



Survivor Kits

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Disclosures

- No conflicts of interest associated with this work
 - No financial support that could have influenced its outcome
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Objectives



- Understand the potential impact of increasing numbers of cardiac arrest survivors
- Consider a few of the concerns of new survivors and their families
- Learn about one solution to help connect survivors and families to resources



MN Resuscitation Consortium

A collaborative effort dedicated to improving sudden cardiac arrest (SCA) survival



BYSTANDER

Community Approach to SCA Survival

- Promoting 3 critical actions: Call 9-1-1, Compressions, AED use
- Developing best practice tools for training and awareness
 - Supporting community engagement
 - Legislative efforts
 - Registering AED

PREHOSPITAL

Strategies for Improving SCA Survival

- Collaborative efforts for development of new cardiac arrest best practice
- Developing training for dispatch, first responders, and EMS
- Researching new techniques and technologies
- Forum to take research into practice
- Data collection for quality improvement

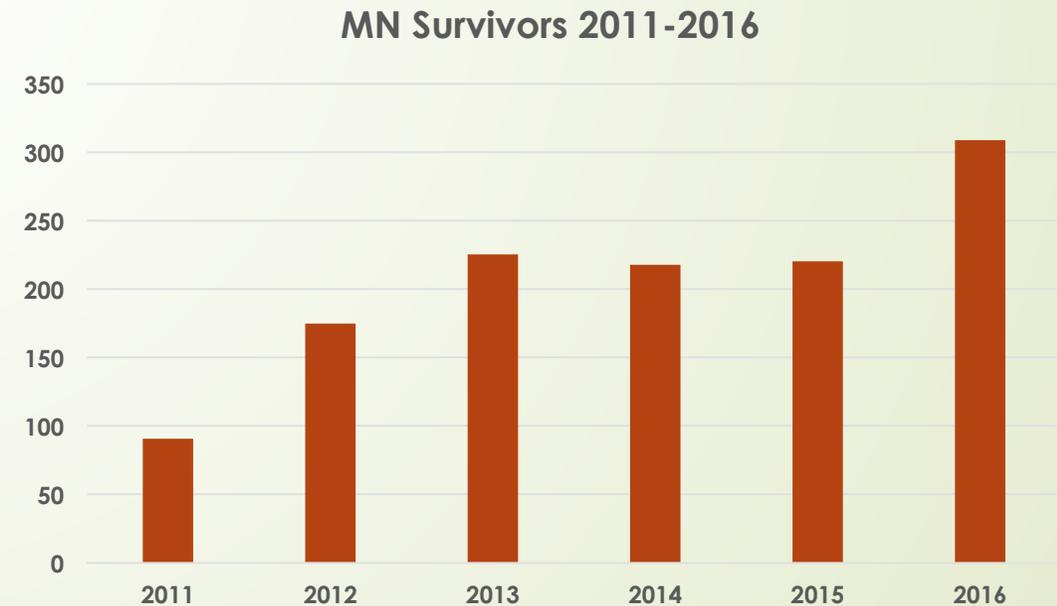
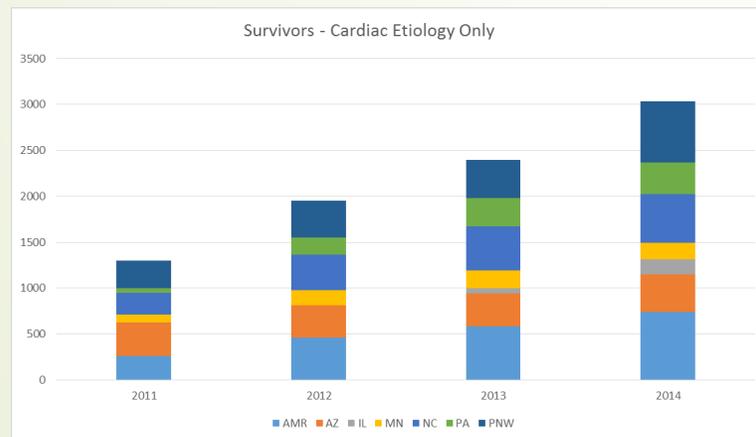
HOSPITAL

Post-Cardiac Arrest Care

- Collaborative efforts to publish and share best practices
- Forum for discussing advanced care concepts
- Developing guidelines for therapeutic hypothermia
- Creating protocol for 24/7 revascularization
 - Data collection to track outcomes

