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Young ERC Faculty distribution (padlet.com)

<http://padlet.com/ahelshaer1/ydwfzdzm2zitk1c9>



See where in the world our YERC committee are from!

WHO ARE WE:

- Trainees enthusiastic about resuscitation
- A supporting group of the ERC



facebook.com/YoungERC.resus



twitter.com/erc_young



Instagram.com/young_erc/



linkedin.com/groups/8835936/



www.youngercscoop.com

Upcoming Webpage:

www.young-erc.webflow.io

going live November 2021



Introducing The Young IRC



Italian
Resuscitation
Council

Tell us about YIRC?

By Michael Smith (External Affairs Rep) and
Anna Bichmann (Vice-Chair)

The young Italian Resuscitation Council (Young IRC) was created in 2015. Since then, many enthusiastic young people have joined and have been actively involved in the projects of the IRC.

The Young IRC actively participated by presenting and moderating at the national congress, organizing webinars, and collaborating in scientific activities, including the ERC Research NET group, ultimately leading to various publications in the fields of resuscitation and cardiac arrest. The scientific activities involved both clinical and pre-clinical studies and were carried out under the supervision of senior IRC leaders. Some examples of research include the study of Esmolol during Cardiopulmonary Resuscitation, Ventilation with Argon after Cardiac Arrest, and Mechanical Chest Compression during ambulance transport as well as aspects of CPR training, education, awareness and new technologies in cardiac arrest.

Some Young IRC are actively engaged within national working groups of IRC, with the possibility to grow inside the IRC and are now part of the scientific committee and candidates in the next board elections. More recently, Young IRC has also been involved in translating into Italian the CPR guidelines modified for the COVID-19 pandemic and the latest ERC 2021 guidelines.

Among these young IRC members, Giovanni Babini, Alberto Cucino, Cristina Sorlini and Tommaso Scquizzato stand out, becoming the next generation of protagonists in the field of cardiac arrest in Italy.

Introducing The Young GRC



Who are YGRC?

Founded: April 2021

Aims: raising awareness about resuscitation of bystander CPR initiatives within the young population and creating an infrastructure /network and better interaction between experts from the young GRC and younger colleagues

Current reach: 50 members between the age of 20-35 years within different work groups

Representatives: Hannah Schröder and Philipp Groene

Members: allied health professionals, fire service, doctors, medical students, EMS personnel

4 working groups: social media/PR, network and teaching research, bystander CPR projects

youngGRC@grc-org.de

[Instagram@young.grc](https://www.instagram.com/young.grc)

[Facebook@Young.GRC](https://www.facebook.com/Young.GRC)



Deutscher Rat für Wiederbelebung - German Resuscitation Council (GRC) e.V. (grc-org.de)

Introducing RESTART A HEART

The Role of University Students in the UK

By Cristina Jorge-Soto (Young Investigator Rep)

 @cris_jsoto

WHAT IS WRAH?

On 16th October each year, an alliance of organisations across the world (including UK Ambulance Services, Universities, and Fire and Rescue Services) come together to increase public awareness of cardiac arrests and increase the number of people trained in life saving cardiopulmonary resuscitation (CPR).

WHO'S INVOLVED

Universities are crucial to RSAH, with students from across the UK getting involved each year. This typically involves students from each University coordinating volunteers to teach CPR to their local community.

Because of COVID, we are aiming for a blend of in-person and online activities this year, all with the aim of teaching life-saving skills. Local co-ordinators are also supported by a team of RCUK student leads.

Elliot (Cardiff): I've been working as the national student lead for RSAH, engaging healthcare students across the country and helping them plan events within their communities

Emily (Exeter): I support Elliot and help to engage new Universities in join the scheme, as well as maintaining our links with our supporters.

Harry (Sheffield): I'm working with Annie on the Communications side of RSAH. I've helped compile a guide to help universities that are new to RSAH get started!

Annie (Hull York): I'm joint communications lead. I'll be helping the other student leads with coordinating RSAH efforts across the UK. I'll also be assisting University leads with any promotional materials they need or create

CPR: GET HANDS ON!

If you're a healthcare student in the UK, find out who your RSAH student coordinator is and get involved! You can stay up to date with events by following [@RCUK](#) on Twitter, and check out [#RestartAHeart](#) during October!

If you want to get in contact with the national student leads please email: studentleads@resus.org.uk



Want to feature in our "Introducing" section? Get in touch: youngerc1989@gmail.com

Live Interview with Paul Swindell - A Cardiac Arrest Survivor

By Anna Bichmann (Vice Chair)

 @ABichmann

Search Tags for stories

#CprSavedMyLife and

#WorldRestartAHeart

Being a Survivor - Is just the start of survivorship...

