



THE NATIONAL
FIRST RESPONDER NETWORK

Newsletter

February 2020

As we close the page on 2019, it is really inspiring to reflect on what has been another outstanding year for Community First Responders in Ireland. As we approach 270 CFR groups nationally and somewhere in the region of 4,000 volunteers. This leaves no doubt that we have “community spirit” in abundance in this country. You, CFRs are extraordinary people. The term volunteer or CFR does not begin to recognise the dedication you have. To be willing to give your time and energy to help members of your community in their time of need, makes you all exceptional.

But it is not easy being a CFR, you train hard, you practice a lot, you fundraise, you are out in your communities creating awareness, you place public access AEDs in you communities, all to strengthen the chain of survival and give members of you community, in cardiac arrest the best chance of survival.

Congratulations and well done.

On your behalf I would like to thank the National Ambulance Service, the Irish Heart Foundation, Pre Hospital Emergency Care Council for all their assistance and support in 2019 . We are looking forward to continued collaboration in 2020.

John Fitzgerald
Chair

CFR Ireland

Inside this issue

Respond2019	2
Respond2020	3
Go Red for Women.....	4
World restart a Heart Day.....	4
A big push to save lives	5
CFR Ireland Forum	6
Shercock CFRs	6
NAS CEOs	7
Blessington CFRs	8
CFR Skills Training Roadshow.....	8
Carrigaline Community CPR Day....	9
CFR Ireland receives CLG status....	10
OHCA Report 2018.....	11
Geoff King Award	12
Peer support for CFRs.....	13
Chéad Fhreagairí an Fhálcarraigh..	14
Group Profile—Killarney.....	15
A defibrillator is for life.....	16
Athenry Training Scenario	17
Emergency Services Ireland.....	18

Respond2019



Link to Respond 2019 opening
<https://www.youtube.com/watch?>

Link to instrumental version Respond 2019 opening
<https://photos.app.goo.gl/CG3b1oAUvafapqYU8>

Respond

The National First Responder Conference

2020

25th April 2020, Mullingar Park Hotel

Respond2020

25th April in the Mullingar Park Hotel

Respond is not just a conference for Community First Responders, it is a conference for anyone interested in increasing “out of hospital cardiac arrest” survival.

All the stakeholders will be there, The National Ambulance Service, The Pre Hospital Emergency Care Council, The Irish Heart Foundation, Out of Hospital Cardiac Arrest Register, SADS etc etc.

We also have the major First Aid equipment suppliers in attendance.

We were delighted to announce that Eirmed are our main sponsor this year.

At Respond2020 there will an opportunity to attend 4 workshops from a choice of 20. There will be some of the most popular from other years plus some new ones. Our CFR Skill Competition is back (more on this later), there will be raffles, give-aways and the now famous conference bag.

For Respond2020, we have listened to the feedback and altered the format to try and fit even more into this 1day event. Registration will open early in 2020.

There is more good news. We are able to keep the “early bird registration cost for CFR Ireland members the same as 2019. So, register early, you have been warned. Remember to join the CFR Ireland Network, joining is easy and free, registration@cfr.ie



Respond2020 to be the biggest CFR Conference yet

“Go Red for Women” February 14th 2020



The Irish Heart Foundation will be holding their annual national fundraising campaign “Go Red for Women” on February 14th 2020. The IHF and Community First Responders have been working together, supporting each other for many years and this is another opportunity for us to collaborate. The success of the Irish Heart Foundation Fundraising campaign each year depends on volunteers who give up a couple of hours of their free time, helping raise vital funds to fight heart disease and stroke.

This campaign gives CFR groups a opportunity to engage with their communities and create awareness of CPR, heart attack and stroke. As a first responder community group, the IHF is to happy to share the proceeds of what is raised by your group on a 70/30 split.

To support this campaign, all you have to do is let the IHF know you can support “go Red for Women” by emailing Anne Harrington at hello@irishheart.ie or phone 01 6346945.

Community First Responder groups, organised over 40 registered CPR awareness events in their communities and the managed to reach over 2,500 people.

World Restart a Heart Day



Restart a Heart Day
16 October 2019

The aim of international World Restart a Heart Day is to raise awareness about cardiac arrest and increase rates of bystander cardiopulmonary resuscitation (CPR). This year the HSE National Ambulance Service provided CPR awareness, familiarisation, and training sessions across the country. The events for Restart a Heart 2019 were run in partnership with HSE resuscitation training officers, Irish Heart Foundation CPR instructors, Community First Responders, Civil Defence, Order of Malta, St. John Ambulance, Red Cross, county Fire Services, the Defence Forces, CFR Ireland and the Prehospital Emergency Care Council.

