



The ERC Newsletter is an informative publication providing regular updates on the latest developments and achievements in the field of resuscitation. It covers a wide range of topics, from scientific advancements to events and news highlights from the ERC and its affiliated organisations. The newsletter is a valuable resource for anyone interested in staying up-to-date with resuscitation science and practice. Whether you are a resuscitation science enthusiast, healthcare professional, or simply interested in our activities, the ERC Newsletter is a must-read.

## The ERC Events

### First ERC Symposium Wraps Up with Positive Discussions



The inaugural ERC symposium concluded successfully, leaving participants buzzing with insights and discussions on critical topics in resuscitation. Attendees engaged in thought-provoking conversations regarding ventilation, the role of artificial intelligence and emerging technologies in saving lives globally, and ECPR 2026 Update.

We are extending our heartfelt gratitude to our incredible attendees, as well as to everyone who contributed to the dialogue, including our knowledgeable speakers, moderators, and dedicated organisers.

As we move forward, we encourage you all to check our website for more such initiatives in the coming days. Together, we can advance resuscitation practices and make a lasting impact on global health. Let's keep the momentum going!

## [Know About ERC](#)

### Deadlines to Remember

- ERC Congress: [Call for Abstracts Deadline](#) - April 15, 2026 (23:59 CEST)
- ERC Congress: [The Peter Baskett Bursary for ERC Instructors](#) - April 12, 2026 (23:59 CEST)



## Upcoming Webinars



**OPEN WEBINAR**  
Date: Wednesday  
April 15, 2026  
Time: 19:00 Hours, CET

**Post Resuscitation Care in Children:  
Is Everybody Treated According to  
the Guidelines?**

**Moderators:**  
Frantiska Marfel

**Speakers:**  
Jimena del Castillo  
Corinne Buisse

**April 15 at 19:00 Brussels Time:** Topic - Post Resuscitation Care in Children: Is Everybody Treated According to the Guidelines?.

**Registration Link:** <https://bit.ly/3PWA62X>



**OPEN WEBINAR**  
Date: Wednesday  
April 22, 2026  
Time: 19:00 Hours, CET

**Supporting Lay People Involved in  
Resuscitation Attempts**

**Moderators:**  
Vasilios Karageorgos  
Mohab Bakry

**Speakers:**  
Anna Moe Øvretubo  
Dr. Umana Sajjad  
Dr. Vicky Joshi

**April 22 at 19:00 Brussels Time:** Topic - Supporting Lay People Involved in Resuscitation Attempts

**Registration Link:** <https://bit.ly/4dBsmNF>

## National Resuscitation Council Days & Course Director Day



### National Resuscitation Council Days

The Second edition of the NRC Days took place on March 7-8 in Vienna, Austria, fostering collaboration and knowledge exchange among National Resuscitation Councils (NRCs) and the ERC.

With 41 participants from 26 NRCs, the carefully curated program included strategic discussions on enhancing resuscitation practices and facilitated valuable networking opportunities, highlighted by a traditional Viennese dinner at the Wiener Rathauskeller.

This gathering aimed to strengthen partnerships and develop unified strategies for advancing resuscitation efforts.

### Course Director Day

Course Director Day (CDD) is a dedicated event designed for national course directors to come together, share experiences, and explore best practices in course leadership and educational innovation.

This year, the CDD took place in Vienna, Austria on March 6. Throughout the day, participants enjoyed inspiring presentations, interactive sessions, and meaningful discussions with their peers. As in previous years, the CDD provided a valuable opportunity to gain new insights, exchange ideas, and strengthen networks with fellow course directors and experts in the field.

[Know About Your NRC](#)

## In the Spotlight - ERC Guidelines

### Update on Algorithms

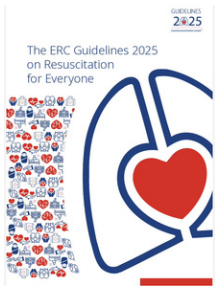


Two algorithms in the Special Circumstances guideline have been updated. The new versions of "Initial management of critically buried avalanche victim" and "Adult hypothermia algorithm" are now available in the ERC app.

Download the App: [Apple App Store](#) [Google Play Store](#)

Take a look at our [download centre](#), where new translations of guideline materials are added regularly.