It would be easy to think that resuscitation success is the patient leaving the hospital alive. But being a survivor is just the start of survivorship. The immediate shock and drama of the event may have passed but the first hesitant steps on the road to recovery are just starting to be made. Life after cardiac arrest and especially that initial tentative period post-discharge can be a very daunting and confusing time and this is where a peer support group like **Sudden Cardiac Arrest UK** can come in.

Founded in 2015, it has grown from an emotional pub gathering of 13 lost souls to a Facebook group with over 2000 members.



A large proportion of its members are survivors, but importantly it also caters for their relatives and others directly affected by the survivor's event. New members often express the confusion they are going through, from the initial euphoria of surviving but also being scared, lonely and feeling abandoned by the system that saved them. They come to the group looking for support and answers with the thought of "what the hell just happened!" still ringing in their ears. We welcome new members with open arms and encourage them to share their stories. This can often feel quite cathartic for them and generates responses such that it often feels like a group hug is taking place. We all have that shared experience of being at the edge of the abyss and just "get it". The support offered builds confidence and hope for healing that is often missing prior to joining.

Recent studies reflect our member's experiences that the immediate care given in hospitals is often first-class but highlights the gulf in the standard of follow up care which is often described as a postcode lottery and whilst lotteries are usually fun, this is not one people wish to play. This is particularly evident in those idiopathic cases where they are often excluded from rehabilitation services.

Going through this experience can leave you feeling fragile in so many ways, physically, cognitively, psychologically and even perhaps philosophically. Connecting with others who have a shared experience can help understand those feelings and provide a guide when lost. With many feeding back their experiences to the newer members it creates a cycle of healing that is not only felt by the receiver.

We have tried to capture this in resources that we have produced including 2 books, leaflets such as our one on fatigue (the number 1 sequelae post-arrest), the Life After Cardiac Arrest podcast and online webinars.





As our membership has grown we have had more and more join who have participated in a resuscitation attempt and it is apparent that their needs are often forgotten about. Giving or even just witnessing CPR as a layperson can be a very traumatic experience and especially so if the patient is a loved one. In response to this, we created a sister group - **Chain Of Survival UK**, which has grown to **over 500 members** who have a similar camaraderie over their shared experience, irrespective of whether the outcome was favourable or not. This group has further highlighted an area of care that is currently missing - support for the lay responder and again we are creating resources to help future members.

As I'm sure you are well aware, cardiac arrest survival is a rare occurrence and so survivors seldom cross paths in their everyday life. Whilst a virtual community can help in many ways it does have its limits, and a sentiment expressed by many members is to actually meet others who have been through a similar experience. This has obviously been difficult through the pandemic but it highlights the importance of our previous events, both local gatherings and the larger national events such as the aptly named **"Not Alone" in 2019**, and our **Guinness World Record attempt in 2018**. The latter being the culmination of many months of hard work from a dedicated team who brought together 127 cardiac arrest survivors from across the UK to not only create a world record but also meet, chat, share, learn, cry, laugh and ultimately celebrate life. These events and many of the resources we have created would not have been possible without the help of the Essex Cardiothoracic Centre and especially Dr Thomas Keeble, and this further goes to highlight the benefits of patient and professional collaborations.

Facebook certainly isn't everyone's cup of tea and I must admit I wasn't much of a user before I created the group, but I was longing for answers and needed to connect with others who had been through what I was going through. And in this group, I found that and a whole lot more and I would encourage other nations to follow in the footsteps of the Swedish Resuscitation Council and create their own survivor's group.

I asked why members had joined the group and this response stood out as it represented many of the other replies...

"I was pretty desperate, a 'sadness' had hit, after an initial euphoric "I beat death" attitude. I was sat, on my own, late at night, feeling like I'd never stop crying again. I was searching online for anything to help me make sense of how I was feeling - why couldn't I feel happy, why wasn't I grateful to be alive after multiple CA's, why I was feeling so guilty about how I was feeling? I stumbled across this group, and as I've said loads of times, joining was THE best thing I did after my SCA's. I plucked up the courage and I posted how I was feeling. People understood, they just 'got it', the support was incredible, I wasn't alone. My 'new normal' was normal, in my completely upturned, abnormal world! This group saved my sanity. Thank you all" - Charlie D

Paul Swindell
A Sudden Cardiac Arrest
Survivor sharing his story
Interviewed by Anna



View on INSTAGRAM
@Young_erc
@suddencardiacarrestuk

Just as we would never train health workers the same as the rest of the population, it would be a mistake to think that we can train all individuals in the population the same.

