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Cardiac Arrest: Current evidence-based management and interdisciplinary practice for nursing, health assistant, and social specialist professionals

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***Abstract*---Background:** Cardiac arrest is a critical medical emergency marked by sudden cessation of effective cardiac activity leading to loss of consciousness absence of breathing and absence of

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circulation. It remains a major cause of global mortality despite advances in emergency cardiovascular care. **Aim:** This study aims to review current evidence based management and interdisciplinary practice for nursing health assistant and social specialist roles in improving outcomes of cardiac arrest. **Methods:** The methodology is based on a comprehensive narrative synthesis of updated clinical guidelines and evidence from resuscitation science focusing on prehospital care basic life support advanced life support and post resuscitation management. **Results:** The findings show that early recognition of immediate cardiopulmonary resuscitation rapid defibrillation and coordinated multidisciplinary response significantly improve survival rates. However overall survival remains low with many survivors experiencing neurological impairment due to delayed perfusion recovery. Effective outcomes depend on structured emergency systems trained personnel and integration of nursing and allied health roles in continuous care. **Conclusion:** The conclusion highlights that standardized protocols interdisciplinary collaboration and community education are essential for improving survival and neurological recovery.

***Keywords*---**cardiac arrest, cardiopulmonary resuscitation, defibrillation, emergency care, nursing interdisciplinary practice.

Introduction

Cardiac arrest represents one of the most time-sensitive and catastrophic medical emergencies encountered in clinical practice and remains a leading contributor to global mortality despite substantial advances in cardiovascular medicine and emergency care. According to the definitions established by the American Heart Association (AHA) and the American College of Cardiology (ACC), sudden cardiac arrest is characterized by the abrupt cessation of effective cardiac mechanical activity, resulting in immediate loss of consciousness, absence of normal respiration, and the disappearance of detectable signs of systemic circulation. Without prompt restoration of spontaneous circulation through appropriate resuscitative interventions, this condition rapidly progresses to irreversible organ damage and death. The terminology "cardiac arrest" specifically refers to an event that is successfully reversed through interventions such as cardiopulmonary resuscitation (CPR), defibrillation, synchronized cardioversion, or cardiac pacing, whereas the term "sudden cardiac death" should be reserved exclusively for fatal events that are not successfully reversed [1]. Cardiac arrest continues to impose a substantial public health burden worldwide and remains among the principal causes of unexpected mortality in both developed and developing countries. In the United States alone, more than 400,000 individuals die each year as a consequence of sudden cardiac death, highlighting the enormous clinical, economic, and societal impact of this condition [2]. Despite continuous improvements in cardiovascular prevention, emergency medical systems, and post-resuscitation critical care, survival rates remain disappointingly low. These statistics emphasize the urgent need for enhanced preventive strategies, rapid recognition of cardiac arrest, timely emergency response, and widespread

implementation of evidence-based resuscitation protocols designed to improve patient survival and neurological recovery.

\The underlying causes of cardiac arrest vary considerably according to age, underlying comorbidities, and population characteristics. Although the majority of adult cases occur in individuals with previously diagnosed cardiovascular disease, particularly ischemic heart disease, heart failure, or structural cardiac abnormalities, cardiac arrest may also develop unexpectedly in individuals without any previously recognized cardiac pathology. In younger patients, inherited arrhythmogenic disorders, congenital cardiac abnormalities, cardiomyopathies, myocarditis, and primary electrical diseases frequently constitute the underlying etiology. Consequently, cardiac arrest represents a heterogeneous clinical syndrome rather than a single disease entity, requiring individualized diagnostic evaluation and management based on the precipitating cause and patient characteristics. Historically, sudden cardiac arrest was associated with an almost universally fatal prognosis because effective treatment was rarely available during the critical early minutes following circulatory collapse. However, remarkable advances in resuscitation science have fundamentally transformed the management of this life-threatening emergency. Immediate recognition of cardiac arrest, rapid activation of emergency medical services (EMS), early initiation of high-quality bystander cardiopulmonary resuscitation, timely defibrillation for shockable rhythms, and advanced cardiovascular life support have collectively improved the likelihood of survival. The development of organized emergency response systems, widespread public access defibrillation programs, continuous improvements in prehospital care, and standardized evidence-based resuscitation guidelines have significantly increased the opportunity for successful return of spontaneous circulation and improved long-term outcomes among appropriately treated patients [1][2][3].

