

## In this issue...

ERC Research Net - page 2



Updates on ERC Courses - page 4



August ALS Update - page 5



Utstein Masterclass, 2022 - page 6



Events coming soon - page 11



September marks one of the lovely summer months to go to the beach. We wanted to take this opportunity to remind you to look out for each other and take care of your children,

Remember to stay **hydrated**, and use sun protection!

Our ALS Update of the month will walk you through the **Drowning** algorithm!

Also in this edition find out about **ERC Research Net**! Get all the latest news on ERC **courses** and read up on some **featured papers** of the month! Also, get a quick insight about Utstein Masterclass on Cardiac Arrest Registries research, right from the participants and organisers. Keep your eye on the registration to a some **interesting meetings** in the next 2 months.

Have an idea you'd like to share with us and other readers? Get in touch via social media or email and we will help publicise any ongoing projects/work/events related to the field of resuscitation science.

## WHO ARE WE:

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



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## What is it? What are the aims?

Science and research represent the basis for improving survival after a cardiac arrest. The European Resuscitation Council (ERC) Research-NET was founded by 78 international members during ERC congress “Resuscitation 2013” in Krakow.

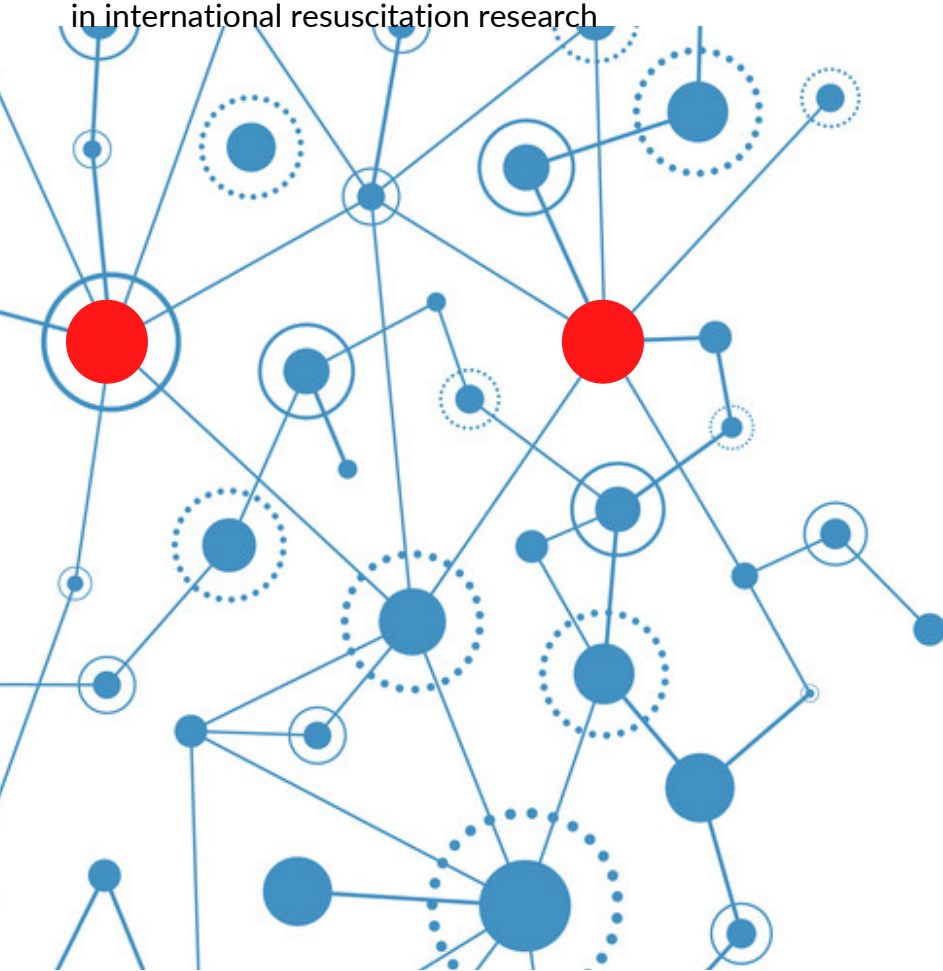
**The major goals and objective of this international, inter-disciplinary and inter-professional group were defined as:**

- To facilitate science and research all over Europe and elsewhere in the field of cardiac arrest and resuscitation.
- To build a strong multidisciplinary network for international research activities and projects on cardiac arrest, resuscitation, and post- resuscitation care.
- To partner in the European Union (EU)-Horizon2020 ESCAPE-NET project and to actively participate in other EU and European Commission funded research projects.
- To further develop the ERC’s leading role in European multi-national multidisciplinary cardiac arrest registries
- To encourage young scientists for research in the ERC network
- To use the high levels of energy and motivation of many colleagues to put ERC in a very visible position in international resuscitation research

## Results after 9 years...

Nine years after its foundation, we can certainly state that the ERC Research NET has reached the goals that were set when it was founded and that it represents a solid framework to stimulate research in resuscitation science in the years to come.