For training to be useful, both the contents and the materials used should be adapted to the characteristics, capacities and needs of the target group.

 To find out more

SCHOOLCHILDREN

Rescube & Endless book



The **Rescube** is a cube in which different **steps of the BLS** sequence are presented on its faces, as included as BLS teaching material. In addition, it can also become a rectangular block, showing a summary of the BLS sequence. Also, the **Endless Book**, is a graphic storybook that tells the **BLS steps** always in the **same order**

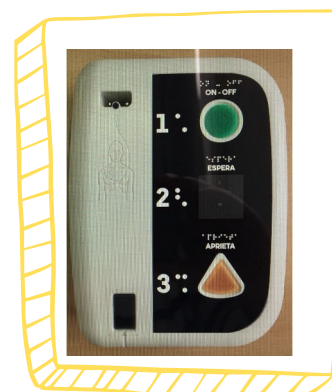
BLINDPEOPLE

The sticker to adapt AED



Using a defibrillator without a sense of sight, participants found that **signalling** of different defibrillator elements could not be perceived.

Thus, this adhesive template that includes braille signage to adapt defibrillators to people with visual impairments.



DOWN SYNDROME

Funny video & hands on


Down syndrome people are able to learn and perform chest compressions by means of a **very brief** theoretical explanation supported by a **funny training video** and the training of compressions on the manikin. The training was designed considering the characteristics of the group, in terms of understanding of the concepts and attention span. A similar strategy is useful for training in the use of the defibrillator.

LET'S TALK

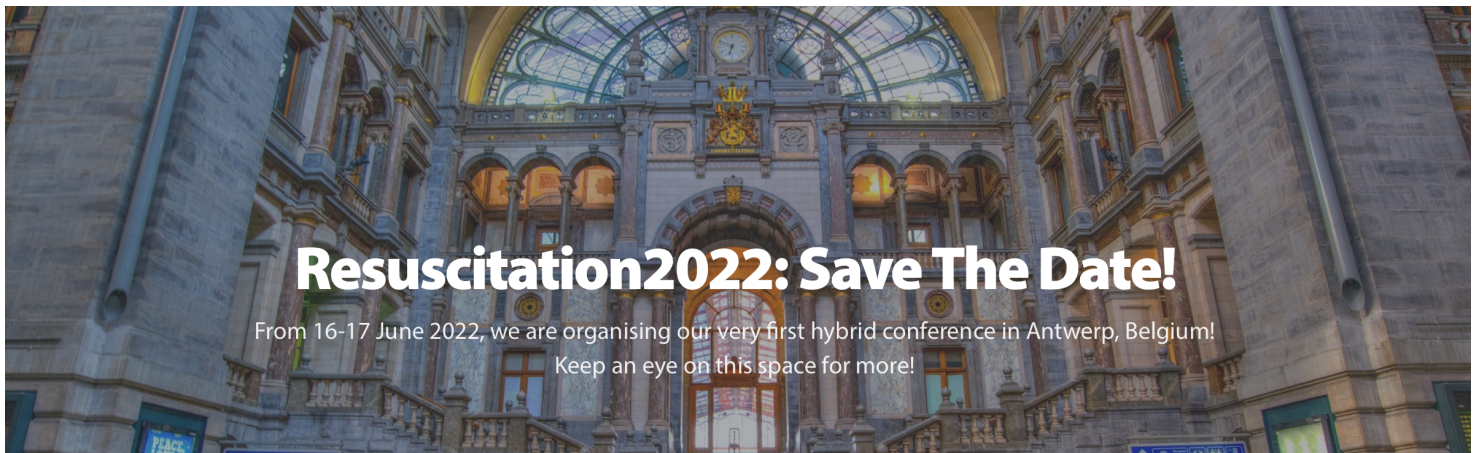
These are just a few examples; the **limit** is set by us!

How would you adapt a BLS training to make it more inclusive?

Waiting for you on twitter

 @cris_jsoto
@erc_young

UPCOMING EVENTS!



Resuscitation2022: Save The Date!

From 16-17 June 2022, we are organising our very first hybrid conference in Antwerp, Belgium!
Keep an eye on this space for more!

