

# RESEARCH



## Aspirin Helping to Save Your Life

The *International Liaison Committee on Resuscitation (ILCOR)*, which is a grouping of all major international resuscitation bodies, recently undertook an *Evidence-Based Review of Science for Emergency Cardiac Care*.

They posed the following question:

*"In patients with chest pain, does helping administer aspirin, compared with not administering aspirin, improve outcomes?"*

ILCOR's consensus on science found:

Evidence from large randomized trials (\*LOE 1) clearly demonstrates that administration of aspirin within the first 24 hours of onset of chest pain in patients with acute coronary syndromes reduces mortality.

Evidence from a retrospective registry (\*LOE 3) suggests that pre-hospital administration of aspirin also reduces mortality in patients with acute heart attack.

There is also some evidence from retrospective reviews (\*LOE 4) that pre-hospital administration of aspirin is safe.

There are no studies evaluating the safety and efficacy of having first aid providers or lay people help administer aspirin to patients with chest pain. Based on expert opinion (\*LOE 5) it appears that this practice would be safe and effective although the magnitude of this benefit is hard to estimate.

\* Level of Evidence Guide (LOE):

LOE (1) Systematic reviews, meta-analyses, randomized controlled trials

LOE (2) Two groups, non-randomised studies (e.g. cohort, case control)

LOE (3) One group, non-randomised (e.g. before & after, pretest and posttest)

LOE (4) Descriptive studies that include analysis of outcomes (single subject design, case series)

LOE (5) Case reports and expert opinion that include narrative literature reviews and consensus statements