Nevertheless, survival following cardiac arrest remains limited despite these important therapeutic advances. Current evidence indicates that only approximately 10% of patients experiencing cardiac arrest survive to hospital discharge, and a considerable proportion of survivors experience varying degrees of neurological impairment resulting from prolonged cerebral hypoperfusion during the arrest period [3]. The extent of neurological injury is strongly influenced by the duration of circulatory arrest, the quality and timing of resuscitative efforts, and the effectiveness of post-cardiac arrest care. Consequently, improving outcomes extends beyond restoring cardiac activity alone and requires comprehensive multidisciplinary management involving emergency physicians, cardiologists, critical care specialists, nurses, health assistants, rehabilitation professionals, and other healthcare providers working collaboratively to preserve neurological function, optimize organ recovery, prevent secondary complications, and maximize long-term quality of life for survivors. Such coordinated, evidence-based approaches continue to form the foundation of contemporary cardiac arrest management and remain central to ongoing efforts aimed at reducing mortality and improving functional outcomes following this devastating medical emergency.

Nursing Diagnosis

In patients experiencing cardiac arrest, the nursing assessment reveals profound evidence of complete circulatory collapse and the immediate absence of effective tissue perfusion. One of the most critical findings is the absence of a palpable pulse or the presence of an extremely weak, thready pulse that fails to sustain adequate systemic circulation. Simultaneously, blood pressure becomes undetectable because the heart is no longer generating sufficient cardiac output to maintain perfusion of vital organs. These findings confirm the presence of a life-threatening emergency requiring immediate cardiopulmonary resuscitation and advanced life support interventions. Cyanosis is another significant clinical manifestation and reflects severe systemic hypoxemia resulting from the abrupt cessation of pulmonary and systemic circulation. A bluish discoloration of the lips, nail beds, and skin develops rapidly as oxygen delivery to peripheral tissues declines. This finding indicates critical impairment of oxygen transport and requires urgent restoration of spontaneous circulation to prevent irreversible neurological and organ injury. Progressive cyanosis is often accompanied by apnea or agonal respirations, further emphasizing the severity of oxygen deprivation. Cold, pale, and clammy skin is commonly observed because peripheral vasoconstriction occurs in response to circulatory failure, redirecting the remaining blood flow toward essential organs during the early stages of cardiac arrest. As cardiac output ceases completely, peripheral tissue perfusion becomes absent, causing a marked reduction in skin temperature and delayed capillary refill. These findings indicate profound circulatory insufficiency and severe impairment of tissue oxygenation. Based on these assessment findings, the primary nursing diagnosis is Ineffective Tissue Perfusion (Cardiopulmonary, Cerebral, Peripheral, Renal, and Systemic) related to complete cessation of cardiac output secondary to cardiac arrest, as evidenced by absent or thready pulse, undetectable blood pressure, cyanosis, cold extremities, and loss of effective circulation. Immediate nursing priorities include recognizing cardiac arrest without delay, initiating high-quality cardiopulmonary resuscitation, activating the emergency response team, preparing for early defibrillation when indicated, maintaining airway patency, supporting ventilation and oxygenation, administering advanced life support interventions, and continuously monitoring for return of spontaneous circulation while minimizing secondary organ injury. Early, coordinated, and evidence-based nursing interventions remain fundamental to improving survival and neurological outcomes following cardiac arrest [1][2][3].

