

Trends in survival after in-hospital cardiac arrest during nights and weekends.

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<https://psnet.ahrq.gov/issue/trends-survival-after-hospital-cardiac-arrest-during-nights-and-weekends>

The [weekend effect](#) has been observed for many [conditions](#). A patient who has an in-hospital cardiac arrest at night or during the weekend is less likely to be [successfully resuscitated](#) or [survive hospitalization](#) than a patient whose heart stops in the hospital on a weekday. In this large retrospective cohort study, researchers examined trends in in-hospital cardiac arrests over 15 years. Resuscitation and survival to hospital discharge improved nearly 75% overall. The weekend effect persisted, especially in survival to hospital discharge. An accompanying editorial hypothesizes that during nights and weekends [fewer specialists](#) are available and [fatigue](#) may impair providers' psychomotor skills. A previous [PSNet interview](#) highlighted techniques for achieving [high reliability](#) at all times of day.