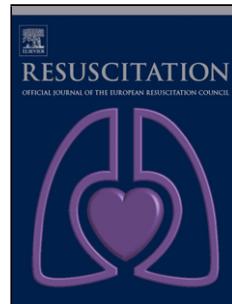


# Accepted Manuscript

Title: Emergency Department Point-of-care Ultrasound in Out-of-Hospital and in-ED Cardiac Arrest

Author: Romolo Gaspari Anthony Weekes Srikar Adhikari Vicki E. Noble Jason T. Nomura Daniel Theodoro Michael Woo Paul Atkinson David Blehar Samuel M. Brown Terrell Caffery Emily Douglass Jacqueline Fraser Christine Haines Samuel Lam Michael Lanspa Margaret Lewis Otto Liebmann Alexander Limkakeng Fernando Lopez Elke Platz Michelle Mendoza Hal Minnigan Christopher Moore Joseph Novik Louise Rang Will Scruggs Christopher Raio



PII: S0300-9572(16)30478-6

DOI: <http://dx.doi.org/doi:10.1016/j.resuscitation.2016.09.018>

Reference: RESUS 6930

To appear in: *Resuscitation*

Received date: 6-6-2016

Revised date: 9-9-2016

Accepted date: 14-9-2016

Please cite this article as: Gaspari Romolo, Weekes Anthony, Adhikari Srikar, Noble Vicki E, Nomura Jason T, Theodoro Daniel, Woo Michael, Atkinson Paul, Blehar David, Brown Samuel M, Caffery Terrell, Douglass Emily, Fraser Jacqueline, Haines Christine, Lam Samuel, Lanspa Michael, Lewis Margaret, Liebmann Otto, Limkakeng Alexander, Lopez Fernando, Platz Elke, Mendoza Michelle, Minnigan Hal, Moore Christopher, Novik Joseph, Rang Louise, Scruggs Will, Raio Christopher. Emergency Department Point-of-care Ultrasound in Out-of-Hospital and in-ED Cardiac Arrest. *Resuscitation* <http://dx.doi.org/10.1016/j.resuscitation.2016.09.018>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

TITLE – Emergency Department Point-of-care Ultrasound in Out-of-Hospital and in-ED Cardiac Arrest

Authors

Romolo Gaspari, MD, PhD	University of Massachusetts Medical School, Worcester, MA
Anthony Weekes, MD	Carolinas Medical Center, Charlotte, NC
Srikanth Adhikari, MD	University of Arizona, Tucson, AZ
Vicki E. Noble, MD	Massachusetts General Hospital, Boston, MA
Jason T. Nomura, MD	Christiana Care Health System, Newark, DE
Daniel Theodoro, MD	Washington University School of Medicine, St Louis, MO
Michael Woo, MD	University of Ottawa, Ottawa, ON, Canada
Paul Atkinson, MD	Dalhousie University, Saint John, NB, Canada
David Blehar, MD	University of Massachusetts Medical School, Worcester, MA
Samuel M. Brown, MD	Intermountain Medical Center and University of Utah, Salt Lake City, UT
Terrell Caffery, MD	LSU Health Sciences Center, Baton Rouge, LA
Emily Douglass, BA	Massachusetts General Hospital, Boston, MA
Jacqueline Fraser, RN	Dalhousie University, Saint John, NB, Canada
Christine Haines, MD	North Shore University Hospital, Manhasset, NY
Samuel Lam, MD	Advocate Christ Medical Center, Chicago, IL
Michael Lanspa, MD	Intermountain Medical Center and University of Utah, Salt Lake City, UT

Margaret Lewis, MD	Carolinas Medical Center, Charlotte, NC
Otto Liebmann, MD	Brown University, Providence, RI
Alexander Limkakeng , MD	Duke University School of Medicine, Durham, NC
Fernando Lopez, MD	Duke University School of Medicine, Durham, NC
Elke Platz, MD	Brigham and Women's Hospital, Boston, MA
Michelle Mendoza, MD	University of Massachusetts Medical School, Worcester, MA
Hal Minnigan, MD, PhD	Indiana University, Indianapolis, IN
Christopher Moore, MD	Yale University School of Medicine, New Haven, CT
Joseph Novik, MD	NYU Bellevue Hospital, New York, NY
Louise Rang, MD	Kingston General Hospital, Kingston, ON, Canada
Will Scruggs, MD	Castle Hospital, Kailua, HI
Christopher Raio, MD	North Shore University Hospital, Manhasset, NY

Corresponding Author

Romolo J Gaspari, MSc, MD, PhD

Department of Emergency Medicine

UMASS Memorial Medical Center

Worcester MA, 01655

Phone – 508-334-7943

Fax – 508-421-1400

Email – Romolo.Gaspari@umassmemorial.org

Word Count - 2951

## ABSTRACT

**Background:** Mortality following cardiac arrest remains high, and point-of-care ultrasound has been suggested to improve outcomes from advanced cardiac life support (ACLS), but no large studies have explored how point-of-care ultrasound should be incorporated into ACLS. Our aim was to determine whether detection of cardiac activity by ultrasound during ACLS is associated with improved survival

**Methods:** We conducted a non-randomized, prospective, protocol-driven observational study. It was a 20 site, multi-center study of emergency departments (EDs) across United States and Canada. Patients presenting with out-of-hospital cardiac arrest or in-ED arrest with pulseless electrical activity or asystole were included. An initial ultrasound was performed at the beginning and end of ACLS. The primary outcome was percentage of patients that survive to hospital admission. Subgroups for additional analysis were identified through univariate and multivariate analysis. Secondary outcomes included survival to hospital discharge and return of spontaneous circulation.