At mid-august 2022, a total of 96 research articles were published under the umbrella of ERC Research NET in high-ranked peer reviewed international journals for an **overall impact factor of 402,758**.



## Experience and future opportunities

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I had the opportunity to join the ERC Research NET since the first ERC Summer School which was held in 2017 in Freiburg. The network with other young and more experienced researchers gave me the opportunity to foster my research in resuscitation science and to create the basis for collaborations that led to the publication of several scientific papers. I therefore believe that ERC Research NET represents a great opportunity, especially for young researchers, to foster their network and research in resuscitation science with the final aim to improve good quality survival of cardiac arrest patients.

ERC Research NET was under the chairmanship of Prof. Bernd W. Böttiger from its foundation up to the end of 2020, whilst since the beginning of 2021 is under the chairmanship of Prof. Gavin Perkins. The researchers who are interested in joining the ERC Research NET network may write to ERC.



## Interesting papers from the ERC Research NET

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### A selection of five articles published under the umbrella of ERC Research NET:

- [Druwé P, Monsieurs KG, Piers R, et al. Perception of inappropriate cardiopulmonary resuscitation by clinicians working in emergency departments and ambulance services: The REAPPROPRIATE international, multi-centre, cross sectional survey. Resuscitation. 2018;132:112-119.](#)
- [Sulzgruber P, Schnaubelt S, Pesce M, et al. Aortic stenosis is an independent predictor for outcome in patients with in-hospital cardiac arrest. Resuscitation. 2019;137:156-160.](#)
- [Gräsner JT, Wnent J, Herlitz J, et al. Survival after out-of-hospital cardiac arrest in Europe - Results of the EuReCa TWO study. Resuscitation. 2020;148:218-226.](#)
- [Böttiger BW, Lockey A, Aickin R, et al. Up to 206 Million People Reached and Over 5.4 Million Trained in Cardiopulmonary Resuscitation Worldwide: The 2019 International Liaison Committee on Resuscitation World Restart a Heart Initiative. J Am Heart Assoc. 2020;9\(15\):e017230.](#)
- [Baldi E, Schnaubelt S, Caputo ML, et al. Association of Timing of Electrocardiogram Acquisition After Return of Spontaneous Circulation With Coronary Angiography Findings in Patients With Out-of-Hospital Cardiac Arrest. JAMA Netw Open. 2021;4\(1\):e2032875](#)

# Your August ALS Update

 @JeleonoraEk

In the midst of this hot summer as water activities and sports are at their peak we remind you to always stay safe and look after each other.

This month we'll focus on the ERC guidelines on **drowning**.



## Safety first - undertake a dynamic risk assessment:

**If conscious and breathing -  
aim to prevent cardiac arrest!**

### Use the ABCDE approach:

**A** - ensure patency. Start 100% inspired oxygen until it can be measured, then aim for sPO<sub>2</sub> 94-98% / PaO<sub>2</sub> 10-13kPa (75-100 mmHg).

**B** - assess and consider need for non-invasive ventilation/ invasive mechanical ventilation/ extracorporeal membrane oxygenation.

**C** - assess and consider need for fluids/ vasoactive drugs.

**D** - use AVPU or GCS

**E** - initiate hypothermia algorithm if core temp <35C.

**If unconscious and not breathing -  
start resuscitation!**

### Start resuscitation:

- **Start with 5 rescue breaths!** Consider starting this even while still in the water.
- If the person remains unconscious without normal breathing start chest compression. 30:2.
- Apply AED and follow instructions.
- Consider ECPR in accordance with local protocols.

## General updates

- A new VLE with updated material and interactive modules is gradually getting available in multiple languages for all course types.
- The VLE will focus on preparations of all course types. Course manuals will still be available, but present only the core information in a condensed way. All new manuals are available in English language and will become translated in multiple languages by the end of this year.
- Updated instructor materials are currently being tested and will be available soon for most of the course types.

