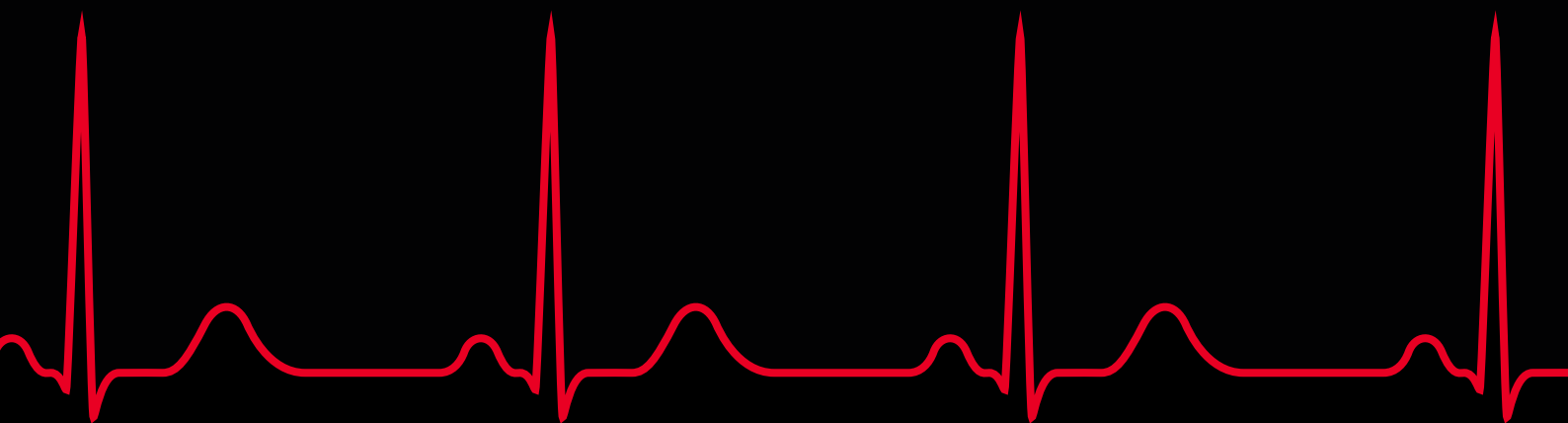


# Supporting your delivery of high-quality and safe resuscitation services

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How Resuscitation Council UK helps you meet your  
hospital's training and governance needs



**Resuscitation  
Council UK**

## → Introduction

The COVID-19 pandemic has put significant strain on hospital services across the UK over recent months and hospitals have responded to the challenge and continued to provide high quality patient care.

Access to important clinical training across the UK slowed down significantly, or came to a standstill entirely, at the height of the pandemic. This included crucial resuscitation training. While this is understandable given the situation, it is vitally important that resuscitation training continues to be provided so healthcare professionals have the skills needed to provide high-quality patient care and give patients their best chance of survival.

It's a key time for the NHS, as hospitals adapt to a 'new normal'. This document sets out the ways in which Resuscitation Council UK's (RCUK) courses can help hospitals across the UK ensure they are meeting recognised curriculum requirements, have a flexible workforce with the required resuscitation skills to meet clinical guidelines and manage clinical risk.

RCUK has been helping to underpin clinical excellence and patient safety for over four decades and remains committed to working in partnership with the NHS to ensure quality resuscitation services and patient and healthcare professional safety.

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## → Providing RCUK courses

We want to work with hospitals to ensure RCUK resuscitation training resumes as quickly and safely as possible. In doing so you will ensure you have the workforce you need to deliver high-quality resuscitation services.

By offering RCUK courses, your organisation will benefit from the continued development of your staff, increased staff satisfaction and the delivery of high-quality patient care.

For more information regarding RCUK courses, becoming a Course Centre or expanding your existing portfolio of RCUK courses, please contact [coursesmanager@resus.org.uk](mailto:coursesmanager@resus.org.uk).

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## The value of RCUK resuscitation courses

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Access to high quality resuscitation training is crucial to hospitals delivering excellent patient care. As RCUK writes the NICE accredited Guidelines and the national Quality Standards for resuscitation practice, healthcare organisations can be completely confident that our courses reflect evidence-based best practice.

Resuscitation Council UK is respected both nationally and internationally for the provision of high-quality, evidence-based training for healthcare professionals which offers a universal approach to anticipating and managing patients at risk of deterioration and cardiac arrest.

