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Welcome readers to the September 2023 newsletter.

With the ERC Congress fast approaching, we can't wait to see some of you there. You'll find us at the ERC booth, the CPR competition, the YERC F.I.R.S.T competition and check out the pages below for information about an open session ahead of the upcoming elections and a chance to come and socialise with other early careers resuscitation enthusiasts at the congress!

Last month saw the YERC Resuscitation Science Masterclass pilot get into full swing with 2 sessions being held so far. It was intense competition for spaces and we are truly sorry for those to whom we were unable to offer a spot this year but we aim to make this a yearly event so do apply next time! We hope the 20 candidates who were chosen are having a great time networking and learning from each other already, and this will be the springboard they need to get their resuscitation science careers off the ground.

WHO ARE WE:

- 16 young professionals
- 12 countries
- 8 specialities/roles enthusiastic about resuscitation
- A supporting committee of the ERC



facebook.com/YoungERC.resus



twitter.com/erc_young



Instagram.com/young_erc/



linkedin.com/groups/8835936/



younger@erc.edu



NEW EMAIL!



Link Tree



Call for new committee members!



Have you been following along with YERC activities over the last couple of years and thinking **'this is great, but I want to get involved and make it even better'**? Then this is your chance.

Current committee terms end at the end of December 2023. In the next couple of weeks we will be opening a call for applicants to join the new YERC committee starting in January 2024. Applications will be open until **November 10th** to give you a chance to meet us at the ERC congress to discuss the positions, and to get your application ready. Details will go out to our mailing list so make sure you are signed up here: <https://forms.gle/534JbqhmEiZKNNBJ8>

The committee will be made up of 15 persons, from a range of backgrounds/disciplines and will work closely together over the next 2 years to take YERC into its next phase. There has been an incredible amount of work in the background over the last year to produce a new and approved terms of reference to guide the group, as well as stronger working relationships with the ERC board and office. There will also be support from 'senior' YERC members for specific projects and advice.

Here's a message from our past chair Dr Jessica Rogers about her time with YERC:



YERC is something that I almost fell into whilst attending the Bologna congress in 2017 when it was first founded. Since then I've seen it explode from a once yearly meeting, to an official supporting committee with a voice in the ERC board meetings, responsibilities at the Congress' and a number of incredible initiatives that have come from the hard work of the team. We have strived to make it a democracy, with input from all committee members at every stage and open up opportunities to the wider more junior resuscitation community who have previously been overlooked. I hope YERC continues to expand and push the boundaries. The support we now have is incredible to see and it's been an absolute pleasure to have been involved over the last 6 years. I can't wait to see what the next committee will achieve.