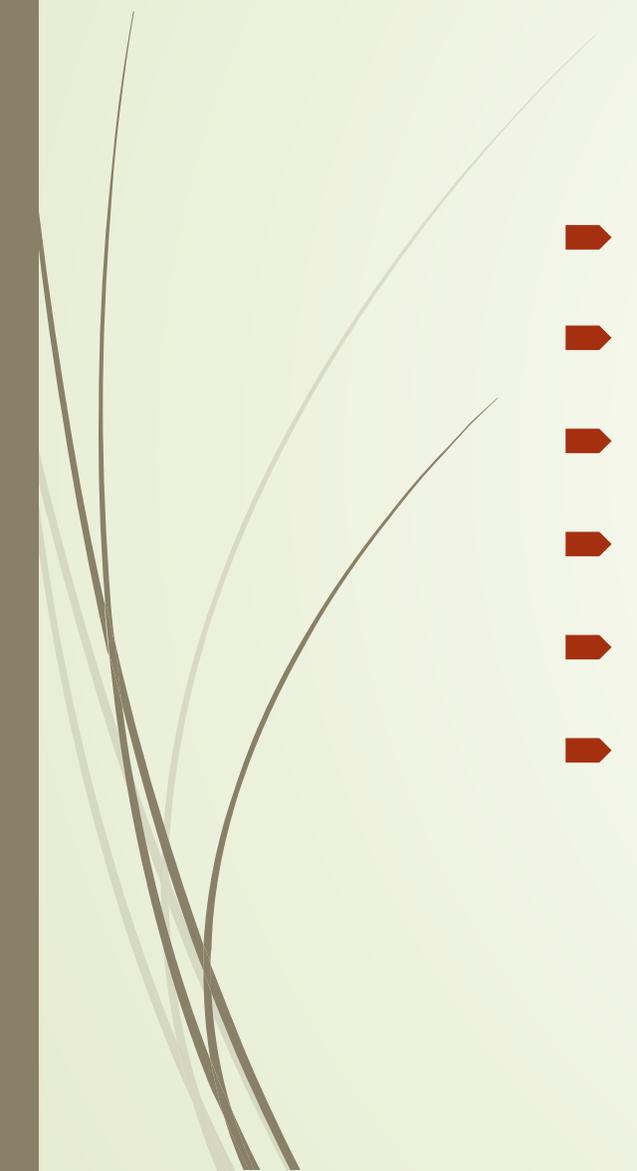
Minnesota Cardiac Arrest Numbers

- Increased survivors attributed to data collection, new protocols, and higher performance by providers
- The increase in survivors results the need for additional services and programs





Post Cardiac Arrest Survivor Thoughts

- “A life changing experience.”
 - “What if this happens again?”
 - “Who can I talk to?”
 - “Can I do all the same things that I used to?”
 - “What if I can never go back to my job?”
 - “They (spouse, dad, etc.) seem so different.”
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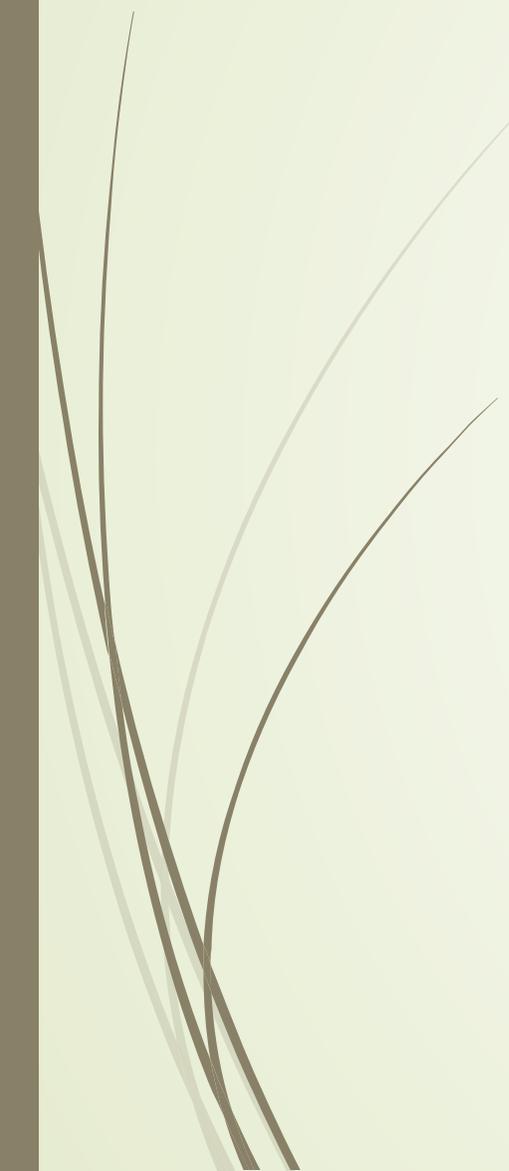


