



Welcome to our Autumn newsletter; in this edition we have a variety of topics which I hope you will find useful and informative. Please do get in touch with us if there's anything you'd like to see featured or a specific topic covered.

After several letters to the CQC, with no response, we have decided to make our position on locking away emergency drugs clear and give advice on best practice. The ReSPECT project continues to progress and we bring you an update on the latest developments.

How many of you got involved with Restart a Heart Day? I had a fantastic day training young people at our local school and you can see photos on our website!

A new feature you will notice in this edition is asking members of our Executive Committee to contribute a short article. In this issue Dr Joyce Yeung gives us an insight into her research on teaching school children.

The ERC meeting in Iceland was an interesting two days, scientifically, geologically and socially. A special congratulations must also be said to Team UK.

As well as all of this we have a very exciting new project to showcase in the next few months; we have just completed filming a new scenario for Lifesaver.

At the time of writing there's only 46 days to Christmas and even fewer shopping days. We've included details of the office opening hours so you can see when we will be available.

I hope everyone has a safe, fun and enjoyable Christmas and very best wishes for a prosperous New Year.

Dr Carl Gwinnutt
President



Restart a Heart Day

Thanks to hundreds of events planned across the UK, we're delighted to announce that over 150,000 children and young people were trained on Restart a Heart Day. The Resuscitation Council (UK), in conjunction with the British Heart Foundation, British Red Cross, St John Ambulance and Yorkshire Ambulance Service, along with all 14 UK ambulance trusts worked together in creating a truly unforgettable day.

Based on the success of this year, we're already looking ahead to 16 October 2017 and planning ways to make it even bigger and train more people!

[Dr Andy Lockey spoke to BBC London](#)



Lifesaver

After the success of the original Lifesaver app, we've once again teamed up with Production Company, Unit9 and Bafta award winning Director, Martin Percy to create a brand new scenario. One of the major factors cited by bystanders for abstaining from CPR on someone in cardiac arrest is the fear of harming someone and this is also a major factor on why many bystanders don't start CPR early. For every minute that passes after a cardiac arrest, if nothing is done, the chances of that person surviving reduce by 10%. The new Lifesaver scenario will highlight the importance of quick bystander actions as well as reinforcing the point that children and young people can ably do CPR. Watch this space!

Have you heard?



Letter to CQC – keeping resuscitation drugs locked away

The RC (UK) has become concerned about the stance taken by some CQC Inspectors, who have appeared to require Trusts to store emergency drugs in locked cabinets. Whilst there may be a potential risk of theft of or tampering with unlocked drugs or equipment, such events are believed to be very rare, and if drugs needed in the extreme emergency of a cardiac arrest are locked away, this will cause unacceptable delays in treatment and jeopardise patient safety. [Find out more >](#)



ReSPECT progress update

The national Working Group met in late September to discuss the findings of the Pilot Phase testing and, together with the HELIX Centre, will make minor refinements to the form and its supporting materials, and develop additional educational materials and an implementation guide to support all health and care professionals in the adoption and implementation of the ReSPECT process. [See update >](#)



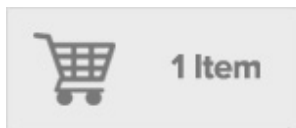
ERC Annual Conference – Team UK win in Reykjavik

We would like to say congratulations to Team UK who won the CPR competition at this year's European Resuscitation Council conference in Iceland. Helen Venn, Thomas James Wood, Kimberly Humphreys, Emily Browne and Nicola Ljewsky from Shrewsbury and Telford Hospital Trust beat all other teams in two rounds to become the winners of this year's contest.



Christmas Holiday timetable

Our offices will be closed from 16:00 on Thursday 22 December and will re-open on Tuesday 3 January 2017.



RC (UK) online shop

You can now buy all our Life Support manuals on our online shop.

[Buy now >](#)



Douglas Chamberlain

Douglas is a retired Cardiologist who worked in Brighton. He holds Honorary Chairs at the Universities of Cardiff (Resuscitation Medicine) and Brighton and Sussex Medical School (Cardiology). He is currently an Honorary Adviser in Cardiology to two major ambulance services in the UK. Douglas was a founder member of the Resuscitation Council (UK). He has a long history and strong links with the Council and we therefore thought that there would be no better person to become our first [Patron](#).

Dr Joyce Yeung - Research update



A Research Grant from the Resuscitation Council (UK) enabled [Dr Joyce Yeung](#) and her team to assess the effectiveness of Lifesaver in CPR education on school children as a standalone education tool versus face-to-face traditional instructor-led manikin training or both methods combined.

Our outcome measures focus on CPR skill metrics (compression rate/depth/position) alongside CPR attitude and knowledge of resuscitation and retention.

Three local schools in the West Midlands are participating in the study. The research team has currently visited all three schools twice. The first visit consisted of the initial teaching session to provide CPR training using the app, face-to-face instructor or both. All children prior to and after teaching completed a CPR knowledge and attitudes questionnaire to capture their prior knowledge of CPR. After the teaching, all children underwent a two-minute Chest Compression trial and their CPR skills acquisition was recorded. The second follow-up visit consisted of re-testing the children after two months and the final follow up visit post four months of the initial teaching is scheduled to take place next month.

The results gathered after the initial visit indicates the addition of having Lifesaver training through the app alongside face-to-face traditional instructor-led training provides additional benefits in terms of CPR skill acquisition. We aim for the final results of the study to be published on our website early next year.

EPALS Instructor Day



EPALS
Instructor Day 2016
6 December
Register now!

6 December at Woburn House, London WC1H 9HQ

All EPALS Instructors, ICs and PILS Instructors are invited to attend. The varied and exciting sessions taking place will include updates on the new course format and updated materials in line with G2015, information on aspects of teaching and feedback.

We will be inviting members of the trade to attend for the first time, providing an opportunity for instructors to raise questions and network.

Tickets are now available to buy on our website. [Register now >](#)

RC (UK) LMS - Tip of the month

I have forgotten my password, how do I log in?

If you have forgotten your password all you need to do is click on the 'I have forgotten my password' link and you will be sent a password reset to the email address associated with your account (check your junk/spam folder if it does not arrive). Note: If you have changed jobs and you can no longer access the email account, get in touch with us and we will be happy to update this for you.

Returning to this site?

Login here using your username (your **registered email address**) and password. Cookies must be enabled in your browser.

Username:

Password:

[I have forgotten my password](#)

For a full list of 'hints and tips' visit our [LMS FAQs page](#).

Look out for our Winter newsletter in early 2017