This year Community First Responder groups, organised over 40 registered CPR awareness events in their communities and the managed to reach over 2,500 people.

Well done all.

A big push to save lives



On the 27th of April 2019 , five responder schemes from North Cork came together to hold a joint event at Cork Racecourse Mallow to publicise Community First Responder schemes and what they do in their communities.

Community First Responders from Ballyclough, Doneraile, Buttevant, Mallow and Liscarroll along with members of the Cork County Fire Service, local Gardai and some other willing volunteers pushed a fully equipped ambulance (3.5t) the distance of a full marathon- all 26.2 miles of it! Phew!

It was a fun filled family day and there was a variety of activities and displays from farming to fashion and everything in between. There was something for everybody including CPR demonstrations, food, Frontline Emergency Services displays, Road Traffic Collision demonstration and children's entertainment.

A super effort and a super event.



CFR Ireland Forum

45 Community First Responders braved the elements and sacrificed watching the Rugby World Cup final to travel to Navan for our first CFR Forum meeting. These forum events were suggested through our Survey Monkey questionnaire, sent to all our member groups. The purpose of the forum is to allow CFR groups network, share ideas, discuss difficulties, find solutions and ultimately strengthen the chain of survival in our communities.



The feedback from the CFR in Navan forum has been really positive. There were excellent discussions and ideas from the attendees from mentoring, lobbying and group management to inter-group relations and boarding CFR training etc. We have been asked to repeat these Forum events in the other regions.

Shercock CFRs visit Leinster House

Deputy Niamh Smyth TD invited Shercock CFR Group to the Dail to speak with TDs & Senators about the Role of CFRs in the community.

The group was joined by the National Ambulance Service Community Engagement Officer, Ger O'Dea, and John Fitzgerald from CFR Ireland. The group discussed their role in the community, the soft benefits of CFRs and the positive support and engagement we have from the National Ambulance Service.

Many thanks to Niamh Smyth TD and to Ger O'Dea from NAS for their ongoing support of the group and the subsequent benefit this brings to the people of South Monaghan / East Cavan.



Welcome to two new National Ambulance Service Community Engagement Officers

We would like to take this opportunity to welcome and extend our very best wishes to the new National Ambulance Service Community Engagement Officers Ger O'Dea (Area Dublin North Leinster) and Donal Lonergan (Area South) Joining Mark Callanan (Area West)

Ger has worked for 14 years in the National Ambulance Service. Prior to that, Ger has 6 years experience working in the Fire Service in Cork county.

Ger, a qualified Paramedic with the National Ambulance Service. Ger was promoted to the grade of Community Engagement Officer in July 2019. Having been predominantly based in the Southern region, he has worked in a number areas within the service, including as an Emergency Controller.

Ger is responsible for Community Engagement activities within the Dublin North Leinster division incorporating Counties Dublin, Meath, Louth, Kildare, Westmeath, Longford, Cavan, Monaghan, Laois, Offaly and Wicklow.



Ger O'Dea

Donal, who is an Advance Paramedic, joined the National Ambulance Service in 2001. Donal worked in the emergency services in the UAE for a short while and has a vast experience in education in pre-hospital emergency care.

Donal currently holds the post of Community Engagement Officer for Area South, having taken the post in July 2019.

He has responsibility for Community First Responder groups in Counties Kerry, Cork, South Tipperary, Waterford, Wexford, Carlow and Kilkenny.

Donal has a special interest in training and skills competency



Donal Lonergan

Blessington Community First Responders target community CPR training



In 2019, BCFR taught CPR to 311 members of the public carrying out two x AHA Heartsaver courses and sixteen AHA Family and Friends courses, bringing their total through IHF Heartsaver Family & Friends course to 1,356 since they started recording in 2010. In addition to this they have participated in numerous community events, demonstrating CPR & AED use and F.A.S.T. assessment for stroke, reaching approximately another 2,000 people. In their spare time they also monitor and manage 21 PADS in the area.

When you consider that the population of Blessington is approximately 5,000, they have over half the population of the town trained in CPR

Not bad for a bunch of volunteers.