Post Cardiac Arrest Lifestyle Changes

- Participation in a hospital based cardiac rehab program 2-5 times per week for up to 12 weeks
 - Changes in diet, weight management, and exercise regimens
 - Management of stressors – depression, anxiety and anger
 - Relationship changes – family, friends, career
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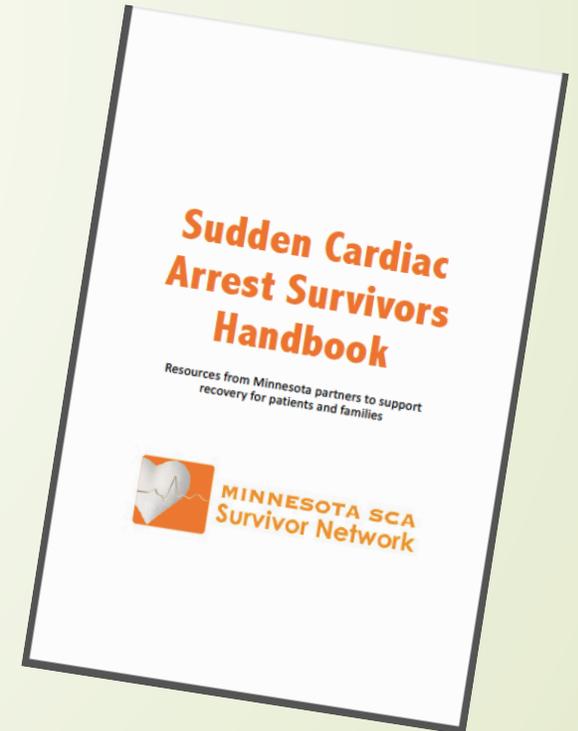
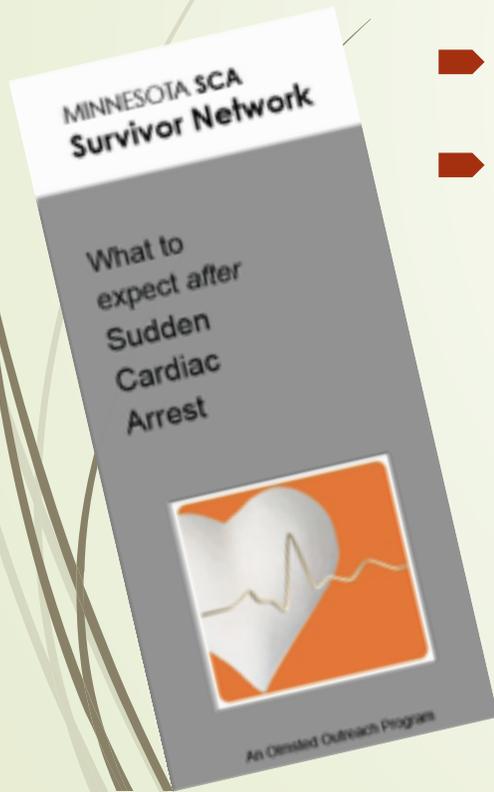


What can we do to support cardiac arrest recovery?

- Support Groups – local, statewide, and national
 - Mentorship programs and in hospital one-on-one support
 - Resources – online, local engagement and post SCA kits
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Post Cardiac Arrest Kits

- Tools for survivors & families
- Practical & Fun
- Resources
- Include items such as: diet and activity diary, pedometers, exercise bands, resource book and some CPR training kits



Post Cardiac Arrest Kit Plan

- Placed in local PCI centers with plan to distribute to rural hospitals as needed
- Estimated numbers from CARES
- Follow up with MN SCA Network



Difficulties Encountered

- Finding the right person for distribution
- Ensuring consistent distribution
- Follow up and evaluation

Locations	# of kits	# distributed to date
6 Hospitals	65	38
4 Hospitals remaining	60	



Feedback

- ▶ Subjective feedback from providers:
 - ▶ patients seem overwhelmed at hospital discharge
 - ▶ consider providing CPR training kits as part of kit
 - ▶ may work better with one-on-one discussion as part of it
 - ▶ family members have too much to remember already
 - ▶ many seem very happy to receive information that they can read and process after discharge



Lessons Learned / Next Steps

- Difficult to distribute during in-patient stay - better reception when given at cardiac rehab
- Connect with patient advocates vs. providers
- Benefit to distribution with cardiac arrest survivors group outreach
- Consider options for follow up and feedback - postcard?

- We still have 300+ kits to distribute

Questions?

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www.mnscasurvivor.org

