



CASE STUDY

Using One County's Resuscitation Blueprint to Engage Statewide Improvement

In Washington State, Seattle and King County share best practices with resuscitation leaders statewide

THE CHALLENGE:

Seattle and surrounding King County in Washington state have a strong history of striving to improve survival rates from sudden cardiac arrest. The tradition was used to develop an innovative approach to share their best practices with other communities across the state.

THE RESPONSE:

Supported by the HeartRescue program, King County Emergency Medical Services and the Seattle Fire Department collaborated with resuscitation leaders from the University of Washington to create a Resuscitation Academy. The "RA" experience is a workshop whereby community stakeholders focus on program implementation and improvement in order to impact survival at the local level. The Resuscitation Academy originally engaged communities across Washington State and now involves communities from around the US and beyond. The program provides a basic blueprint for communities while supporting each community's unique strategy to improve resuscitation care and outcomes.

With the support of HeartRescue, the Resuscitation Academy has engaged **34 of Washington's 39 counties** in the RA's quality improvement programs, with special emphasis on how to build or enhance telecommunicator CPR (T-CPR) and high-performance EMS CPR services.

These efforts have produced a consistent, high-level of care that achieves best practices in resuscitation across the state. As a result, Washington is consistently at or near the top of the state-based survival rates overall and among the Utstein (shockable cardiac arrest) groups.

Learn more about HeartRescue's impact in Washington [here](#).



Three quarters

of the Seattle and King County residents are **trained in CPR** through a range of programs that include local EMS and community training programs as well as through education-based training initiatives.



Washington state is a **national leader** in pre-hospital and hospital care and functional outcomes.