CFR Skills training Roadshow

We have been asked a number of times if we could bring some on the Respond Conference Workshops “on the road” for CFRs who couldn’t make it to the conference.

This proved to be to be a logistical challenge for us trying to co-ordinate CFR Groups, suitable venues, NAS and instructors. However, we did manage to carry out two training events this year, one in Naas and a second in Killarney.

Using the organisational experience gained, we are planning for more CFR Skills training events around the country in 2020.

These will be interactive training for all CFRs, experienced and newcomers. During the course of these mornings we will covering Patient Assessment, Pit Crew CPR, CISM, FAQ, High Performance CPR.



CFR skills day Naas



CFR skills day Killarney



CFR skills day Killarney

Carrigaline Community First Responders hosted a Free CPR Awareness and Training day on Sunday 28th April 2019 from 10.00am to 6.00pm in the Carrigaline Court Hotel & Leisure Centre.

The main aim of the event was to provide Free Hands only CPR Training to as many of the public as possible on the day. It was also to raise the awareness of the importance of providing immediate assistance in the event of Cardiac Arrest, in the form of excellent quality chest compressions.

Just under 1000 people now know what to do and have the confidence to help in a cardiac or choking emergency. We would like to thank the Carrigaline community for supporting this event and showing such amazing enthusiasm and interest.

A tremendous amount of work is necessary to organise and run an event of this size and Carrigaline Community First Responders drew assistance and support from all quarters, a real TEAM event. As well as their own members assisting, they also wish to thank Ballincollig Community First Responders, Cork City Community First Responders, Glanmire Community First Responders, ECRR Community First Responders – Carrigtwohill, Cork County Fire Service, Order of Malta Ireland - Ambulance Corps – Carrigaline, National Ambulance Service (NAS), CFR Ireland, Cork's 96FM, The Carrigdhoun Newspaper, Phe-lan's Pharmacy and Janssen Biologics, Pascal Scott, The Douglas Post, KWP Print & Design, Barry Collins, Loc8 Code, Lisa O Mahony plus Louise Devlin and Alistair Loughman who made the journey from Dublin to help on the day. Lastly the Carrigaline Community First Responders wish to thank Carrigaline Court Hotel & Leisure Centre for the use of their facilities. A real community event, well done all.

CFR Ireland South Rep Iain along with Rosin and Colm were on hand to do their bit and helped train CPR on the day.

Iain had the opportunity to talk to one local, Mr Jermyn, who had been sent to the event the previous year by his daughter to learn. He returned for year two to refresh and thank us for what he learned that day,. He explained that a few months after the 2018 event, he found his neighbour unresponsive in the garden and for only having the knowledge of Check, Call, Compress, it gave him the confidence to get involved and help.

These events are an excellent way of creating awareness in the community. Well done Carrigaline CRRs.



CFR Ireland obtained limited company (CLG) status

In late 2018, CFR Ireland obtained limited company (CLG) status. This was in process for over two years and originated on foot of advice from the Charities Regulatory Authority that CLG status was most appropriate for us, rather than to exist as an unincorporated entity.

They supported the decision to obtain CLG status and we have engaged with them to ensure that CRA registration could follow seamlessly. CLG formation was a necessary first step prior to obtaining CRA registration as they did not recommend CRA registration as an unincorporated entity and subsequently changing to CLG.

Company Limited By Guarantee (CLG) definition;

A company that intends to apply for Charitable Status must be set up as a non-profit venture with no beneficial owners and is required to have certain projects which are set up for charitable, should also be noted that such Companies are required to prepare and file audited accounts every year with the Companies Registration Office (CRO). These CLG's are required to have at least 3 non-related directors and a minimum of 3 non-related members. The directors can also be members.

CFR Ireland CLG completed our Charity 2019. As a CLG, we have three directors: Mr. John Fitzgerald, Dr. Claire Armstrong and Dr. David Menzies.



These Directors also sit on the board of CFR Ireland. Additionally, on the CFR Ireland Board we have another six members, who were the original CFR Ireland committee. In addition to this, and to ensure a broader representation of our CFR group members nationally, we asked for nominations and held postal elections to fill two positions from each of the three National Ambulance Service regions and appointed 5 new members.

The vision of CFR Ireland is simple and is defined in our constitution: "to benefit society through the promotion of health, including the prevention or relief of sickness, disease or human suffering, across the Republic of Ireland, for those that suffer cardiac chest pain, cardiac arrest, stroke or other medical emergencies. This will be achieved through promoting the establishment of individual Community First Responder Schemes throughout Ireland and providing support for these schemes to aid in their effective operation."

