YOUR FULL ADDRESS

YOUR POSTCODE  
DATE

Dear (**MP/MSP/MLA/MS 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)).

Surviving acardiac arrests may result in a [range](https://pubmed.ncbi.nlm.nih.gov/36644623/) of physical, neurological, cognitive, emotional, and social issues. These may not become apparent until after discharge from the hospital. At present, too many Survivors aren’t being assessed for their health and social care needs beyond hospital. And yet, unlike rehabilitation services for a [Stroke](https://www.england.nhs.uk/ourwork/clinical-policy/stroke/) or [Heart Attack](https://www.nhs.uk/conditions/heart-attack/recovery/), there is currently no formal care pathway for Cardiac Arrest Survivors across the United Kingdom.

A programme of rehabilitation, targeted to the individual’s needs, improves quality of life, is [cost-effective](https://www.resuscitationjournal.com/article/S0300-9572(21)00141-6/fulltext), and may reduce hospital readmissions. Currently, there is no minimum level of follow-up applied equally across the country. 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 else is affected?**

A cardiac arrest has wide-reaching impact, causing stress and potential health challenges to everyone involved - patients, families, caregivers, healthcare and pre-hospital providers, and lay rescuers. [Qualitative research](https://pubmed.ncbi.nlm.nih.gov/23444838/) suggests that many ‘[co-survivors](https://www.sciencedirect.com/science/article/pii/S2666520423000139)’ are dissatisfied with lack of post-discharge information and poor continuity in healthcare services, and often express feelings of neglect.

**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 parliamentary representative, I am asking you to take the following steps to address my concerns about cardiac arrest survivorship:

* Write to the Government Health Minister, asking for a guarantee that everyone affected a Cardiac Arrest, 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 parliament.

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**)