
As a cardiac arrest survivor you may experience problems with:

- fatigue or severe tiredness and a need to rest more
- your memory, attention, thinking or problem-solving ability
- anxiety, fear or low mood
- your physical health, including lower energy levels.

Not all cardiac arrest survivors experience these problems and how severe they are varies from person to person. You might find that some problems become more obvious when you return home or to work.

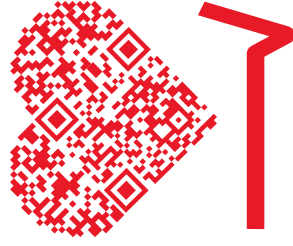
It's important that your healthcare team are aware of any changes to your physical, mental, and emotional wellbeing so that they can suggest supportive treatments to aid your recovery. Talk to your healthcare team (which includes your own GP) about any concerns you have.

Resuscitation Council UK has a dedicated **support after cardiac arrest** webpage for anyone affected by cardiac arrest. Here, you will find resources to support your recovery including helplines, where you can talk to a healthcare professional, and peer support groups where you can meet people who have been through a similar experience.

The webpage also includes useful information and support for your family and friends and anyone that has performed or witnessed CPR.

Visit www.resus.org.uk/support-after-ca

Or scan the QR code below



Early cardiopulmonary resuscitation (CPR) and defibrillation increases the chance of survival.

→ CPR is where a person performs chest compressions to manually keep the heart pumping and the blood moving around the body. It may also include them delivering oxygen to the lungs.

→ Defibrillation is a shock from a defibrillator to help restore the heart's rhythm.

To learn how to do CPR or if you're interested in finding out more about resuscitation, visit www.resus.org.uk/how-to-do-cpr

Or scan the QR code below



Causes of cardiac arrest

There are multiple causes of cardiac arrest, which aren't all directly related to a heart condition, even though a cardiac arrest is when the heart stops beating.

After a cardiac arrest, survivors will have a period of care in hospital, which may include time on specialist units such as intensive, critical or coronary care.

While in hospital your healthcare team will discuss with you what may have caused your cardiac arrest. You may have tests to find out the cause, and further tests may be needed after discharge.

Your healthcare team will discuss any treatments they feel might benefit your recovery and may prevent further cardiac arrests.

At the time of discharge, your healthcare team may have been unable to identify the cause of your cardiac arrest. This is known as an idiopathic cause.

Support for you

Recovering from a cardiac arrest can take time and it's very important not to rush your recovery.

During this period, you will receive help and support from a range of healthcare professionals. Depending on the cause of your cardiac arrest and your symptoms, this may include:

- **doctors (including your own GP)** → **occupational therapists**
- **nurses** → **counsellors**
- **physiotherapists** → **clinical psychologists**
- **pharmacists** → **clinical exercise physiologist.**

These healthcare professionals will support your recovery physically and psychologically to ensure appropriate care.

The recovery process usually happens in stages, starting in hospital, where your condition can be closely monitored and your individual needs for the future can be assessed. You may be offered cardiac rehabilitation.

More information about cardiac rehabilitation can be found at:
www.bhf.org.uk/informationsupport/support/practical-support/cardiac-rehabilitation



Everyone who survives a cardiac arrest will face different challenges, and any guidance or advice you receive will be tailored to your needs. Survivors of cardiac arrest have reported a range of symptoms in the weeks and months following their cardiac arrest, that can have an impact on their daily life.