



# Topic Talks

## Restart a Heart

World Restart A Heart Day is an international initiative designed to raise awareness and educate members of the public on the importance of learning CPR and having access to AEDs. This week we will look at Restart a Heart Day activities and survivor stories.

### Out of Hospital Cardiac Arrest in Australia

- Over 15,000 Australians suffer a cardiac arrest outside of hospital every year. Sadly, the survival rate from a cardiac arrest is only 10% which is why the first 3-5 minutes holds the key to survival (Victor Chang Institute)

### Survivors

- In 2021, the spotlight is on survivors! Using the hashtag [#CPRSavedMyLife](#), ILCOR are gathering stories of survivors who are still with us today thanks to bystander CPR and once more underline the vital importance of CPR in out-of-hospital settings.
- All seven constituent councils of ILCOR are supporting a global initiative to increase awareness about the importance of bystander CPR and to also increase actual bystander CPR rates worldwide.
- Watch a short introduction [here](#)

## Let's talk

Suggested questions to ask yourself or your peers this week



### How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

### Are you prepared to provide CPR outside of the work environment?

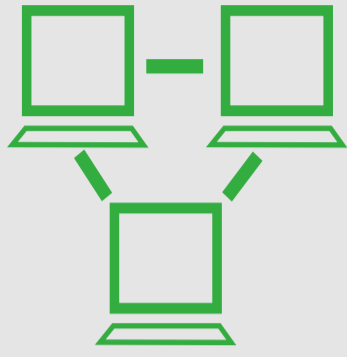
This Victorian study showed that [CPR delivered by health professionals for out of hospital cardiac arrest](#) results in better outcomes for those patients.

- Read the article by selecting the hyperlink
- Reflect on 'what if this was you'. How might you respond? Or have you already rendered assistance outside of work?
- What would it be / is it like to provide CPR outside of the healthcare environment?

### What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

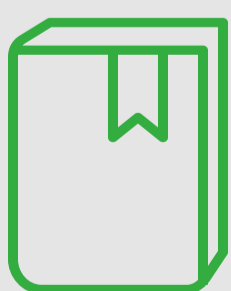
# Loddon Mallee Activities and Resources



## What's on the Web?



## References:



### Tuesdays@2 Webinar

Tuesday 12th October, 2pm. Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEI4enJHWFRheWRtaTdaUT09>

**Password:** 529906

**Speaker:** Dr Marco Mion

**Topic:** The psychological aspect of cardiac arrest survivorship (pre recorded May 16, 2020)

### E-Learning:

- [St John Ambulance](#)
- [Resus4Kids](#)

### Live Online Events this week:

- ARC/AUSROC/NZRC: The Future is Shocking -New Seminar October 15th 10am-1pm (AEDT) [Register here](#)
- Council of Ambulance Authorities [Events each day Oct 11-16](#)
- Saturday, October 16, 3pm on Channel 9 [The World's Largest CPR Class](#)

### Survivor Stories:

- [Greg Page](#)
- [Brian](#)
- [Garry Jack](#)
- [Matthew Drover](#)
- [Chris](#)
- [Cassandra Scott](#)
- [Paul Laister](#)

### Webcasts:

- Council of Ambulance Authorities [CPR and AED Education Video](#) [5:00]
- European Resuscitation Council [World Restart a Heart 2021 – how we get the best results](#) [1:24:46]
- Sudden Cardiac Arrest UK [The 8 Seconds of dying with Jamie Poole](#) [1:48:20]
- Rapid Response Revival (2021) [Counting the economic cost of sudden cardiac death in Australia: Dr Anthony Ockwell](#) [24:24]

### Web Sites:

- [The Australian Resuscitation Council](#)
- [Heart of the Nation](#)
- [Victor Chang Cardiac Research Institute](#)
- [International Liaison Committee on Resuscitation](#)
- [The Heart Foundation](#)

- Australian Resuscitation Council (2021) <https://resus.org.au/>
- International Liaison Committee on Resuscitation (2021) World Restart a Heart 2021. <https://www.ilcor.org/wrah>
- The Heart Foundation (2021) What is cardiac arrest? <https://www.heartfoundation.org.au/conditions/cardiac-arrest>
- Victor Chang Institute (2021) Restart a Heart Day October 16 2021. <https://www.victorchang.edu.au/restart-a-heart-day>