

The Out- of-Hospital-Cardiac-Arrest: a Strategy for Scotland (2015) policy document contains an ambition to improve the rehabilitation and aftercare of OHCA survivors, their close family and friends, and those bereaved through OHCA. It also acknowledges that an OHCA can have a profound impact on those who perform resuscitation and that these individuals, too, may need support following an event. To further the identified ambition, Scottish Government and Chest Heart & Stroke Scotland (CHSS) have funded the development of two new online resources, with the following aims:

- To provide information, support and advice to those who have experienced an OHCA, their close family and friends, and those bereaved by OHCA, and
- To provide information, support and advice to those who respond to an OHCA in a trained capacity.

Both resources have been developed through a collaborative partnership between CHSS and the University of Edinburgh. Interactive case studies and filmed personal stories from those affected by OHCA form the basis for content, which includes sign-posting to a wide range of useful websites and resources.

The resources can be found at:

www.lifeaftercardiacarrest.org.uk (resource for OHCA survivors, their close family and friends, and those bereaved by OHCA)

www.heartelearning.org (resource for those trained to respond to an OHCA)

If you would like further information, please email caitrian.guthrie@chss.org.uk