



THE NATIONAL
FIRST RESPONDER NETWORK



Newsletter

Winter 2017

Welcome to the second CFR Ireland newsletter!

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OHCAR Report 2016 – improved survival and bystander CPR.

With Christmas just around the corner and 2017 coming to a close. We have been reflecting on the events of the last 12 months.

What a year it has been!

Last Spring the **Out of Hospital Cardiac Arrest Strategy** steering group was formed and immediately started work on developing a strategy to reduce OHCA death in Ireland. We hope to see the fruits of their labour early in the new year.

We attended 30 **Community First Responder** community information nights in communities right across the country. The welcome we receive at these evenings is tremendous. We presented the Community First responder initiative to two **county councils**, talked in **Schools**, assisted with community CPR **training**, they ask - we go.

Respond 2017

In March we held our 4th Community First Responder conference, **Respond2017**. It was an outstanding event, our biggest conference to date. So many ingredients are necessary to make the Respond conference so successful. The **Pre Hospital Emergency Care Council**, The Venue, Speakers, Workshops, Workshop Presenters, Traders, all the **National Ambulance Service** and **Dublin Fire Brigade** Paramedics & APs, The **Red Army** and of course you, Community First Responders who come in your hundreds. Recently we announced, "save the date" for Respond2018, Saturday April 21st in the **Mullingar Park Hotel**. We have some old favourites lined up plus some new ones and a surprise or two as well.

Life Saving Equipment Bill

We were asked by Senator Dr. Keith Swanick to support the **Life Saving Equipment Bill**, which will increase the penalties for stealing or damaging lifesaving equipment such as AEDs or Life Buoys. This involved going to **Dáil Éireann** and explaining the "chain of survival" and the importance of being able to access AEDs quickly in an emergency to TDs and Senators. The Bill will be coming before the Dáil for its 2nd stage early in the New Year. If you meet any of your local County Councillors, TDs or Senators, regardless of party affiliation, please ask them to support this Bill.

AEDs

Eurospar Supermarkets contacted us and asked if we could assist with the launch of their AED placement program in their supermarkets across Ireland. We are delighted to assist. See <https://www.eurospar.ie/news/charities/defibrillator-at-every-eurospar-supermarket/> Two AEDs have been placed already in stores in **Rathkeale** in Limerick and **Kilkenny** City. Four more are penciled in to be unveiled in January. The remainder will be unveiled over 2018.

Restart a Heart 2017

In October we were delighted to support the **Out of Hospital Cardiac Arrest Strategy** committee initiative for Irelands first "**European Restart a Heart Day**". The National Ambulance Service, Dublin Fire Brigade & Community First Responder groups held work place and community training sessions all over the country. It was an outstanding first event and we are looking forward to a bigger "European Restart a Heart Day" in 2018.

European Resuscitation Academy

The hosting of Irelands first **European Resuscitation Academy** was another highlight in 2017. Ireland is really heading in the right direction (North North West) developing systems to reduce Out of Hospital Cardiac death. Our **National Ambulance Service** has to be commended, the work they have done strengthening the "chain of survival" is up there with the best in the world. We would like to thank the Pre-Hospital Emergency Care Council for funding the European Resuscitation Academy.

OH CAR 2016

The **Out of Hospital Cardiac Arrest Register Report 2016** was published in November. Again, we would like to commend the work this team does. We are very fortunate to have national OHCA data. EMS interventions are up, defibrillation before the arrival of the EMS is up, bystander CPR is a staggering 84% (outstanding work by **Dispatchers**) and survival of out of hospital cardiac arrest is up. Fantastic work at each link of the "chain of survival". The 2016 report demonstrates that Irish Agencies are certainly doing things right and doing the right things.

New Groups

This Friday night December 22nd 2017, at 8pm, **Hacketstown, Athy** and **Ballycoog CFRs** went live with the National Ambulance Service. This brings the number of NAS-linked CFR groups to **168**, nationally, just short of 3,000 Community First Responders right around the country. **Who will be the first group to go live in 2018?**

Lastly...