**Findings:** 953 patients presenting May 2011 to November 2014 were enrolled with 793 included in the analysis. Overall 208 patients (26.2%) survived the initial resuscitation, 114 (14.4%) survived to hospital admission, and 13 (1.6%) surviving to hospital discharge. Cardiac activity on initial US was the variable most associated with survival at all time points. On multivariate regression modeling, cardiac activity was associated with a greater incidence of survival to hospital admission (OR 3.6, 2.2 to 5.9) and hospital discharge (OR 5.7, 1.5 to 21.9). The lack of cardiac activity on initial US was strongly associated with non-survival, but 0.6% (95% CI – 0.3 to 2.3) of patients with no cardiac activity survived to discharge. Ultrasound

identified findings during the resuscitation that responded to interventions outside of standard ACLS interventions. Patients with pericardial effusion who underwent pericardiocentesis demonstrated higher survival rates (15.4%) compared to all others (1.3%).

**Conclusion:** The presence of cardiac activity at the initiation of ACLS in the ED was the variable most associated with survival following cardiac arrest. Point-of-care ultrasound during cardiac arrest can identify patients with higher likelihood of survival to hospital discharge, and can identify interventions outside of the standard ACLS algorithm. Point-of-care ultrasound should be integrated into ACLS algorithms.

## INTRODUCTION

Of 300,000 out-of-hospital cardiac arrests (OHCAs) annually in the United States<sup>1</sup>, more than 78% are transported to an emergency department (ED) for further evaluation and treatment. Less than 8% of all OHCA's survive to hospital discharge<sup>2</sup>. Clinical algorithms that may help guide resuscitative efforts are important. Cardiac arrests cause significant disruption to ED workflow, require significant resources and may include empiric interventions with unfavorable clinical risk-benefit outcomes<sup>3</sup>. Factors associated with survival include the presence of a shockable cardiac rhythm and early defibrillation, availability of by-stander cardiopulmonary resuscitation (CPR), and return of spontaneous circulation (ROSC) in the field.<sup>2,4</sup> The contribution of additional diagnostic modalities during ongoing resuscitation in the ED such as Point of care ultrasound<sup>5-7</sup> have only been evaluated in small studies.

Point-of-care ultrasound is now widely available in EDs and can provide immediate information on cardiac activity as well as potentially identifying rapidly reversible causes of cardiac arrest such as pericardial effusion or tension pneumothorax. Integrating point-of-care ultrasound into cardiac arrest protocols has been suggested<sup>8-10</sup>, but there have been no large studies to explore exactly how ultrasound should be utilized in Advanced Cardiac Life Support (ACLS). Several small studies suggest that lack of cardiac activity on ultrasound during cardiac arrest indicates futility.<sup>6,7</sup> However, these studies were underpowered, enrolled patients with shockable rhythms, and were subject to selection bias. A systematic review yielded a survival to admission rate of 2.4% in patients without cardiac activity on ultrasound<sup>11</sup>. Although these results seem to indicate that resuscitation in such patients may be of no clinical benefit, survival to discharge was not studied, and the studies were small and non-generalizable.

We therefore sought to determine the association between sonographically visible cardiac activity and survival for patients with pulseless electrical activity (PEA) or asystole.

## Methods

### ***Study Settings***

This multi-center, prospective, protocol-driven observational study involved sites across the United States and Canada. One coordinating center, six geographic regional centers and 13 local sites reporting to the regional centers were involved in the study for a total of 20 sites. Data was uploaded into a centralized database. Each site obtained approval from their respective Institutional Review Board. Consultants at Harvard University and Washington University conducted two independent ethical reviews. Feedback from these reviews was used to modify the research protocol prior to IRB approval and starting the study. This study was registered at ClinicalTrials.gov (NCT01446471).

### ***Subject selection***

Patients were included if they presented to the ED in non-traumatic cardiac arrest, were found to be in either asystole or PEA, and had ultrasound imaging performed during their resuscitation. Brief resuscitation efforts lasting less than five minutes were not included. Patients were excluded if the resuscitation was not continued after the initial ultrasound or if resuscitation efforts were halted to honor a do-not-resuscitate order.

### ***Study Protocol for Resuscitation***

Our research protocol required ultrasound imaging at the beginning of ACLS in the ED and a second ultrasound examination at the end of resuscitation efforts. All ultrasounds were

performed during pauses in resuscitation to determine cardiac rhythm and the presence of a pulse. CPR was not halted to obtain ultrasound images. Timing of ultrasound imaging and pauses of pulse check were determined using imaging time-stamps. Physicians used sub-xiphoid or parasternal long axis views to identify cardiac activity during the resuscitation. Interpretation of ultrasound for the presence of cardiac activity was made in real time during the resuscitation. Treating physicians were unblinded to US results. There is no pre-existing standard for defining cardiac activity on ultrasound. In this study cardiac activity was defined *a priori* as any visible movement of the myocardium, excluding movement of blood within the cardiac chambers or isolated valve movement. Emergency physicians credentialed in bedside ultrasound by their individual hospitals performed ultrasound imaging during this study.

Adherence to the study protocol was determined using time stamps of the ultrasound imaging, which were compared with the time of ACLS. Resuscitation followed established ACLS protocols with multiple rounds of medications during CPR. Resuscitation was continued for at least one round of medications after the initial ultrasound during continuous CPR. We used a pragmatic research protocol that allowed clinician leeway as to the timing of cessation of resuscitation efforts were terminated, as there is no published guidance on when to stop ACLS.

