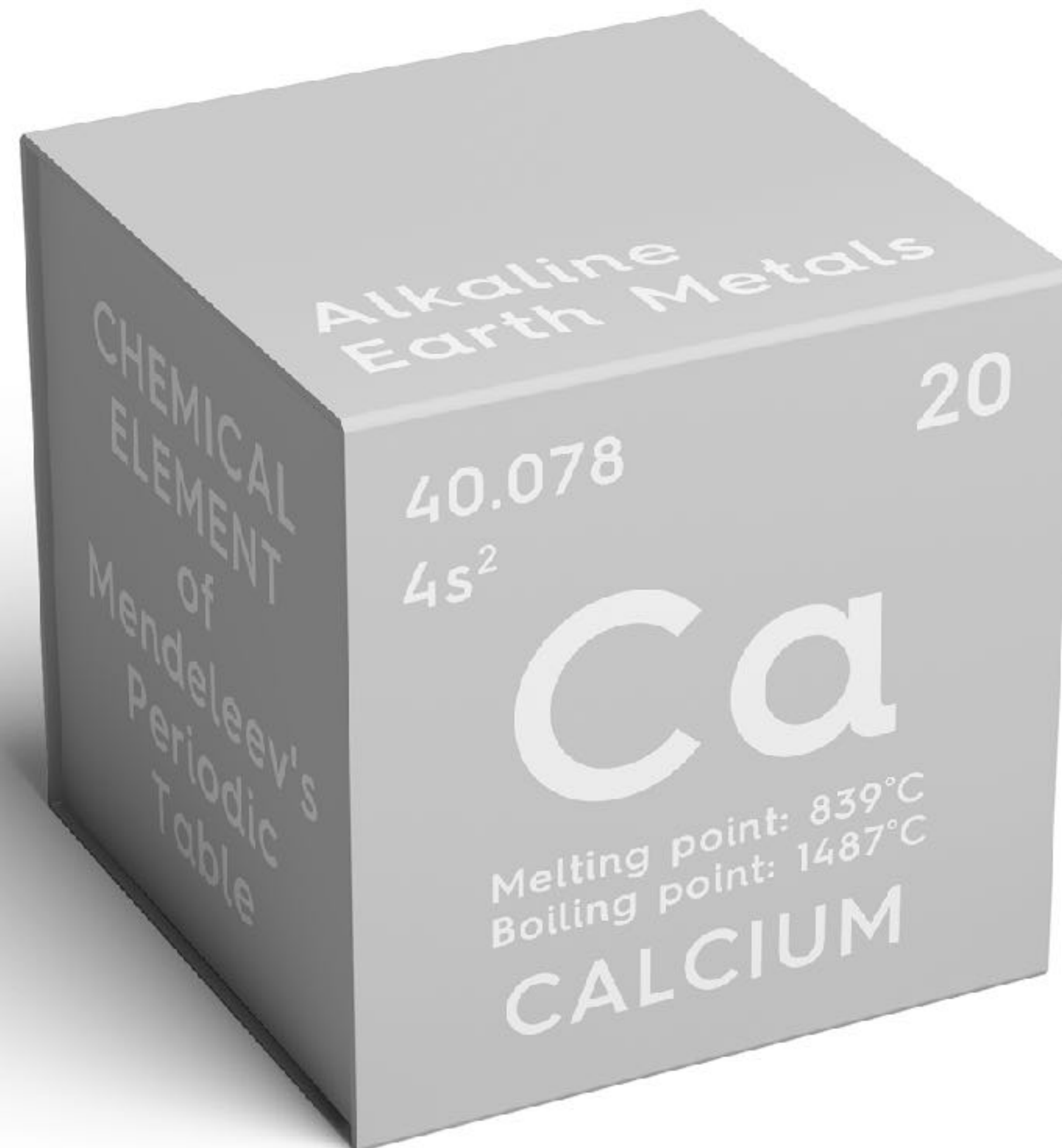


SGEM#353: COCA for OCHA



December 21, 2021

Guest Skeptic:

