



President's update



Dear RC (UK) members, supporters, instructors and friends,

We're in the midst of an exceptionally busy and exciting Autumn, and as such, are pleased to be sending you a newsletter full of information on upcoming events and opportunities.

16 October is the fifth annual [Restart a Heart day](#), a day in which we partner with the British Heart Foundation, the British Red Cross, St John Ambulance, Greater Manchester Fire and Rescue, Yorkshire Ambulance Service and ambulance trusts, training providers, police, and fire and rescue units join forces to educate future life-savers across the United Kingdom.

It's a day that would not be made possible without the thousands of volunteers who give their time to training people - and we thank them for their contributions to this valuable cause and dedication to improving survival rates from out of hospital cardiac arrests. Last year, over 195,000 people were trained - and we're hoping to better that this year with over 200,000 trained.

We are also looking forward to hosting a series of events on 12 December in London - our [Instructor Day](#), [AGM](#), and our very first [Annual Lecture](#). We are delighted to have Professor Stephen Powis, National Medical Director for NHS England, as our inaugural speaker - and we are certain his talk on the NHS 10-year plan and the elements within it relating to cardiovascular disease, CPR and resuscitation will be one to remember. I would invite all of you to come and learn about our place in that plan and the opportunities ahead.

There are also a number of important papers which have been published recently pertaining to resuscitation. Last newsletter we highlighted Paramedic 2; this time I would draw your attention to a number of important papers which were recently discussed at the ERC conference in Bologna and can be found in the "Papers of Note" section of the newsletter.

We hope very much that you'll be able to join in to the activities and events that are upcoming - and we thank you as always for your support in our endeavours.

All the best,
Dr Jonathan Wyllie
President



Restart a Heart day & PSHE Survey



On 16 October we're turning plans into action for the fifth annual [Restart a Heart Day](#) - and we can't wait to play our role in helping over 200,000 people learn life-saving CPR!

We've partnered with the British Heart Foundation, British Red Cross, St John Ambulance, Greater Manchester Fire and Rescue, Yorkshire Ambulance Service and all of the UK

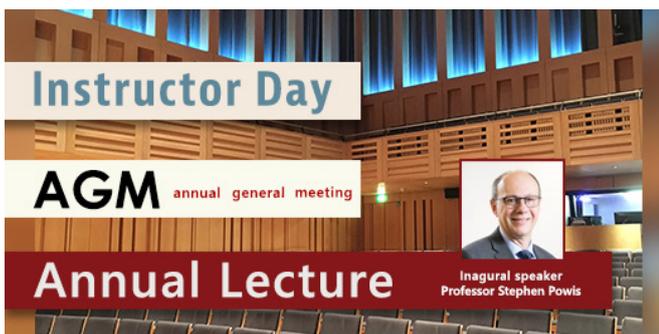
Ambulance Services to train people up and down the UK in CPR and encourage confidence in delivering it, and using a defibrillator, with the aim of improving out of hospital cardiac arrest survival rates.

We believe that training people, including young people, is key to improving survival rates from out of hospital cardiac arrest - and early education plays a huge role in this.

Alongside this year's Restart a Heart campaign, we're also backing the Westminster government's draft guidance to put CPR education on the curriculum as part of the PSHE plans. You can get involved and add your voice to the consultation by [filling out a short survey](#) to ensure your views on CPR education are heard!

You can also join in on the day by following #RestartAHeart on Twitter, and by playing our free online game-in-a-film [Lifesaver](#) wherever you are.

Events 2018 - Instructor Day, AGM and Annual Lecture



The RC (UK) is pleased to invite you to join us in London on 12 December for three brilliant events in one stunning venue.

Instructor Day 2018

09:00 - 16:00

All Instructors and Instructor Candidates are invited to attend Instructor Day 2018 - a day that will be conversational, interactive and provide both a practical and current perspective on courses and resuscitation topics. The day will combine general instructor sessions including a summary of the Generic Instructor Course (GIC) evaluation research, feedback/debrief, mentorship and teaching methods, and assessment.

The afternoon sessions will be smaller, targeted sessions specific to course type and will provide dedicated information and discussion for each course. Tickets are £108 and include a catered lunch.

[Book now >](#)

Annual General Meeting 2018

16:30 - 17:30

The Annual General Meeting (AGM) of the Resuscitation Council (UK) is a free event open to anyone to attend. At our AGM, you can meet the RC (UK) Trustees, members of the Executive Committee and staff, learn more about the organisation you support and hear an update on the RC (UK)'s operations.

[Book now >](#)

Inaugural Annual Lecture 2018

17:30 - 19:00

Our first ever Annual Lecture will see Professor Stephen Powis, National Medical Director for NHS England, present an intimate look into the soon to be published NHS 10-year plan and the elements within it relating to cardiovascular disease, CPR and resuscitation. This exciting event is priced at £30 per ticket and includes, drinks, canapes, and opportunities for networking and discussion both before and after the event.

[Book now >](#)

All three events will be held at Kings Place, an award winning conference and events space, located in the heart of King's Cross with views over the beautiful Regent's Canal. The venue is a five-minute walk from Kings Cross/St Pancras stations, and is easily accessible from all over the UK and Europe.

