

Cardiac arrest survivors and their families – a pilot support programme

What is the purpose of this study?

To pilot test an online programme of (one-to-one and group) education, support, and exercise rehabilitation for cardiac arrest survivors that will be provided shortly after returning home from hospital. There will be a similar programme of support for family members, friends, or significant others ('co-survivors') impacted by the cardiac arrest. We want to know if the programme can be delivered within the NHS and how it can be improved.

Who can join the study?

- People who have had a cardiac arrest, were discharged home within 30 days and are within 8 weeks of discharge.
- A family member, friend, or significant other of a cardiac arrest survivor discharged within 30 days, and are within 8 weeks of discharge.
- You must be aged 18 years or older.
- You must be able to access online training through a smart phone, tablet, laptop, or computer.

What will it involve?

- Joining an online programme with weekly group sessions delivered over 8 weeks.
- Completing some questionnaires about your health and how you are feeling.
- Talking to a researcher about your experiences of the new care programme, what you found beneficial, and your opinions on how it could be improved.

Will this be confidential?

- Yes – all information you provide will be treated as confidential.
- You will not be identified in the reporting of this study.

FOR MORE INFORMATION



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