Causes

Cardiac arrest is a clinical event rather than a disease itself and most commonly develops as the final manifestation of severe underlying cardiovascular pathology. The majority of cases are associated with structural heart disease that disrupts the normal electrical conduction system or impairs the heart's ability to generate effective cardiac output. Among all etiological factors, ischemic coronary artery disease remains the predominant cause, accounting for approximately 70% of cardiac arrest cases [2]. Acute myocardial ischemia or infarction may trigger life-threatening ventricular arrhythmias, including ventricular tachycardia and ventricular fibrillation, which rapidly progress to complete circulatory collapse if

immediate intervention is not provided. The high prevalence of coronary artery disease underscores the importance of early recognition and management of cardiovascular risk factors to reduce the incidence of sudden cardiac arrest. Several additional structural cardiac disorders significantly increase the likelihood of cardiac arrest by altering myocardial architecture, ventricular function, or electrical stability. Congestive heart failure predisposes patients to malignant ventricular arrhythmias because of ventricular remodeling and myocardial fibrosis. Left ventricular hypertrophy, frequently associated with chronic hypertension, contributes to myocardial ischemia and electrical instability. Congenital coronary artery anomalies may impair myocardial perfusion, particularly during physical exertion, leading to fatal arrhythmias in younger individuals. Other important structural conditions include arrhythmogenic right ventricular dysplasia, characterized by progressive fibro-fatty replacement of the right ventricular myocardium, hypertrophic obstructive cardiomyopathy, which is a recognized cause of sudden cardiac death among adolescents and athletes, and cardiac tamponade, where rapid accumulation of pericardial fluid severely restricts cardiac filling and abruptly compromises cardiac output.

Cardiac arrest may also result from primary electrical disorders occurring in the absence of significant structural heart disease. These inherited or acquired channelopathies interfere with normal cardiac impulse generation and conduction, predisposing affected individuals to potentially fatal ventricular arrhythmias. Brugada syndrome is characterized by abnormal sodium channel function that increases susceptibility to ventricular fibrillation. Wolff-Parkinson-White syndrome results from the presence of an accessory conduction pathway that may precipitate rapid tachyarrhythmias. Similarly, congenital long QT syndrome prolongs ventricular repolarization, increasing the risk of torsades de pointes and sudden cardiac arrest, particularly during emotional stress or physical activity. In addition to cardiac disorders, numerous non-cardiac conditions may precipitate cardiac arrest through mechanisms involving severe hypoxia, circulatory failure, metabolic derangements, or direct impairment of cardiac function. Intracranial hemorrhage can provoke catastrophic autonomic disturbances that lead to cardiovascular collapse, while massive pulmonary embolism causes acute right ventricular failure and obstructive shock. Tension pneumothorax compromises venous return and cardiac filling, whereas primary respiratory arrest results in profound hypoxemia and subsequent cardiac arrest if untreated. Toxic exposures, including drug overdose and poisoning, may induce fatal arrhythmias or myocardial depression. Severe electrolyte abnormalities, particularly disturbances in potassium, calcium, or magnesium concentrations, markedly increase the risk of electrical instability. Furthermore, systemic conditions such as severe sepsis, profound hypothermia, and major traumatic injuries may culminate in circulatory collapse and cardiac arrest through complex physiological mechanisms involving tissue hypoperfusion, metabolic failure, and multiorgan dysfunction. Recognition of these diverse etiologies is essential because successful resuscitation and long-term survival depend not only on restoring spontaneous circulation but also on promptly identifying and correcting the underlying cause [3][4].

Risk Factors

Cardiac arrest represents the terminal manifestation of numerous cardiovascular disorders and remains one of the leading causes of mortality worldwide. Among all predisposing conditions, occlusive coronary artery disease is recognized as the principal risk factor for both cardiac arrest and sudden cardiac death, accounting for the majority of adult cases [4]. Coronary atherosclerosis reduces myocardial blood flow, resulting in ischemia that destabilizes the electrical conduction system of the heart and increases susceptibility to life-threatening ventricular arrhythmias. In the United States, nearly 70% of sudden cardiac deaths are associated with underlying coronary heart disease, emphasizing the importance of early identification and management of cardiovascular risk factors [2]. Individuals with a previous history of myocardial infarction, chronic ischemic heart disease, heart failure, or left ventricular dysfunction possess a substantially elevated risk because structural myocardial damage creates an arrhythmogenic substrate capable of precipitating fatal electrical instability. The risk of cardiac arrest also demonstrates distinct age-related patterns. An initial incidence peak occurs during infancy between birth and six months of age, primarily due to sudden infant death syndrome. Following this period, the occurrence of sudden cardiac death remains relatively uncommon throughout childhood before increasing progressively during adulthood, reaching a second and much larger peak between 45 and 75 years of age. Notably, adolescents and young adults who experience sudden cardiac arrest often exhibit underlying cardiovascular disorders similar to those identified in middle-aged individuals, including inherited cardiomyopathies and premature coronary artery disease [5].

