

## Information Booklet

Rules & Further Resources

For more information  
scan the QR code:

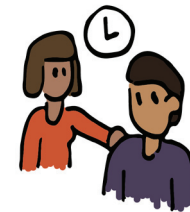


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## Bystander Care

- As more people (bystanders) in Scotland step in to help save a life, it is important that the wellbeing of these bystanders is also prioritised.
- After performing CPR, bystanders may have questions and want more help and support. Learn more at [savealife.scot/get-support](https://www.savealife.scot/get-support)



# Contents

## Life After Cardiac Arrest

### Hospital Care

- When a person's heart has been successfully restarted after having a cardiac arrest, healthcare professionals will provide specific treatments to give them the best chance of recovery.
- Not everyone has the same likelihood of receiving the same treatment in hospital. For example, research has shown that women do not always receive the same standardised cardiac arrest treatments as men in hospital. Clinical researchers are working to close this gap.

### Post-Hospital Care

- When a patient leaves the hospital after experiencing a cardiac arrest, it is vital to the wellbeing of survivors and their families that there are resources available to support both their physical and mental wellbeing.
- Check out resources dedicated to supporting survivors and their families after cardiac arrest at [savealife.scot/get-support](https://www.savealife.scot/get-support)

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## Defibrillation

- A defibrillator (also known as an AED or PAD) is a device that can treat someone who is in cardiac arrest by providing an electric shock through the heart. This shock is called defibrillation and is used to enable the heart to 'restart' and return to its normal working rhythm.
- Defibrillators that are available for use by the public are known as Public Access Defibrillators (PAD) and they are often located in public areas such as gyms, shopping centres, and train stations.
- Defibrillators are designed to be used by anyone, without any prior training. When you switch a PAD on, the device will provide audible instructions and talk you through what you need to do. PADs only apply a shock if and when it is required so you can't harm yourself or the person in cardiac arrest.



## CPR

- CPR stands for Cardiopulmonary Resuscitation.
- Chest compressions, or the act of pushing hard and fast on the chest, can double the chances of survival for someone in cardiac arrest.
- By doing CPR, your hands pump for the heart and each chest compression becomes a heart beat. This buys time until the ambulance arrives.
- You can learn about CPR in less than 5 minutes by watching videos online at [savealife.scot](https://www.savealife.scot).



## Rules Section

### Game Overview

When someone's heart suddenly stops beating, the person is in cardiac arrest and quick action is needed to save their life. This game will teach you about the critical actions you can take to improve their chances of survival. Each action is represented by a link in the Chain of Survival. Read on to learn more.

Number of players: 2+

Game Components:

- Game board
- 20 discussion cards
- 5 chain cards (dual-sided)
- Heart piece to track life points
- Information booklet

## Setting Up the Game

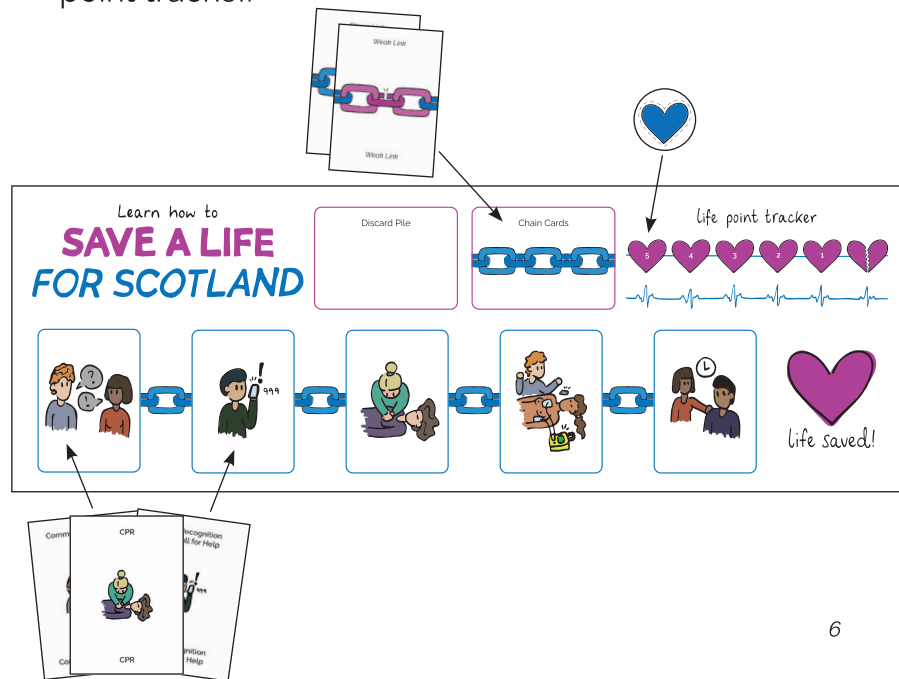
1. Place all the discussion cards face down on their allotted spaces on the board.

