



Laerdal
helping save lives

January 2016

Resuscitation Council (UK) Scientific Symposium 2015

Last year on 26th November, over 700 medical professionals from around the UK converged on the National Motorcycle Museum to discuss the new resuscitation guidelines first announced in October at Resuscitation 2015 - ERC Congress in Prague.

As the Resuscitation Council (UK) exists to promote high-quality, scientific, resuscitation guidelines that are applicable to everybody, and in order to prepare delegates for the symposium, RC (UK) issued 10 Youtube videos outlining some of the chapters in the new guidelines on newborns, adults ALS among other topics. On the day itself, each delegate was given a resource pack which included useful algorithms for Newborn Life Support, Paediatric Advanced Life Support, Adult Basic Life Support and Adult Advanced Life Support.

Session 1 – Resuscitation Guidelines 2015

After Carl Gwinnutt, President of the RC (UK) gave his welcome address, the morning session was opened by Gavin Perkins, Professor of Critical Care Medicine at the University of Warwick. In his 15 minute presentation, Gavin covered the new guidelines in relation to basic life support and said how leaving the victim to ‘call for help’ is not as relevant now with the increased use of mobile phones. He recommended that all MPs should be caught CPR which unsurprisingly was met with a round of applause from the audience. Next up to the podium was Jas Soar, consultant in anaesthesia and intensive care medicine at the Southmead Hospital in Bristol. Jas said the core of the ALS algorithm remains the same but there is more emphasis on minimally interrupted high quality chest compressions. Jas recommended using waveform capnography in ALS and to keep monitoring during CPR.

The changes in paediatric life support (ALS and BSL) were covered by Ian Maconochie, consultant in Paediatric & Emergency Medicine at St Mary’s Hospital, Imperial Academic Health Sciences Centre in London. Ian highlighted that under the new guidelines, duration of delivering a breath is now one second. Ian summed up his presentation with a photo of his baby son pretending to deliver CPR reminding everyone that people should be taught young to help save more lives. Before the Q and A session, Jonathan Wyllie, consultant neonatologist and Clinical Director of Neonatology at the James Cook University Hospital in Middlesbrough, focused on newborn life support and said the new guidelines stated the temperature of

newly born babies should be kept between 36.5°C and 37.5°C after birth. During the Q&A session, delegates were encouraged to visit the British Heart Foundation stand to see if they could apply for AEDs.

Session 2 – Strengthening the Chain of Survival

Once tea and coffee was served, four expert speakers presented on the theme of strengthening the chain of survival. Charles Deakin, Consultant in Cardiac Anaesthesia and Cardiac Intensive Care at University Southampton and Professor of resuscitation and Prehospital Emergency Medicine at Southampton University, discussed pre-hospital resuscitation guidelines. Jerry Nolan, consultant in anaesthesia and intensive care medicine at the Royal United Hospital, Bath and Honorary Professor of Resuscitation Medicine at Bristol University covered post- resuscitation care in adults. Sophie Skellett is a consultant in paediatric and neonatal intensive care at Great Ormond Street Hospital in London and addressed post-resuscitation care in children. Before lunch, Fiona Wood presented her research on ‘Mask ventilation in children - how good are you?’ Fiona Wood said that shape and design of mask is less important than how you use the mask on children to be effective. Fiona offered useful techniques to improve mask seal in three words: ‘position, pressure and pulling the jaw up’. Before breaking for lunch, presentations were made to honorary members.

At 12.45 Steve Overton, Managing Director of Laerdal UK announced the national winner of the #QCPRChallenge. Congratulations to Hayley Killingback of Dorset County Hospital who won the trip for two to visit Laerdal headquarters in Stavanger, Norway.

Session 3 - Out of hospital cardiac arrest

Huon Gray, National Clinical Director for Heart Disease for NHS England opened the session stating that there is huge potential for survival rates to be improved in out of hospital cardiac arrests by applying the chain of survival. He said that less than 10% of AED locations are known to ambulance services and this needed to be improved.

Sam Mangoro, next took to the stage and for a seventeen year old bog with a big heart, he had the delegates enthralled with his life story on fighting for his health since he was diagnosed with dilated cardiomyopathy as a baby. Since leaving hospital, Sam has worked tirelessly to raise awareness of the need for defibrillators to be available in more schools and public places.

Session 3 concluded with presentations from Samantha Brace-McDonnell on the National out of hospital cardiac arrest registry and Mark Whitbread on why not all cardiac arrest patients should be taken to hospital.

Session 4 - Learning with a difference

The title of Guy Rutty's presentation 'Silent witnesses- learning from the dead' did not fail to live up to expectations. Guy holds the Foundation Chair in Forensic Pathology at the University of Leicester where he is Chief Forensic Pathologist to the East Midlands Forensic Pathology Unit. He was the principal pathologist who examined the remains of King Richard III and described the injuries that he sustained which were the most probably cause of his death.

Before the eminent Douglas Chamberlain gave the Asmund Laerdal 25th anniversary lecture, Paul Mackie, Lead Educator for the Resuscitation Council (UK) gave an impassioned presentation on how simulation training has been hugely instrumental in training healthcare professionals. He asked that appropriate technology continued to be provided in order to improve training experiences and outcomes.

Session 5 – Asmund Laerdal 25th Anniversary lecture

It is only fair to say that Douglas Chamberlain is revered by the resuscitation community and this was evident with a large round of applause for his speech at the symposium. Douglas has been principal author or co-author of over 250 papers on topics in cardiology and resuscitation medicine. He was a founder member of RC (UK), the European Resuscitation Council and the International Liaison Committee on Resuscitation. His views on the new guidelines were avidly listened to by the delegates and Tore Laerdal was honoured to present him with a gift to mark the occasion which was very special as Douglas gave the very first Asmund Laerdal presentation in 1990.

The RC (UK) Scientific Symposium 2015 held in the National Motorcycle Museum will be remembered for a number of reasons but mainly for the concise analyses of the new Resuscitation Guidelines 2015. It was enlightening, thought provoking and a fantastic opportunity to meet old and new acquaintances. We look forward to ALS Instructor Day 2016 on 22nd April in London.