Sex-related differences also influence the epidemiology of cardiac arrest. Premenopausal women generally experience a lower incidence of sudden cardiac death than men of similar age, a difference that has been partially attributed to the cardioprotective effects of endogenous estrogen. However, this protective advantage gradually diminishes with advancing age, particularly after menopause. Despite the lower overall incidence among younger women, traditional cardiovascular risk factors remain equally significant predictors of cardiac arrest in both sexes. Hypertension, diabetes mellitus, dyslipidemia, cigarette smoking, obesity, sedentary lifestyle, advancing age, and a positive family history of coronary artery disease all contribute substantially to the development of atherosclerosis and increase the likelihood of sudden cardiac death [6]. Additional factors, including chronic kidney disease, excessive alcohol consumption, stimulant drug use, psychosocial stress, and inadequate control of established cardiovascular disease, further amplify the risk of malignant ventricular arrhythmias and cardiac arrest. Comprehensive risk assessment, aggressive modification of cardiovascular risk factors, adherence to preventive medical therapy, and promotion of healthy lifestyle behaviors remain fundamental strategies for reducing the incidence of cardiac arrest and improving long-term cardiovascular outcomes across diverse patient populations [6].

Assessment

Assessment of a patient with suspected cardiac arrest requires immediate recognition of both preceding symptoms and the characteristic clinical findings

present at the time of collapse. Although cardiac arrest often occurs unexpectedly, many individuals experience prodromal symptoms that may develop minutes or hours before the event. These warning manifestations frequently include chest pain, chest discomfort, palpitations, dyspnea, dizziness, syncope, unexplained fatigue, or diaphoresis. Unfortunately, these symptoms are commonly overlooked, misinterpreted, or attributed to less serious conditions, resulting in delayed medical intervention. Among survivors who retain memory of the event and information obtained from witnesses or family members, chest pain is consistently identified as the most frequent presenting symptom, reflecting the close relationship between cardiac arrest and acute coronary ischemia [7]. When cardiac arrest occurs, rapid primary assessment is essential because survival depends on immediate recognition and intervention. The affected individual is typically unresponsive, demonstrates absent or abnormal breathing such as gasping, and has no palpable central pulse, indicating the cessation of effective cardiac output and systemic circulation. Simultaneous assessment of consciousness, airway, breathing, and circulation should be completed within seconds, followed by a focused head-to-toe examination to identify possible reversible causes, traumatic injuries, or other clinical findings that may guide resuscitation and subsequent advanced life support interventions. Prompt assessment enables early initiation of cardiopulmonary resuscitation and defibrillation when indicated, significantly improving the likelihood of survival and favorable neurological outcomes [7].

Evaluation

The evaluation of a patient in cardiac arrest is directed toward identifying reversible causes while ensuring that diagnostic procedures do not delay or interrupt high-quality cardiopulmonary resuscitation. Because the immediate priority is restoration of spontaneous circulation, comprehensive laboratory investigations and diagnostic imaging are generally deferred until return of spontaneous circulation (ROSC) has been achieved. During active resuscitation, rapid bedside assessment provides the most clinically valuable information without compromising life-saving interventions. When available, point-of-care testing may assist in identifying correctable metabolic abnormalities that contribute to cardiac arrest. Immediate measurement of blood glucose can detect severe hypoglycemia or hyperglycemia, while rapid assessment of serum potassium is valuable because both hyperkalemia and hypokalemia are well-recognized precipitants of life-threatening cardiac arrhythmias. Point-of-care ultrasound (POCUS) has also become an important adjunct during advanced cardiac life support. When performed by experienced clinicians during brief pauses in chest compressions, ultrasound can evaluate the presence or absence of cardiac activity, identify potentially reversible causes such as cardiac tamponade, massive pulmonary embolism, or severe hypovolemia, and assist in determining prognosis. However, ultrasound should never prolong interruptions in chest compressions or delay essential resuscitative measures, as uninterrupted, high-quality CPR remains the cornerstone of successful cardiac arrest management [8].

