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#ESCCongress: RAPID-TnT Study Shows Reduction in Wait Times and Admissions

10% of the 7 million emergency department cases in South Australia each year are from suspected acute coronary syndrome (ACS). Led by Prof. Derek Chew of Flinders University, a new trial found a new troponin regime which could reduce discharge times for 70% of chest pain patients in Australian emergency departments. Findings were presented at the ESC Congress in Paris this week.

The RAPID-TnT (Rapid Assessment of Possible ACS In the emergency Department with high sensitivity Troponin T) trial assessed 3000 patients from four major hospitals across Adelaide.

For patients presenting with chest pains in the emergency department, the current protocol states that these individuals have their troponin levels tested before and after a 3-hour interval. The RAPID-TnT trial looked to see if this time could be reduced in any way without affecting patient outcomes. Patients were separated into two groups, one testing a 0-1-hour interval period and another using an interval period of 0-3 hours.

Results showed the health of both groups stayed the same throughout the trial, with a reduction in hospital admissions from 45.5% in the 0-3 hours group to 33.2% in the 0-1 hour group.

Prof. Chew emphasised how these results could improve wait times for not only Australian emergency departments but also those internationally. By using the 0-1 hour follow-up regime there remains a possibility to reduce the number of people crowding emergency departments as 30,000 of emergency department cases each year are taken by individuals describing chest pains.

Prof. Chew went on to explain how incorporating artificial intelligence (AI) into this system could further improve these results whilst also giving doctors more confidence in their diagnosis.

Stephen Wade, Health and Wellbeing Minister for South Australia, describes the findings of the trial as a ‘game-changer’ for health systems, explaining how this kind of research can lead to improved patient outcomes.

Source: Flinders University
Main Image Credit: ESC Presentation of Dr. Chew
Text Image Credit: Flinders University

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