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

There have been a number of exciting recent developments since the last newsletter. On 1 May the first ReSPECT Conference was held at Amnesty International UK in London. This was a tremendous day with shared learning and experiences detailed further in this publication. Everyone who attended was enthused by the possibilities for improving care and choice for patients.

An updated Resuscitation Council (UK) document: Cardiopulmonary resuscitation, automated defibrillators and the law was published on the website in April 2018. This document is detailed and supported by the British Heart Foundation, however, the key messages are:

- Cardiopulmonary resuscitation and the use of an automated external defibrillator significantly improves survival.
- Both can be delivered by untrained members of the public.
- Acting to help someone who has suffered sudden cardiac arrest will greatly improve their chance of survival.
- The courts have always looked benevolently on those who have gone to the assistance of others.

The bottom line is to encourage people to do something as it can make a difference and no legal concerns should discourage them.

Finally we were thrilled that the Resuscitation Council (UK) won the 2018 Charity Award for Education and Training for the Restart a Heart day campaign. Many congratulations to the whole team and all the many professionals and volunteers who took this forward. This award recognises all your efforts. Of course, as detailed in the newsletter, this year Restart a Heart has gone global and in the UK we hope to train more than 200,000 people on 16 October 2018.

All the best,

Dr Jonathan Wyllie
President
Winning the Charity Award for Education this year for Restart a Heart Day has to be a highlight not just of the last few months but of the whole year so far. This is a fantastic achievement for the Resuscitation Council (UK) and for our partner organisations, comprising St John Ambulance, The British Heart Foundation, British Red Cross, Greater Manchester Fire and Rescue and Yorkshire Ambulance Service.

As well as being a great campaign, Restart a Heart is a great example of partnership working by a number of organisations, involving thousands of volunteers training hundreds of thousands of people across the UK, and the accolade is well-deserved. Special recognition must go to our Honorary Secretary, Dr Andrew Lockey, who has been the driving force behind the campaign from the start, and who has very much led from the front. You can read more about it on the Charity Awards website.

We have been calling for mandatory CPR training in schools for a long time, as there is strong evidence to show that survival rates from bystander CPR are significantly higher in countries which include CPR in the school curriculum. We're therefore delighted to see that Glasgow has stepped up to the plate by recently announcing that CPR will be mandatory in all secondary schools in the city – read all about it in the Spotlight section.

I have already alluded to the fact that we are developing a new membership structure, to provide more options and ensure we are delivering the best possible value to our members in return for their ongoing support, as well as recognising the contributions of all those who make the Resuscitation Council (UK) what it is, and who our champions, instructors and spearheads are for all our educational work in particular. We have also started planning for our first Annual Conference, which will take place in Spring 2019 - we will be communicating separately about both of these soon.

In the meantime, we have an exciting Instructor Day for instructors on all our courses planned for 12 December, followed by our AGM. Please do book your place! This will be followed by our AGM, and we are also planning our first Annual Lecture for this time.

I’d also like to thank our course centres and instructors for the continued success of the courses. Candidate numbers appear to be holding fast, and in some cases increasing nicely, even in difficult times for the NHS. Through our subcommittees, we are always looking at ways to improve the quality and reach of our courses, including to wider audiences, and there are a few exciting developments in the pipeline which you’ll get to hear about soon.

Community resuscitation continues to be a key focus area for us, and our Community and Ambulance Resuscitation (CARE) Subcommittee is central to this. This month we are saying goodbye to two long-standing members of this group: Dr Tony Handley and Dr Tom Evans whose combined contributions to resuscitation, to the Council and to best practice in Basic Life Support have been ground breaking and are too many to mention in this update. We also say goodbye to Dr Michael Norton, who has not been with us quite so long but who has also been an important contributor to the work of the Subcommittee, and to all three we say a huge thank you. At the same time, we are delighted to welcome Dr Fionna Moore, Medical Director for South East Coast Ambulance Service, and Alan Weir, Clinical Director at St John Ambulance, on to the group.

