# CARDIAC ARRESTME RESUSCITATION

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FOURTH EDITION

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# **FOREWORD**

The status of this authoritative volume on cardíac arrest and resuscitation and the great activity in this field have demanded a new, fourth edition. The fact that over 90 percent of sudden deaths (those occurring within one hour of onset of illness) result from cardiovascular disease in our country, and especially the fact that over half of those so afflicted die before entrance to a hospital make the problem of cardiac arrest an issue of broad concern, not only in the hospital and the operating room, but also in the home and elsewhere throughout the community. It is indeed one of our most important health problems.

While of special importance to the surgeon, this volume brings up-to-date concepts and approaches to a problem that is vitally important to everyone: the physician, the patient, the public. As a source book for such information it is superb—well written, clear, informative in depth, and understandable for all. The new edition comes at a critical time in this field. It comes with authority. It comes when we need updated information.

W. A. Sodeman, M.D.

Professor Emeritus and Dean Emeritus,

Jefferson Medical College

# **PREFACE**

Sudden unexpected, death, in terms of absolute loss of life, poses our greatest single medical problem today. It is the most common mode of death in our adult population. Some have suggested that the actual incidence of sudden death represents 30 percent of all natural deaths.

Many of our earlier concepts concerning the frequency and significance of ventricular arrhythmias in the early stages of acute myocardial infarction are now outdated, particularly those regarding ventricular tachyarrhythmias. The enhanced automaticity of some of the Purkinje fibers, with resultant ectopic beats is now being rather effectively managed.

Almost two decades ago Beck and Leighninger, in urging the application of cardioresuscitation techniques, repeatedly referred to hearts that were "too good to die." The soundness of their perception has been borne out increasingly by many studies showing an essentially normal myocardium with minimal disease of the coronary arteries and no evidence of thrombotic occlusion at the time of autopsy in patients dying suddenly.

We continue to be indebted to the pioneering efforts of Kowenhoven, Jude, and Knickerbocker. Unquestionably, a new era in cardiac resuscitation was begun by their efforts and its immediate by-products are visible in a host of major changes in the

approach to the patient, such as utilization of the intensive care and mobile coronary care units.

Since the publication of the third edition in 1969, significant contributions have been made toward a broader understanding of the mechanisms of ventricular fibrillation and cardiac asystole. This, the fourth edition, supplements and updates material in the previous editions. Once again the bibliography is practically all new. Because of the tremendous volume of bibliographical material, it is suggested that the reader refer to previous editions for references not included here. The scope and volume of scientific information on cardiac arrest and resuscitation have expanded far beyond the easy accessibility of even those with more than a casual interest in the field. As one of our objectives in this revision, we have endeavored to condense, collate, and categorize much of this information in a manner that may provide easier access to the reader.

It is estimated that fibrillation in structurally good hearts occurs over 900 times a day in the United States in victims outside a hospital. Ventricular fibrillation is a major cause of death from coronary heart disease. This fatal ventricular dysrhythmia occurs most frequently shortly after the onset of infarction. Although the concept of mobile

coronary care has yet to obtain universal support among members of the medical profession, it seems obvious that means must be found to monitor and prevent ventricular fibrillation outside the hospital and during transportation to the hospital. More than half of those who die of heart attacks each year never reach a hospital, but serious attempts are being made to reduce this figure. The chapter on a mobile coronary care unit and resuscitation outside the hospital represents a considerable change in the approach to the problem over the last few years. The lifesaving benefits of cardiac monitoring in resuscitation of the coronary infarction patient outside the hospital are now well documented. Spain and Bradess estimate that there are approximately 500,000 deaths in the United States every year from acute myocardial infarction with about 50 percent of these patients dying before adequate medical care is available. The presence of a recent coronary thrombus in these sudden and unexpected fatalities (approximately 20 percent) lends encouraging support to the concept of mobile coronary care.

Approximately 70' percent of deaths from arteriosclerotic heart disease occur in persons who die outside a hospital of who are dead on arrival. This book reflects the advancements and refinements in resuscitation that are coming from an increasingly wider variety of disciplines: the engineering sciences, medical systems developers, psychiatrists, sociologists, nurses, lawyers, biochemists, statisticians, and others.