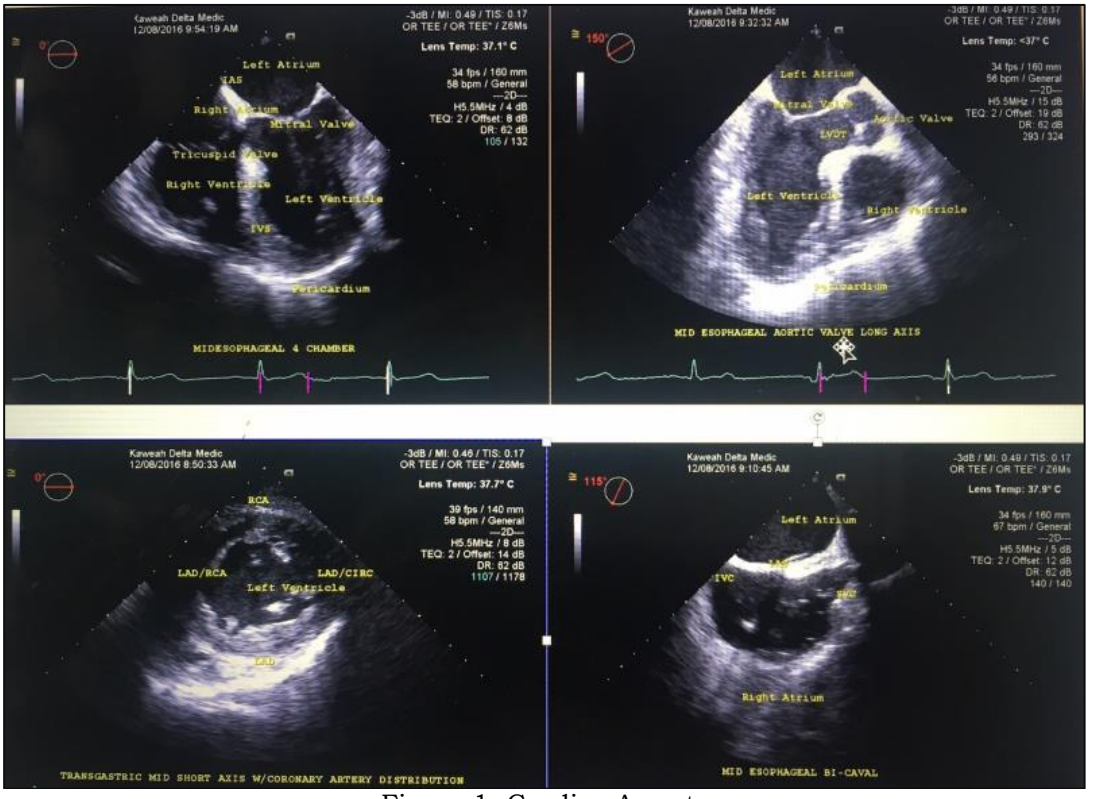

Figure 1: Cardiac Arrest

Medical Management

The medical management of cardiac arrest follows a structured sequence of evidence-based interventions designed to restore spontaneous circulation, preserve neurological function, and improve survival. Successful outcomes depend on rapid recognition of cardiac arrest, immediate activation of the emergency response system, initiation of high-quality cardiopulmonary resuscitation (CPR), timely defibrillation for shockable rhythms, advanced cardiovascular life support (ACLS), and comprehensive post-resuscitation care. Early recognition of an unresponsive patient with absent central pulses and absent or abnormal breathing should immediately prompt the initiation of chest compressions while emergency medical services and automated external defibrillators (AEDs) are activated. Public access defibrillation has significantly improved survival by enabling early treatment of ventricular fibrillation and pulseless ventricular tachycardia before irreversible organ injury develops [9][10]. For lay rescuers, current recommendations emphasize hands-only CPR with continuous chest compressions until professional responders arrive. When an AED is available, it should be applied immediately, and voice prompts should be followed to determine whether defibrillation is indicated. In cases of drowning or primary respiratory arrest, the delivery of two rescue breaths before initiating chest compressions may improve oxygenation and increase the likelihood of successful resuscitation. Continuous CPR should be maintained with minimal interruptions to preserve coronary and cerebral perfusion.

