YOUR FULL ADDRESS

YOUR POSTCODE  
DATE

Dear (**MP NAME**),

**RE: Support everyone affected by involvement in a Cardiac Arrest**

My names is (**YOUR NAME**) and I am a constituent of (**CONSTITUENCY**). I am writing to you today about Cardiac Arrest Survivorship.

A Cardiac Arrest is the ultimate medical emergency, where the heart stops beating and the individual is clinically dead. Out-of-hospital Cardiac Arrests affect 80,000 patients per year in the UK. Despite advances in resuscitation science in combination with increased bystander CPR, survival rates in the UK remain stubbornly low, with fewer than one in ten people surviving ([9.5%](https://www.resuscitationjournal.com/article/S0300-9572(21)00444-5/fulltext)).

At present, too many Survivors of Cardiac Arrest aren’t being assessed for their health and social care needs beyond hospital. And yet, unlike rehabilitation services for Strokes or a Heart Attack, there is currently **no formal care pathway for Cardiac Arrest Survivors across the United Kingdom**. There is also no minimum level of follow up applied equally across the UK, meaning that many patients are missing out on vital services helping them to a full recovery.

This is something that’s particularly important to me as (**EXPLAIN KEY REASONS AND ANY PERSONAL EXPERIENCES THAT HAVE INFORMED THIS**).

**Who is affected by a Cardiac Arrest?**

The number of people touched by cardiac arrest is impossible to measure when considering the layers of the cardiac arrest system of care. Patients, families, caregivers, health care providers, pre-hospital providers and lay rescuers might struggle with symptoms of anxiety, depression, and post-traumatic stress after performing, watching, or being resuscitated.

Data suggests that as little as 29% of Survivors of out of hospital cardiac arrest are assessed for neurological rehabilitation in their post-cardiac arrest care, and that psychological reviews are only offered to 20% of Survivors.

Research also indicates that just 5% of OHCA Survivors are advised upon discharge from hospital to ‘expect possible emotional, psychological and memory difficulties at home’, while over half (54%) are simply told to: “take it easy.”

**Support Resuscitation Council UK’s campaign:**

Resuscitation Council UK (RCUK) is the kitemark organisation for resuscitation in the UK, saving lives by developing guidelines, inﬂuencing policy, delivering courses and supporting cutting-edge research. They are leading a campaign, [#MyRightToCardiacArrestRecovery](https://www.resus.org.uk/sites/default/files/2023-02/Policy%20Briefing%20-%20Survivorship%20-%20February%202023.pdf), that seeks to address the inequitable provision of cardiac arrest rehabilitation across the UK.

As my Member of Parliament, I am asking you to take the following steps to address my concerns about Cardiac Arrest Survivorship:

* Sign Resuscitation Council UK’s petition, asking Government to ensure that everyone affected by involvement in a Cardiac Arrest, and the provision of cardiopulmonary resuscitation, has access appropriate, ongoing, personalised support.
* Share Resuscitation Council UK’s resource page, for constituents who may have been affected by involvement in a Cardiac Arrest.
* Commit to becoming a Cardiac Arrest Survivor Advocate.

In your response I would like you to outline the ways you intend to address this matter on my behalf. Please do keep me informed of any progress made.

I look forward to hearing from you.

Yours faithfully,

(**YOUR NAME**)