Newsletter
Issue 48: Quality standards, AED guide and 291,645 people

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Season’s Greetings!

Thank you for making this a fantastic year

In a time of great change and tremendous growth over this past year, you have been the heart of the organisation and the continued force that drives RCUK forward. Whether you taught for us, shared for us, campaigned for us, or learned with us, we value you and the time you’ve spent with us this year.

On behalf of all of us at Resuscitation Council UK, we would like to thank you, and wish you a safe and happy holiday season followed by a fantastic new year.

New Quality Standards

We’ve launched new quality standards for cardiopulmonary resuscitation and automated external defibrillation practice and training in the community. These cover national standards, organisational standards, training standards, and equipment standards. Review them here >

New updates to the AED Guide

A guide to Automated External Defibrillators (AEDs)

In collaboration with the British Heart Foundation, we’ve launched an updated guide providing information about AEDs and how they can be deployed in the community to help resuscitate a victim of cardiac arrest. Check out the guide >
Papers of note

- One-year outcome of patients admitted after cardiac arrest compared to other causes of ICU admission. An ancillary analysis of the observational prospective and multicentric FROG-ICU study. Read more >

- Predictors for expired CO2 in neonatal bag-mask ventilation at birth: observational study. Read more >

- Tracheal suctioning of meconium at birth for non-vigorous infants: a systematic review and meta-analysis (NLS#865). Read more >

- Targeted Temperature Management for Cardiac Arrest with Nonshockable Rhythm. Read more >

- Ventilation Rates and Pediatric In-Hospital Cardiac Arrest Survival Outcomes. Read more >

- 2019 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations: Summary From the Basic Life Support; Advanced Life Support; Pediatric Life Support; Neonatal Life Support; Education, Implementation, and Teams; and First Aid Task Forces. Read more >

Restart a Heart Day: the numbers are in...

291,645

#RestartaHeart

We believe that everybody in society should have the opportunity to learn basic lifesaving skills to aid the chain of survival - and we are so pleased and proud to share that this year’s Restart a Heart day saw an incredible 291,645 people learn CPR. Learn more >
ReSPECT: 2019 in review

As we approach the end of 2019, it is a good time to reflect on what has been happening around the adoption of the ReSPECT process.

We end this year with even more organisations than ever adopting and with over 125 using the process. We have seen different approaches to implementation, from fully funded project managers to enthusiastic, committed clinicians leading adoption alongside their current roles. We have seen evidence emerging that demonstrates at 6-12 months the ReSPECT process works but it takes another 18-24 months before it starts to get embedded in clinical practice and for a change in culture to emerge.

We have seen some good examples of how ReSPECT is about having a conversation and continuing to have conversations as an individual's clinical picture or circumstances change, and how it is important to ensure the essence of these conversations is captured on the ReSPECT form. We have also seen some quality improvement initiatives highlighting its benefits.

We have listened to your feedback and through this we have developed the next iteration of the ReSPECT form which we hope will enhance conversations between patients and healthcare professionals.

Thank you for your involvement in ReSPECT, for sharing your journeys, data, feedback and issues.

-Catherine Baldock, Clinical Lead for ReSPECT

Find out more about ReSPECT >

Annual Conference 2019 - a smashing success!

Thank you so much to our fantastic conference attendees, speakers, chairs and exhibitors for making our Annual Conference 2019 a smashing success!

View the event photos >
Have you heard?

- **Warwick PhD studentship:** Survivor-reported outcomes: developing and validating a new outcome measure for cardiac arrest Survivors (The SURVIVORS study) is accepting applications until 5 January 2020. [Find out more >]
- **Lifesaver VR headsets:** Ready to step inside, save a life? [Buy your virtual reality headset today >]
- **RC (UK) Online Shop:** All our Life Support manuals are available to buy via our online shop and UK delivery is free of charge. [Buy now >]
- **RC (UK) membership:** Full and Associate membership of the RC (UK) available now. [Why not join us? >]

Questions, comments or stories to share? We'd love to hear from you! Get in touch using the links below.

Remembering Liz

It is with utter disbelief that we share the news that Liz Whittaker has tragically died in a sailing accident on Saturday 12 October 2019 in Sicily.

Until June 2018, Liz Whittaker worked at Addenbrooke’s Hospital in Cambridge as a Resuscitation Officer. She had worked there for fourteen years, the last eight as Resuscitation Services Manager. Liz brought fun and professionalism in equal measure to any team that she worked with and truly cared for each team member as an individual. She was an absolute worker and a ‘Doer’ – not scared of change and the initiator of many positive changes within her training remit.

Liz had originally trained as a nurse at the West Suffolk Hospital in Bury St. Edmunds and progressed in her career from Cardiac Care through to Resuscitation Training. Anyone who worked with Liz will agree that she was an incredible nurse and teacher. She brought resuscitation training to a different level and was able to communicate the essential skills to all healthcare professionals and lay providers alike. This included promoting HeartStart to non-patient facing hospital staff and the wider community in Suffolk and Cambridgeshire.

As colleagues and friends, we are all devastated by the sudden and untimely death of Liz and will miss her hugely, but our love and support especially reaches out to her family.

(Written by her former colleagues)