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

As we enter into the Christmas season and the last few weeks of 2018, I find myself reflecting on the year that the Resuscitation Council has had and all the successes we’ve achieved together- thank you for your ongoing time, hard work and support.

A real achievement this year and a great example of collaborative working with partners across the sector was Restart a Heart Day, held on 16 October. Working with colleagues at St John Ambulance, British Red Cross, the British Heart Foundation, Greater Manchester Fire and Rescue, Yorkshire Ambulance Services and many other local collaborators we were able to train more than 230,000 people.

In early November, colleagues and I attended the the annual ILCOR meeting in Chicago; watch out for further CoSTR and guideline updates. This was followed by the AHA Resuscitation Science Symposium, a two-day international conference, giving the opportunity to participate in lively discussions on recent advances related to treating cardiopulmonary arrest and life-threatening traumatic injury.

More recently, RC (UK) was pleased to be awarded Cyber Essentials Plus certification. Cyber Essentials is a Government backed scheme that demonstrates our commitment to cyber security, keeping data and information safe and secure, and ensuring the RC (UK) has the necessary levels of protection in place against a whole range of the most common cyber-attacks. We’ve also been working hard behind the scenes to release a new, faster, more secure version of our Learning Management System (LMS) which is also fully GDPR compliant, in line with our ongoing commitment to the security and privacy of data.

Just before Christmas, on 12 December, we’re looking forward to seeing many of you at our Instructor Day, AGM and Annual Lecture. More information about these events is detailed below.

I want to reiterate our thanks for your ongoing support throughout 2018 and hope that over the festive period, you’re all able to spend time with those you love. Have a very Merry Christmas and a happy New Year.

All the best,
Dr Jonathan Wyllie
President

President’s update
Events

On 12 December, we’re hosting three great events in the award winning King’s Place, London.

The Instructor Day is now fully booked but we still have spaces at our AGM and the Annual Lecture.

The Annual General Meeting is a free event where 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.

In the evening, the stage will be set for our first-ever Annual Lecture. Professor Stephen Powis, National Medical Director for NHS England, will present an intimate look into the soon to be published NHS long-term plan and the elements within it relating to cardiovascular disease, CPR and resuscitation.

There is still some room available at the AGM and Annual Lecture so book your tickets now.

Restart A Heart Day final numbers

238,793 people trained in life-saving CPR

We are so pleased and proud to share that this Restart a Heart day, a record-breaking 238,793 people were trained in the UK in life-saving CPR skills - and this is all down to your hard work! Thank you for making a difference when it comes to helping more people survive out of hospital cardiac arrests. Watch this space - we’re planning for 2019 starting in January!

Papers of Note


- EtCO2 measurement during pediatric cardiac arrest: Does the Emperor have no clothes? Read more >

- Airway management in cardiac arrest - Not a question of choice but of quality? Read more >

- Comorbidity and survival in out-of-hospital cardiac arrest. Read more >

- 72-h therapeutic hypothermia improves neurological outcomes in paediatric asphyxial out-of-hospital cardiac arrest – An exploratory investigation. Read more >
ReSPECT update

2018 has seen 46 organisations adopt ReSPECT in total (24 Acute Trusts, 14 CCGs, and eight Ambulance Trusts). There are over 30 additional organisations working towards adoption, and who plan to launch next year. If you’re thinking of adopting, please contact us for an implementation pack and ensure you complete and return the Responsibilities Document.

Compassion in Dying have published a report on 'Advance care planning in general practice – does policy match reality?' which reveals a mismatch between Clinical Commissioning Group policies and the reality faced by patients. Patients report doctors being ill-equipped to support them to plan ahead for their future care and treatment. ReSPECT aims to address these issues.

We were also very delighted to see the recent Royal College of Physicians’ report ‘Talking about dying: how to begin honest conversations about what lies ahead’. This report highlights the importance of the ReSPECT process as a structured tool to support conversations and documentation for advance care planning.

In November, the RC (UK) hosted a Planning Day for the future of the ReSPECT Process. It was great to see the passion and enthusiasm in the room, and we made good progress towards developing our vision and a strategy for the future of ReSPECT.

Finally, I’m looking forward to taking up my full time role as Clinical Lead for the ReSPECT Process in January.

Catherine Baldock  
ReSPECT Project Manager

Policy update

Health education
We have now submitted 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.

Huge thanks to all those who supported our campaign on social media and the 2442 people who completed our survey on the Government’s intention to put CPR on the curriculum in England. We were delighted with the strength of your support, and for the opportunity to include supporter’s voices in our consultation response for the first time with this campaign. We expect the Government’s response early in the new year, and will keep you informed about the next steps to getting CPR on the curriculum. In the meantime, find out more about our CPR education campaign.

Have you heard?

- The Professional Record Standards Body has developed a new standard to support the delivery of safer, better care in the community, by outlining the information that needs to be shared between community pharmacies and GP practices. Learn more >

- 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 >
**Membership direct debits**

We’re pleased to share with you that you can now renew your membership each year through direct debit, making it easier for you to stay connected to the RC (UK)!

If you’re a current member wishing to switch to direct debit, please change your payment details using our [online form](#).

To sign up for membership with a direct debit, please sign up as usual, and select the direct debit payment option.

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**Spotlight on**

University Hospitals Birmingham (UHB) hosted a Restart a Heart event that saw them find ways to engage with future lifesavers young and old!

[Read about what they did](#).

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**RC (UK) LMS - Tip of the month**

The RC (UK) LMS recently underwent an essential system upgrade. Most users may not see any visual changes but all users should find the site works much faster.

We have added a new block on the Home page for Candidates and Instructors called ‘Current Qualifications’.

This block will list expiry dates of:

- Provider qualifications (ALS, ARNI, EPALS, and NLS)
- Instructor qualifications (ALS, ARNI, EPALS, NLS, ILS and PILS)

If you believe a qualification is missing or incorrect, please submit your enquiry using our [online support form](#).

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**In memoriam**

The RC (UK) would like to extend their condolences to the family, friends and colleagues of [Hildegard Franke](#), who passed away in October. Hilde was dedicated to and passionate about the ReSPECT process, and the process would not be what it is without her oversight, hard work and perseverance. Her contributions will always be remembered and greatly valued.

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