### ***Study Outcomes***

The primary outcome was the percentage of patients that survive to hospital admission. Secondary outcomes included the percentage of patients that survive to hospital discharge and ROSC. Data recorded for this study followed the Utstein nomenclature and included recommended data points with the exception of neurologic outcomes<sup>12</sup>. See eFigure1.

### ***Data Collection***

Study variables followed recommendations of previous cardiac arrest studies<sup>2,3,13,14</sup>. Data were obtained from study sheets or patient records. Ultrasound digital clips were interpreted in real-time during acquisition by physicians in the ED. Ultrasound digital clips were secondarily reviewed by a single reviewer in a blinded fashion at a later date for assessment of agreement and inter-observer agreement was evaluated using a kappa statistic. We used the suggested guidelines of Landis and Koch to describe the strength of agreement for the kappa statistic. They suggested, and we used, the following interpretation: less than 0 (poor), 0-0.20 (slight), 0.21-0.40 (fair), 0.41-0.60 (moderate), 0.61-0.80 (substantial), and 0.81-1.00 (almost perfect).<sup>15</sup>

### ***Statistical Analysis***

Demographic and clinical data are presented as means with 95% confidence intervals (CI), medians with interquartile ranges, or proportions. Univariate analysis was performed with the use of Mann-Whitney U test for continuous variables and Fisher's exact test for dichotomous variables. Univariate analysis was first performed independently for the three outcomes of 1) survival to hospital admission 2) ROSC and 3) survival to hospital discharge. Results are provided as odds ratios (95% CI) with p values. Similar to prior research, variables with  $p < 0.2$  from univariate analysis were included in initial multivariate modeling<sup>16</sup>. Collinearity was assessed between independent variables used in the multivariate analysis, and there was no considerable collinearity in any of the three models (None of the condition index was  $>10$  from Proc Reg analysis). Interaction between independent variables was assessed in a pairwise fashion for all variables. Interaction between gender and length of resuscitation as well as gender and bystander CPR was significant ( $P < 0.05$ ). However, the addition of interaction term did not change the direction of the main effect, and the changes occurred in odds ratio of the main effect were  $<10\%$ , therefore the interaction term was not included in the final models to simplify interpretation. We used the bootstrap method to assess model overfitting. There was no

considerable overfitting for any of the three models (overfitted area under the curve values were 0.6%, 1.9%, 6.7%, respectively).

Data integrity and completion was assured through communication with site directors during the study. Timing data from the out-of-hospital phase was ultimately missing in roughly 6% of cases. As noted by previous authors<sup>17</sup>, timing for pre-hospital events is difficult to obtain and were estimated based on a chart review when not available. In our models we adjusted for patient characteristics, elements of the cardiac arrest, therapeutic interventions during the arrest. Discrimination power of the final models was evaluated using ROC (Receiver Operating Characteristic curve). All statistical analyses were implemented with the use of SAS software version 9.4 (SAS Institute Inc, Cary NC) with the exception of model overfitting assessment, which was done in R (package rms).

Based on prior research<sup>4,11</sup>, we assumed an overall survival to hospital admission of 14% and a 1-to-2 ratio of patients with and without cardiac activity. A sample size of 772 patients detects an absolute increase in hospital admission of 3% from baseline for patients with cardiac activity with 80% power and a type 1 error rate of 5%.<sup>18</sup>

## Results

A total of 953 patients were enrolled from 2011 to 2014 (Figure 1). The number of patients demonstrating ROSC, survival to hospital admission and survival to hospital discharge was 208 (26.2%, 95%CI 23.3-29.4), 114 (14.4%, 95%CI 12.1-17.0), and 13 (1.6%, 95%CI 0.9-2.8) respectively. Overall, 263 patients (33%) had cardiac activity on the initial ultrasound in the ED. See Table 1 for patient characteristics. Cardiac activity on initial ultrasound was associated with higher ROSC and survival to hospital admission. Of the 263 patients, 134(51.0%), 76(28.9%) and 10(3.8%) with cardiac activity survived to ROSC, hospital admission and hospital discharge

respectively. In comparison, there were 530 patients without cardiac activity, with 76 (14.3%), 38 (7.2%), 3 patients (0.6%) surviving to ROSC, hospital admission and hospital discharge, respectively. (Figure 2) Agreement between initial US interpretation and review was substantial ( $k=0.63$ ). The number of patients with cardiac activity on the final ultrasound was similar to during the initial ultrasound (32.0% vs 33.3%), but some patients moved from no activity to positive activity (11.1%) and others moved from positive activity to no activity (11.7%).

Cardiac activity on initial ultrasound was the variable with the strongest association with survival at every endpoint. Multivariate regression analysis identified between 4 and 7 variables that were associated with survival at our various endpoints (Table 2). Ultrasound activity was associated with ROSC (OR 2.8, 1.9-4.2), survival to hospital admission (OR 3.6, 2.2-5.9), and survival to hospital discharge (OR 5.7, 1.5–21.9). All models had good discrimination (AUC 0.803, 0.762 and 0.825).

Ultrasound identified conditions that supported deviation from ACLS medication protocols. Pericardial effusion was identified in 34 patients, with attempted pericardiocentesis in 13 patients. In patients with pericardiocentesis during the resuscitation, survival to hospital discharge was 15.4%, with two patients surviving to hospital discharge. Additional patients with suspected pulmonary embolism received thrombolytics during the resuscitation, some with documented right-sided heart strain and others with visible clots in the ventricle. Two of the 15 patients receiving thrombolytics (13.3%) survived to hospital admission, and one (6.7%) survived to hospital discharge.

