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Welcome readers to the June 2023 YERC newsletter. This month's newsletter is packed with opportunities to get involved!

Check out page 2 for the first ever Young ERC Resuscitation Science Masterclass being run in conjunction with the Resuscitation Plus Journal. This is a year long series of engaging and expert led sessions/journal clubs/discussions aimed at early careers researchers who don't know how to progress in to doing their own resuscitation based research.

There is also the F.I.R.S.T competition now open for RESUS23 Congress in Barcelona. Do you have an idea of what technology might be like for bystanders/patients/relatives of cardiac arrest in the future? We want to hear it! Submit an abstract and you could be in with the chance to present your idea at the Congress in an elevator pitch style. Check out page 4 for more information and submission links.

Read pages 6-8 to hear about the incredible partnership that has been formed between ERC and UEFA and their plan to teach 100,000 football fans/players/supporters CPR for the 2024 UEFA cup!

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/



youngerc@erc.edu



NEW EMAIL!



Link Tree



What is the Young ERC Resuscitation Science Masterclass?

The overall aim of the Young ERC Resuscitation Science Masterclass is to connect, inspire and support the growth of the next generation of resuscitation scientists through education, networking and joint scientific work.

This will be achieved by...

- Facilitating networking among masterclass participants and senior researchers
- Improving participants' science communication skills
- Supporting participants to develop research questions and proposals in the field of resuscitation
- Developing participants' competences to conduct resuscitation science projects
- Strengthening the participants' skills for critical appraisal of the scientific literature
- Providing the opportunity to collaborate on a journal club article to be published in Resuscitation Plus

Who should participate?

All aspiring researchers with a strong interest in resuscitation science are invited to apply. Participants should have a basic understanding of research fundamentals. Participants should expect to commit 10 hours per month to masterclass activities. The selection process aims to assemble a group of 20 participants representing diversity in terms of professional background, career progression, gender and geography.

What is the time frame?

The masterclass contents will be delivered over 12 months.

How will the course content be delivered?

- 10 interactive webinars
- 5 engaging journal clubs
- 4 innovative workshops
- 1 inspiring, hybrid event

Who will the participants learn from?

They will learn from international experts in resuscitation science and their fellow masterclass participants.

Upon completion, participants will receive...

... a Young ERC Resuscitation Science Masterclass Diploma.

For more information visit: <https://www.erc.edu/projects/young-erc>



Don't miss the ERC Congress:



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 together and chat: meet us at our YERC booth!

Join the YERC awards session & YERC FIRST!

Check out the CPR competition



F.I.R.S.T competition

Future
Innovations in
Resuscitation
Science and
Technology


Us: Young ERC, running a futuristic elevator pitch competition for novel ideas in resuscitation

You: a trainee/student/early careers professional attending the ERC congress Barcelona 2023

Prize: ERC membership for a year

TOPICS




 Computerised glasses that hologram how to perform CPR...?



 Personalised app for CPR recovery...?



Interactive computer game for kids explaining cardiac arrest...? 

Criteria for submissions:

Written in English

Maximum of 250 words (excl. title)

Max 3 references

Clear and short title

Must address the call's theme (pick one of the 3 topics)

Only standard abbreviations

No multiple authors

Have a basis in current scientific work/ideas

Follows this structure:

Scientific foundation

Description of novel idea

Expected impact on call's theme



SEND US YOUR ABSTRACT
250 WORDS

DEADLINE 31ST AUGUST

FORM.JOTFORM.COM/231753592564059

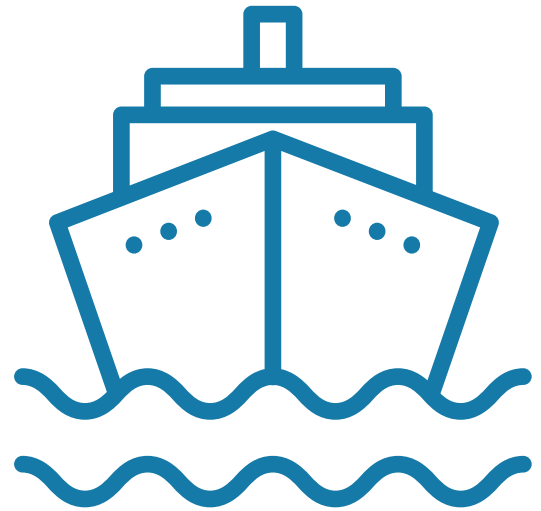
Your June ALS Update

 @JeleonoraEk

What happens if you witness a **cardiac arrest** on a **cruise ship**?

We know that outcomes are worse compared to the overall population, mainly due to:

- Complicated access to healthcare facilities.
- Prolonged transfer.



5 easy steps to keep in mind:

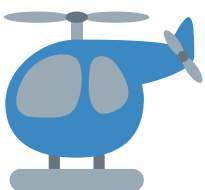


1. A **first-responder team** and **full ALS equipment** should be available 24/7.



2. Request an **AED** immediately.

3. If more resources are needed, arrange an **onboard announcement** for further medical help.



4. **Telemedicine** should be available and used early.