Healthcare professionals trained in Basic Life Support (BLS) expand resuscitative care by providing coordinated chest compressions and ventilations using the recommended compression-to-ventilation ratio of 30:2 [9]. Airway patency is maintained using head-tilt chin-lift or jaw-thrust maneuvers when cervical spine injury is suspected. Oropharyngeal and nasopharyngeal airway adjuncts may be inserted to facilitate effective ventilation while maintaining uninterrupted chest compressions whenever possible. Advanced Life Support (ALS) incorporates advanced airway management, continuous cardiac rhythm monitoring, intravenous or intraosseous vascular access, and administration of evidence-based medications. Endotracheal intubation or supraglottic airway devices such as the King LT or i-gel may be used to secure the airway while allowing continuous chest compressions. Epinephrine remains the primary vasopressor administered during cardiac arrest to enhance coronary and cerebral perfusion, whereas amiodarone is recommended for refractory ventricular fibrillation or pulseless ventricular tachycardia that persists despite repeated defibrillation attempts. Continuous rhythm analysis allows rapid identification of shockable rhythms and timely defibrillation according to established ACLS algorithms. Following return of spontaneous circulation (ROSC), management shifts toward post-cardiac arrest care aimed at stabilizing hemodynamics, optimizing oxygenation and ventilation, treating the underlying cause, and minimizing secondary neurological injury. Selected patients with refractory medical cardiac arrest may benefit from extracorporeal membrane oxygenation (ECMO), which provides temporary circulatory and respiratory support while myocardial recovery or definitive treatment is achieved [13].

Traumatic cardiac arrest requires management directed toward the underlying mechanism of injury. Blunt trauma generally carries an extremely poor prognosis because cardiac arrest frequently results from catastrophic vascular injury. In contrast, penetrating trauma may respond to aggressive interventions, including bilateral needle thoracostomy to relieve tension pneumothorax and emergency resuscitative thoracotomy when appropriate. Emerging techniques such as resuscitative endovascular balloon occlusion of the aorta (REBOA) are also being investigated to control life-threatening hemorrhage and improve survival in carefully selected trauma patients [14][15]. Comprehensive, protocol-driven management delivered by coordinated multidisciplinary teams remains essential for maximizing survival and neurological recovery following cardiac arrest.

Nursing Management

Nursing management during cardiac arrest focuses on supporting immediate resuscitation, maintaining effective circulation and oxygenation, facilitating advanced life support interventions, and ensuring accurate documentation throughout the emergency response. The nurse should rapidly assess the patient's vital signs, level of consciousness, respiratory status, and central pulses while simultaneously activating the emergency response system and initiating high-quality cardiopulmonary resuscitation when indicated. Continuous cardiac monitoring should be established by placing electrocardiogram (ECG) leads to identify the underlying cardiac rhythm and guide defibrillation or medication administration. The resuscitation cart must be positioned at the bedside with all emergency equipment readily available. Intravenous or intraosseous access

should be established promptly by inserting an intravenous cannula to facilitate administration of emergency medications and fluids. Defibrillator pads should be applied immediately to enable rapid rhythm analysis and defibrillation when appropriate. Blood samples should be obtained for laboratory investigations, including electrolyte analysis, arterial blood gases, glucose, and other relevant tests to identify reversible causes of cardiac arrest. A Foley catheter may be inserted after stabilization to monitor urine output and assess renal perfusion. Throughout resuscitation, nurses should repeatedly assess pulses, monitor treatment response, maintain the patient's body temperature through appropriate warming measures, and accurately document all assessments, interventions, medications, cardiac rhythms, defibrillation attempts, response to treatment, and the timing of each event to ensure continuity of care and support clinical decision-making.