#### PEA versus Asystole

The initial cardiac arrest rhythm for all patients was asystole (n=350), PEA (n=327) and ventricular fibrillation (Vfib) or ventricular tachycardia (Vtach) (n=116). This includes patients

who arrested both out-of-hospital and in ED. Patients in Vfib or Vtach out-of-hospital converted to PEA or asystole during transport, so the number of patients in PEA or asystole in the ED was 414 and 379 respectively. Survival for all patients by cardiac rhythm is included in eTable 1. The percentage of patients with cardiac activity on ultrasound differed between asystolic patients (38 of 379, 10%) and patients in PEA (225 of 414, 54%), see Figure 3.

Two variables associated with increased survival at all time points were presence of PEA and cardiac activity on initial US. The survival rate to hospital admission for patients with cardiac activity (76 of 263, 29%) was greater than patients presenting in PEA (90 of 414, 22%) p=0.04, but no different than patients presenting with both (72 of 226, 23%) p=0.49. Other factors such as age, presence of a shockable rhythm anytime during resuscitation, downtime prior to CPR or bystander CPR did not show a consistent association across all survival endpoints.

Lack of cardiac activity on point-of-care ultrasound and asystole in the ED were strongly associated with lack of survival at any time point. The survival rate to hospital admission for patients in asystole (24 of 379, 6.3%), patients with no cardiac activity (38 of 530, 7.2%), or both (20 of 341, 5.9%) were not significantly different (p=0.69). Three patients with no cardiac activity survived to hospital discharge. One was a 64yo male with an out-of-hospital arrest, initially in vfib but shocked into asystole by EMS with 40min resuscitation in the ED. The second was a 67yo male initially in vfib, defibrillated into PEA by EMS, resuscitated for 6min in the ED. The third was a 75yo female with an out-of-hospital arrest found in asystole in her bed with unknown downtime, resuscitated for 20min by EMS and 10min in the ED. Although not 100% predictive, the lack of cardiac activity on ultrasound in asystolic patients in the ED demonstrated a sensitivity and PPV of 0.9 and 0.99 for non-survival to hospital discharge (see table 3).

#### Location of Arrest

The patient characteristics were different for patients who arrested in the emergency department compared to those arresting out-of-hospital, but the overall survival to hospital discharge was not different. The percentage of patients with ultrasound activity was higher for patients arresting in-ED when compared to out-of-hospital: 58.4% vs 29.0% ( $p=0.001$ ). The percentage of patients in PEA was also higher for in-ED arrests: 62.8% vs 36.8%, ( $p=0.001$ ). Survival to hospital admission was higher for in-ED arrests (28.9 vs 13.5,  $p=0.001$ ) but survival to hospital discharge was not different (3.5% vs 1.3%,  $p=ns$ ). The difference in survival to hospital admission may be due more to other factors such as length of downtime rather than location of arrest, as location of arrest was not associated with survival following multivariate analysis.

### Timing of Events

Evaluation of timing of events during resuscitation demonstrates a few differences between patients with and without cardiac activity. (eFigure 1) Differences included shorter downtime (time between arrest and CPR) and longer length of resuscitation for patients with cardiac activity with resuscitation times of 18min (IQR 10-30) vs 12min, (IQR 8-17),  $p<0.05$ . Other measures of resuscitation effort such as time between doses of epinephrine and pauses for pulse checks were similar. Patients with and without cardiac activity had epinephrine every 5.55min (IQR 4.55 to 9.44) and 5.55min (IQR 4.00 to 8.33). The average time spent recording ultrasound images during pulse checks was also not different (4.9sec versus 4.4sec,  $p>0.05$ ).

### Discussion

Our study of patients in cardiac arrest demonstrates that the presence of cardiac activity on the initial ultrasound during resuscitation is the variable most associated with survival following cardiac arrest. This is the first large, multi-center study exploring the use of ultrasound during ACLS, validating observations made in smaller studies<sup>5-7,19-22</sup>. Rates of ROSC in previously

published studies for patients in cardiac arrest with cardiac activity range from 24% to 73%. Our study found a ROSC rate of over 50% if cardiac activity was detected vs. 14.1% if none was documented. Other features such as bystander CPR identified by previously studies<sup>16,23</sup> were less strongly associated with survival. The overall survival rate to hospital discharge in patients with cardiac activity on ultrasound was 3.8%, which is higher than other large out-of-hospital arrest studies (1.4% and 2.7%)<sup>4,24</sup>. Those publications consist of resuscitation efforts without ultrasound, and we speculate that the increase in survival can be at least partially explained by cases where ultrasound identified non-ACLS interventions (i.e. pericardiocentesis, thrombolysis). It is also possible that the better outcome reported in patients with cardiac activity on ultrasound was related to prolonged resuscitation efforts. This is unlikely to be the primary cause of increased survival, as multivariate modeling found no association between length of resuscitation and increased survival. In addition, no prior research supports an association between longer resuscitation efforts and survival in out-of-hospital arrest, and studies on in-hospital arrests have been mixed<sup>25,26</sup>.

The overall survival rate to hospital discharge in this study was relatively low at 1.6% and included patients arresting out of hospital as well as patients arresting in the emergency department. Previously published survival rates for out-of-hospital arrest were comparable to our study (1.4% and 2.7%)<sup>4,24</sup>. Other studies on emergency department cardiac arrest demonstrate higher survival rates (22.2%)<sup>27</sup>. Our survival rate is lower when compared to previously published in-ED arrests for a number of reasons. First, our data includes out-of-hospital arrests and not just in-ED arrests. Second, patients arresting in the emergency department who were rapidly resuscitated were not included in the current study. These patients were successfully resuscitated before an ultrasound could be performed. Finally, it is also possible that an element of selection bias is contributing to the relatively lower survival rate.