ERC Congress 2022

www.erc.edu



EUROPEAN
RESUSCITATION
COUNCIL

16-17 June 2022: Antwerp, Belgium (hybrid format)

EUSEM Congress 2021

www.eusem.org/congress



EUSEM
EUROPEAN SOCIETY FOR EMERGENCY MEDICINE

27-31 October 2021: Lisbon, Portugal
(hybrid format)

Covering everything from Disaster Medicine to Emergency Medicine competencies to leadership aspects this 5-day event is jam-packed with great sessions whether you attend in person or join in virtually from the comfort of your home.

ESAIC Trainee Network

www.esaic.org/trainees



9 November 2021: Facebook Live session, 20:00 CET

'Resuscitation - ALS for the anaesthesiologist - the most important ABCs tips and tricks. Join for free!

World Extreme Medicine EXPO

www.extrememedicineexpo.com



13-15th November 2021: Hybrid format
Covering extreme environments, disaster and humanitarian as well as pre-hospital it is an event not to be missed.

EDUCATIONAL RESOURCES

The main ERC YouTube channel has a wealth of videos uploaded so check these out!

<https://www.youtube.com/user/ercEuroResusCouncil>

WRAH 2021 - Why paediatric registries are "smexy"

Catch up with previous YERC webinars on our facebook page.

ERC members online course to take:

Resuscitation practices during the COVID-19 pandemic (ENG202005)



Join our Facebook live session @ our Facebook Channel!

Tuesday, 9th November 2021, 20:00 CET



Trainee Network

Resuscitation - ALS for the anesthesiologist - the most important ABCs tips and tricks

Prof. Giuseppe Ristagno

President Italian Resuscitation Council
ESAIC Critical Emergency Medicine
Trauma and Resuscitation Scientific
Subcommittee

Moderation:

Anna Bichmann (Young ERC)
Christopher Blacker
Elena Gjorchevska
(ESAIC Trainee Network)



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<https://www.esaic.org/trainees/>


STUDENT REP HANDOVER

James Nicholson has passed the torch of student rep to **Johannes Wittig** from Austria.

In their handover meeting, James shared his experiences as a student rep and what responsibilities come with it. They exchanged ideas about possible future opportunities for students in the Young ERC community and how Johannes can help to grow the existing student network and engage with underrepresented student groups. Johannes hopes to highlight the many contributions of students to the resuscitation community that make many important efforts possible in the first place.



RESUSCITATION BOX

Last summer, the initiative **Drück Mich!** and  **@SimonOrlob** (anesthesia resident at the Medical University of Graz) introduced a mobile resuscitation training box in collaboration with the city of Graz. The initiative is dedicated to making resuscitation training available to everyone. Before the COVID-19 pandemic, they worked together with the Medical University of Graz to have more than 100 students in the city to teach the public CPR during World Restart A Heart Day. Due to restrictions and safety concerns, the initiative had to adapt.

Thus, the resuscitation training box was born. The box contains everything needed to independently learn CPR (including a blowup manikin and video instructions).

All over Graz, the boxes are available in its seven libraries and can be borrowed as easily as any book.

Innovative concepts for CPR training are essential – especially in a pandemic.

TELL US ABOUT YOUR PROJECT!

Are you a student who was involved with WRAH? Would you like to let others know how students contribute to a live saving international initiative?*

*Please contact **Johannes** so that the Young ERC can shine a light on student engagement with WRAH!*

Contact:

student.resusnetwork@gmail.com

 [@johannes_wittig](https://twitter.com/johannes_wittig)

**This includes all students with an interest in resuscitation!*



Publication Highlights



By Johannes Wittig (Student Rep) with Anna Bichmann (Vice-Chair)

[@johannes_wittig](#) [@ABichmann](#)

The Automated External Defibrillator: Heterogeneity of Legislation, Mapping and Use across Europe. New Insights from the ENSURE Study

Baldi et al., *Journal of Clinical Medicine*

DOI: <https://doi.org/10.3390/jcm10215018>

A publication from **Research NET**. This article reports results from the survey "European Study about AED Use by Lay Rescuers" (ENSURE). The authors wanted to identify factors limiting AED use by exploring AED legislation, AED mapping and AED equipped first responder systems. They found heterogeneity in above mentioned aspects of AED use across Europe.

Reliability of mechanical ventilation during continuous chest compressions: a crossover study of transport ventilators in a human cadaver model of CPR

Orlob et al., *Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine*

DOI: <https://doi.org/10.1186/s13049-021-00921-2>

A cross-over study of three common transport ventilators in an experimental model of cardiac arrest investigated mechanical ventilation during continuous chest compressions. It suggested that continuous chest compressions considerably reduce tidal volumes.