### Guidelines for Everyone



The European Resuscitation Council developed the 2025 Guidelines on Cardiopulmonary Resuscitation (CPR) for Everyone. It has been written and produced for the general public, describing the immediate responses needed when someone experiences a cardiac arrest.

[Download](#) the CPR Guidelines for Everyone and spread the life-saving knowledge.

[Download the PDF Version](#)

## Young ERC

### Resuscitation Science Masterclass



**YOUNG  
EUROPEAN  
RESUSCITATION  
COUNCIL**

Applications are now open for the next edition of the Young ERC Resuscitation Science Masterclass (RSM).

From 01 April to 01 June 2026, early-career researchers and those interested in launching a research career in resuscitation science are invited to apply. The deadline for submission is 01 June 2026 at noon (local time Brussels).

The RSM is a one-year programme designed to connect, inspire, and support the next generation of resuscitation scientists through education, networking, and collaboration. We welcome applicants from all professional backgrounds, including physicians, nurses, paramedics, allied healthcare professionals, and non-clinical disciplines. Participants will engage in webinars, journal clubs, workshops, and an in-person capstone event, while developing research ideas, strengthening critical appraisal skills, and collaborating with peers and senior researchers.

If you have any question about the Masterclass, please write at [masterclass.youngerc@erc.edu](mailto:masterclass.youngerc@erc.edu).

[Find More Information & Apply Here](#)

# Exciting Updates from the National Resuscitation Council(s)

## Congress & Celebration of the Foundation of the Hungarian Resuscitation Council



The Hungarian Resuscitation Council (HRC) celebrated its 25th anniversary with a scientific congress and ceremony from February 26 to 28, 2026, in Esztergom, Hungary. The event included a mass CPR training session where 500 students learned basic life support and resuscitation skills.

Over the past 25 years, the HRC has worked closely with the European Resuscitation Council to improve survival rates after sudden cardiac arrests in Hungary. This partnership has been vital in enhancing resuscitation education.

To date, the HRC has conducted 519 ERC-accredited courses, training 9,715 participants. Together, we are proud of these achievements and look forward to continuing our mission to improve resuscitation outcomes across and beyond Europe.

## The 2026 Heart Smart Malta Conference

The 2026 Heart Smart Malta Conference, organised by the Malta Resuscitation Council, will be held on April 24 and 25 at the DoubleTree by Hilton Malta Conference Centre.

Focusing on the theme "From Guidelines to Lifelines", the event aims to educate the general public and empower healthcare professionals in the latest resuscitation practices.

Do not miss the chance, and register now for the event to learn from the experts.

**Register for the 2026 Heart Smart Malta Conference**

# ‘Get Trained Save Lives’ Activation Led by the Norwegian Resuscitation Council

During the FIS Alpine Ski World Cup in Lillehammer, the Get Trained Save Lives (GTSL) campaign was brought to life through the outstanding efforts of the Norwegian Resuscitation Council.

Taking full ownership of the activation, the Norwegian team successfully organised and delivered the GTSL booth on March 21 & 22, ensuring a strong local presence at this major international sporting event. Their dedication, professionalism, and enthusiasm created an inviting and engaging space where visitors could easily step in, learn, and participate. Thanks to their efforts, a total of 300 participants were trained using the interactive Q CPR game, gaining essential hands-only CPR skills in a fun and accessible way – even in the unique setting of a winter sports event.

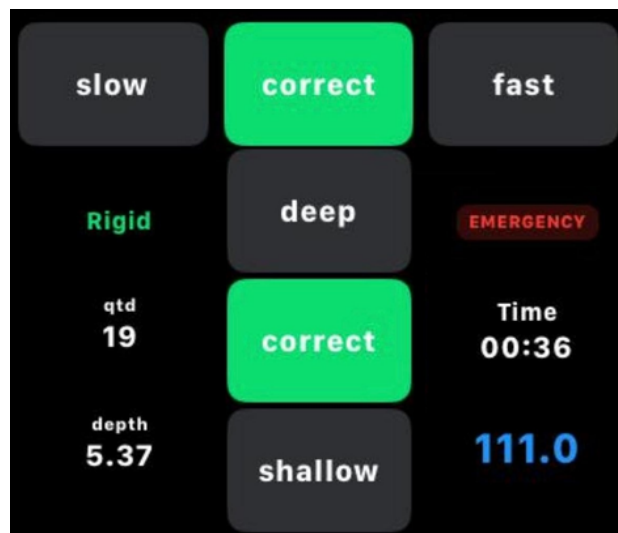
This activation highlighted the vital role of the National Resuscitation Councils in driving tangible impact on the ground. The Norwegian Resuscitation Council demonstrated how local leadership and initiative can successfully translate the GTSL concept into meaningful public engagement, helping to spread life-saving knowledge far beyond traditional settings. The GTSL campaign was launched primarily by UEFA in collaboration with the ERC.



