

# Contents

Foreword by Roger D. White, M.D. ix

Preface to the Second Edition xi

Acknowledgments xv

Guide to Terminology xix

ONE How We Die Suddenly 1

TWO A History of Resuscitation 19

THREE Causes of Sudden Cardiac Death 44

FOUR A Profile of Sudden Cardiac Arrest 58

FIVE Who Will Live and Who Will Die? 77

SIX Location, Location, Location: Best Places to Have a Cardiac Arrest 120

SEVEN What Can Your Community Do? 150

EIGHT A Completed Life 160

NINE Putting It All Together 168

TEN A Plan of Action 175

ELEVEN A Vision of the Future 209

Addendum: Resuscitation Academy 221

Notes 229

Index 257

To the emergency dispatchers, emergency medical technicians, and paramedics of  
Seattle and King County. I admire and applaud your professionalism. You are the best.

And to the faculty of the Resuscitation Academy. Thank you for your hard work in providing the knowledge and skills so that other communities throughout the nation and the world can improve survival from cardiac arrest.

## Resuscitation Academy



The Resuscitation Academy is offered twice a year in Seattle and is provided tuition free. It is sponsored by Seattle Medic One, King County Emergency Medical Services, and the Medic One Foundation. Support is also provided by the University of Washington, Harborview Medical Center, Seattle Fire Department, Public Health—Seattle and King County, Asmund S. Laerdal Foundation for Acute Medicine, Life Sciences Discovery Fund, and the Medtronic Foundation HeartRescue Program.

The tag line for the Academy is “Improving cardiac arrest survival—one community at a time.” Lectures and hands-on workshops provide attendees with the tools to transform cardiac arrest resuscitation in their home communities. *Resuscitate!* serves as the textbook for the Academy. Supplementing the textbook is a comprehensive set of tool kits for establishing a cardiac arrest registry, high-performance CPR, dispatcher-assisted telephone CPR, police defibrillation, community public access defibrillation, end of life issues, and foundation and fund raising. The tool kits provide the details and supporting documentation and material on how to implement the various programs. Copies of all tool kits, as well as information about the Resuscitation Academy and how to register for a future class, may be found at [resuscitationacademy.org](http://resuscitationacademy.org). The kits and all material on the Web site are available at no charge.

