

### ResCU (2014-2017)

#### Background and Methods

- An in-hospital cardiac arrest (IHCA) occurs when a patient's **heart stops beating**, either due to electrical or muscular problems.
- We wanted to find out how Veterans recover from a cardiac arrest that happened while in a VA hospital and **how it affects their life over time**.
- We then surveyed **325** Veterans who had experienced in-hospital cardiac arrest at a VA Hospital. We **followed up** 3, 6, 9, and 12 months after their IHCA.
- At the end** of ResCU we conducted an initial pilot study to **determine** if our planned ResCU II study structure would work. In that time we conducted **10 semi-structured interviews (SSIs)** with Veterans.

#### Survey and Interview Questions

The **primary purpose** of the 10 ResCU SSIs was to test out **content** and **structure** of the questions to be used in ResCU II.

To determine whether or not Veterans in our population had a disability **after their IHCA** we asked **specific** survey questions. **Below are some examples.**

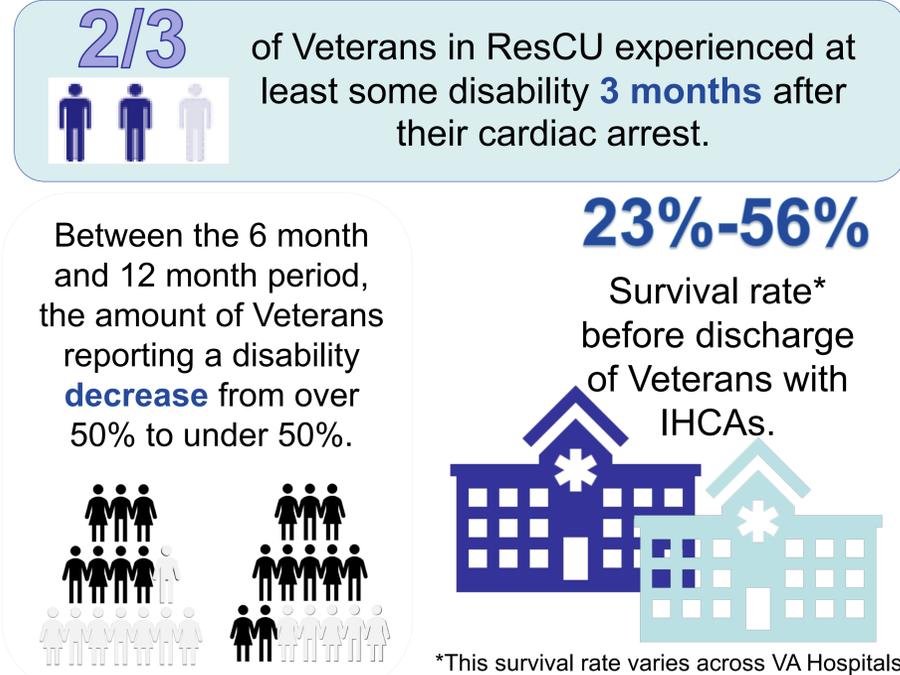
**1. Because of a health or memory problem do you have difficulty with:**

- Dressing, such as putting on shoes and socks?
- Using the toilet including getting up and down?
- Making phone calls?
- Taking medications?

**2. Because of a health problem do you have any difficulty with:**

- Stooping, kneeling, or crouching?
- Lifting or carrying weights over 10 pounds, like a heavy bag of groceries?

#### ResCU Results



*Some Veterans had remarkable recovery from IHCA, becoming "super-survivors"—but we do not know how the care of super-survivors differed.*



#### Veteran Stories from ResCU Interviews

- Veteran stopped using cane and now walks on own without difficulty.
- Veteran had a 1st birthday party to celebrate new life.
- Veteran stated that cardiac arrest was very traumatic and asked if it happens a lot. Felt comfort knowing not the only person this happened to.
- Numerous Veterans expressed frustration with having to do things slower than they used to do.

### ResCU II (2018-2022)

#### Background and Methods

- We want to find out what **unique** services, care or experiences our "Super Survivor" patients have after their in-hospital cardiac arrest.
- We are interviewing the **same** Veterans that were recruited for ResCU, but were **not** interviewed, using a modified interview guide.
- The ResCU II team will attempt to conduct a total of **44** SSIs with Veterans **and their caregivers**.

#### Study Progress

- We currently have completed **13 patient** SSIs and **5 caregiver** SSIs.
- An **example** of a **question** asked during a ResCU II interview is listed **below**:

Since the hospitalization when you had an IHCA, have there been any periods where you made a **lot of progress**—where things really got **better** in your life?

#### Veteran and Caregiver Stories from ResCU II

- Veteran was **motivated** to build up their strength after IHCA in order to return to hunting with friends and family. Veteran **built strength** by walking laps around their property.
- Caregiver helped** with patient recovery by helping the Veteran **practice** walking with their walker longer distances each day.