As our knowledge of the mechanisms of cardiac arrest continues to increase, it is encouraging to note how it can be applied to clinical situations. A good example is the well-documented story of succinylcholine-induced hyperkalemia and the propensity of patients with severe trauma and burns to develop cardiac arrest. It is our hope that hospital cardiac resuscitation committees will find the book valuable as a continuing source of reference to aid them in their periodic evaluation of cases occurring in the hospital.

There seems to be little question that an effective committee can contribute significantly to a reduction in mortality from sudden death within the hospital.

Few individuals have contributed so significantly to the further extension of successful resuscitation efforts as has the nurse. With the active defibrillation of patients by nursing personnel in intensive care and coronary care units, a major breakthrough in resuscitation has occurred.

A new addition to the book is the chapter by Dr. Carveth concerning the "spectator heart." His studies, as well as others, are providing worthwhile experience and information from the management of resuscitation among high-density populations, such as those experienced at football games.

It is encouraging to note the increasing emphasis given to cardiopulmonary resuscitation by a wide variety of organizations, including the American College of Chest Physicians, American College of Cardiology, American Heart Association Continuities on Cardiopulmonary Resuscitation and Emergency Cardiac Care, American College of Emergency Care Physicians, Society of Critical Care Medicine, American National Red Cross, Industrial Medical Association, and United States Public Health Service.

The Registry of Emergency Medical Technicians: Ambulance is strongly committed to improved medical care through better emergency transportation facilities and well-trained ambulance attendants. The Ambulance Association of America, International Association of Chiefs of Police, International Association of Fire Chiefs, International Rescue and First Aid Association, National Rescue and Medical Supplies Association, National Funeral Directors' Association, and the National Sheriffs' Association are all committed to the goals of the Registry and each provides a director to its board.

Other organized groups interested in this problem include the Equipment Committee of the American Society of Anesthesiologists and the Association for the Advancement of

Medical Instrumentation. Numerous types of equipment have been advocated in the management of cardiopulmonary resuscitation. Fortunately, the effectiveness of most of these has been scrutinized by the Cardiopulmonary Resuscitation Committee of the American Heart Association or the National Science Council. For example, the Emergency Care Research Institute at Philadelphia under Dr. Nobel maintains a full-time interdisciplinary scientific staff to evaluate acute care devices. Since the medical device field has become extremely complex, it is imperative that qualified biomedical engineers or physicians trained in engineering disciplines be actively involved.

Numerous reports indicate that electronic devices used in hospitals in the United States in the care of cardiac patients have significant deficiencies. The need for regular inspection of equipment, uniform standards, and increasing familiarity with medical electronics has prompted the inclusion of Chapter 7, by David Kilpatrick. The magnitude of the problem of excessive leakage of electrical current appears to be significant.

The first cardiac transplantation was undertaken on December 3, 1967. In the following two years, approximately 147 heart recipients were recorded. While the tempo of this activity has decreased considerably, it seems likely that a resumption will occur once major progress in coping with the rejection phenomena occurs. The chapters on preservation of the heart and on resuscitation of transplanted hearts should prove of interest to many readers. By including as much

material as possible relevant to the field of cardiac resuscitation in this book, we hope that our efforts will give added perspective to workers in this field. To those readers not actively involved, it is our hope that this edition will provide an updated and reliable account of the "state of the art."

A chapter on the historical aspects of cardiac resuscitation is again included. Readers tell us that they enjoy the chapter and that it effectively places the progress of resuscitation in its proper perspective.

We have continued to devote considerable space to the variety of factors influencing the mechanism of cardiac arrest, as it is our conviction that the relatively low rate of successful resuscitation in hospitals is partially due to a lack of realization of therapeutic requirements for specific situations. Broad generalizations are helpful for educational purposes, but the field of cardiac resuscitation has become sufficiently sophisticated to require in-depth knowledge of modifications in resuscitation efforts as individually required.

If one views the significant contributions made to the field of cardiac resuscitation over a span of years it is apparent that advances seem to be the product of different disciplines and different times. For example, after the advances by Shiff and other physiologists, there evolved a long era dominated by surgeons and subsequently by anesthesiologists. Certainly, it would seem that the last decade belongs to the cardiologist.