5. Consider the need for **medical air transportation**.

UEFA - ERC- Collaboration in Action

GO and Save A Life

GOAL CPR Awareness session

Sander van Goor



By Kaushila Thilakasiri (BLS Rep)

 @Kaushila87

estimated reading time:

5 minutes

In this edition, I present an exclusive interview with Sander van Goor, co-chair of the Science and Education Committee (SEC) of the Basic Life Support (BLS) division within the European Resuscitation Council (ERC). Our interview focuses on the remarkable collaboration between ERC and UEFA, the governing body of European football and the umbrella organisation for 55 national associations, which aims to integrate CPR training into the world of football.

I was also honoured to represent YERC in the initial training session for the UEFA President, Mr Aleksander Čeferin and officials, alongside esteemed professionals like Dr Carston Lott in Switzerland at UEFA headquarters. Additionally, I had the opportunity to contribute to the drafting of the "GOAL" instructor manual. These experiences have highlighted the commitment of the Young ERC to meaningful initiatives and making a difference in resuscitation.



Sander, what motivated the ERC to collaborate with UEFA?



The collaboration with UEFA was driven by the recognition of UEFA as a powerful global organization capable of generating awareness and reaching a larger network. The partnership aimed to leverage the popularity of football and the extensive social media presence of UEFA to improve CPR awareness and increase survival rates. This collaboration not only enhances the identity of both UEFA and ERC but also promotes the safety and well-being of individuals involved in football.

The collaboration was further fuelled by a significant event—the Christian Eriksen incident. When Eriksen suffered a cardiac arrest on the field, he was successfully resuscitated. This incident served as a catalyst, compelling UEFA to explore ways to enhance the survival rates of cardiac arrest cases in society. The ERC recognised the potential of harnessing the power of football, with its massive following and extensive social media reach, to generate awareness and focus on the importance of CPR. The collaboration became an avenue to utilise the influence of football in a positive manner, with the overarching goal of improving CPR awareness and ultimately saving lives. This collaboration not only strengthens the identity of both UEFA and ERC but also reflects their shared commitment to safeguarding the well-being of football participants and fans.





How does the collaboration of two organisations work in practice?



"The collaboration between UEFA and ERC began with a CPR training for UEFA officials, including the President of UEFA, conducted in Switzerland, which you attended too. Subsequently, a joint social media and website publicity campaign was launched to raise awareness about CPR. The introduction of "GOAL" CPR awareness sessions marked a significant milestone. The first session took place in the UK, targeting the women's football teams in the Women's Finalissima 2023 between England and Brazil. The collaboration also extended to GOAL sessions for UEFA Youth League finals: Geneva, on April 22nd, 2023. The future plans include facilitating GOAL sessions during major matches and developing an online game platform for public use.



What role do you see technology playing in this project?



There is a vital role of technology in the UEFA-ERC collaboration. The plan includes developing a short Virtual Learning Environment (VLE) for micro-learning on the importance of CPR. Young ERC members' ideas and expertise are highly valued, and I encourage their active involvement at the national resuscitation council level in the GOAL project. By harnessing technology, the collaboration aims to enhance educational resources, expand reach, and improve preparedness and response to cardiac arrest incidents.



Do you have any research planned as part of this project?



The initial idea of generating data to assess the performance quality of short CPR sessions was in place. However, challenges in organizing and capturing data have posed difficulties in executing this plan as envisioned. Therefore, currently there is no formal research planned. However, there is opportunity for creative YERC members to suggest ideas.





What is your message to Young ERC members who would like to be involved in the GOAL sessions?



I whole heartedly encourage Young ERC members to actively participate in the GOAL sessions. I would like to emphasize that the ERC values the contributions of young individuals and sees no difference between the ERC and Young ERC committees when it comes to ideas and vision. I believe that Young ERC members have valuable insights to offer, whether they are researchers or healthcare professionals working at the bedside. I would like to urge them to be proud of their roles and bring their ground-level experiences to the sessions, as it can significantly enhance the impact of CPR training.

In conclusion the collaboration between UEFA and ERC signifies a remarkable partnership that combines the power of football and the importance of CPR training. Through their joint efforts, they aim to create a safer and more prepared football community, raising awareness and improving survival rates in the event of cardiac arrest. Their efforts highlight the immense potential of collaboration and innovation in the field of resuscitation.

Let us seize the opportunities presented by this collaboration. Whether through technology, research, or hands-on participation, we can all contribute to the ongoing success of the GOAL sessions. Together, let us strive to make a lasting impact and drive positive change in resuscitation practices.

Acknowledgement : Dr Zoran Bahtijarević - UEFA chief medical officer and Ms. Niki Papadimitriou, Medical Project Manager at UEFA for all the support in compiling this article.



Watch how
Football steps up to
save lives

Scan me

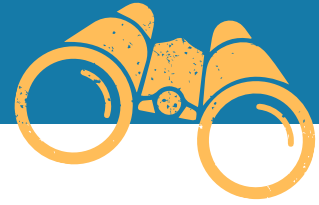


GOAL!