AED training with a 3D-printed model and a smartphone app

Scquizzato et al., *Resuscitation* (Article in Press)

DOI: <https://doi.org/10.1016/j.resuscitation.2021.10.033>

In a Letter to the Editor the authors present a 3D-printed AED model and an app to facilitate defibrillation training. Their model could be an inexpensive alternative to currently available and more expensive AED simulators. The authors provide links to free files of the printable 3D-AED model in their communication.

Research News

Research to look out for:

- **POSED** (feasibility study for a randomised trial to assess Prehospital Optimal Shock Energy for Defibrillation in cardiac arrest)
- **PARAMEDIC3** (Pre-hospital Randomised Trial of MEDICATION route in out-of-hospital cardiac arrest)



Connect Your Research

Our research reps would love to **build a community for future/current researchers** to collaborate and discuss ideas.

Help each other to build publications by sharing skills and time in exchange for learning the ropes and getting your name on some research!

Want to get started in research and find out how it works?

Need someone to help edit/language check your article?

Contact us for help!

Over the next year we will be strengthening our ties with **Research NET** and other student groups. If you have ideas of how we can collaborate and help each other we would love to hear from you!

Do you have a cardiac arrest related project and want to share it on our platform?

Contact us with details to be featured!

What happens on a global level all year round?

The Resuscitation Academy (RA)

(www.resuscitationacademy.org)

Based in Seattle, King County, USA, we are rooted in public health, academic medicine and emergency medical services. Our free workshops and resources are based on science and tested by years of experience. To increase our reach, we partner with the American Heart Association and Laerdal Medical to develop life-saving programs.

Global Resuscitation Alliance Network @Global_RA

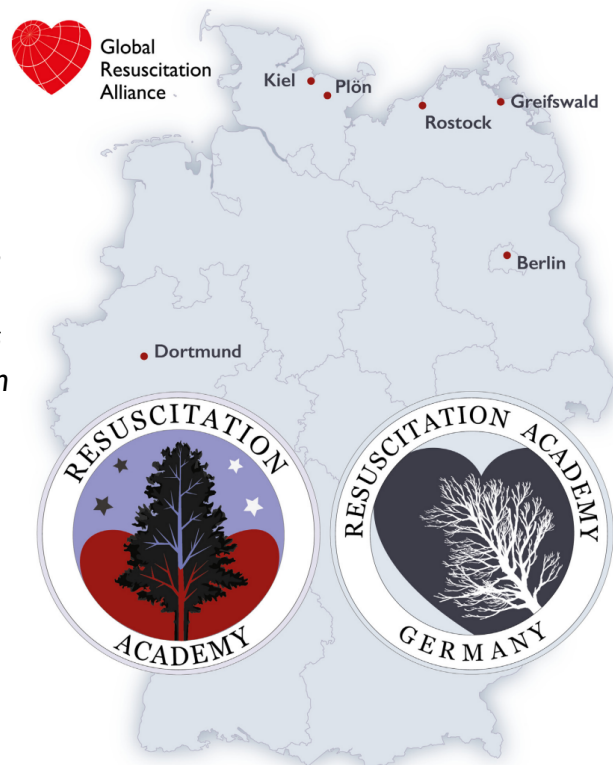
(www.globalresuscitationalliance.org)

Convened in 2015 at the Utstein Abbey in Norway by EMS leaders, researchers and experts to address two challenges: increasing community cardiac arrest survival worldwide and achieving implementation of best practices and worthwhile programs.

Resuscitation Academy Germany

is one of the newest founded RA Programms. The first two year round will be running until summer 2022. For more information read the Letter to the Editor:

<https://doi.org/10.1016/j.resuscitation.2021.05.001>



"It's mission is to increase survival from sudden cardiac arrest."

Letter to the Editor

Resuscitation Academy as a continuous program to save lives in Europe

Stephan Seewald ^{a, b, c, d}, Andreas Wagenplast, Leonie Hannappel, Freddy Lippert ^{a, b}, Lisbet Schönau, Jan-Thorsten Gräsner



WANT TO JOIN THE ERC AND HELP SHAPE THE FUTURE RESEARCH AND GUIDELINES?



Applications for Science and Education Committee positions now open!

Following on from the successful election of the SEC co-chairs, the ERC is looking for its new SEC members

Committee members must be ERC Full Members for at least one year and shall submit the following documents with their application:

1. Motivation letter (max. 500 words), including how much time you will be able to give
2. Short CV
3. Conflict of Interest form (if not submitted in the past 6 months or if this requires an update)
4. Recent picture of yourself

The deadline for applications is **15 November 2021** (23:59 Brussels Time). Please send your application to secretariat@erc.edu.

More information at erc.edu - News page