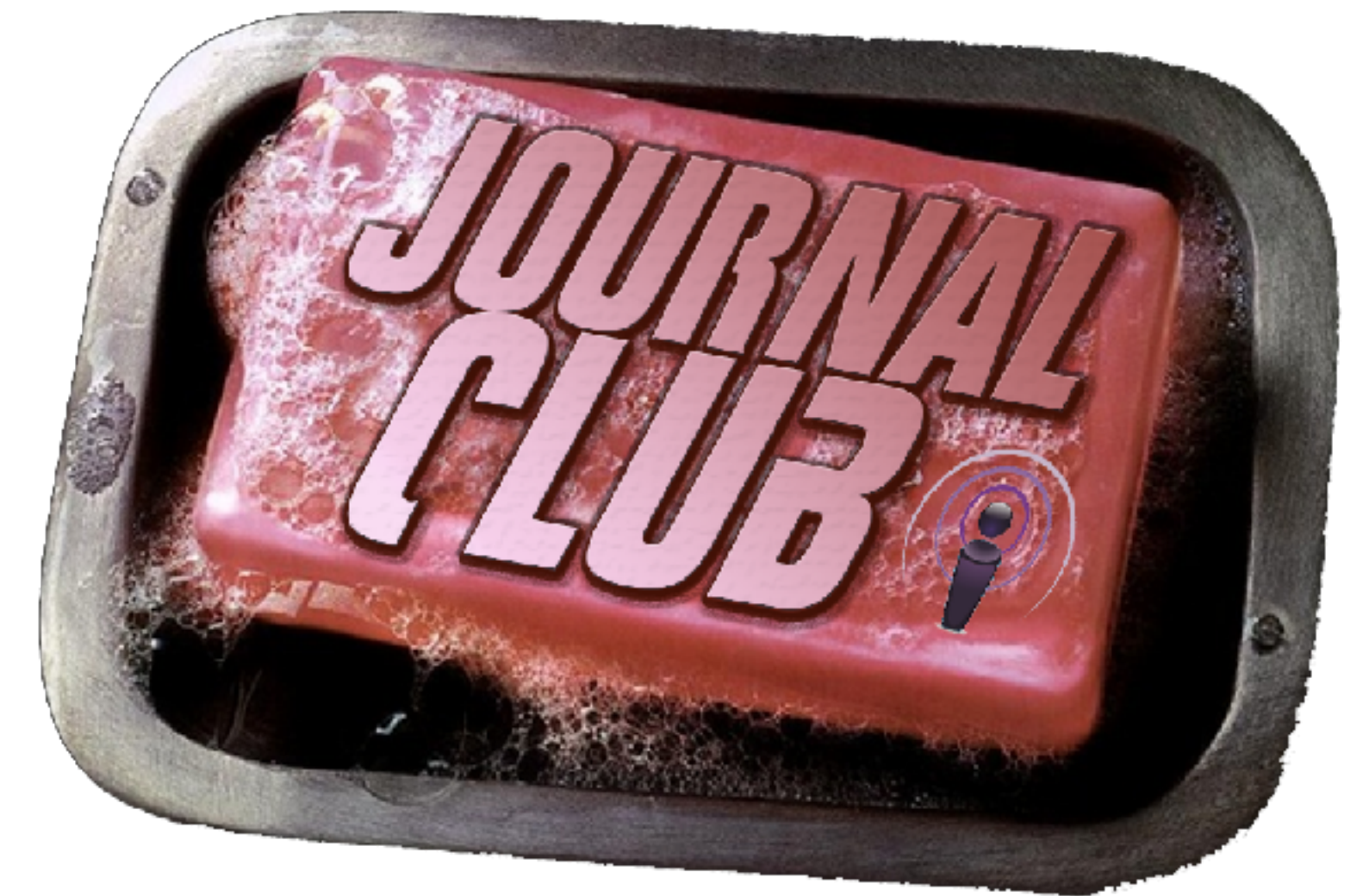


**Dr. Spencer
Greaves**

EM Resident
Masters in Public Health
Bachelor's in Biomedical
Engineering

Five Rules of SGEM Journal Club:

Rule	
1	You must talk/tweet about SGEM-JC
2	The evidence based medicine answer is: <i>"it all depends"</i>
3	Don't Panic - Even your faculty is not sure of some of the answers
4	It's all about the methods
5	Be skeptical of anything you learn, even if you heard it on SGEM-JC



A photograph of a person lying on their back on a light-colored wooden floor. They are wearing a blue and white checkered button-down shirt. Two hands, belonging to another person wearing a grey long-sleeved shirt, are placed on the person's upper back. The background is slightly blurred, showing a wooden door and a window with light coming through.