Let's just do a review on that!?

Perspective by Sebastian Schnaubelt

(YERC Research Representative)



estimated reading time:

5 minutes

One's beginnings in scientific research often start with a literature review on a medical topic: Be it your thesis, a poster presentation, or a first project you are being involved in by more senior colleagues – searching for “what’s out there” and putting together a summary of previous studies is a pretty common task.

While such “low-level” literature reviews are absolutely necessary to build a basis to rest your thesis, poster, or article on, “real” reviews follow strict principles in methodology, for instance given by the **International Liaison Committee on Resuscitation (ILCOR)** for cardiopulmonary resuscitation topics [1], or Cochrane for a variety of medical fields [2]. The “gold standard” are systematic reviews with meta-analyses, summing up data from randomized controlled trials, evaluating their risk of bias, and giving an overall assessment. Ideally, this is then the data that treatment recommendations are built on. [3,4]



However, recent years have shown a dramatic increase in published reviews (systematic or not), with around 80 every day (!) [5]; Do we, and does medicine, really need that? **Meringo et al.** recently published a nicely-written Letter to the Editor in **Resuscitation** [6] asking the same question, and stating that this massive amount of novel reviews may be backed up by questionable scientific necessity. They estimate around 95 reviews being published alone in the field of cardiopulmonary resuscitation every year, and highlight a considerable amount of redundancy and repetition. [6]

Especially since **ILCOR** provides a continuous evaluation process of upcoming science and publishes yearly updates of its recommendations (based on reviews conducted by the **ILCOR** task forces) [1,4], one may wonder why such a number of independently-conducted reviews is still needed. **Meringo et al.** point out that the underlying reasons could potentially be that authors want to “polish” their H-indices (a number basically stating how well your work is cited [7]) because reviews, especially if conducted recently, tend to get a lot of citations. Moreover, it is true that reviews are usually a lot of work, but on the other hand they do not need access to real patients, registry data, etc., and do not need a positive evaluation by an Ethics Committee. The high “ranking” of systematic reviews in the hierarchy of evidence quality is also appealing to journals, themselves interested in boosting reads and citations for their impact-factors.

Let's just do a review on that!?

Perspective by Sebastian Schnaubelt

(YERC Research Representative)



estimated reading time:

5 minutes

In a reply to the mentioned Letter to the Editor, Patterson and Yealy [8] argue that having several reviews on the same topic can also provide advantages like different viewpoints or search strategies. Additionally, they say that readers will know the differences – A thought that might be debatable. What is undoubtedly true though is that young aspiring scientists are often involved in conducting reviews, and that this is a great way to gain research experience. Critically evaluating studies may also lead to a more critical approach to their own studies in the future. [8]

What can we take home from this? Should we stick with our own literature searches and let others do the “real” review work? No – as in most cases, the truth probably lies somewhere in between: If you know someone involved in systematic reviews and you are interested in getting an impression of their work, talk to them (you can also always contact the YERC Research Representative for advice by sending an email to youngerc@erc.edu). If you get the chance to join them, by all means do so! But don't just go with the flow – Rather stay mindful of potential unnecessary over-reviewing or conducting reviews for the wrong reasons.



[1] <https://costr.ilcor.org/>

[2] <https://www.cochranelibrary.com/about/about-cochrane-reviews>

[3] Montori VM, Wilczynski NL, Morgan D, Haynes RB, Hedges Team. Systematic reviews: a cross-sectional study of location and citation counts.

BMC Med 2003;1:2.

[4] Wyckoff MH, Greif R, Morley PT, et al. 2022 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations: Summary From the Basic Life Support; Advanced Life Support; Pediatric Life Support; Neonatal Life Support; Education, Implementation, and Teams; and First Aid Task Forces. Resuscitation 2022;181:208–88.

[5] Hoffman F, Allers K, Rombey T, Helbach J, Hoffman A, Mathes T, et al. Nearly 80 systematic reviews were published each day: Observational study on trends in epidemiology and reporting over the years 2000–2019. J Clin Epidemiol 2021;138:1–11.

[6] Merigo G, Silvestri I, Magliocca A, Fumagalli F, Ristagno G. “De trop” meta-analyses and systematic reviews in cardiopulmonary resuscitation – a way to rapidly improve authors’ citation index at a price of real science. Resuscitation 2023;187:1–2.

[7] <https://scientific-publishing.webshop.elsevier.com/publication-recognition/what-good-h-index/>

[8] Patterson PD and Yealy DM. Reply to Letter: Meringo et al., “De trop” meta-analyses and systematic reviews in cardiopulmonary resuscitation – a way to rapidly improve authors’ citation index at a price of real science”. Resuscitation 2023;187:109815.

Conferences and Courses for 2023

September 2023

12th - Cambridge Trauma Resuscitation Symposium, Bedfordshire, UK

16th -20th: European Society of Emergency Medicine (EUSEM) Congress, Barcelona, Spain.

18th - 20th: Cardiology World Congress, Valenica, Spain.

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

October 2023

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

November 2023

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

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

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.

