

SUMMARY

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Subject: Epidemiology of Out-of-Hospital Cardiac Arrest in the Kielce County and the Need for Distribution of Automated External Defibrillators

Key words: sudden cardiac arrest, AED defibrillator, CPR, Kielce County

Introduction: Out-of-hospital cardiac arrest is one of the most severe life-threatening conditions that requires immediate medical intervention. The speed of life-saving measures such as cardiopulmonary resuscitation (CPR) and defibrillation is crucial for the patient's survival. Consequently, the epidemiology of cardiac arrest and the analysis of the need for the distribution of automated external defibrillators (AEDs) are significant aspects of public health protection.

Aim of the study: The aim of the study is to conduct an epidemiological analysis of cases of sudden cardiac arrest in the Kielce County. Specific objectives include promoting educational initiatives on basic resuscitation procedures for sudden cardiac arrest, utilizing automated external defibrillators (AEDs), to enhance survival rates among individuals.

Material and methods: The research material consisted of adult patients of both genders who experienced sudden cardiac arrest in the Kielce County between 2015 and 2017. The research method employed in this study involved the analysis of medical documentation, including emergency response medical records, sudden cardiac arrest protocols, patient hospitalization records, and a custom-designed protocol.

Results and conclusions: The results indicate that the most common causes of sudden cardiac arrest in the Kielce County between 2015 and 2017 were age and the home environment, highlighting the significance of cardiovascular diseases in older individuals. Data analysis revealed that cardiac arrest predominantly affects older men, who make up the majority of patients arriving at Emergency Medical Teams and Hospital Emergency Departments. Additionally, most episodes of cardiac arrest occur during the day, when increased physical activity and stress can further heighten the risk of such events.

