週末の突然の心停止は死亡率が高い (Abstract 128)

週末に心停止を来した患者は生存入院率が低い

People suffering cardiac arrest on the weekend are less likely to survive to hospital admission

週末に心停止を来した者は、これを平日に来した者に比べ生存入院率が低い、とAmerican Heart Association's Resuscitation Science Symposium 2019で発表された。英国の研究者らは、院外で突然の心停止を来し公共施設の自動体外式除細動器（AED）で処置された患者が、"生存して入院する"ことについて調査した。土曜日の午前1時から日曜日午後11時59分の間に心停止を来した者は、月曜日から金曜日までに心停止した者に比べ、生存率が20%低かった。また、生存率は自宅で心停止を来した場合や患者が高齢である場合は低下した。

Full Text

People who experience cardiac arrests over the weekend are less likely to survive long enough to be admitted to a hospital, compared to those who had the same medical event on a weekday, according to preliminary research presented at the American Heart Association's Resuscitation Science Symposium 2019 — November 16-17 in Philadelphia.

U.K. researchers investigated "survival-to-hospital admission" for patients who suffered an out-of-hospital sudden cardiac arrest and were treated by a publicly accessible automated external defibrillator (AED). They analyzed data of nearly 3,000 patients worldwide and noted that 27% survived to hospital admission, in line with other independent studies. Overall, researchers found that patients who suffered a cardiac arrest between 12 a.m. Saturday to 11:59 p.m. Sunday were about 20% less likely to survive than those patients who suffered a cardiac arrest between Monday and Friday. Survival also decreased for cardiac arrests occurring at home and as the patient's age increased.

"It is often said that sudden cardiac arrest can happen to anyone, anytime, anywhere. These results suggest that there is an opportunity to address sudden cardiac arrests that occur during the weekend by improving AED awareness, availability and training and quick response by rescuers," said Hannah Torney, the study's lead author, who is studying for her Ph.D. at Ulster University in Northern Ireland and is a clinical engineer at HeartSine Technologies/Stryker in Belfast, Northern Ireland.

Researchers noted weekend survival may be reduced because individuals may be less likely to be near a publicly accessible AED and their sudden cardiac arrests may not be witnessed. They added that this data analysis could help guide the strategic placement of AEDs to improve accessibility.

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