Lastly, travelling the country, meeting communities, speaking to people, hearing the stories, witnessing the huge community spirit we have in Ireland, our willingness to help a neighbour or a stranger on the worst day of their lives has been inspiring. But it is not one individual or one group or one organisation – it's everyone working together for a common goal. Everyone in the National Ambulance Service, the 3 new NAS **Community Engagement Officers, Dublin Fire Brigade**, the **Pre-Hospital Emergency Care Council**, the **Irish Heart Foundation**, the Out of Hospital Cardiac Arrest Strategy steering group and the **Out of Hospital Cardiac Arrest Register** team. Then there are Community First Responders, from every part of Ireland, all are volunteers, giving up their time to train, fundraise, create awareness, go on call, giving their time to help members of their communities, giving their time to strengthen the "chain of survival" – **ordinary people doing extraordinary things.**

Thank you all for the help and support in 2017. With so much to do in tackling sudden cardiac death in Ireland, the work will be continuing in 2018 - you'll be hearing from us!

Have a Happy, Peaceful & Safe Christmas. **You guys are great!**

The CFR Ireland Team



Season's Greetings

From CFR Ireland

“It takes a system
to save a life”

EUROPEAN RESUSCITATION ACADEMY

IRELAND
November 10th & 11th



CFR Ireland and the European Resuscitation Academy (ERA), funded and supported by PHECC, were delighted to host the first ever ERA in Ireland in November.

The aim of the ERA was to facilitate a process to improve the survival from out of hospital cardiac arrest (OHCA) in Ireland. The main focus of the event was the “10 Steps for Improving Survival from Sudden Cardiac Arrest”, a concept developed and shared by Seattle King County and the ERA. To do this, we invited key people from organisations that can influence the treatment of OHCA in Ireland. On the second day, representatives from CFR schemes nationwide were invited, as they are ideally placed in their own communities to strengthen the first three links in the “chain of survival”.

On Friday 10th of November we were delighted to

host representatives from many of the organisations involved in OHCA. We were thrilled to have Martin Dunne, Director NAS, open the event and even HSE Director General Tony O'Brien (a CFR in his own locality) took some time to visit the event and address the audience.

On Saturday the 11th of November we were again delighted to host representatives from over sixty CFR schemes across Ireland, with over one hundred people in attendance.

On both days we had fantastic speakers from the ERA and key organisations in Ireland. Our overseas speakers included Matt Duschl and Roman Burkart from ERA, David Bywater from the Scottish Ambulance Service and Lisa MacInnes from Save a Life for Scotland. It was fantastic to hear other countries' experiences and learn from them as they did from us. We also had some key people involved in OHCA in Ireland speak and as always gave excellent insight

into their areas of expertise. The speakers included Jacqueline Burke PHECC, Brigid Sinnott IRISH HEART, David Hennelly NAS, Michael Quinn & Siobhan Masterson OHCAR as well as David Menzies and John Fitzgerald from CFR Ireland.

We believe that this event has increased awareness of OHCA and now everyone can help strengthen the “chain of survival”. As Ireland has already adopted several of the first “10 Steps”, we look forward to future events in 2018, focusing on steps eleven to twenty.

Ireland hosts
first European
Resuscitation
Academy

Strategy To Improve Out-Of-Hospital Cardiac Arrest Survival In Ireland

Siobhan Masterson

Out of Hospital Cardiac Arrest Strategy

The National Out-of-Hospital Cardiac Arrest (OHCA) Steering Group has been commissioned by the HSE to develop and implement a strategy to improve OHCA outcomes in Ireland. In 2018, the strategy will set out the plan, with actions for implementation, timelines and responsibilities, outlining the measures for improved outcomes and results.

The Steering Group is made up of representatives from organisations/state agencies and stakeholders that make up the internationally recognised 'Chain of Survival' in Ireland, including CFR Ireland. In order to support the development of the strategy, the National Ambulance Service has employed a project manager and facilitates the Group's regular meetings

We know a lot about the state of OHCA in Ireland thanks to more than 5 years of OHCAR data collection. The information that we have is helping us to identify the things we do well and the areas that we need to improve upon. We know that Irish people are very willing to perform bystander CPR, particularly when prompted by ambulance control, and that we have an enviable network of community first responders in this country, all working to the same standards nationwide. The successful implementation of the Strategy will require 'a society as a whole' approach. It is very clear that community must be at the heart of a successful OHCA strategy. We need to build on the existing willingness of bystanders to help, as well as supporting and expanding our network of community first responders through the work of the NAS Community Engagement Officers, CFR Ireland and Irish Heart.