Underpinning our work and our expertise in all things resuscitation is a commitment to the best possible evidence and to high-quality research. Thank you to those who submitted applications for this year’s research grant, which has seen a very good number of strong submissions on a broad range of topics. In addition, we continue to support the National Cardiac Arrest Audit and the Out-of-Hospital Cardiac Arrest Outcomes (OHCAO) Registry which, among other things, has recently produced a brilliant new showcase document.

Finally, I am delighted to be welcoming our new Director of Public Affairs to the organisation, who will be joining us in July. Danni Manzi has been Head of Policy & Campaigns at Breast Cancer Care since 2014 and has over 15 years of experience working at a senior level and within health, social care and education, both nationally and locally, to inform debate and effect change through policy, public affairs, campaigns, research and collaboration. We are looking forward to having her expertise, her knowledge and her vision for the ongoing development and expansion of our Public Affairs department as we move forward with the 2020 Strategic plan.
Cardiopulmonary resuscitation, automated defibrillators and the law

The aim of this document is to clarify, as far as possible, the obligations and responsibilities of those who attempt the resuscitation of anyone suffering a suspected sudden cardiac arrest, and to provide guidance for organisations that are contemplating providing life-saving equipment and training for those who might use it. The advice is concerned primarily with resuscitation attempts made out of hospitals or other healthcare facilities and, while relevant to healthcare professionals, is particularly aimed at lay rescuers with modest or no first aid knowledge or training.

This document was originally published in 2000 as 'The legal status of those who attempt resuscitation' and was revised in 2010. A thorough review was undertaken in 2017 by one of the original authors and a legal specialist in the field. Revisions have been incorporated to ensure that the advice remains as current and accurate as possible.

Read more >

Sharing stories

Amelia Naylor was an active and healthy 10 year old - until the day she stopped breathing and went into cardiac arrest during a school running race. It was a parents worst nightmare - especially for mum Jo Naylor, an ARNI instructor who works in neonatal resuscitation - who had to administer bystander CPR to her own daughter while she waited for an ambulance to arrive. Watch their story and learn why Amelia and Jo are backing this year's Restart a Heart campaign.

Watch their story now >

Have you heard?

RC (UK) at ESS
We are pleased to be back at the 2018 Emergency Services Show. Register for your free tickets >

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 >
The inaugural national ReSPECT Conference for current and prospective adopters and key stakeholders took place on 1 May at Amnesty International (UK), London. This one day conference for 120 delegates included presentations, panel discussions and interactive workshops. The conference aimed to enable shared learning and discussion of how ReSPECT can help deliver person-centred emergency care, and to provide practical support on the adoption of the ReSPECT Process. If you would like to learn more about the event, the agenda and speakers are listed on the ReSPECT Conference website. There was a great deal of energy and enthusiasm on the day and we have received very positive feedback.

Post-event resources are all available to download: including filmed speaker presentations, interviews, photos and PowerPoints. Please share these resources as widely as you can; we would like as many people as possible to benefit from the outcomes of the conference.

The ReSPECT implementation network continues to grow with many more organisations working towards adoption later this year. If you are working towards adoption please ensure you complete the responsibilities document in the implementation pack and return it to us. We are hoping to set up regular meetings with adopter sites in the very near future.

The ReSPECT hub is evolving and is a useful resource for sharing ideas, resources and discussing questions relating to the adoption process. If you would like to join please email info@respectprocess.org.uk.

Writable pdf and Word form versions of the ReSPECT document were released earlier this year and are available to all organisations that are signed up to the adoption process. These may be utilised to support the storage of the ReSPECT process in an unstructured format in existing electronic systems.

Our goal continues to be to support the integration of structured ReSPECT data into electronic patient records. Given the large number of commercial and locally developed systems, it is not possible to deliver an off the shelf plug-in that will work on any platform. However, we have received support from NHS Scotland that has enabled us to develop OpenEHR Archetypes that fit into the overall Open Standards Framework. We are also now moving forward to develop Fast Healthcare Interoperability Resources (FHIR), that provide a standard (open) structure for data exchange between systems. These two resources provide keystone resources that can be used by developers to integrate ReSPECT form data into their systems and also facilitate the exchange of the data with other platforms.

The OpenEHR archetypes are available now and we hope to have the FHIR resources available later this year.