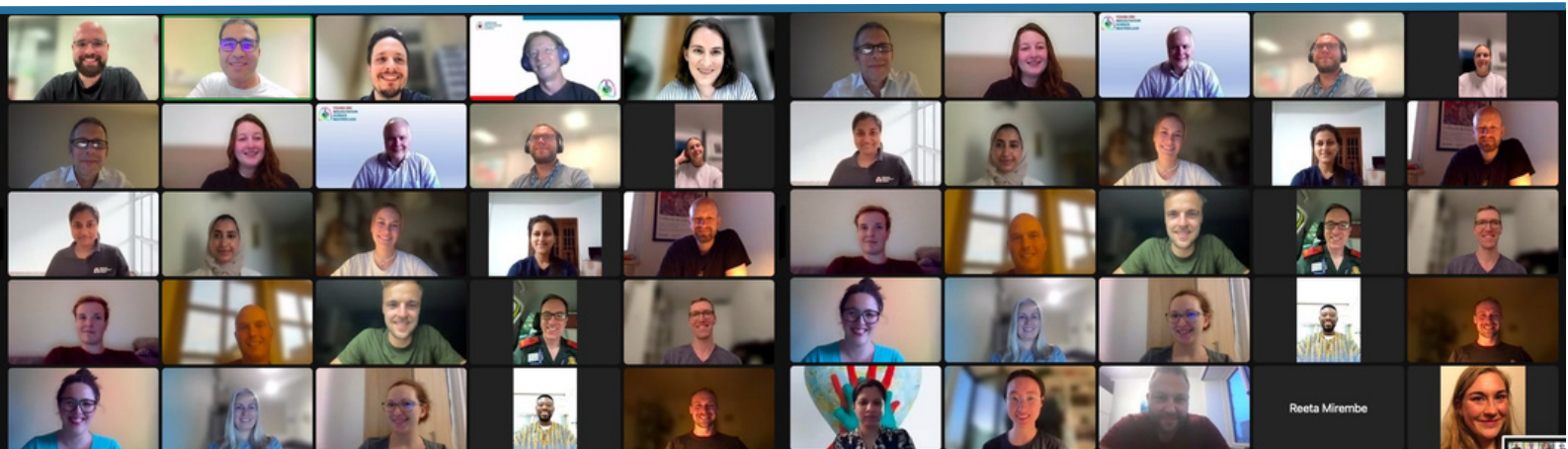




We are excited that the the first edition of the **Young ERC Resuscitation Science Masterclass** launched this month with 20 participants coming from 11 different countries who will add their various professional backgrounds and diverse perspectives to the program.

The launch was preceded by a **large international interest** in the Masterclass which resulted in **more than 190 applications from 45 different countries**. Unfortunately, we could not offer a spot to all the brilliant applicants this year but we are working to expand the opportunities for the next generation of resuscitation scientists and plan to have a second edition of the Young ERC Resuscitation Science Masterclass in 2024/25.

Meet the class of 2023/24



Your September ALS Update

 @JeleonoraEk
ALSRep



This month we're looking forward to **World Restart a Heart Day** which is coming up on the **16th of October!**

To globally improve the management of cardiac arrest patients, a **system-level approach** is needed. This emphasises the connections between different individuals involved in the **chain of survival**.

5 top messages on Systems Saving Lives

1. Raise awareness about CRP/ Defibrillation

Train, engage & develop new innovative systems.

2. Use technology to engage communities.

Implement, use smartphones & maps.

3. Kids save Lives

Teach schoolchildren.

4. Cardiac arrest centres

Care for OHCA patients in specialised centres.

5. Dispatch assistance during CPR

Don't forget telephone CPR.



It's time to get creative and think about the systems in place in your community. Have novel ideas you want to put into action? Have you already created a new system? **Get in touch and let us know!**

It only takes two hands to save a life!

Remember your basics & educate those around you.

SAFETY 	COMPRESSION-ONLY CPR 
RESPONSE Check for a response 	WHEN AED ARRIVES Switch on the AED and attach the electrode pads 
AIRWAY Open the airway 	FOLLOW THE SPOKEN/ VISUAL DIRECTIONS 
BREATHING Look, listen and feel for breathing 	IF NO SHOCK IS ADVISED Continue CPR 
ABSENT OR ABNORMAL BREATHING Alert emergency services 	IF NO AED IS AVAILABLE Continue CPR 
SEND FOR AED Send someone to get an AED 	
CIRCULATION Start chest compressions 	
COMBINE RESCUE BREATHING WITH CHEST COMPRESSIONS 	IF UNRESPONSIVE BUT BREATHING NORMALLY Place in the Recovery Position 