The most important challenge for the Steering Group will be to make sure that the recommendations of the Strategy are implemented. This is why the Strategy will include an implementation plan with planned activities, timelines and responsibilities.

There are currently examples of excellent resuscitation practice across our nation. The Steering Group will review these practices with the view to national implementation of good practices, with the ultimate aim of improving OHCA survival nationwide. Ireland has an opportunity become the 'beating heart' of Europe, by putting in place an OHCA strategy and systems that rivals the best performing international systems.

This is a very exciting and positive initiative for Ireland and the Steering Group are looking forward to developing and implementing a Strategy to improve the outcome for patients, who experience an out of hospital cardiac arrest.

For more information on the OHCA Strategy visit www.nationalambulance.service.ie/OHCA or contact siobhan.masterson@hse.ie

In 2009 the Irish Heart Foundation piloted a CPR 4 Schools programme. 27,500 CPR Anytime kits were distributed to transition year students in Ireland. Students were then advised to bring home their kits and to train other members of their family in CPR. During the 6-week period of training it is estimated that approximately 55,000 were trained in hands-only CPR. Funding was an issue for the programme, but in 2016 IHF again focused on the importance of learning CPR at a young age in a school setting and redesigned the programme. CPR 4 Schools went live in March of 2017 and in the period of March to May 2017 over 11,000 people were trained in CPR.

Since October 2017 a further 14 teacher training workshops have taken place. In year one 255 schools have signed up which equates to 513 teachers and 35% of post primary schools. The good news is that currently 120,000 students have access to the programme. Workshops for teachers are continuing nationally and there is a huge interest from teachers.

Recently the CPR 4 Schools programme was recognised as an official Gaisce challenge partner. The course can also be used in the new wellbeing curriculum as part of the junior cycle. This programme has the potential to save many lives in Ireland in years to come.

Life Saving Equipment Bill

We were delighted to see Senator Dr Keith Swanick publish the Life Saving Equipment Bill earlier this year and to be asked to present to members of The Oireachtas on the importance of protecting AEDs. The Life Saving Equipment Bill is a direct result of several high profile acts of vandalism on public access AEDs and lobbying by CFR Ireland and others. The bill proposes strict penalties for theft, damage or vandalism of AEDs and lifebuoys. We would ask you all to encourage your local TDs to support it.





National Ambulance Service

Message from the Director of the National Ambulance Service, Martin Dunne

As Director of the National Ambulance Service (NAS) I can confirm that the NAS is fully committed to working with CFR Ireland and the CFR groups nationally. The NAS greatly values the contribution that all CFR groups make to the delivery of patient care complementing the services provided by the NAS ensuring that life saving emergency treatment can begin as soon as possible. **The NAS is proud to be working with existing CFR schemes and looks forward to working with CFR Ireland in significantly expanding the number of schemes across the country.**

I would like to acknowledge **CFR Ireland** as the national umbrella organisation for community first responder groups in Ireland and it is an integral part of the service delivery mechanisms utilised by the National Ambulance Service. We would also encourage all groups to register with CFR Ireland ensuring consistency across the land.

At present there are 168 CFR groups across the country with the figure rising all the time. These CFR groups can deliver life saving care to the people of the community they live in when needed and NAS would encourage members of communities to either join their local group or indeed start up their own scheme.

As we know 77% of out of hospital cardiac arrests in Ireland happen in the home and for every minute without CPR or defibrillation the patient's chances of survival decrease by 10%. Following on from National and International research, as per the chain of survival, we know that the only way for people to survive from these out of hospital cardiac arrests is with early access, early CPR and defibrillation with advanced life support.

The NAS has recently put in place three **community engagement officers** who will enhance and further support the interactions with CFR Ireland and the CFR groups across the country. These engagement officers will assist in the delivery of new groups and support the existing groups in any way we can.