Ultrasound identified a group of patients who are treated outside of the current ACLS medication algorithm (pericardial effusion, signs of pulmonary embolism). Overall, 34 of 793 patients had a pericardial effusion, with 13 pericardiocentesis procedures. This small group of patients demonstrated a survival rate to hospital discharge (15.4%) significantly higher than in all other patients in our study (1.3%). Additional patients had findings of possible pulmonary embolism such as right heart strain but the benefit in this group was not as great (6.7% survival to hospital discharge). The identification of findings that support interventions outside of ACLS medications and the increased survival in this subgroup illustrates the utility of integrating ultrasound into standard ACLS algorithm. The utility of ultrasound during ACLS is also demonstrated by the finding that roughly 10% of patients in asystole demonstrated cardiac activity on ultrasound, a finding that has been seen in other smaller studies<sup>5,20,21,28</sup>. Prior studies describing asystolic patients with sonographic cardiac activity did so with an overall lower prevalence (0.7% to 5%) but it is possible that in unblinded studies the rhythm interpretation and ultrasound interpretation influence each other. The blinded review of ultrasound images in the current study supports the lack of ultrasound activity in patients considered in asystole on the monitor.

Our study also demonstrates a strong association between lack of cardiac activity and non-survival. This study is not the first to find this association, but prior publications suffered from methodological flaws. A meta-analysis of 11 studies using echocardiography in cardiac arrest found no cardiac activity is strongly associated with lack of ROSC, but these studies included traumatic cardiac arrests and a primary outcome of ROSC rather than survival to hospital discharge. In that meta-analysis, only 2.4% of patients without cardiac activity developed ROSC (compared to 14.5% in our current study).<sup>11</sup> It has been noted that physicians feel more comfortable ceasing resuscitative efforts if ultrasound shows no cardiac activity<sup>7</sup>. It is possible that this comfort may be resulting in under-resuscitation of patients in cardiac arrest and this

contributed to a selection bias with a lower ROSC in prior studies.

Ultrasound has been proposed to help decrease ACLS interventions in patients where survival is thought to be exceedingly small. It has been suggested that resuscitative efforts can be terminated if a patient in cardiac arrest has no cardiac activity on ultrasound<sup>29</sup>. In our study, the lack of cardiac activity at the beginning of resuscitation was strongly associated with non-survival, but three of these patients survived to hospital discharge. Subgroup analysis demonstrates that the lack of cardiac activity and asystole together are more associated with non-survival. This may be a population where prolonged resuscitation may not provide measurable benefits.

In summary, point-of-care ultrasound demonstrated a valuable potential role in resuscitation following cardiac arrest by identifying patients with higher likelihood of survival as well as patients who benefit from interventions outside of strict ACLS protocol (pericardiocentesis for pericardial effusion or thrombolytics for possible pulmonary embolism). Ultrasound may also identify patients where prolonged resuscitation may not provide measurable benefit (asystolic patients without cardiac activity).

### ***Limitations***

The most significant limitation of this study involved the potential of bias related to the lack of blinding of the ultrasound results. The clinicians were unblinded to the ultrasound results and patients with cardiac activity on ultrasound demonstrated longer resuscitation times. To decrease potential bias related to clinician opinion of the ultrasound results, we excluded patients with short unsuccessful resuscitations (under 5 min) to avoid patients with resuscitation efforts stopped because of a negative ultrasound. Other metrics of resuscitation effort such as timing of epinephrine and length of resuscitation pauses during ultrasound imaging were similar

for patients with and without cardiac activity. It is possible that bias contributed to decreased resuscitation times in patients without cardiac activity, but the decision to not blind clinicians to the ultrasound results was following the ethical review during the research protocol development.

Another limitation of this study is that survival outcomes did not include neurocognitive testing. We were unable to include this outcome because of resource constraints, which limits any conclusions regarding neurologically intact survival. Our study did also not include a research protocol detailing all aspects of the resuscitation effort. Clinicians were able to choose medication timing and overall length of resuscitation, which may result in unmeasured differences between groups. Finally, it is possible that there was a selection bias in patients actually enrolled in the study, as evidenced by the overall enrollment rate for sites involved in this study.

#### Conflict of Interest

Dr. Romolo Gaspari has no conflict of interest.

#### **Acknowledgements**

This research was presented in 2015 at the Society of Academic Emergency Medicine conference and at the Canadian Academy of Emergency Physicians conference. The authors would like to recognize the US Critical Injuries and Trials Group (USCIT Group) for the initial review and feedback during the protocol creation stage. Ginger Mangolds (Worcester MA), Andrea Thompson (St Louis, MO), Marsia Vermeulen (New York, NY) made substantial contribution to this study. Larry Lu, PhD served as the paid statistician for this manuscript.

