Recovery from cardiac arrest

The transition home

Resources for you and your family
How we can help you

You are going home and we want to assist you in returning to your daily life as safely and as smoothly as possible.

Many Penn health care providers take special interest in those people who are recovering from cardiac arrest.

Our physicians and nurses are familiar with the challenges that you may face at home.

Because Penn Medicine is a national leader in cardiac arrest care, we want to provide you with an opportunity for follow-up care with expert providers.

A sample of services offered

Cardiac – Screening and treatment of heart problems—rhythm disorders, heart failure, heart artery disease
www.pennmedicine.org/heart/patient/locations

Neurological – Drug management of anti-seizure medications, treatment for nervous system problems and seizures
www.uphs.upenn.edu/neuroscience-center/clinical (general neurology)
www.pennmedicine.org/neuro/services/epilepsy/outpatient.html (seizure management)

Physical medicine (Rehabilitation) – Therapy for muscle weakness, difficulty swallowing, balance problems
www.phillyrehab.com/locations

Psychological – Care of depression and lifestyle changes
www.med.upenn.edu/mood/overview.html

Pulmonary – Care of pneumonia and treatment related to lung problems
www.pennmedicine.org/lung/patient-care/locations.html

Neurocognitive therapy - Strategies to address memory loss, disorders of thinking
www.pennadc.org

Social services – Assistance with resources in preparation for going home; home nursing care, IV medications, physical therapy

For a full list of services and locations, please visit
www.med.upenn.edu/resuscitation

Our staff

Gail Delfin MSN RN
Resuscitation Service Line Coordinator

Benjamin Abella MD MPhil

Marion Leary MSN RN

Our staff can recommend particular follow-up services for you.

Please contact us if you have any questions.

Call our Resuscitation Service Line Coordinator at: 215-614-0032
The mission of the Center for Resuscitation Science at the University of Pennsylvania is to improve the survival and future recovery for adults who have experienced a sudden cardiac arrest.

To achieve our mission, we have assembled a team of physicians, nurses and scientists with backgrounds in many specialties. Our scope includes basic science, expert clinical practice, clinical trials and health policy.

The Center for Resuscitation Science is recognized internationally as a leader in education, research and clinical care in the field of resuscitation.

Did you receive therapeutic hypothermia/targeted temperature management after your cardiac arrest?

Read more about this life-saving therapy at:
www.med.upenn.edu/resuscitation/news_archives.shtml

You are not alone...

Sudden Cardiac Arrest Association
COPE (Cardiovascular Outcomes/Psychosocial Education) provides an understanding of the issues facing survivors and their loved ones.

To learn more about cardiac arrest support groups:
www.suddencardiacroarrest.org

Interested in CPR and current CPR guidelines?
American Heart Association
www.heart.org