The content of our courses is reviewed regularly, incorporating recommendations from the International Liaison Committee on Resuscitation's (ILCOR) systematic review. This ensures a flexible and resilient workforce of highly trained and competent staff who are able to provide excellence in care in emergency situations.

The holder of any RCUK course certificate has achieved a standard defined by RCUK and is recognised within medical and dental speciality training programmes. Additionally, RCUK courses are often essential prerequisites for medical, midwifery and nursing recruitment and selection throughout the UK.

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In adopting and providing RCUK courses, your Trust can benefit from a number of advantages:

- Provision of RCUK courses contributes to risk reduction by providing universal response strategies for resuscitation, including the anticipation and management of acute deterioration and cardiac arrests. These quality assured courses are derived from the NICE accredited RCUK Guidelines. The inclusion of RCUK courses in staff training can contribute to the evidence required within the Regulation and Quality Improvement Authority (RQIA) [Northern Ireland], Care Quality Commission's 'Key lines of enquiry for healthcare services' [UK], Health and Care standards, Healthcare Inspectorate Wales and Healthcare Improvement Scotland. RCUK courses help to create an organisational culture of patient safety. By reducing risk, healthcare organisations may minimise both the occurrence of adverse incidents, claims and the amount of financial liability arising from them.
- The modern National Health Service (NHS) requires a workforce which is flexible and responsive to the demands of the local health economy, whether this is recurring winter pressures, pandemic or changes in patient demographics. The provision of local RCUK courses contributes to the development of a flexible and resilient workforce with essential transferable skills to meet the local challenges in line with NHS Improvement 'Local Workforce Action Boards'. RCUK courses are key curriculum requirements in career progression for many healthcare professionals. The provision of these courses will contribute to establishing the Trust as an employer of choice for clinical staff and assist with recruitment and retention as well as increased staff satisfaction.

## Risk management

Risk Management identifies factors preventing us from providing excellent, safe, and effective care. As part of robust clinical governance and minimising deterioration and resuscitation related risks, healthcare organisations have an obligation to provide a high-quality resuscitation service, which includes the provision of resuscitation training.

Advanced Life Support (ALS) courses have a positive impact upon return of spontaneous circulation and survival to hospital discharge. Additionally, utilising ALS course training has shown to have a positive effect upon survival to 30 days of adult cardiac arrest patients (Lockey, Lin and Cheng 2018 <https://www.mendeley.com/catalogue/6a62929c-c21b-35e4-8698-7c2aa02f0862/>).

### **Protecting against clinical negligence**

NHS organisations should hold membership to their national clinical negligence scheme. These schemes require healthcare organisations to have strategies to identify, manage and reduce risk. For example, NHS Resolution’s Members are required to have the necessary governance arrangements in place to be able to comply with NHS Resolution’s Clinical Negligence Scheme documents. Clinical Negligence Scheme Trust (CNST) administrators may develop risk management standards which, if achieved by Member Trusts, may qualify Members for contribution discounts.

The Maternity Incentive Scheme in England and Scotland, for example, requires all neonatal medical staff to hold a Resuscitation Council UK Newborn Life Support (NLS) qualification in addition to an annual assessment of competence

to meet the requirements for ‘safety action 8’. The scheme recognises the gold standard training would include all “first line resuscitators” (including midwives and neonatal nurses) holding [RCUK] NLS certification in addition to an annual assessment of competence. By providing RCUK NLS courses, the Trust is able to provide essential training for frontline staff, and a cohort of Instructors who can maintain the core skills to meet service delivery needs.

#### **Further information:**

- <https://resolution.nhs.uk/resources/clinical-negligence-scheme-for-trusts-cnst-rules/>
- <https://resolution.nhs.uk/services/claims-management/non-clinical-schemes/risk-pooling-schemes-for-trusts/liabilities-to-third-parties-scheme/>
- <https://resolution.nhs.uk/wp-content/uploads/2019/12/Maternity-Incentive-Scheme-Year-three.pdf>

### **Meeting regulatory and inspection requirements**

RCUK courses allow staff to continually develop their skills, competence and knowledge regarding deteriorating patients, cardiac arrest and post-resuscitation care, thereby ensuring high-quality, sustainable care. The nature of the course format, incorporating national resuscitation Guidelines, allows the technical and non-technical skills to be transferable between clinical settings.

As an example, within the Regulation and Quality Improvement Authority (RQIA) and Care Quality Commission (CQC) assessment documentation; providing RCUK courses to staff benefits the organisation as their content and incorporation of evidence-based clinical practice will aid to

meet core requirements within the assessment frameworks.