## REFERENCES

1. McNally B, Robb R, Mehta M, et al. Out-of-hospital cardiac arrest surveillance --- Cardiac Arrest Registry to Enhance Survival (CARES), United States, October 1, 2005--December 31, 2010. *MMWR Surveill Summ* 2011;60:1-19.
2. Sasson C, Rogers MA, Dahl J, Kellermann AL. Predictors of survival from out-of-hospital cardiac arrest: a systematic review and meta-analysis. *Circ Cardiovasc Qual Outcomes* 2010;3:63-81.
3. Mader TJ, Nathanson BH, Millay S, et al. Out-of-hospital cardiac arrest outcomes stratified by rhythm analysis. *Resuscitation* 2012;83:1358-62.
4. Stiell IG, Wells GA, Field B, et al. Advanced cardiac life support in out-of-hospital cardiac arrest. *The New England journal of medicine* 2004;351:647-56.
5. Breitkreutz R, Price S, Steiger HV, et al. Focused echocardiographic evaluation in life support and peri-resuscitation of emergency patients: a prospective trial. *Resuscitation* 2010;81:1527-33.
6. Salen P, Melniker L, Chooljian C, et al. Does the presence or absence of sonographically identified cardiac activity predict resuscitation outcomes of cardiac arrest patients? *The American journal of emergency medicine* 2005;23:459-62.
7. Blaivas M, Fox JC. Outcome in cardiac arrest patients found to have cardiac standstill on the bedside emergency department echocardiogram. *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine* 2001;8:616-21.
8. Niendorff DF, Rassias AJ, Palac R, Beach ML, Costa S, Greenberg M. Rapid cardiac ultrasound of inpatients suffering PEA arrest performed by nonexpert sonographers. *Resuscitation* 2005;67:81-7.
9. Hernandez C, Shuler K, Hannan H, Sonyika C, Likourezos A, Marshall J. C.A.U.S.E.: Cardiac arrest ultra-sound exam--a better approach to managing patients in primary non-arrhythmogenic cardiac arrest. *Resuscitation* 2008;76:198-206.
10. Chardoli M, Heidari F, Rabiee H, Sharif-Alhoseini M, Shokoohi H, Rahimi-Movaghar V. Echocardiography integrated ACLS protocol versus conventional cardiopulmonary resuscitation in patients with pulseless electrical activity cardiac arrest. *Chin J Traumatol* 2012;15:284-7.
11. Blyth L, Atkinson P, Gadd K, Lang E. Bedside focused echocardiography as predictor of survival in cardiac arrest patients: a systematic review. *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine* 2012;19:1119-26.
12. Jacobs I, Nadkarni V, Bahr J, et al. Cardiac arrest and cardiopulmonary resuscitation outcome reports: update and simplification of the Utstein templates for resuscitation registries. A statement for healthcare professionals from a task force of the international liaison committee on resuscitation (American Heart Association, European Resuscitation Council, Australian Resuscitation Council, New Zealand Resuscitation Council, Heart and Stroke Foundation of Canada, InterAmerican Heart Foundation, Resuscitation Council of Southern Africa). *Resuscitation* 2004;63:233-49.
13. Cha WC, Lee EJ, Hwang SS. The duration of cardiopulmonary resuscitation in emergency departments after out-of-hospital cardiac arrest is associated with the outcome: A nationwide observational study. *Resuscitation* 2015.
14. Andersen LW, Bivens MJ, Giberson T, et al. The relationship between age and outcome in out-of-hospital cardiac arrest patients. *Resuscitation* 2015;94:49-54.
15. Landis JR, Koch GG. The measurement of observer agreement for categorical data. *Biometrics* 1977;33:159-74.
16. Hasselqvist-Ax I, Riva G, Herlitz J, et al. Early cardiopulmonary resuscitation in out-of-hospital cardiac arrest. *The New England journal of medicine* 2015;372:2307-15.

17. Fredriksson M, Herlitz J, Nichol G. Variation in outcome in studies of out-of-hospital cardiac arrest: a review of studies conforming to the Utstein guidelines. *The American journal of emergency medicine* 2003;21:276-81.
18. Chow S SJ, Wang H. Sample Size Calculations in Clinical Research. 2nd ed: Chapman and Hall; 2008.
19. Salen P, O'Connor R, Sierzenski P, et al. Can cardiac sonography and capnography be used independently and in combination to predict resuscitation outcomes? *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine* 2001;8:610-5.
20. Cebicci H, Salt O, Gurbuz S, Koyuncu S, Bol O. Benefit of cardiac sonography for estimating the early term survival of the cardiopulmonary arrest patients. *Hippokratia* 2014;18:125-9.
21. Aichinger G, Zechner PM, Prause G, et al. Cardiac movement identified on prehospital echocardiography predicts outcome in cardiac arrest patients. *Prehosp Emerg Care* 2012;16:251-5.
22. Hayhurst C, Lebus C, Atkinson PR, et al. An evaluation of echo in life support (ELS): is it feasible? What does it add? *Emergency medicine journal : EMJ* 2011;28:119-21.
23. Go AS, Mozaffarian D, Roger VL, et al. Heart disease and stroke statistics--2014 update: a report from the American Heart Association. *Circulation* 2014;129:e28-e292.
24. Thomas AJ, Newgard CD, Fu R, Zive DM, Daya MR. Survival in out-of-hospital cardiac arrests with initial asystole or pulseless electrical activity and subsequent shockable rhythms. *Resuscitation* 2013;84:1261-6.
25. Ballew KA, Philbrick JT, Caven DE, Schorling JB. Predictors of survival following in-hospital cardiopulmonary resuscitation. A moving target. *Arch Intern Med* 1994;154:2426-32.
26. Goldberger ZD, Chan PS, Berg RA, et al. Duration of resuscitation efforts and survival after in-hospital cardiac arrest: an observational study. *Lancet* 2012;380:1473-81.
27. Kayser RG, Ornato JP, Peberdy MA, American Heart Association National Registry of Cardiopulmonary R. Cardiac arrest in the Emergency Department: a report from the National Registry of Cardiopulmonary Resuscitation. *Resuscitation* 2008;78:151-60.
28. Zengin S, Yavuz E, Al B, et al. Benefits of cardiac sonography performed by a non-expert sonographer in patients with non-traumatic cardiopulmonary arrest. *Resuscitation* 2016;102:105-9.
29. Shoenberger JM, Massopust K, Henderson SO. The use of bedside ultrasound in cardiac arrest. *Cal J Emerg Med* 2007;8:47-50.