Hugh E. Stephenson, Jr., M.D.

# **CONTENTS**

# PART ONE INTRODUCTORY

- 1 Introduction: reanimatology—the science of resuscitation, 3 Vladimir A. Negovskii
- 2 Death, 28 Harold H. Hillman

## PART TWO

# DETECTION AND AVOIDANCE OF RISK FACTORS IN CARDIAC ARREST

- 3 Prevention of cardiac arrest, 35
- 4 Cardiac arrest and myocardial infarction, 65
- 5 The coronary care unit, 74 Jack M. Martt
- 6 Elective conversion of cardiac arrhythmias with precordial shock, 77 Richard H. Martin
- 7 Detection and correction of electrical hazards within the hospital, 86 David G. Kilpatrick
- 8 Warning signs and early detection of cardiac arrest, 119

## PART THREE

## MECHANISM OF CARDIAC ARREST

- 9 Pathophysiology of cardiac arrest, 141
- 10 Role of anoxia and hypoxia in etiology of cardiac arrest, 166B. G. B. Lucas
- 11 Anesthetic agents and their relationship to cardiac arrest, 175

### xvi CONTENTS

- 12 Effect of anoxia on myocardial contractility, 192
- 13 Acid-base and electrolyte imbalance, 194 Herbert L. McDonald
- Toxic response and cardiac arrest, 207
- Specific medical relationships to cardiac arrest, 215 15
- 16 Surgical and diagnostic procedures related to cardiac arrest, 223
- 17 Embolic mechanisms, 229
- 18 Ventricular fibrillation, 240

## PART FOUR

# TECHNIQUES OF CARDIOPULMONARY RESUSCITATION

- The technique of resuscitation: general considerations, 255
- Artificial respiration and resuscitation, 257
- 4 P'Y' Y Y Y . . . Artificial maintenance of circulation: precordial percussion and closed-chest 21 อาร์สิเทศเดือวก ค.ศ. 40 รจิยา อย่า 🧪 การคน<mark>ศักราช</mark> อายามสหัว resuscitation, 277 Harrist in the 17

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- 22 Adjuncts for circulatory assistance, 297
- Artificial maintenance of circulation: open-chest resuscitation, 310 23
- 24 Closed-chest massage versus direct manual compression of the heart, 324
- Ventricular defibrillation: general considerations; 336 25
- 26 Cardiac defibrillation, 344 Juro Wada
- 27 Open-chest electrical cardiac defibrillation, 348
- The difficult resuscitation: recurrent episodes of ventricular fibrillation, 357 28
- Relationship between wave form and effectiveness in transthoracic countershock 29 for termination of ventricular defibrillation, 366 John C. Schuder attack . Sign
- Totally implanted standby ventricular defibrillation systems, 374 30 John C. Schuder
- 31 Resuscitation of the near-drowning victim, 378
- 32 Resuscitation after lightning shock, 386
- 33 Accidental electrocution, 389
- The stone heart syndrome: ischemic myocardial contracture, 396 Denton A. Cooley and Don C. Wukasch
- 35 Cardiogenic shock, 404 Tony A. Don Michael
- 36 Resuscitation requiring specific surgical approaches, 409

- 37 Artificial hearts: total replacement and circulatory assist devices, 416 Clifford S. Kwan-Gett and Willem J. Kolff
- 38 Cardiac augmentation by means of intra-aortic phase-shift balloon pumping, 430
  Adrian Kantrowitz
- 39 Electric cardiac pacing, 443 John C. Schuder
- 40 Resuscitation of the newborn infant, 453
  Robert Hook and Clarence D. Davis
- 41 Resuscitation after exsanguinating hemorrhage, 459

### PART FIVE

# PHARMACOLOGY OF RESUSCITATION

- 42 Pharmacology of resuscitation: vasopressors, 475
- 43 Pharmacology of resuscitation: antiarrhythmic agents, 486
- 44 Pharmacology of resuscitation: management of the acidosis of cardiac arrest, 493
- 45 Vagolytic, cardiotonic, "anti-sludging," and glucose-loading agents, 498
- 46 Pharmacology of resuscitation: a summary, 503

