

Self-reported health-related quality of life for patients surviving an out-of-hospital cardiac arrest – first results from the Norwegian Cardiac Arrest Registry

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Background:

Self-reported health-related quality of life (HRQoL) is the most important outcome for survivors of out-of-hospital cardiac arrest (OHCA). We compare HRQoL data for Norwegian survivors to general population.

Materials and method:

The EQ-5D-5L questionnaire was administered to all survivors registered in the Norwegian Cardiac Arrest Registry (NorCAR), meeting the following inclusion criteria:

- CPR/defibrillation by ambulance personnel
- OHCA between 1st January 2020 to 31st December 2021
- Age >18 years
- Norwegian personal identification number

The EQ-5D-5L was distributed electronically or on paper. We considered 1 (no problem) and 2 (slight problems) as good outcomes and compared survivors to a general population group exactly matched for age and sex. We compared EQ-5D-5L dimension and 'your health today' (EQ-VAS) scores using Chi-squared and Mann-Whitney U-tests respectively.

Results:

Of 803 survivors, 445 responded (55 %) to the questionnaire. Compared to the general population, fewer survivors reported a good outcome (*denotes $p < 0.05$): mobility (85% vs. 93%)*, self-care (95 % vs. 99%)*, usual activities (82% vs. 93%)*, pain/discomfort (84% vs. 85%), anxiety/depression (83% vs. 94%)*. Median scores (25-75 percentiles) for the EQ-VAS were 71 (58-85) for survivors and 85 (72-90) for general population ($p < 0.01$).

Conclusion:

Following matching with the general population, OHCA survivors had poorer HRQoL as assessed by four of five EQ-5D-5L dimensions and poorer general health as assessed by the EQ-VAS.