
Sudden Cardiac Arrest More Often Fatal in People with COVID-19



Findings from a new survey published in the European Heart Journal show that sudden cardiac arrest is more often fatal in people with COVID-19. These results should be a wake-up call for the public as well as care providers.

The survey covered 3026 cases of sudden cardiac arrest reported to the Swedish Registry for Cardiopulmonary Resuscitation from 1 January to 20 July 2020. Findings show that mortality from sudden cardiac arrest was higher if the person has COVID-19. However, different patient groups show divergent differences in mortality rates.

During the study period, 1,946 cases of sudden cardiac arrest outside of hospitals were registered. In 10% of the cases in this group, the person had COVID-19. The risk of a fatal outcome was 3.4 times higher for these people than for the other group members. Of the 1,080 cases of sudden cardiac arrest that took place in hospitals, COVID-19 was present in 16%. Among the patients with COVID-19, mortality was 2.3 times higher than for the others in this group.

The largest mortality difference was noted in the group of women who were already receiving inpatient care at the time of their cardiac arrest. In these women, ongoing COVID-19 infection was associated with nine times the risk of a fatal outcome during the initial months and a sevenfold risk from April onward.

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"We hope our results can help to raise awareness of COVID-19 complications among the public, care providers, and decision-makers. That could improve care and mobilise resources for high-risk patients," says Araz Rawshani, registrar and researcher at the Faculty of Medicine, Sahlgrenska Academy, who also works at Sahlgrenska University Hospital.

Kristina Sparreljung, the Secretary-General of the Swedish Heart-Lung Foundation, says, "We hope these results will help to enable more lives to be saved. This study is a direct result of the emergency grant provided by the Heart-Lung Foundation for research on COVID-19 connected with cardiopulmonary disease back in spring 2020."

Source: [University of Gothenburg](https://www.gu.se/nyheter/2021/02/08/sudden-cardiac-arrest-more-often-fatal-in-people-with-covid-19)

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