Papers of Note



- Trial of Continuous or Interrupted Chest Compressions during CPR. [Read more >](#)
- Therapeutic Hypothermia after Out-of-Hospital Cardiac Arrest in Children. [Read more >](#)
- Therapeutic Hypothermia after In-Hospital Cardiac Arrest in Children. [Read more >](#)
- ALPS - Amiodarone, Lidocaine, or Placebo in Out-of-Hospital Cardiac Arrest study. [Read more >](#)
- Effect of Therapeutic Hypothermia Initiated After 6 Hours of Age on Death or Disability Among Newborns With Hypoxic-Ischemic Encephalopathy. [Read more >](#)
- Effect of a Strategy of Initial Laryngeal Tube Insertion vs Endotracheal Intubation on 72-Hour Survival in Adults With Out-of-Hospital Cardiac Arrest. [Read more >](#)
- Effect of Bag-Mask Ventilation vs Endotracheal Intubation During Cardiopulmonary Resuscitation on Neurological Outcome After Out-of-Hospital Cardiorespiratory Arrest. [Read more >](#)
- Effect of a Strategy of a Supraglottic Airway Device vs Tracheal Intubation During Out-of-Hospital Cardiac Arrest on Functional Outcome - AIRWAYS. [Read more >](#)

Have you heard?

- **Choking guidelines:** A minor update has been made to the choking guidelines. [See the updated version >](#)
- **The Professional Record Standards Body** has developed an innovative new standard for sharing clinical referral information, which will help to reduce avoidable referrals, speed up treatment times and make care better and safer for patients. [Learn more >](#)
- **RC (UK) Membership:** We are inviting people to join as members of the RC (UK). We offer both full and associate memberships on our website. [Apply now >](#)
- **RC (UK) online shop:** All our Life Support manuals are now available to buy from our online shop and UK delivery is free of charge. [Buy now >](#)

Policy update

Long term plan for the NHS

The RC (UK) recently submitted to NHS England's consultation on the long term plan for the NHS. This has been a great opportunity to submit our views on the clinical priorities for the next 10 years for the cardiovascular disease and respiratory workstream, such as CPR training and AED awareness to address out of hospital cardiac arrest (OHCA), and also on enabling improvement via the NHS workforce, emphasising the importance of time for training, such as RC (UK) courses.

Health education

We're also preparing our response to the Department for Education's consultation on health education. The proposals to make health education a mandatory part of

the curriculum in England suggest the inclusion of basic first aid at both primary and secondary level, and how to do CPR and the purpose of a defibrillator at secondary level. We're backing the Government's intention to put CPR on the curriculum in England. Find out more about our CPR education campaign, tell us your views by completing our survey, or submit your own response.

Public Affairs Volunteer

The Public Affairs team has a new member! Toyin Obafemi has joined us as a volunteer and has made a fantastic addition to the team, capturing stories for our social media and monitoring policy developments. We look forward to bringing you more of the latest news, thanks to Toyin's help.

ReSPECT update



New organisations are joining the ReSPECT adoption network, working as whole Sustainability and Transformation Partnerships (STPs), or as smaller collaboratives. Interest in the process is growing. If you have adopted ReSPECT and have not yet registered with us, please can you [contact us](#) as a matter of urgency.

We continue to build relationships and establish links with the CQC and complementary initiatives such as Coordinate My Care (CMC). Partnership working with the Professional Record Standards Body (PRSB) is ongoing, and we are building links with NHS RightCare since Professor Matthew Cripps (National Director of NHS RightCare) presented at

the ReSPECT conference in May.

We are also making connections with other charities, such as Bliss and Compassion in Dying, who are working on related projects such as the [Bliss Baby Charter](#). Compassion in Dying recently published a report on '[The role of Ambulance Trusts in respecting people's end-of-life wishes](#)'.

We recently attended the stakeholder event: [European understandings of advance decision-making](#), and will also be attending an international conference in Amsterdam later this month to share our experience of ReSPECT. Plans are also underway for early adopter meetings, and ways to address adopter's frequently asked questions.

Finally, I'm pleased to say that I'll be moving into a new, full-time role within the ReSPECT and Resuscitation Council (UK) family, taking up the role of ReSPECT Clinical Lead.

Catherine Baldock
ReSPECT Project Manager

Kate Granger Award Winner



She's a winner! We are thrilled to share that ReSPECT Project Manager Catherine Baldock has won the Individual Kate Granger Award (#KG Awards18) for Compassionate Care at the NHS Expo!

[Read more >](#)

Picture perfect



#ERC18 · #ESS2018 · #EXPO18NHS

It's been a busy month for the RC (UK) - we've been answering questions about our courses at the Emergency Services Show 2018 in Birmingham, keeping up to date with policy and practice at the NHS Expo 2018 in Manchester, and learning about all things resuscitation at the European Resuscitation Conference 2018.

Spotlight on The Joe Humphries Foundation



Early October marked the Joe Humphries Memorial Trust's (JHMT) annual Sudden Arrhythmic Death Syndrome (SADS) Week, to commemorate the loss of 14 year old Joe Humphries, who collapsed and died while out jogging. Since his death, the JHMT have campaigned tirelessly to raise awareness of SADS and encourage CPR education and defibrillator awareness. [Learn more about the incredible work they do >](#)

RC (UK) LMS - Tip of the month

Please be aware that the LMS will be unavailable to all users (including course administrators, candidates and instructors) from Friday 23 November to Sunday 2 December 2018 for an essential system upgrade.

Candidates

If your upcoming course falls within the LMS offline period, please make advance preparation by completing the pre-

course learning material (e.g. pre MCQ) beforehand.

Centre administrators

If any of your courses falls within the LMS closure period, please plan your administration tasks in advance. Further guidance has been communicated and can be found in the October 2018 Bulletin.

Thank you for your interest in the Resuscitation Council (UK). Look out for our next newsletter in December.