On behalf of NAS I would like to take this opportunity to thank all CFR groups for their time, dedication and commitment, please keep up the good work.

Martin Dunne, Director NAS

Motor Insurance

We are aware that Aviva Insurance are placing a 20% loading on some motor policies for CFRs. CFR Ireland have met with Aviva on several occasions, and as recently as December 2017, in an effort to remove this requirement. We have explained that, **to our knowledge, there have been no serious incidents involving CFRs** in over ten years of responding.

Aviva have put forward a number of **additional** potential solutions and we hope to be able to advise all CFR Ireland members with an update in **January 2018**.

In the meantime, our advice to all CFRs is to shop around for the best policy that suits their needs. Also remember, that it is possible to change insurer mid policy.

All CFRs are required to inform their motor insurer of their volunteer activity as a CFR. It is our belief that no CFR should have to pay a premium to volunteer to save lives.

CFR Group Motor Insurance Offer

CFR Ireland are pleased to be able to offer, via JLT Insurance, with Allianz, a special Group Motor Insurance Policy to CFR Ireland members.



JLT have a facility in place to provide motor insurance to CFR Ireland members allowing them to access standard motor rating to include work as a CFR volunteer. Purchasing of this CFR Group policy also automatically satisfies the NAS requirement of a letter from motor insurer. For full details please see www.jlt.ie

survival" awareness and CPR training in the local community as well as training for retailers and staff members. This training and awareness will be carried out by local **Community First Responders** to coincide with the installation of the AED at local stores.

According to Malachy Hanberry, EuroSpar Managing Director, "EuroSpar supermarkets are located at the heart of local communities. Therefore we wanted to come up with an initiative that looks after the wellbeing of the people in our communities and what better way than to install defibrillators outside our stores. EuroSpar is focused, in a very tangible way, on helping to save lives in your local community."

Eurospar Defibrillators

CFR Ireland are delighted to be partnering with **Eurospar Ireland** in providing AEDs and training at every EuroSpar branch in Ireland.

The Defibrillator at every EuroSpar Supermarket initiative will raise funds for the installation of a publically accessible, AED to be located outside each of the 50 EuroSpar supermarkets in Ireland.

EuroSpar in partnership with CFR Ireland will provide "chain of

Each AED is automated to produce a report tracking the status of the machine and highlighting any issues on a daily basis. Each AED will be registered on the **National Ambulance Service (NAS)**, CFR Ireland and other local defibrillator databases.



Profile of a CFR Group

Each newsletter, we will profile a CFR group from around the country. Thanks to **Lismore** and **Dalkey** CFRs for letting us know a little more about them!

Group: Lismore CFRs

Date Launched: 2013

Number of Responders: 23

Hours on Call: 24/7, 3 CFRs on duty at a time.

Do you operate a PAD scheme also? 1 PAD in Lismore, 2 AEDs on call and another 3 in the community.

Do you carry out public CPR training? Lismore CFRs has 5 PHECC CFR instructors who have carried out numerous CFR training sessions, with continuing demand.

What was your best fundraising idea? Christmas eve ladder climb with Lismore Fire Service, who generously donated to Lismore CFRs.

What was your worst fundraising idea? CPR awareness and BP check at the Farmer's Market. The heavens opened and our canopy got blown away!

Are you planning any special event within the next 12 months? We are putting our focus into training. We run larger more detailed scenario nights every 3-4 months with real patients, something which keeps everyone on their toes!

When is your next group social night out? We are looking forward to the LCFR Christmas Party! We like to eat and drink locally in the fantastic bars and restaurants that Lismore has to offer, many of whom have shown tremendous support and generosity to LCFR over the years.

Have you won any awards? Many LCFR members have received recognition from Volunteer Ireland. Dr Noelle

Quann was shortlisted to final 3 for 'Volunteer of the Year' in 2013; both Dr Quann and LCFR have received a Lismore Town Council award.

Any funny CFR stories? Recently we were reviewing the recovery position. One female CFR (who shall remain nameless) was concentrating so much on putting her patient into the recovery position, she was a little unaware of her hand position! We certainly hadn't seen that before in any PHECC guideline!

What would be on top of your wish list? A place of our own to train and store equipment where CFRs could meet and debrief after callouts.