Case:

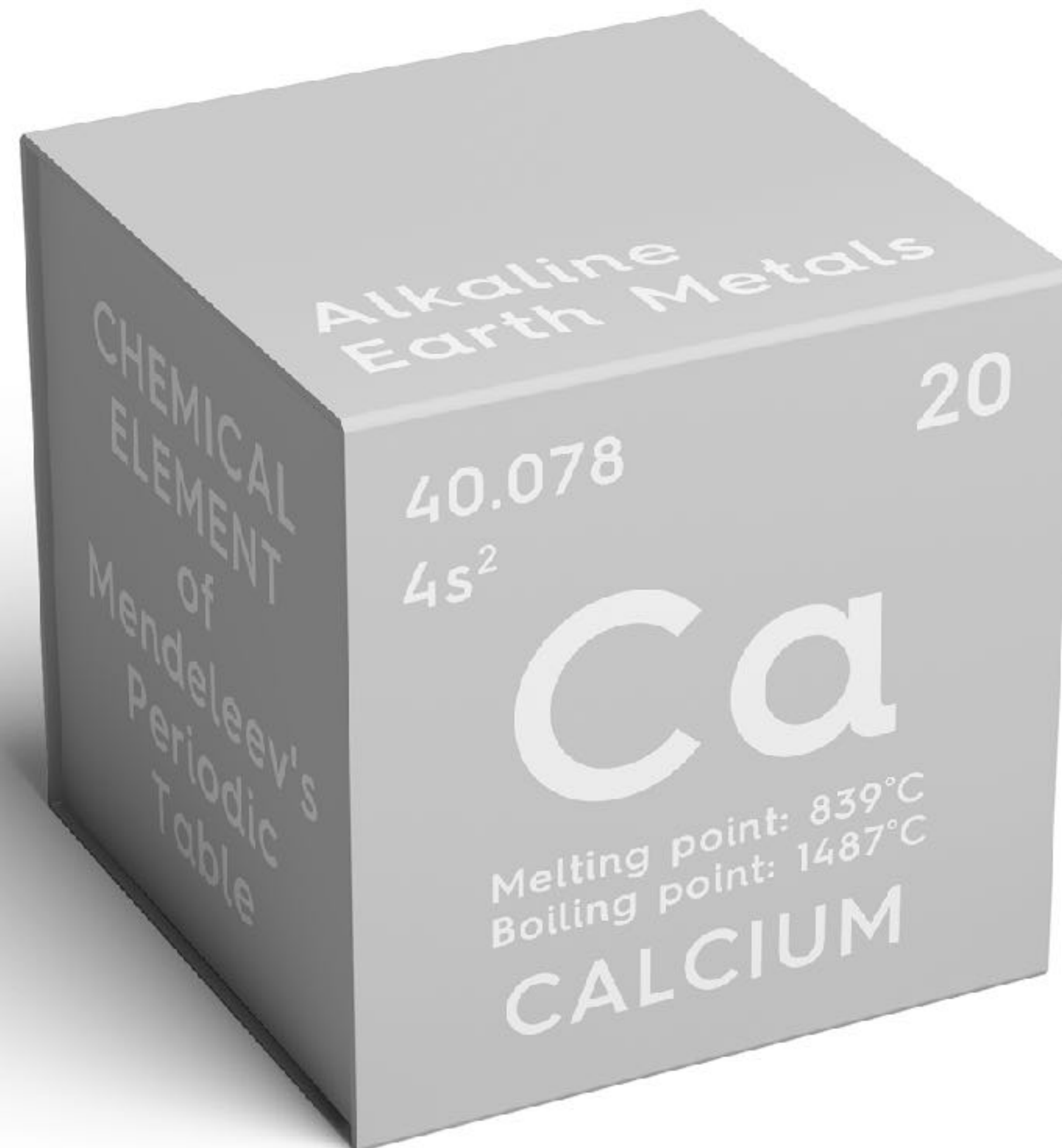
- **68yo OHCA**
- **HTN & Cholesterol**
- **Smoker >50yrs**
- **Bystander CPR**
- **Asystole**
- **IO & Supraglottic**
- **Epinephrine**