## BIC/GIC

- Updated material with course structure reform will be available soon
- Slightly shortened duration
- Hybrid/Modular format for GIC
- VLE under development for both courses

## BLS

- The overall course structure is critically evaluated.
- Shorter duration courses for lay people might increase the number of candidates that can be trained.
- Summative assessment might no longer be necessary in future BLS courses for lay people.

## ILS/ALS

- Modular approach in VLE design and future recertification courses will be available.
- Final assessment with the whole team in the room, post course MCQ will be replaced by an open book pre-course test.

## NLS

- The material has been updated with extended human factors chapter.



## PBLS/EPILS/EPALS

- A lot of interactive material with case scenarios will be included in the new enhanced VLE update with more to come in the next few months.
- Formative assessment is added to the courses. Summative assessment is still applicable to certain course participant groups.



## Interesting publications on Resuscitation education

- [\*Blended learning for accredited life support courses – A systematic review.\* M. Elgohary, F.S. Palazzo, J. Breckwoldt, A. Cheng, J. Pellegrino, S. Schnaubelt, R. Greif, A. Lockey., Resuscitation Plus, Vol 10, 2022, doi:10.1016/j.resplu.2022.100240.](#)
- [\*The future of resuscitation education.\* Bray JE, Greif R, Morley P. Curr Opin Crit Care. 2022 Jun 1;28\(3\):270-275. doi: 10.1097/MCC.0000000000000932. Epub 2022 Mar 9.](#)
- [\*Assessment of Human Factors After Advanced Life Support Courses Comparing Simulated Team and Real Team Assessment: A Randomized Controlled Cohort Trial.\* Nabecker S, Huwendiek S, Seidl C, Hana A, Theiler L, Greif R. Frontiers in Cardiovascular Medicine, Vol 9, 2022. doi: 10.3389/fcvm.2022.840114](#)
- [\*The effect of peer - education in high school CPR/AED training program on students' self-efficacy: an interventional randomized control trial.\* Spartinou A, Karageorgos V, Sorokos K, Darivianaki P, Fraidakis O, Nyktari V, Rovithis M, Simos P, Papaioannou A. Eur J Emerg Med. 2022 Feb 1;29\(1\):70-72. doi: 10.1097/MEJ.0000000000000833.](#)

# Utstein Masterclass, 2022

During 11-15 June, 15 cardiac arrest research passionate gathered in Utstein, Norway to actively participate in the Cardiac Arrest Registry Research Masterclass.

The masterclass took place alongside the Group Without A Name (GWAN) Meeting to discuss current updates, challenges and opportunities in cardiac arrest registry research around the globe.

By Ahmed Elshaer (Social Media Rep)

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



*Participants of the Cardiac Arrest Research Registry Masterclass among the participants of the Group Without a Name meeting participants*

Led by Prof. Jo Kramer-Johansen, the masterclass was organised by world-class pioneers in cardiac arrest researchers under the umbrella of the Norwegian and German Cardiac Arrest Registries, and sponsored by Laerdal Foundation.

The diverse masterclass passionate traveled all the way from more than 10 different countries from different corners of the world and from different professional backgrounds to discuss their own projects, challenges and aspirations for the future, and to also learn from the cardiac arrest research leaders. They discussed different aspects of registries including the socio-demographic aspects surrounding cardiac arrest and cardiac arrest research, data quality, analysis and interpretation, science evaluation and consensus building, and knowledge gaps in cardiac arrest research and generated ideas to tackle them.

The masterclass unique design was built mainly on active student-led learning, in addition to some traditional teacher-led discussions and attending multiple GWAN meeting activities. Students worked together to set the learning environment and activities, in light of the intended outcomes designed by the masterclass faculty.



Entering the Stavanger Acute Medicine Foundation for Education and Research (SAFER)

They also visited the Stavanger Acute Medicine Foundation for Education and Research (SAFER), where they visited the simulation centre where many cardiac arrest research takes place.

In addition to these rich scientific discussions, the masterclass participants visited the Laerdal museum and were introduced to the history of Laerdal resuscitation Training equipment and simulators and the different initiatives funded by the Laerdal Foundation to enhance resuscitation education worldwide.