## Figure Legends

Figure 1 - Study Flow Diagram – [no legend]

Figure 2 - Survival after Cardiac Arrest – Grey bars represent patients with cardiac activity on initial ultrasound and black bars represent patients with no cardiac activity on initial ultrasound. Patients with cardiac activity demonstrated higher ROSC (51.2% vs 14.3, p<0.001), survival to hospital admission (29.0% vs 7.2, p<0.001) and survival to hospital discharge (3.8% vs 0.6, p=0.04).

Fig 3 "Cardiac activity by initial cardiac rhythm demonstrates 45.6% of patients in PEA have no cardiac activity on ultrasound and 10% of patients in asystole have some cardiac activity on ultrasound."

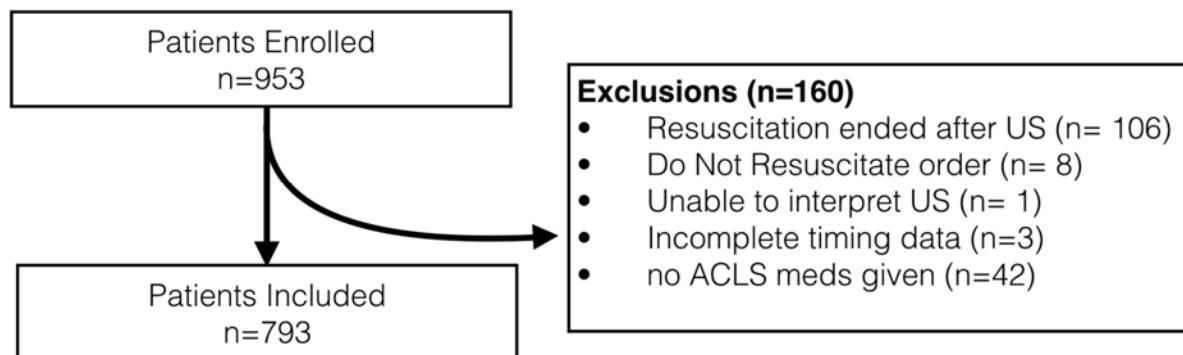


Fig 1

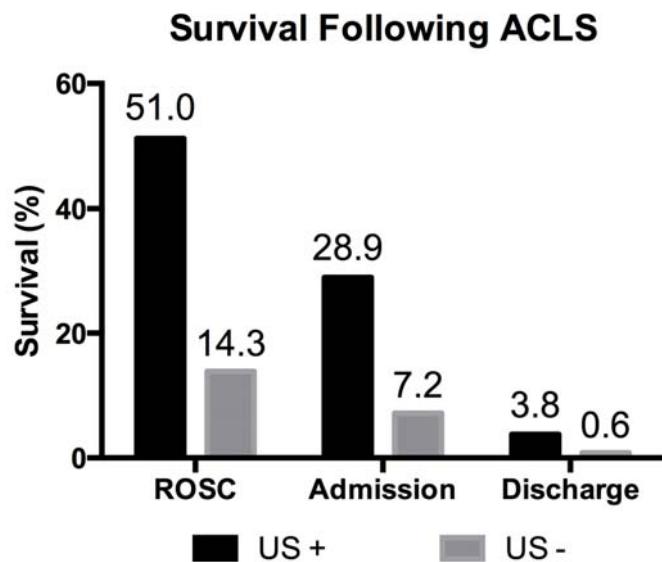


Fig 2

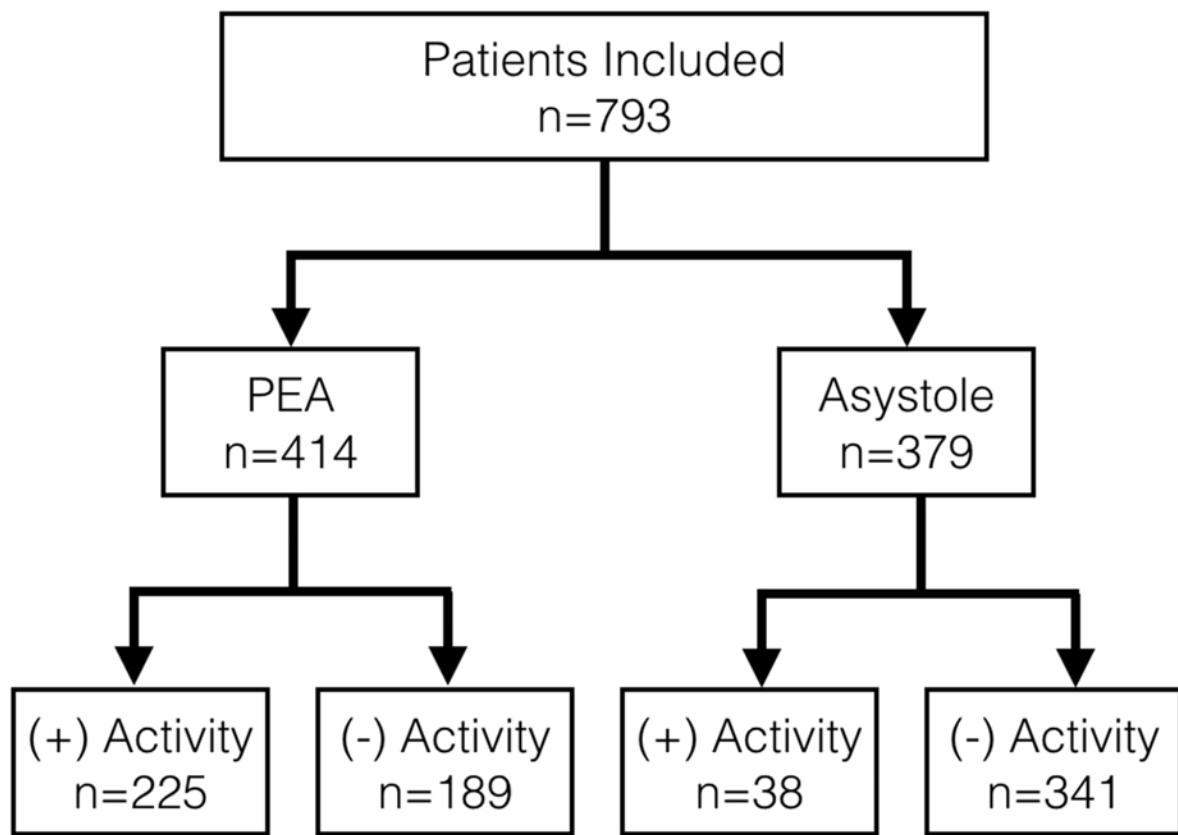


Fig 3

Table 1 – Patient Characteristics

Characteristic of Subjects	All Patients (n=793)	Presence of cardiac activity on initial US (n=263)	Absence of cardiac activity on initial US (n=530)	Comparison between US activity groups
<b>Demographics</b>				
Age, mean (SD), years	64.2 $\pm$ 17.4	66.1 $\pm$ 16.1	63.2 $\pm$ 18.0	p=ns
Male – n (%)	492 (62.0)	151 (57.4)	341 (64.3)	p=ns
<b>Details of Cardiac Arrest</b>				
Bystander Witnessed – no. (%)	334 (42.1)	141 (53.6)	193 (36.4)	p<0.001
Bystander CPR – no. (%)	268 (33.8)	105 (39.9)	163 (30.8)	p=0.02
Out of Hospital Arrest – no. (%)	680 (85.8)	197 (74.9)	483 (91.1)	p<0.001

Table 2 - Multivariate model – Factors associated with survival

	Odds Ratio (95% CI)	P value	ROC Analysis
<b>ROSC</b>			
Gender (F vs M)	1.6 (1.1-2.3)	0.010	AUC = 0.803