Please feel free to contact Peter-Marc Fortune, Chair of the ReSPECT digital sub-group, with any queries regarding the structured resources.

Catherine Baldock
ReSPECT Project Manager
Charity Awards

The Resuscitation Council (UK) are pleased and proud to have won the 2018 Charity Award for Education and Training for the Restart a Heart day campaign.

The campaign saw young people come together up and down the country on and around 16 October 2017 in order to learn how to save lives. It was organised in conjunction with the British Heart Foundation, British Red Cross, St John Ambulance, Greater Manchester Fire and Rescue Service and Yorkshire Ambulance Service. All UK ambulance services participated, as did the Royal College of Emergency Medicine, and together we trained over 195,000 young people in life saving cardiopulmonary resuscitation (CPR.) We also encouraged private first aid training providers and Fire & Rescue services to get involved and host events.

This award is a fantastic recognition and acknowledgement from the charity community for a project with its heart in all the right places. Winning this award allows those involved in the campaign to celebrate success, but also to use the award as a talking point to share the values of the campaign and get even more people involved in this life-saving campaign for the 2018 Restart a Heart day.

This is an award for every organisation, every trust, every school, every private provider, and every individual who has supported the Restart a Heart campaign. We are grateful for the award, and also grateful for everyone who played a role in making the campaign a success.

Thank you.

Grammar School Heads Association events

This month, the RC (UK) are pleased to be attending the Grammar School Heads Association (GSHA) Annual Conference and the GSHA Deputies and Senior Leaders Conference to talk about the 2018 Restart a Heart campaign and interactive game-in-a-films Lifesaver and Lifesaver VR.
**Instructor Day 2018**

This year's Instructor Day will take place on 12 December 2018 in London - and we're inviting all RC (UK) course Instructors and ICs to attend!

The morning sessions will be for all instructors and ICs and will cover topics including a summary of the 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.

We will also be inviting members of the trade to attend, providing an opportunity for instructors to discuss equipment and look at innovations in their field. **Don't miss out** - [learn more and book your tickets today!](#)

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**NHS 70**

The NHS is turning 70 - and we're wishing a happy birthday to it and everyone who makes it the incredible organisation that it is.

[Learn more about the #NHS70 celebrations and how to get involved](#)

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**Picture perfect**

ICYMI: Friend of the RC (UK) Neil Davidson spent time on Sky News - Sunrise for the launch of the 2018 Restart a Heart campaign! His life was saved because 15 years ago his son Oliver learned CPR in school, and knew what to do when his skills were called upon. Now Neil is backing the [Restart a Heart campaign](#) to ensure more lives are saved by bystander CPR.

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**Spotlight on**

Glasgow is to become the first city in the UK to make CPR training mandatory in all its secondary schools following a pressure campaign by the Evening Times. The initiative will lead to around 4,500 new potential life-savers every year. [Learn more](#)
Update from the PRSB

The PRSB has launched a new project to investigate how information flows between urgent care services, to make care better and safer for patients.

The work will analyse how information is shared within the NHS 111 Clinical Assessment Service (where doctors, nurses and other healthcare professionals review patient requests clinical advice), as well as transfers of information that support referrals into services, discharges and other uses of information such as for research, audit and planning purposes.

Clinical records in integrated urgent care services are usually recorded in free text, which makes it difficult to review consultations in a systematic way and share information in a usable form at transfers of care. If information in care records could be structured and coded, it would be easier for clinicians to share, making care better for patients.

Supported by NHS England and the Royal College of Physicians’ Health Informatics Unit, this project will outline the areas where standards for information exchange are needed, with a view to developing a new standard to meet these needs later in the year.

RC (UK) LMS - Tip of the month

ALS candidate query: ‘Why is the system not recording my progress?’

This usually happens if you have not closed your online modules correctly. Each module opens in a new tab so to ensure your progress is recorded you must close the module’s tab.

Below are the keyboard shortcuts for the commonly used browsers:
• For any browser on Windows or Linux, press ‘Ctrl’ and ‘W’
• For any browser on Mac, press ‘Command’ and ‘W’

Once you close the module correctly, you should be redirected back to the course’s main page:

If your progress is still not being recorded, log out of your account and then clear your browser history.

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