See you at RESUS23



RESUSCITATION
2 — 4 NOVEMBER
BARCELONA


2*
23



**EUROPEAN
RESUSCITATION
COUNCIL**

Friday, November 3			Saturday, November 4		
Auditorium (Main session)	Room 6	Room 5	Auditorium (Main session)	Room 6	Room 5
UEFA - ERC collaboration Collaborative session with UEFA to highlight how we can work together to save more lives - both on and off the pitch!	Round table: Brain injury after CA Short introductions into the mechanisms of brain injury, what to look for and what to do, before we dive into discussions on where we can go from here to improve outcomes.	ECMO (75 min)	Year in review A recap of the most important new science: - CPR - Paediatric resuscitation - Post arrest care - Neonatal resuscitation	Round table: Life after CA How are our patients really doing after surviving their cardiac arrest? How are their families? And what happens to the bystanders that saved their life - does anyone know?	POCUS
Coffee break			Coffee break		
Oral abstracts A collection of the best abstracts submitted by young scientists, don't miss the Young ERC awards.	Case based discussion: Withdrawal of care Only about half of patients admitted to the ICU after cardiac arrest survive with good outcome. How do we handle withdrawal of life-sustaining therapies after cardiac arrest? Join the discussion!	ECMO (75 min)	Lancet commission on sudden cardiac death The Lancet will launch the results from their commission on sudden cardiac death in 2023. This session has the key messages from the commissioners.	Debate - pro/con Hypothermia studies in CA Nothing is quite as contentious as hypothermia after cardiac arrest - still! Do we need further studies on hypothermia, or do we have the answers we need?	POCUS
Poster presentations & Lunch			Poster presentations & Lunch		

Sneak peak 
of the preliminary programme

Do you have **questions** about the **YERC?** Let's have a **coffee & chat**: meet us at the **YERC booth!** 

Join the YERC **F.I.R.S.T.** competition!

Check out the **CPR** competition!



See you at **RESUS23**



Connect with the **Young ERC Committee** at the Resuscitation Conference in Barcelona

How?

Just **approach us any time** – we are eager to talk to you!

Where?

You can find us all over the congress but the easiest way will be to visit the **Young ERC booth** next to the main ERC booth.

Young ERC at #RESUS23

Young ERC F.I.R.S.T. competition

Thursday (4-4.45 PM Room 5)

Young ERC Open Meeting

Thursday (5.30–6.15 PM in Room 8) – anyone is invited to attend.

Young ERC Social Event

Thursday evening (see next page for details)



Young ERC Social Event 02/11/23



Tapas y cañones



Are you a a early career resuscitation enthusiast who plans to attend **Resuscitation 2023** in Barcelona ?

Are you intrested in getting to know us better?

Then here is your opportunity to join us in a relaxing conversation with drinks and tapas as Barcelonian tradition suggests.

Stay tuned with our social media posts where we will publish further details regarding the place and how to sign up....You can also come find us at the YERC booth in the exhibition hall, the YERC open meeting and at the F.I.R.S.T. competition!

Young ERC Webinar

Post - Resuscitation Care and ECG use for diagnosis and prognostication

Tuesday, October 3, 2023

19:30 PM CET

Register here
for free

Young ERC Webinar:

Post - Resuscitation Care and ECG use
for diagnosis and prognostication

Tuesday, October 3, 2023

19:30 PM CET



Speakers:

Annie Chapman, Senior Registrar in Emergency Medicine,
Royal London Hospital / Senior Clinical Fellow Physician Response
Unit, London's Air Ambulance

Enrico Baldi, MD, PhD, FESC

Cardiologist - EP specialist at Fondazione IRCCS Policlinico San Matteo,
Pavia, Chair Italian Cardiologists of Tomorrow (ICoT)

Moderators:

John Bro-Jeppesen, MD, PhD, DMSc

Associate Professor of Cardiology, Aarhus University

Anna Bichmann

Young ERC Senior Advisor

Honorary Research Fellow, Warwick clinical Trials Unit, Warwick
Medical School



Register here
for free

Conferences and Courses for 2023

October 2023

15th-19th: 17th Annual Meeting of DGINA (Interdisciplinary Association of Emergency and Acute Medicine), Berlin, Germany.

November 2023

2nd-4th: European Resuscitation Council (ERC) Congress, Barcelona, Spain.

10th-12th: American Heart Association (AHA) Resuscitation Science, Philadelphia, U.S.A.

24th-25th: German Resuscitation Council (GRC) Annual Meeting, Leipzig, Germany.

December 2023

TBC: Resuscitation Council UK Annual Scientific Symposium, London, U.K.

26th-28th: Royal College of Emergency Medicine (RCEM) Annual Scientific Conference 2023, Glasgow.

