



ILCOR 10 Steps to improve IHCA – A nationwide peer-support network for survivors and their relatives: a Case Study from Sweden.

Background: Survivors and relatives of survivors often have specific questions on a broad range of issues when they try to navigate their new life circumstances after an IHCA event. These questions might be beyond the expertise of health care professionals.

Steps Taken: A network, as well as a closed Facebook group, for survivors and relatives of survivors was started in cooperation with the Swedish Heart and Lung Association and the Swedish Resuscitation Council together with a number of survivors and relatives.

All CPR-instructors in Sweden gets this information during their education and information for this network is then given to cardiac arrest survivors before discharge and during follow-up. Information is also announced on webpages and Facebook. All kind of issues are welcome to be raised within the group and patients and relatives often help new participants with support and suggestions.

Challenges: The dissemination of information about the network and its Facebook group among health care professionals is a challenge, but usually patients and relatives find their way to the group early on. was challenging to have relatives of non-survivors and their grief on the same network with survivors, therefore only survivors are nowadays included in the network. Relatives of non-survivors have another network.

Results: A webpage was launched at the Swedish Heart and Lung Association (in Swedish) <https://www.hjart-lung.se/natverket-for-overlevare/>

A closed Facebook group is also available: <https://www.facebook.com/groups/hjartstopp>

The network is planning its first physical meeting on a national level in 2024 to occur in parallel with the yearly congress of the Swedish Resuscitation Council.

Outlook: The network gives quick access to other survivors and relatives so they can immediately interact with each other, share their stories and help with hands-on tips on how to navigate their new life circumstances.

Reference: None

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