

COPE stands for Cardiovascular Outcomes: Psychosocial Education, and the COPE Program was established by the Sudden Cardiac Arrest Association (SCAA). The program offers patients and family members an opportunity to speak with another survivor of sudden cardiac arrest (SCA) or another recipient of an implanted cardioverter defibrillator (ICD) who understands what they are going through.

To increase the number of bystanders who respond to emergencies, SCAA works with state governments to revamp Good Samaritan laws to protect bystanders using automatic electronic defibrillators (AEDs).

Through the COPE Program, SCAA joins forces with EMS agencies, police and fire departments across the country to recognize the life-saving efforts of emergency responders and the dedication of survivors.

Please share this brochure with hospitals and physicians, particularly cardiologists and electrophysiologists. We depend on local contacts and resources to help get the word out. If you would like a supply of brochures, please email the local contact listed at the end of this brochure.

Visit our website at suddencardiacarrest.org for more information on the COPE Line as well as other efforts and programs of SCAA.

IMPORTANT NOTICE—The information conveyed on the COPE Line is not intended to provide medical advice of any kind. None of the remarks made by a COPE mentor during a conversation should be construed as providing medical advice. Anyone feeling pain or having medical issues should not use the COPE Line to seek assistance. Seek medical care from a medical provider or call 911 immediately. The COPE Line does not provide real-time response. We attempt to answer all calls within 24 hours of receipt.

“After my cardiac arrest, it was months before I was emotionally ready to reach out to others and address what happened. For a while, I would only share my experience with another survivor from my state.

Soon, I discovered SCAA and learned I wasn’t alone. From the personal connections I made with other survivors and advocates to the educational resources, I found support, strength and encouragement to live and enjoy life again.”

— Mary, SCA Survivor

suddencardiacarrest.org



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Twitter: @SCAA

You’ve Survived Cardiac Arrest or Implant of a Cardioverter Defibrillator



Now What?

COPE Line can help:
1-855-COPE-SCA
(267-3722)

SCAA COPE LINE 1-855-COPE-SCA (267-3722)

Surviving cardiac arrest is rare. For the 6 percent of patients who do survive, recovery is often a long process that simply doesn't end after discharge from the hospital, or with the insertion of an implantable cardioverter defibrillator (ICD).

FACTS OF LIFE AFTER SCAA AND/OR ICD IMPLANTATION

- A large number of SCAA survivors experience varying degrees of impairment in performing daily life skills
- Many experience symptoms of anxiety after cardiac arrest
- One-third of patients with ICDs require coping skills to address fear of potential shocks
- Typical adjustment period can take 6–12 months
- A large number of SCAA survivors are diagnosed with psychological issues, including adjustment disorder, panic disorder and/or major depression

SCAA and ICD implantation is often traumatic for survivors but also can be life-changing for their loved ones. In fact, it's common for both survivors and family members to experience challenges adjusting to life after cardiac arrest. Many report anxiety, withdrawal, various fears, loss of interest, guilt, loneliness, depression, inability to relate to others and concerns about becoming a burden.

ICDs and other devices can monitor the heart and prevent future cardiac arrests, but they can't heal emotions, calm anxiety or ease fears.

That's where the SCAA and its nationwide network of SCAA survivors, resources and advocates can help.

WHO IS THE COPE LINE FOR?

The COPE Line is for survivors of SCAA and ICD implantees and family members of either group. It offers an opportunity to speak with someone who has survived sudden cardiac arrest and/or ICD implant.

WHO WILL YOU TALK WITH?

The caller will not receive medical advice, but will be able to talk with someone familiar with many of the issues surrounding both situations.

WHY THE COPE LINE?

Simply stated, there is a greater chance of making an emotional connection when talking with someone than when reading an online response. Personal conversation increases the chance for in-depth communication, clarifying answers and healing through human connection. COPE mentors have years of experience in talking with peers about issues common to our unique group. This peer-to-peer communication has proven very useful to survivors and implantees as well as to family members.

WHAT DO I DO NEXT?

Go to suddencardiacarrest.org, click **COPE** at the top of the page, then click on the cell phone illustration. Read the instructions for leaving a message on the COPE Line and other helpful information on how the process works. You can also call the COPE Line number above to receive instructions on how to proceed.

OTHER RESOURCES

Visit INSPIRE, where SCAA connects

survivors and patients

on our interactive online  **SuddenCardiacArrest.Inspire.com**

If you are interested in starting a SCAA chapter in your area, getting involved in a local chapter, looking for resources related to SCAA support, the COPE program, a hero recognition program, making a donation or information regarding any of the programs offered through SCAA, please contact:

Richard Brown, Executive Director
Rbrown@suddencardiacarrest.org

Mary Tappe, Chair, Board of Directors
Mtappe@suddencardiacarrest.org