Health Teaching

Health education is an essential component of cardiac arrest prevention because many episodes occur outside healthcare facilities where immediate intervention by bystanders determines survival. Teaching should focus on increasing public awareness of the warning signs of cardiac arrest, including chest pain, shortness of breath, palpitations, dizziness, syncope, and sudden collapse. Individuals should be encouraged to seek immediate medical attention when these symptoms occur rather than delaying treatment. Education should also emphasize the importance of recognizing an unresponsive person who is not breathing normally and activating the emergency medical system without delay. Community education programs should promote widespread training in cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AEDs), as early CPR and prompt defibrillation remain the most effective interventions for improving survival after out-of-hospital cardiac arrest [16][17]. Hands-only CPR should be taught to the general public because it is simple, effective, and increases the willingness of bystanders to intervene during emergencies. Educational initiatives should address common barriers that prevent lay rescuers from providing CPR, including fear of causing harm, lack of confidence, uncertainty in recognizing cardiac arrest, and concerns regarding legal liability [18]. Patients with established cardiovascular disease require individualized education regarding medication adherence, regular medical follow-up, symptom monitoring, and lifestyle modification. Nurses should reinforce the importance of taking prescribed medications consistently, recognizing signs of worsening cardiac disease, and maintaining emergency contact information. Family members and caregivers should also receive CPR training because they are often the first individuals present during a cardiac emergency. Continuous public education and regular CPR refresher courses can improve confidence, increase bystander intervention rates, and ultimately enhance survival and neurological outcomes following cardiac arrest.

Health Promotion

Health promotion strategies aim to reduce the incidence of cardiac arrest by identifying individuals at increased cardiovascular risk and implementing evidence-based preventive interventions before life-threatening events occur.

Comprehensive cardiovascular risk assessment should include evaluation of age, family history, hypertension, diabetes mellitus, dyslipidemia, obesity, smoking status, physical inactivity, and previous cardiovascular disease. Individuals identified as high risk may benefit from further diagnostic investigations such as electrocardiography, exercise stress testing, or additional cardiac imaging when clinically indicated to detect underlying coronary artery disease or arrhythmias before cardiac arrest develops. Lifestyle modification remains the cornerstone of cardiovascular health promotion. Regular physical activity improves cardiovascular fitness, lowers blood pressure, enhances glucose metabolism, and reduces the progression of atherosclerosis [19]. A heart-healthy diet that emphasizes fruits, vegetables, whole grains, lean proteins, and reduced intake of saturated fats, sodium, and refined sugars contributes to better lipid control and overall cardiovascular health. Smoking cessation is one of the most effective preventive measures because tobacco use significantly increases the risk of coronary artery disease, myocardial infarction, and sudden cardiac death [20]. Effective management of hypertension, diabetes mellitus, and hypercholesterolemia through lifestyle interventions and pharmacological therapy further reduces cardiovascular risk. Patients with previous myocardial infarction, left ventricular dysfunction, or congestive heart failure require long-term secondary prevention through optimized medical therapy, including beta-blockers, angiotensin-converting enzyme inhibitors, antiplatelet agents, and lipid-lowering medications when appropriate. Selected high-risk patients may also benefit from implantation of an implantable cardioverter-defibrillator (ICD), which continuously monitors cardiac rhythm and delivers life-saving therapy for malignant ventricular arrhythmias. Ongoing patient education, regular clinical follow-up, adherence to treatment plans, and multidisciplinary cardiovascular care collectively contribute to reducing the burden of cardiac arrest and improving long-term survival and quality of life.

Conclusion

Cardiac arrest remains a leading medical emergency requiring immediate recognition and coordinated intervention to prevent death and neurological injury. Survival depends on early cardiopulmonary resuscitation rapid defibrillation, and efficient emergency response systems supported by trained healthcare professionals. Nursing health assistant and social specialist roles are essential in ensuring continuous monitoring timely intervention and accurate documentation during resuscitation. Post resuscitation care is critical for stabilizing patients identifying underlying causes and preventing secondary organ damage. Community education and preventive health strategies significantly reduce incidence by promoting awareness risk factor control and lifestyle modification. Comprehensive interdisciplinary collaboration improves survival outcomes and supports long term quality of life for survivors. Ongoing training and adherence to evidence based protocols remain fundamental to improving cardiac arrest outcomes globally. Continuous public health initiatives strengthen preparedness and enhance early intervention in out of hospital settings. This integrated approach ensures better survival and neurological recovery across populations worldwide systems.

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