Rhythm during initial US (PEA vs Asystole)	2.8 (1.8-4.3)	< .0001	(0.769-0.837)
Cardiac activity (Yes vs No)	3.0 (2.0-4.5)	< .0001	
Length of resuscitation	1.02 (1.01-1.03)	< .0001	

Epi per min	0.16 (0.018-1.47)	0.10	
<u>Survival to Hospital Admission</u>			
Gender (F vs M)	1.8 (1.2 – 2.8)	0.007	
Bystander (Yes vs No)	1.6 (1.0 – 2.4)	0.042	AUC = 0.762
Rhythm during initial US (PEA vs Asystole)	2.1 (1.2 – 3.6)	0.011	(0.710-0.813)
Cardiac activity (Yes vs No)	3.6 (2.2 – 5.9)	< .0001	
Shockable rhythm (IS vs CS)	2.9 (1.4 – 5.9)	0.006	
Shockable rhythm (NS vs CS)	1.7 (0.97 – 3.1)	0.96	
Epi per min	0.12 (0.013-1.23)	0.075	
<u>Survival to Hospital Discharge</u>			
Bystander (Yes vs No)	2.6 (0.84 – 8.3)	0.096	AUC = 0.825
Presenting rhythm (PEA vs Asystole)	1.8 (0.34 – 9.3)	0.64	(0.739-0.912)
Presenting rhythm (VF/VT vs Asystole)	5.5 (1.03 – 30.0)	0.022	
Cardiac activity (Yes vs No)	5.7 (1.5 – 21.9)	0.011	

Table 3 - Sensitivity and Specificity of Ultrasound with no Cardiac Activity for non-survival

		ROSC	Survival to Hospital Admission	Survival to Hospital Discharge
Asystole	Sensitivity	0.91 (0.90-0.93)	0.90 (0.90-0.92)	0.90 (0.90-0.90)
	Specificity	0.19 (0.09-0.32)	0.17 (0.06-0.36)	0.0 (0.0-0.8)

	PPV	0.90 (0.89-0.91)	0.94 (0.93-0.96)	0.99 (0.99-1.00)
	NPV	0.21 (0.11-0.36)	0.11 (0.04-0.23)	0.00 (0.00-0.04)
<hr/>				
PEA	Sensitivity	0.60 (0.56-0.63)	0.53 (0.50-0.55)	0.47 (0.46-0.47)
	Specificity	0.76 (0.70-0.81)	0.80 (0.71-0.87)	0.91 (0.58-1.00)
	PPV	0.79 (0.74-0.84)	0.91 (0.86-0.94)	1.00 (0.98-1.00)
	NPV	0.56 (0.51-0.59)	0.32 (0.28-0.35)	0.04 (0.03-0.05)