Out-of-Hospital Cardiac Arrest

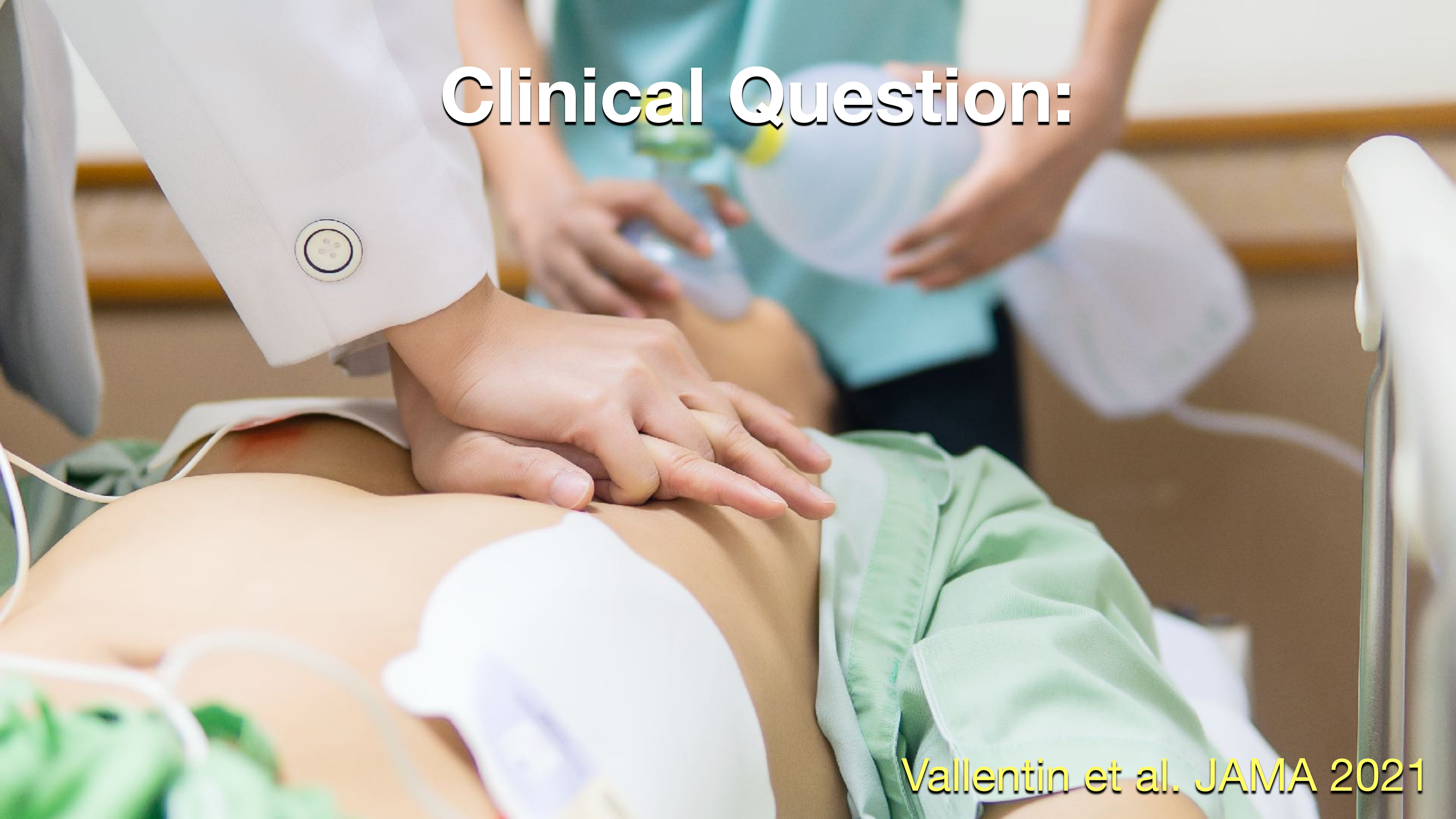
- OPALS
- Mech CPR
- TTM2
- Amio v Lido
- IO v IV
- PARAMEDIC2
- Supraglottic



Calcium: Inotropic & Vasopressor



Clinical Question:



Vallentin et al. JAMA 2021

P

I

C

O

Population

**Adults
>17yo
OHCA
Epinephrine**

Intervention

**Calcium
IO or IV
After first
Epinephrine**

Comparison

**Saline
IO or IV
After first
Epinephrine**

Outcome

**Sustained
ROSC**

Authors' Conclusions:

The JAMA logo consists of a solid red square. Inside the square, the word "JAMA" is written in a bold, white, sans-serif typeface, centered horizontally and vertically.