### PART SIX

# ORGANIZATION AND APPLICATION OF EFFECTIVE RESUSCITATION

- The logistics of resuscitation within the hospital, 513 Glenn O. Turner with the assistance of Dick Ames
- 48 A hospital plan of action for cardiac arrest, 587
- 49 Resuscitation by the nurse, 596
- 50 Mobile cardiac resuscitation cart, 601
- 51 Ambulance and mobile resuscitation care, 611
  Frank L. Mitchell
- 52 Stadium resuscitation (a life-support unit), 625
  Stephen W. Carveth with the assistance of H. E. Reese and R. J. Buchman
- 53 Adjunctive techniques and equipment for cardiopulmonary resuscitation, 634 Archer S. Gordon

### PART SEVEN

# POSTRESUSCITATIVE CARE

- 54 Postresuscitative care: general considerations, 669
- 55 Effect of cardiac arrest on renal function, 675
  Alex L. Finkle

### xviii contents

### PART EIGHT

# PITFALLS, PRECAUTIONS, AND COMPLICATIONS, IN CARDIAC RESUSCITATION

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- 56 Cerebral anoxia and neurologic sequelae after cardiac arrest, 681
- 57 Cardiac complications, 708
- 58 Complications to other organs and systems in cardiac resuscitation, 717
- 59 Medicolegal aspects of cardiac arrest and resuscitation, 737 Elwyn L. Cady, Jr.

## PART NINE

### **ELECTIVE CARDIOPLEGIA**

- 60 Elective cardiac arrest: general considerations; 769
- 61 Electrically induced fibrillation, 783
- 62 Cardiac preservation, 796
  Edward B. Diethrich

# PART TEN

# INCIDENCE AND CURRENT STATUS OF CARDIAC RESUSCITATION

- 64 Incidence and relative importance of cardiae arrest, 807
- 65 Guidelines for abandoning efforts at cardiac resuscitation, 822 Programme and March 1997
- 66 Cardiac resuscitation: what is being accomplished? 827

## PART ELEVEN

## **EPILOGUE**

- 67 The past: historical views concerning cardiac arrest and resuscitation, 847
  Werner Overbeck
- 68 A look toward the future, 862

# **APPENDIX**

Standards for cardiopulmonary resuscitation (CPR) and emergency cardiac care (ECC), 867

# **BIBLIOGRAPHY**, 910

# **INTRODUCTORY**

# INTRODUCTION: REANIMATOLOGY—THE SCIENCE OF RESUSCITATION

Vladimir A. Negovskii

The Laboratory of Experimental Physiology on the Resuscitation of the Organism was founded in Moscow in 1936 in connection with the N. N. Burdenko Institute of Neurosurgery.

The laboratory was organized by Professor V. A. Negovskii, who has served as its director since it was founded. A small group of young scientists (six or seven) began working with him at that time. They set as their goal the study of the general pathophysiologic regularities of the processes of the extinction and restoration of the vital functions, that is, the heart, the respiration, and the central nervous system (CNS), and also the research of scientifically based methods of resuscitation.

In 1948, in line with a decision of the Council of Ministers of the U.S.S.R., the laboratory was reorganized as an independent scientific research department under the auspices of the Academy of Medical Sciences.

Over the course of 37 years, the laboratory's staff has grown considerably (to sixty-five), and the scope of the work that is carried out has been broadened. The functions of the cardiovascular system, the respiratory center, and the CNS during terminal states and in the restorative period and also the functions of such interior organs as the liver, the kidneys, and the endocrine system as well as blochemical changes arising from the disturbance of metabolic processes and related considerations—all are subjected to detailed study with the help of modern research methods.

Along with its purely experimental department, the laboratory also maintains a clinical department of resuscitation at the S. P. Botkin Hospital. Patients in terminal or near-terminal conditions are brought there from the hospital's various departments. The department of resuscitation also maintains a mobile center, which ensures treatment of terminal patients in hospitals where there is a lack of personnel well-qualified in the area of resuscitation.