#### Further information:

- <https://www.cqc.org.uk/guidance-providers/healthcare/key-lines-enquiry-healthcare-services>
- <http://www.wales.nhs.uk/governance-emanual/health-and-care-standards>
- <https://www.rqia.org.uk/guidance/guidance-for-service-providers/hospitals/>
- <http://www.healthcareimprovementscotland.org/>

### Improving patient outcomes

The Time to Intervene Report (The National Confidential Enquiry into Patient Outcome and Death 2012) highlighted that recognition and prevention of patient deterioration provides the greatest opportunity to improve patient outcome. Staff must have the knowledge to recognise deteriorating health and respond effectively to acutely ill patients, appropriate to the level of care they are providing. The following RCUK life support courses focus on the recognition and prevention of deterioration and management of cardiac arrest as core course components:

- [Advanced Life Support \(ALS\)](#)
- [European Paediatric Advanced Life Support \(EPALS\)](#)
- [Immediate Life Support \(ILS\)](#)
- [Paediatric Immediate Life Support \(PILS\)](#)

Healthcare organisations must have an education programme that focuses on the prevention of patient deterioration. It is highly recommended that staff attain the competencies identified in the Department of Health document 'Competencies for Recognising and Responding to Acutely Ill Patients in Hospital' (2009), and the National Outreach Forum document 'Operational Standards and Competencies for Critical Care Outreach Services'.

#### Further information:

- <https://www.norf.org.uk/Resources/Documents/Resources%20documents/competencies%20AIP%20doh.pdf>
- <https://www.norf.org.uk/Resources/Documents/NOrF%20CCCO%20and%20standards/NOrF%20Operational%20Standards%20and%20Competencies%201%20August%202012.pdf>
- <https://www.ncepod.org.uk/2012cap.html>
- <https://www.nice.org.uk/guidance/cg50>

### Delivering training in line with recognised clinical guidelines and best practice

Hospitals want reassurance that the clinical training they offer is in line with recognised national evidence based clinical guidelines. RCUK is the recognised authority in the production of Guidelines for resuscitation. Our UK Guidelines and Standards cover all areas of resuscitation practice using global evidence from the ILCOR systematic review and recommendations.

In 2015 Resuscitation Council UK received NICE Accreditation for the process used to assemble and produce all its guideline documents. NICE Accreditation Scheme recognises organisations that demonstrate high standards in producing health or social care guidance. Users of NICE accredited guidance can, therefore, have high confidence in the quality of the information provided. RCUK's NICE accredited Guidelines are the foundation for the clinical content of our courses.

#### Further information

- <https://www.resus.org.uk/library/publications/publication-guidelines-development-process-manual>

## **Workforce**

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### **Delivering safe patient environments**

Universal Safe Patient Environments have been prioritised by Health Education England, Northern Ireland Medical and Dental Training Agency, NHS Education for Scotland, and Health Education and Improvement Wales to produce the best informed and safety-focused workforce by developing a consistent national patient safety curriculum. RCUK courses are a well-recognised component in fostering safe patient environments.

RCUK life support courses are recognised in contributing to patient safety initiatives as seen in the recognition and recommendation of continuation of RCUK ALS courses as crucial training during the COVID-19 pandemic.

#### **Further information:**

- [https://www.hee.nhs.uk/sites/default/files/documents/healthcare\\_education\\_quality\\_visits\\_statement.pdf](https://www.hee.nhs.uk/sites/default/files/documents/healthcare_education_quality_visits_statement.pdf)

### **Supporting Junior Doctors' training requirements**

Many of the Royal Colleges, including the Joint Royal College of Physicians Training Board, Royal College of Anaesthetists, Royal College of Emergency Medicine, Faculty of Intensive Care Medicine, Royal College of General Practitioners, and the postgraduate Deaneries, recognise the importance of RCUK certification and require an Advanced Life Support course as a core prerequisite for specialist training posts. Furthermore, RCUK Advanced Life Support qualifications are identified as part of the

selection criteria within the person specifications outlined within medical and dental selection throughout the UK (Health Education England, Northern Ireland Medical and Dental Training Agency, NHS Education for Scotland, and Health Education and Improvement Wales).

The recent decision by the GMC to allow medical students to graduate early to join the workforce and support the NHS in its time of need was crucial. However, some graduates have not had the opportunity to receive essential resuscitation training prior to starting their careers as Foundation Doctors. Similarly, some speciality trainees have not been able to achieve the requirements set out by the Royal Colleges to progress within their career. Employing hospitals should ensure that new graduates and trainees are not unduly disadvantaged and are offered the opportunity to receive essential training in resuscitation skills that will be crucial in their roles.