JAMA

Vallentin et al.
JAMA 2021

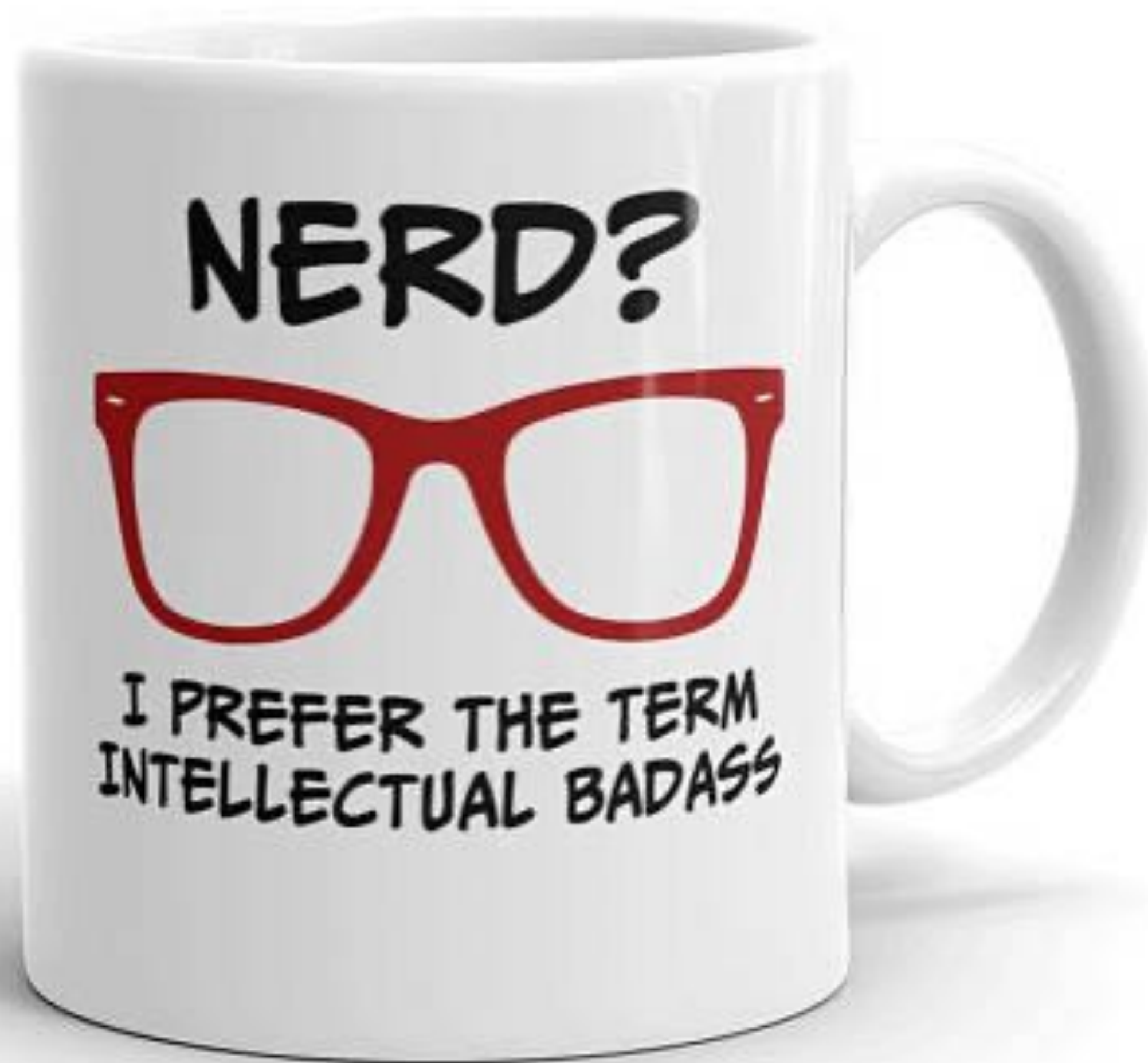
Checklist




n=383 OCHA
68yo, 71% male
80% Home, 85% CPR
50% Asystole



ROSC:
19% Calcium vs 27% Saline*



1. Outcomes
2. Ext Validity
3. Dose of Ca^{++}
4. OCHA
5. Stopped Early



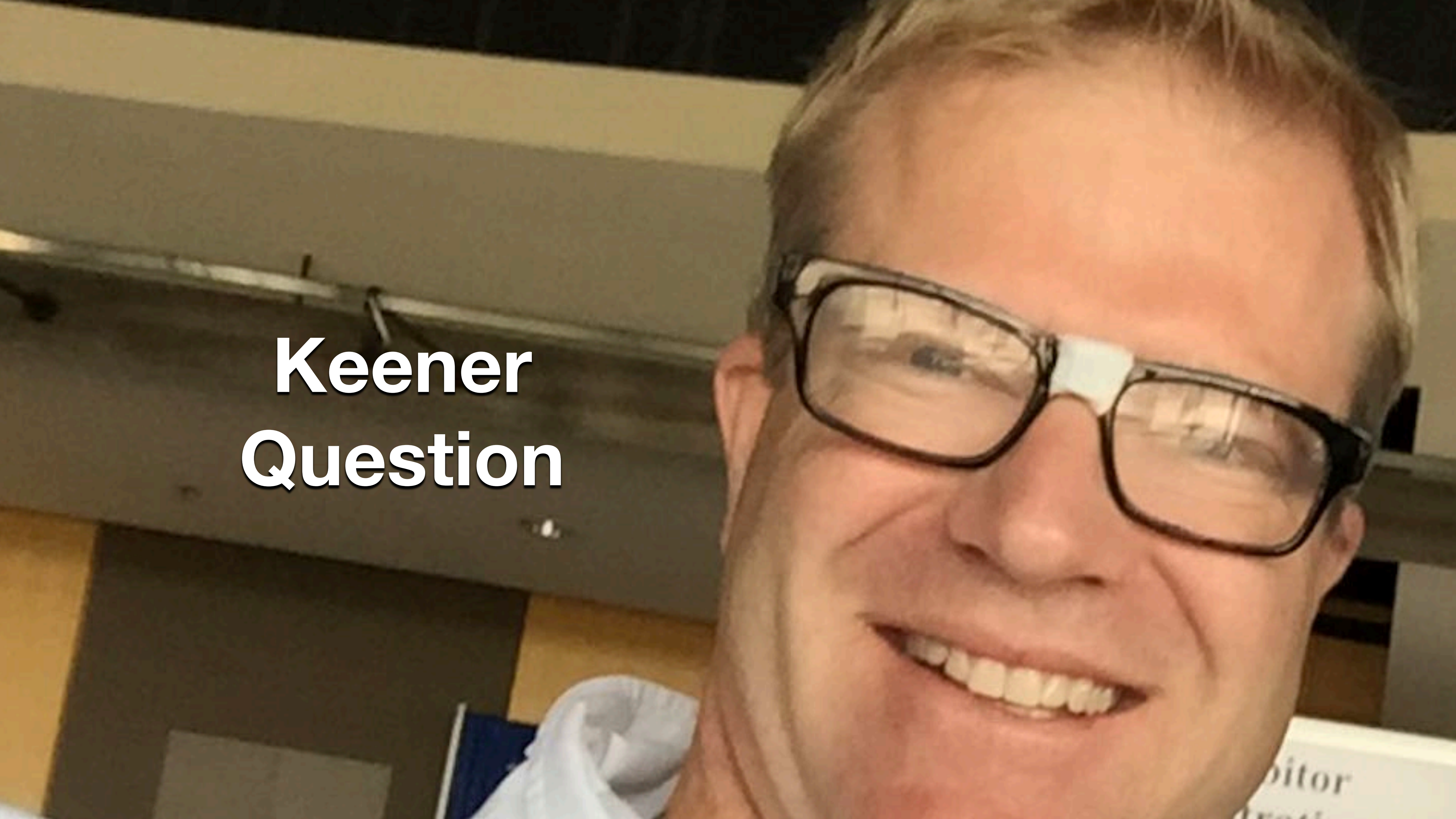
SGEM Bottom Line

Routine use
of calcium in
OHCAs is not
supported by
the available
evidence.



- Resolution
- Application
- Tell Patient

Keener Question





Remember to be skeptical of anything you learn,
even if you heard it on the Skeptics' Guide to Emergency Medicine.