There will be 4 cards per link:

- Community Readiness
- Early Recognition and Call for Help
- CPR
- Defibrillation
- Life After Cardiac Arrest

2. Place all the chain cards on their allotted space on the board.

3. Place the Heart piece at number 5 of the life point tracker.



## Early Recognition and Call for Help

Recognise the signs of someone in cardiac arrest.

The person will be:

- not responding (unconscious)
- not breathing or not breathing normally

To check for a response try shouting their name if you know it or giving them a gentle shake by the shoulders.

During the COVID-19 pandemic, do not place your face near the person to check for breathing. Listen and watch to see if their abdomen is rising and falling normally.

If you suspect the person is in cardiac arrest. Call 999 immediately and the call handler will send an ambulance to your location and talk you through what to do next.



## Community Readiness

- Every week the Scottish Ambulance Service responds to 70 cardiac arrests. That's a full double decker bus.
- It can happen to anyone at any time. Every minute counts and the quicker those around us act, the better our chances of survival.
- It is important to discuss cardiac arrest with our families and friends so we can be prepared to act in case of emergency.
- Some areas of Scotland have lower chances of survival after OHCA than others. No matter where you live or who you are, we can all make a difference to save more lives after cardiac arrest.
- From 2015-2020, the Save a Life for Scotland partnership has made a huge impact on survival after cardiac arrest in Scotland. This is all thanks to communities in Scotland taking action to help save lives. Learn how to get your community ready at [savealife.scot](https://www.savealife.scot)



## Turn Overview

1. The oldest player draws the top card from the Community Readiness pile. They will read the card to the group and discuss. The group must agree on an answer before turning the card upside down to reveal the correct answer.
  - a) If the group answer is incorrect, move the Heart piece on the life point tracker down one point and continue play.
  - b) If the group is correct, the life points remain the same.
2. After your group finishes discussing a card, place it in the discard pile.
3. Take turns drawing cards until all Community Readiness cards have been discussed.
  - a) If you make it through without losing any life points, place a **Strong Link chain card** over the Community Readiness space. This means your group has a strong understanding of this particular link in the Chain of Survival.
  - b) If you lose one or more life points, place a **Weak Link chain card** on that space. This means your group should review the Information Section in this booklet after the game is finished.

4. Continue working through each of the remaining links as described above.

a) If you run out of life points, the patient did not survive their cardiac arrest. Continue to work through the rest of the discussion cards to learn more about the Chain of Survival and read the information section of this booklet.

b) If the group still has life points at the end of the game, congratulations, you have all helped save a life!

## Information Section

### What is a Cardiac Arrest?

- A cardiac arrest occurs when the heart stops pumping blood around the body.
- Someone who is having a cardiac arrest will suddenly lose consciousness and will either stop breathing or stop breathing normally.
- To help save a life, there is a series of actions that need to happen quickly for someone to recover after having an out-of-hospital cardiac arrest (OHCA) called the 'Chain of Survival' which is outlined on the game board.