Study Highlights:

- Over half (60%) of survivors of prolonged resuscitation (>35 minutes) had good neurologic outcomes.
- Survival rates decrease with increasing duration of CPR, especially in the first 15 minutes of an arrest, so it is important to initiate high-quality CPR as rapidly as possible.
- After adjustment for confounding factors, children hospitalized for cardiac surgery who suffered a cardiac arrest had better outcomes than all other patient groups.
- Surgical cardiac patients had better outcomes after 90 minutes of CPR than trauma patients did after only 1 minute of CPR.
- The adjusted probability of survival was 28% for all patients and decreased from 41% for CPR duration of 1 to 15 minutes to 12% for patients resuscitated for more than 35 minutes.
- Performing CPR for >20 minutes—previously considered futile—can lead to favorable neurologic outcomes.
- Providers should consider longer-duration CPR for some pediatric patients who suffer in-hospital cardiac arrest.

News Release: Many hospitalized children who require prolonged CPR survive

Dr. Renée Matos (Maj, USAF, MC) is currently a pediatric intensivist in the Air Force at the San Antonio Military Medical Center and a Collaborating Faculty member of the Clinical Research, Investigation, and Systems Modeling of Acute illness (CRISMA) at the University of Pittsburgh. Her research interests include epidemiologic and outcomes studies related to critical illness in children. She also remains actively engaged with the American Academy of Pediatrics (AAP) as an advocate for children and pediatricians.

Dr. Matos is a native of San Diego and graduated with honors from Princeton University with a bachelor’s in environmental engineering. She was commissioned into the Air Force through the ROTC program and then attended medical school at the University of California-San Francisco. She completed a residency in Pediatrics at the San Antonio Uniformed Services Health Education Consortium, where she did an additional year as Chief of Residents. Most recently, Dr. Matos completed a fellowship in pediatric critical care at Children’s Hospital of Pittsburgh of UPMC, during which time she simultaneously earned a Master’s in Public Health from the University of Pittsburgh.

See more on Get With The Guidelines-Resuscitation

Research Opportunity for Young Investigators:
The Council on Clinical Cardiology, The Stroke Council, The Council on Quality of Care and Outcomes Research, The Council on Cardiopulmonary, Critical Care, Perioperative and Resuscitation, and The Council on Basic Cardiovascular Science greatly value the development of young clinical investigators. To further this effort, the councils have a limited number of seed grants for young investigators for meritorious research projects based on the data gathered from Get With The Guidelines®. See AHA Young Investigator Database Research Seed Grant – accepting applications until April 30th for this cycle.