Tore Laerdal, chairman of Laerdal Global Health telling about the chain of survival and how the Utstein style started and its progress over time



Participants visiting the Nasjonal kompetansetjeneste for prehospital akuttmedisin - NAKOS and the Emergency Medical Services Dispatch Center



The participants also visited the national prehospital emergency medical services base and their dispatch center in Stavanger, where they exchanged some ideas about their own Emergency Medical Services and the Norwegian experience. Also, they visited the Regional Advisory Unit on Prehospital Emergency Medicine in Stavanger (RAKOS), where they discussed their ongoing activities and research on psychological aspects of cardiac arrest first responders as well as victims.

I leave you with [this video](#) showing different parts of the masterclass, its organization and outcome and a few testimonials from some masterclass participants.



## Stephan

*Resident, Department of Anesthesiology, Heidelberg University Hospital, Heidelberg, Germany*

This masterclass was more than "just" a simple masterclass. It was a room full of like-minded people seeking to enhance and share their knowledge about (resuscitation) science. Not only limited to cardiac arrest registries, but into different directions of cardiac arrest research. My favourite moment was the introduction at one of the host house. People easily connected with each other and already started sharing their experiences. This provided the ground for the next couple of days. I really hope that some scientific collaborations will emerge from this masterclass and that others will get a chance at this experience.



During one of the discussions at the Utstein Abbey library, where the Utstein Style was formulated in [June 1990](#)



## Bibiana Metelmann

*Department for Anaesthesia, Intensive Care Medicine, Emergency Medicine and Pain Medicine, University Medicine Greifswald, Germany*

The masterclass at Utstein Abbey was a wonderful opportunity to learn more about resuscitation science and meet fantastic researchers. As the masterclass attendees we had the incredible honor to join highly distinguished scientists during meetings of the Group Without A Name. Additionally, we had masterclass sessions addressing the question, how cardiac arrest registry research can be further improved. It's been stimulating to share ideas and experiences with young and senior researchers in a friendly and supportive atmosphere.

Professor Jo Kramer-Johansen, who led the masterclass, is a highly gifted teacher and researcher, who has the wonderful talent to make everyone feel right at home. He helped us reflect on our own experiences and supported us on our individual journey to improve our research. I'm looking forward to keeping in touch with the masterclass.



Jo Kramer-Johansen

Norwegian Cardiac Arrest Registry, Division of Prehospital Services, Oslo University Hospital and University of Oslo, Oslo, Norway

It is so rewarding when grasping an opportunity and taking a risk doing something new, turns out so well.

We knew that all the top researchers from world-leading cardiac arrest registries were coming for a scientific meeting at Utstein, Norway. We knew that many young and talented researchers could benefit from sitting in, and that there would be plenty of learning opportunities for all just by bringing the two groups together.

We realized that external funding would permit candidates without their own funding to attend and that this would be important to bring new voices and early career researchers to a remote location in a remote and very expensive country. We are so thankful to the Laerdal Foundation which supported our ambition and thus enabled worldwide participation.

So, with people and possibilities in place, we worked out a project plan, and then the rest is just performance! Luckily, all participants arrived with cooperative energy and were open to new ideas. If it was the spirit of the venue or the fortunate mix of fantastic people, I don't know, but my impression was that discussions were always good. Many came with lots of experience and expertise, yet I think we kept discussions exploratory and respectful with excellent reflections from participants. I trust that we all improved our skills and competence during these few days together!

I look forward to meeting you all again! We are now both colleagues and friends!



*Ingvild Tjelmeland and Jan Wnent looking very satisfied with the outcome of the masterclass*



*Masterclass students honouring the master of the masterclass Jo Kramer-Johansen - the abbey style*

Ingvild Tjelmeland

Division of prehospital services, Oslo University Hospital, Oslo, Norway

Together with Jan Wnent, I was fortunate enough to receive funds from the Laerdal Foundation to arrange this very first Masterclass for your researchers using cardiac arrest registry data. Preparing and arranging this meeting was a privilege, but also a lot of hard work! Upon arrival the first day, we dropped you all of at my parents house, where the first day was held. The absolutely best part for me during the entire Masterclass was coming into the living room and hearing that after only a few minutes together, the masterclass participants were having good discussions and establishing a trusting environment.

I am so proud to have been allowed to arrange and participate in this unique experience!



