J McLoughlin \(^1\); E Landymore \(^2\); P Morgan \(^2\)

\(^1\)East Surrey Hospital, Intensive care, Surrey, United Kingdom; \(^2\)East Surrey Hospital, Intensive Care, Surrey, United Kingdom

### Introduction:
Patients who have return of spontaneous circulation following a cardiac arrest are haemodynamically unstable and require critical care input. Outcomes are often poor, with unadjusted survival to hospital discharge at 18.4%, following an in hospital cardiac arrest [1]. The aim of the study was to assess the survival of patients admitted to intensive care following a cardiac arrest, reviewing whether age and gender impacted on their outcome.

### Methods:
The INARC database for a general intensive care unit (ICU) at a district general hospital was reviewed. Since 1993, 519 patients were admitted following a cardiac arrest (both in and out of hospital). Their age, gender and survival to ICU discharge and overall hospital discharge were recorded.

### Results:
210 female patients and 309 male patients of varying ages were admitted to our ICU following a cardiac arrest. The mortality for both genders increased with increasing age.

Overall survival to the time of ICU discharge following a cardiac arrest was similar for both females (44.3%) and males (48.5%). Graphs 1 (female) and 2 (male) below show the number of patients who survived or died on ICU discharge, by age and gender. Mortality rates increased when reviewing hospital outcome, as some patients died following discharge to the ward.

### Conclusion:
Overall mortality in our ICU following a cardiac arrest at any age is at least 50%, with the general trend appearing to rise with increasing age. More male patients were admitted to ICU following a cardiac arrest than female, with similar survival rates for both male and female patients.

More research could be undertaken to assess whether survival rates following a cardiac arrest have improved since 1993 and also to compare outcomes following either an in or out of hospital arrest.

### References:

---

**Image 1:**

Graph 1

**Image 2:**

Graph 1