhoods.**

Overall, the evaluation showed that minority and poor neighborhoods in Texas have significant disparities in OHCA bystander response and outcomes, with low income being the most influential factor.

These communities stand to benefit the most from quality improvement programs and should be the focus of targeted OHCA improvement efforts in Texas. The efforts by Texas HeartRescue to identify and characterize these disparities are an important first step to improving outcomes.

Learn more about the evaluation at

<https://pubmed.ncbi.nlm.nih.gov/33798624/>