Camilla Metelmann

*Department for Anaesthesia, Intensive Care Medicine, Emergency Medicine and Pain Medicine, University Medicine Greifswald*

Attending the masterclass has been a huge honor and pleasure for me. It was inspiring to meet both young and experienced researchers, who share the passion to improve survival after cardiac arrest. It's been fantastic to learn from and with each other and to discover how struggles in research and practical application can be overcome. And what better place to talk about resuscitation science, than to do that in the remarkable place Utstein Abbey? This picturesque place is brimming with (resuscitation) history. And due to the stimulating conversations among both junior and distinguished scientists, the motivational atmosphere, and long midsummer sun we got to enjoy Utstein Abbey and the surroundings late into the evening.

When leaving Utstein to travel to ERC conference in Antwerp I left together with new friends, great memories and full of new ideas, how to improve resuscitation science and implementation.

Vlasios

*Senior Resident in Anaesthesiology, University Hospital of Heraklion, Crete. YERC Education Rep*

The masterclass concept was a great opportunity, especially on the quite interesting field of cardiac arrest registries which is continuously developing but managed by only a few people in the entire world compared to other research fields. The combined sessions of the masterclass with the GWAN group felt like incorporating us to the family of registry researchers. The peer-education/ peer-discussion format maintained the enthusiasm throughout the masterclass and allowed equal contribution of all participants despite our variety in research backgrounds. Idea sharing and networking was a must, with many interaction opportunities.

As far as the region for the event is concerned, perfect choice, the beautiful Stavanger in Norway and especially the Utstein Abbey, a place with monumental value where it all started. The first guidelines to report a cardiac arrest incident with the relevant famous Utstein formula were developed there. Both the remote area of the Abbey and some sips of alcohol (according to inside sources) contributed to the first consensus of experts in the resuscitation field. A magnificent environment with breathtaking views of untouched nature. The Abbey unchanged, with a majestic and spiritual ambience, a thrilling place to stay and study. Apart from the main GWAN/masterclass schedule side activities were full of highlights: warm welcoming environment of the first day, the visits to Laerdal museum, SAFER center and RAKOS facilities, the boat trip to Utstein, the long walks to the surrounding pathways and the lighthouse.

We owe congratulations and a huge thank you to all the people contributed to the organization and implementation of the masterclass schedule.

Chris

*Clinical Lecturer in Emergency Medicine, University of Warwick Medical School, UK*

It was so nice to meet like-minded early career researchers from around the globe, to share our experiences and expertise and to learn from each other.

The opportunity to mix with senior researchers at the GWAN meeting was most welcome, and I like to think that we gave them some ideas about how to approach their future research endeavours as well.

The fact that we, ourselves, decided upon and delivered the content for each assigned session I think led for more lively discussion amongst us than if we had just listened to a more senior researcher. This fostered debate, learning and helped bond us together as a group.

The future for global cardiac arrest research looks bright indeed.

Tomas Barry

*University College Dublin, Ireland*

The Masterclass was a fantastic opportunity to visit the Utstein Abbey, meet like minded resuscitation researchers from around the world and learn more about cardiac arrest research methods.

# Upcoming Events

By Ahmed Elshaer (Social Media Rep)

 @ElshaerAh

## The Royal College of Emergency Medicine Annual Scientific Conference 2022

The Annual Scientific Conference will take place in Belfast on **3 - 6 October 2022** as a **hybrid** conference, with options for delegates to attend virtually or face-to-face. Pre-conference workshops taking place on 3 October, to register for them, click book now (face-to-face) below.

The event targets physicians, nurses, paramedics and students of these professions.

Find more [HERE](#)



The Royal College of  
Emergency Medicine

## The European Emergency Medicine Congress 2022



The European Emergency Medicine Congress (EUSEM 2022) is an annual congress that attracts over 3000 Emergency Medicine specialists from around the world. There are opportunities to learn about the new developments in emergency medicine, share best practices and network with like minded people.

The event targets physicians, nurses, paramedics, technicians, trainees and students of these professions.

More information is [HERE](#)

## Citizen CPR Foundation webinar

Join host David Hiltz and special guests Dr. Anna Bichmann and Dr. Bernd W. Böttiger for a discussion about World Restart A Heart Day, which occurs on October 16th, and October's Shocktober theme as key opportunities to improve bystander CPR rates and awareness of sudden cardiac arrest around the globe.

**Date:** Tuesday, Sept. 13, 4 p.m. EST

Link to Webinar Registration [HERE](#)

