

Post cardiac arrest follow-up

Information for cardiac arrest survivors
and their relatives



Suffering a cardiac arrest

Suffering a cardiac arrest is a traumatic experience for patients and their relatives.

Most survivors recover well and are able to live normal lives, managing their daily activities. Overall, self-rated quality of life among survivors is comparable to the general population. However, problems with memory, energy loss and emotional well-being is quite common.

The time for recovery differs, but is generally most obvious during the initial months following a cardiac arrest. It is of great importance that relatives are involved in follow-up and rehabilitation.

Suffering a cardiac arrest may trigger a crisis reaction among both patients and their relatives, which is quite normal. People react differently to traumatic events like a cardiac arrest, but help is available. More information at 1177 (follow link).

<http://www.1177.se/Tema/Psykisk-halsa/Diagnoser-och-besvar/Kriser-och-svarigheter/Att-hamna-i-kris1/>

According to Swedish guidelines, all patients surviving a cardiac arrest and their relatives should be offered a follow-up visit at the hospital within 1-3 months.

What help is available?

Depending on where you live, you and your relatives will be offered follow-up most likely at the cardiac ward or the intensive care outpatient ward.

You will be given a personal contact, most often a nurse, and other professions may be consulted for further help when needed. For example:

- Cardiologist (specialised in cardiac diseases)
- Occupational therapist (specialised in supporting return to daily activities and in performing memory examinations)
- Physiotherapist (specialised in physical activity)
- Neurologist (specialised in diseases of the brain)
- Psychologist/Counselor (specialised in psychosocial /societal support and in performing neuropsychological examinations)
- Rehabilitation physician (specialised in coordinating team rehabilitation)

Contact your outpatient ward by using the following telephone number:

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Your personal contact at the ward is:

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You and your relatives may also be contacted for follow-up in quality registries (aiming at improving care) and for participation in research projects.

More information about experiences of suffering a cardiac arrest is available in **”Surviving cardiac arrest – experiences shared by survivors and their relatives”**.

This booklet is available free of charge at your outpatient ward or for download at:

<https://www.hlr.nu/wp-content/uploads/2018/03/Informationsmaterial-overlevare-och-narstande.pdf>