Lismore CFRs

Profile of a CFR Group

Each newsletter, we will profile a CFR group from around the country. Thanks to **Lismore** and **Dalkey** CFRs for letting us know a little more about them!

Group: Dalkey CFRs

Date Launched: May 2014

Number of Responders: 20

Hours on Call: We can't always provide 24/7 cover but we do it as often as we can depending on our volunteers' availability!

Do you operate a PAD scheme also? We mounted our first PAD in May 2016 and now have AEDs in Dalkey Village, Glashule, Sallynoggin and Dun Laoghaire. They're all registered with CFR Ireland and the GoodSAM app!

Do you carry out public CPR training? We do regular CPR demos at sporting events, fun days and even recently in a local pub!

What was your best fundraising idea? Church gate collections are solid – it's a great way to meet the local community, allows people to approach you with questions and collect a few Euros!

What was your worst fundraising idea? Thankfully we haven't had any major disasters yet

Are you planning any special event within the next 12 months? Nothing special as of yet... we're just going to keep tipping along, responding to calls, running CPR demos, training new CFRs and registering AEDs!

Any funny CFR stories? Which one to choose... What about the time two of our CFRs responded to a call, only to discover the patient had been taken to hospital four hours earlier! The family were extremely impressed by our "follow up service"... always remember to check the time of

the call when you switch on the phone!

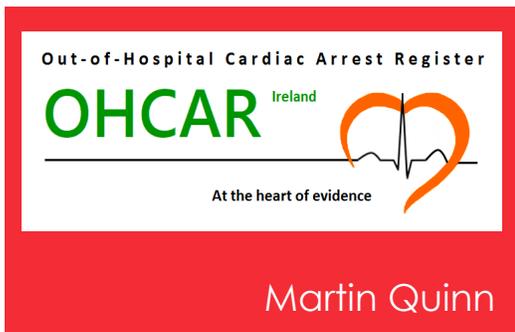
When is your next group night out? Aww shucks... you just missed our Christmas night out and our recent Autumn BBQ! Storm Ophelia didn't dampen Dalkey CFR spirits, just blew the BBQ out a few times!

What would be on top of your wish list? This question caused absolute consternation in Dalkey CFR... our wish list is very long! Dalkey Defibrillator Drones has a nice ring to it, so I'm going to put that at the top of the list!

Have you won any awards? Dalkey CFRs were awarded the Dalkey Community Council Endeavour Cup last year!



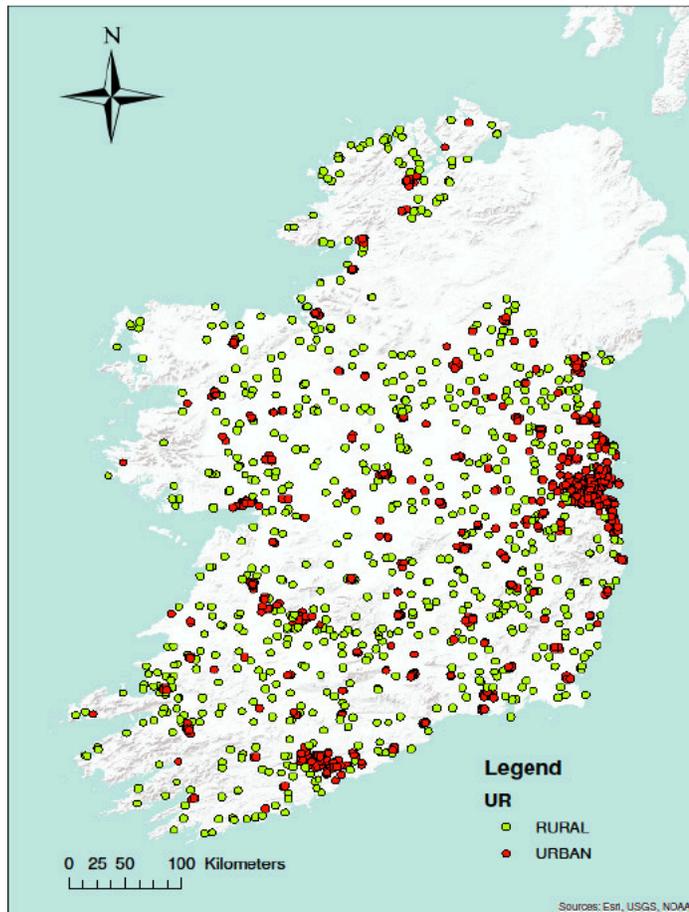
Dalkey CFR Committee members at the launch of their first Public Access AED