## Advertorial

# Enhancing CPR Quality with Smartwatch-Based Real-Time Feedback

The VIMO CPR Feedback App for Smartwatches significantly improves CPR quality metrics by providing real-time feedback during resuscitation efforts. This was demonstrated in the article “Effectiveness of a smartwatch-based feedback system in improving cardiopulmonary resuscitation quality: a simulation study” published in Resuscitation Plus (2025).



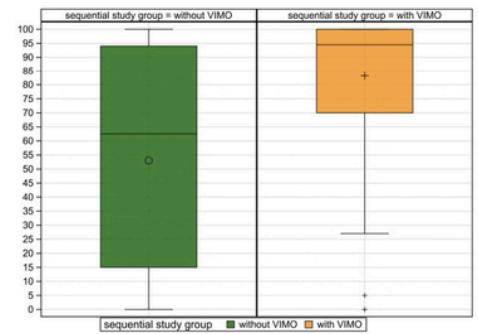
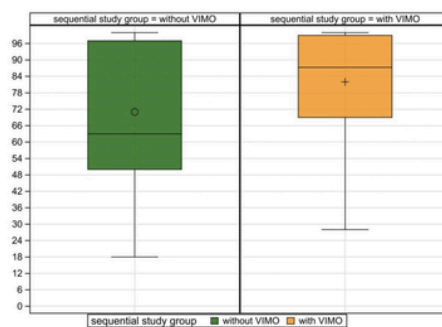
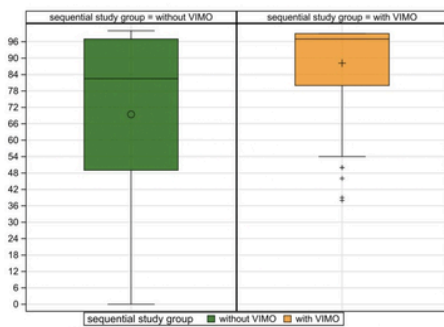
## Company summary of the research:

Cardiopulmonary resuscitation (CPR) quality is crucial for patient outcomes during cardiac arrest. We assessed the effectiveness of a novel smartwatch-based real-time CPR feedback system (VIMO CPR Feedback App for Apple Watch Series 9) in improving CPR quality metrics among healthcare professionals in a simulated environment.

This was a single-centre, sequential simulation study involving 90 healthcare professionals (physicians, nurses, nurse technicians, physiotherapists, and medical students). Participants performed two 2-minute CPR sessions on a manikin: one without feedback (control) and one with real-time feedback provided by the VIMO CPR Feedback App installed on an Apple Watch Series 9. The app utilised accelerometer and gyroscope data to provide visual (numeric display, colour-coded indicators) and auditory (metronome) feedback based on ERC 2021 Guidelines. CPR quality metrics, including Overall Performance Score, compression depth effectiveness, and compression rate effectiveness, were compared between the two sessions.

Significant improvements in CPR quality metrics were observed. The Overall Performance Score significantly improved from 82.5% without feedback to 97.0% with VIMO feedback ( $p < 0.001$ ). Compression rate effectiveness increased from 62.5% to 94.5% ( $p < 0.001$ ), and compression depth effectiveness also showed significant improvement. The real-time feedback system effectively guided participants to perform CPR within recommended guidelines.

The VIMO CPR Feedback App significantly enhances CPR quality by providing effective real-time feedback. This smartwatch-based system has the potential to improve resuscitation outcomes by ensuring healthcare professionals and lay rescuers perform CPR within optimal parameters, aligning with current resuscitation guidelines.



Keywords: Smartwatch; CPR feedback; Cardiopulmonary resuscitation; Real-time feedback; CPR quality; Simulation study; Apple Watch.

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[Read the Full Article Here](#)

To learn more about the VIMO CPR Feedback App for smartwatches and its potential to improve resuscitation training and practice, please contact VIMO SA, São Paulo, Brazil, or visit the Vimo website.

[Vimo Website](#)

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