Along with applied work in the department of resuscitation, scientific research work dedicated to the study of various clinical aspects of resuscitology is carried out.\*

One of the important facts of contemporary science is the ever deeper and more attentive study of the mechanisms of death and resuscitation. Now we are fully justified in speaking of the appearance of a special science dedicated to the study of this question. Cessation of cardiac activity, cessation of respiration, extinction of the functions of the CNS, suppression of the cortical regulation of the physiologic functions, the dynamics of the restoration of functions in the process of resuscitation, and a series of other similar matters make up the content of this science.

Historically it has come about that, along with the rapid development of our knowledge in the treatment of the most varied diseases, we were, even recently, using purely empirical methods thousands of years old regarding the treatment of the dying organism. Attempts at resuscitation were made in ancient times. Apparently, however, only the modern level of development of biologic and medical knowledge provides the prerequisites for a comprehensive study of all the problems relating to resuscitation. Detailed study of the processes of the extinction and restoration of the organism's vital functions, elucidation of

<sup>\*</sup>The Laboratory of Experimental Physiology on the Resuscitation of the Organism, Academy of Medical Sciences of the U.S.S.R., Moscow, U.S.S.R.

the essence of transitional states between life and death, and specifics of the organism's life in terminal states and in the so-called post-reanimation period, and, likewise, elaboration of more modern methods of reanimation—such are the basic problems which, arisen from the needs of life, appealed for their solution to a new medical science: the science of reanimatology.

One of the factors that contributed to the development of reanimatology was the necessity to reconsider fundamentally the concept that had previously been accepted regarding the absolute impossibility of a battle with a "groundless" death. Theoretically the idea was corroborated regarding the reversibility of the death processes when the viable organism is still perishing and the possibility of prevention and, in indicated cases, treatment of terminal states (agony and clinical death).

Although closel; linked with a series of such experimental and clinical disciplines as pathophysiology, surgery, anesthesiology, obstetrics and gynecology, and therapeutics (particularly emergency therapeutics), reanimatology, at the same time, finds its own place among these disciplines. Reanimatology generalizes from the material of the above disciplines, not infrequently employing methods already used in them to find a solution to its specific problems. In turn reanimatology enriches these sciences with the results of its own theoretical and clinical investigations. Yet, all the same, reanimatology poses quite original problems for itself, problems whose solutions it approaches from the positions of those theoretical concepts it has elaborated.

Later I shall examine the main problems of the dynamics of the extinction and restoration of the organism's vital functions, consider some debatable questions regarding various methods of resuscitation, and touch on some of the current problems in reanimatology such as the treatment of a resuscitated patient, prognosis, and so forth.

I would like to point out here the differ-

ence in the meaning of the two words reanimatology—a theoretical science, and reanimation—practical measures used for the restoration of vital functions of the organism.

# Extinction of functions of cerebral cortex—the first stage of CNS dying

Complete restoration of the functions of the cerebral cortex after terminal states is often impossible because of death of the cerebral neurons, which are extremely sensitive to anemia, hypoxia, intoxication by incompletely oxidized substances of metabolism, and other noxious influences. Relative resistance of ancient, life-ensuring systems (vegetative nervous formation), formed during phylogenesis, and increased sensitivity to pathogenic factors of the highly developed systems (cortex of the hemispheres and some subcortical formations) control the regular sequence of extinction of functions of the central nervous system.

In the very early period of dying, hypoxia causes reflex stimulation of chemoreceptors, angioreceptors, and cerebral vegetative formations including the respiratory and the vasomotor centers and the reticular formation of the brainstem. This reflex stimulation, one of the body's important defense-adaptive factors, is aimed at compensating for failing functions, ensuring homeostasis, and preserving the higher sectors of the central nervous system. It causes accélerated and deeper respiration, acceleration of cardiac contractions, increase of the minute volume of the heart and of arterial blood pressure, constriction of the peripheral blood vessels and of the blood vessels of the abdominal cavity, and dilatation of the capillary network of the brain. Activation of function of the central nervous system is manifested by excitation, motor anxiety, partial restoration of consciousness (in animals, restoration of some conditioned reflexes), the reaction of desynchronization evidenced on electroencephalogram, other signs. However, in the dying process the activation of the compensatory-defensive process is followed by the equally important