Out of Hospital Cardiac Arrest Register (OHCAIR)

The Out of Hospital Cardiac Arrest Register (OHCAIR) Annual Report 2016 has just been published.

Some highlights from the 2016 report include:



- 64% in urban area
- 67% in the patients home
- 80% Bystander CPR, which is very high by international standards
- 20% defibrillated prior to EMS arrival
- 28% ROSC pre hospital
- 185 survivors to hospital discharge (7.8%).

Comparing the location of current CFR schemes with the geographical location of OHCAIR cases indicates that CFRs are well placed to make a significant impact on survival. We welcome the continuing expansion of CFR schemes across the country.

At present, the valuable work being done by CFR groups is not fully captured in OHCAIR data. OHCAIR is working to find ways of capturing and recording this information for further analysis. CFR Ireland has been represented on OHCAIR for the past number of years; the key contribution that CFRs make to cardiac arrest survival is increasingly recognized.

In October 2014, Ireland participated in the EuReCa ONE study – a one month survey of OHCA cases in 27 countries across Europe. Ireland was one of only seven countries that contributed data for the entire country for the study period using OHCAIR data. The study received the Ian G. Jacobs Award from the American Heart Association for best International Group Collaboration to Advanced Resuscitation Science.

Ireland is one of 29 European countries that is contributing data to the EuReCa TWO study. The EuReCa TWO study will cover a population of approximately 200 million people.

Current CFR Issues

CFR Training

Well done to all the Community First Responders who completed the CFR Instructor Course in November!

There is no doubt that being an active Community First Responder requires a certain amount of commitment, monthly training, being on call, going on calls, fundraising etc.

Becoming an Instructor is another level of commitment not only in terms of training within the CFR schemes but also within the wider community.

A huge thank you to Brigid Sinnott and the Irish Heart Foundation for carrying out Instructor training, we are grateful for the continued support of Brigid and the IHF.



Community Engagement Officers

As a result of the increase in CFR activity and schemes, the NAS has appointed three regional community engagement officers to liaise with new and existing schemes (amongst other roles).

CFR Ireland is delighted that the NAS has put in place additional resources to work with schemes and ourselves in strengthening the chain of survival.



Many of you will already know your local community engagement officer:

North Leinster: Des Kelly
West: Mark Callanan
South: Norma O'Donnell

We congratulate the CEOs on their appointments and look forward to working closely with the CEOs, the wider NAS team and CFR groups in 2018.

European Resuscitation Council – Restart a Heart Day 2017

Together with NAS, HSE, Dublin Fire Brigade and many others, CFR Ireland were delighted to support the first Nationwide Irish contribution to the ERC's Restart a Heart initiative. Organised as part of the OHCA Strategy Group, it saw many public demonstrations of CPR and is sure to be much bigger in 2018!



Save the Date!

Respond 2018 will be on 21st April in the Mullingar Park Hotel. It promises to be bigger and better again than before. We hope to see you there!





Winter is coming, be ready!

**As temperatures fall, please don't leave
your kit bag or AED in the car overnight.
Cold weather can affect battery life
and AED function.**

www.cfr.ie

And finally...

Contact us:

Web: www.cfr.ie

Twitter: @CFRIreland

Facebook: @CFRIreland

Email: info@cfr.ie

chair@cfr.ie

As we advised in our email to member groups prior to the ERA, CFR Ireland plans to convert to a Company Limited by Guarantee (CLG) in order to better access funds and manage our affairs.

We want CFR Ireland to be a truly representative body for all CFR schemes in Ireland. We will be holding an meeting during the day at

2018. We hope that as many of you as possible will be able to attend.

We will be in touch with more information in the new year.

Until then, stay safe and keep up the good work!

