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**Global
Resuscitation
Alliance**

2022



BEST EMS – HP-CPR

A Renewed Commitment to Measure and Improve



SITUATION

BEST EMS provides medical control and continuing education to over 30 departments in the Dallas-Fort Worth Metroplex and Austin area in the State of Texas (USA). These departments respond to over 70,000 calls per year, including just over 700 cardiac arrests.

In October 2021, BEST EMS medical director, Dr. Justin Northeim, and several members of BEST EMS agencies, returned to the Seattle-King County Resuscitation Academy (RA), which they first attended in 2019. During the RA a question was posed “how do you know you’re getting the Lucas device on in 10 seconds? How do you know your crews are performing high-quality CPR?” Dr. Northeim thought about it and realized; they didn’t know. As a result of this the team was challenged to return home and begin evaluating and measuring their high-quality CPR performance.

INTERVENTION

Within one month of returning from the Seattle-King County Resuscitation Academy, the BEST EMS system undertook a series of initiatives to better assess and improve the CPR being delivered by field providers in their system. This included:

- Using CODE-STAT, measuring 100% of cardiac arrest events and providing performance feedback and training to crews within one week of the incident, including measurement of:
 - High-quality CPR delivery
 - Compression ratio
 - Metronome use
- Development of new protocols CPR checklists
- Deliver ongoing HP-CPR training to all crews within the BEST EMS system with focus on mastering pit-crew CPR



In addition to these initiatives, BEST EMS hosted their inaugural Resuscitation Academy in April of 2022. This included a one day HP-CPR training event that was attended by close to 100 field providers.

LIFE SAVING IMPACT

Since returning from the Seattle-King County Resuscitation Academy, meaningful changes have been implemented and yielded results in a short period of time. As a result of strong leadership and medical direction involvement, including being directly involved in training and participating in field ride-alongs, alignment has been created across the BEST EMS system in recognizing the value of living the mantra, “measure, improve.”

CARES data is still being aggregated and assessed, but anecdotally, Dr. Norheim has noticed a significant change in his system. Hearing about save stories from the field was previously a rarity, but now, “I can’t keep up with agencies reporting saves.” BEST EMS shares their successful field resuscitations through their social media channels.