The Academy of Medical Royal Colleges (AoMRC) for the four nations has issued guidance allowing trainees to defer elements of their mandatory training. However, trainees will still be required to achieve all the existing elements of the curriculum, including RCUK courses. The ability to offer these courses will be pivotal to trainees' progression and be an incentive for potential recruits. Together with the UK's four Statutory Education Bodies, [the AoMRC has emphasised](#) how important it is that the resumption of training is given full support and a very high priority as services are planned and reintroduced.

In providing RCUK courses through hospital-based Course Centres, the Trust is able to

facilitate the progression of Foundation Year and specialist trainee doctors, as well as develop other healthcare professionals (e.g. nurses, midwives, paramedics, operating department practitioners). Additionally, it is seen as highly desirable for staff progression and improving both recruitment and retention of staff.

The Capital Nurse Programme is an example of the importance of identifying transferrable training qualifications in providing a responsive workforce across the NHS (e.g. mental health, acute care, and community provision) as well as improving recruitment and retention. In recent guidance regarding the return to practice of nurses and other healthcare professionals, it outlined statutory and mandatory induction and annual training requirements, including resuscitation skills and the recognition and management of deterioration using a structured ABCDE assessment. RCUK courses comprehensively cover the recognition and management of deteriorating patients and essential resuscitation skills.

**Further information:**

- <https://www.hee.nhs.uk/our-work/local-workforce-action-boards>
- <https://improvement.nhs.uk/improvement-offers/improving-staff-retention/>
- <https://www.hee.nhs.uk/our-work/capitalnurse>

## **Valuing RCUK Instructors in your hospital**

Many healthcare organisations with existing RCUK Course Centres will have clinical staff (i.e. medical, nursing, paramedic and other healthcare professionals) who are qualified RCUK Instructors. A recent survey undertaken by RCUK highlighted that healthcare

organisations value RCUK Instructor qualifications and recognise the benefits to clinical practice outside of the formal confines of the life support course.

The provision of organisational support for protected teaching time to provide RCUK courses has many additional strategic benefits to the organisation, including:

- compliance with and promotion of Quality Standards,
- a consistent approach to clinical skills teaching outside the formal training environment,
- multidisciplinary approaches to the recognition and management of patient deterioration and resuscitation,
- provision of opportunities for continuing staff training and professional development and increased job satisfaction.

## **Delivering a high-quality resuscitation service**

Healthcare organisations have an obligation to provide a high-quality resuscitation service and to ensure that staff are trained and updated regularly and with appropriate frequency to a level of proficiency necessary to each individual's expected role. The RCUK's Quality Standards aim to improve patient care and outcomes for those who are deteriorating or suffer cardiorespiratory arrest.

The resuscitation team is central to the provision of a high-quality resuscitation service. However, the exact composition of the resuscitation team will vary between organisations and the members often change daily. Team members may not know each other or the skills mix of the other team members. Staff trained in a nationally recognised



standardised RCUK course reduces potential human risk factors by working to a universal algorithm and RCUK NICE accredited guidance.

RCUK advanced life support courses provide Candidates with core skills, including:

- cardiopulmonary resuscitation,
- basic airway interventions, including the use of a supraglottic airway in adults,
- intravenous cannulation, and intraosseous access (essential in children),
- defibrillation,
- drug administration,
- skills required for immediate post-resuscitation care,
- team leadership and non-technical skills.

Importantly, the multidisciplinary approach to training and simulation further reinforces the team approach to patient care. The role of the team leader is pivotal to a successful resuscitation team and therefore, must be undertaken by an individual who is a current RCUK ALS/EPALS/NLS/ARNI Provider.

**Further information:**

- <https://www.resus.org.uk/library/quality-standards-cpr>
- <https://www.rcplondon.ac.uk/projects/outputs/national-early-warning-score-news-2>

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## About Resuscitation Council UK

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Resuscitation Council UK (RCUK) is saving lives by delivering training, developing Guidelines, influencing policy and supporting cutting-edge scientific research.

Ultimately, we're working towards a day when everyone in society has the skills they need to save a life.

RCUK works closely, and in collaboration with, a wide range of other professional organisations and charities to ensure that the guidance, publications, and materials are current and pertinent to the safety-focused delivery of patient care outlined by the government in the [NHS Long Term Plan](#).

**To learn more about what we do, visit us at [resus.org.uk](https://www.resus.org.uk).**