TITLE: Cardiopulmonary Resuscitation for Elderly Adults in Chronic or Long-Term Care: Clinical Effectiveness and Guidelines

DATE: August 5, 2014

RESEARCH QUESTIONS

1. What is the clinical effectiveness of cardiopulmonary resuscitation (CPR) for elderly adults in chronic or long-term care facilities?

2. What are the evidence-based guidelines regarding resuscitation of the elderly in chronic or long-term care facilities?

3. What are the evidence-based guidelines regarding the inclusion of CPR in Advanced Care Plans for elderly chronic or long-term care residents?

KEY FINDINGS

One systematic review and two non-randomized studies were identified regarding the clinical effectiveness of cardiopulmonary resuscitation for elderly adults. No evidence-based guidelines were identified.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library (2014, Issue 7), University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2009 and July 25, 2014. Internet links were provided, where available.

The summary of findings was prepared from the abstracts of the relevant information. Please note that data contained in abstracts may not always be an accurate reflection of the data contained within the full article.

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RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

One systematic review and two non-randomized studies were identified regarding the clinical effectiveness of cardiopulmonary resuscitation for elderly adults. No relevant health technology assessments, randomized controlled trials, or evidence-based guidelines were identified.

Additional references of potential interest are provided in the appendix.

OVERALL SUMMARY OF FINDINGS

One systematic review\(^1\) sought to identify pre-arrest predictors for survival after out-of-hospital cardiopulmonary resuscitation (CPR) in the elderly. Residence in a nursing home was independently associated with a decreased chance of survival following CPR. The chance of survival was lower in older patients; however, the authors indicated that older age alone was not a sufficient reason to deny patients CPR.

Two non-randomized studies\(^2,3\) examined the outcomes of nursing home residents following out-of-hospital cardiac arrest. In one study\(^2\) the overall 30 day survival rate was significantly greater for patients who experienced cardiac arrest in non-nursing home settings (18% versus 9%). The results of the second study\(^3\) showed that survival rates for out-of-hospital cardiac arrest were lower for those who suffered cardiac arrest in an aged care facility as compared with those greater than 70 years of age who experienced cardiac arrest in their own homes. Cardiac arrest in nursing homes was not associated with a significantly worse prognosis after adjustment for co-morbidities.\(^2\) The authors of both studies concluded that policies for withholding resuscitation attempts in nursing homes may not be justified.\(^2,3\)

No evidence-based guidelines regarding resuscitation of the elderly in chronic or long-term care facilities or regarding the inclusion of CPR in Advanced Care Plans for elderly chronic or long-term care residents were identified.
REFERENCES SUMMARIZED

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses


Randomized Controlled Trials
No literature identified.

Non-Randomized Studies


Guidelines and Recommendations
No literature identified.

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APPENDIX – FURTHER INFORMATION:

Non-Randomized Studies – Hospital Setting


Clinical Practice Guidelines


Review Articles


Additional References