Additionally, our subsidiary objectives which is also defined in the constitution are:

- To work in partnership with the Health Service Executive and the Statutory Ambulance Services in developing good practice within CFR schemes.
 - To ensure knowledge, expertise and experience is brought to the development of CFR schemes.
 - To promote regional representation of CFR schemes, through forums and working groups.
 - To promote public awareness and understanding of the activities of the CFR Schemes throughout Ireland.
 - To promote best practice in all aspects of administering CPR and AED therapy by CFR Ireland members.
 - To provide an information hub for the education and training of CFR Ireland members.

CLG formation was a necessary first step prior to obtaining CRA registration

In summary, CFR Ireland is now a CLG and is registered with the CRA. It is a non-for-profit entity and the incorporation is to make the running of the organization more effective. This is in keeping with the structure of most major charities in Ireland, which are similarly constructed. Our primary purpose remains to improve survival from out of hospital cardiac arrest by promoting and supporting NAS-linked CFR groups.

OHCAR 2018

Out of Hospital Cardiac Arrest Register (OHCAR) Annual Report 2018

The OHCA 2018 annual report was published in October 2019. This is a hugely important piece of work supported by Pre Hospital Emergency Care Council and the National Ambulance Service.

Below are extracts from the Executive Summary

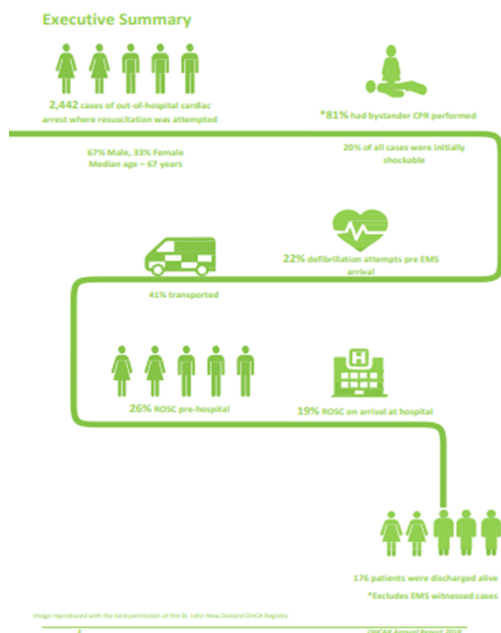
2,442/5,000 received an EMS intervention.

68% of cardiac arrests happened at home.

Bystander CPR was attempted in 81%.

Defibrillation was attempted in 22% of cases before EMS Arrived.

Survival rate of Out-of-Hospital Cardiac Arrest in Ireland in 2018 was 7.2 % (176 people).



OHCAR Key Messages 2018

Patient and Event Characteristics

- 2,442 out-of-hospital cardiac arrest incidents recorded on OHCA (51 per 100,000 population in 2018)
 - 71% occurred in an urban area^a
 - 67% were male (IQR 52 – 78)
 - Median age – 67 years
 - 85% presumed medical aetiology
 - 68% happened in the home
 - 81% bystander CPR attempted
 - 50% bystander witnessed

Defibrillation

- 20% Initial shockable rhythm
- 26% Defibrillator pads applied prior to arrival of the EMS
- 32% Defibrillation attempted
 - 22% had defibrillation attempted before arrival of the EMS
- 26% had Return of Spontaneous Circulation (ROSC) pre-hospital
- 19% had ROSC on arrival at hospital
- 7.2% of cases were discharged alive (176 patients)
 - 96% had good to moderate neurological function on discharge

Utstein Group^{b, c}

- 13% of patients were in the Utstein Group
 - 54% had ROSC pre-hospital
 - 46% had ROSC on arrival at hospital
 - 63% of surviving patients collapsed in a public location
- 45% of surviving patients had defibrillation attempted pre-EMS arrival
- 30% of patients were discharged alive

^aDefinition of urban conforms with the CSO definition of a settlement i.e. defined as having a minimum of 50 occupied dwellings, with a maximum distance between any dwelling and the building closest to it of 100 metres, and where there is evidence of an urban centre¹⁶.

^bThe Utstein subgroup includes patients who are >17 years, with presumed medical aetiology, bystander witnessed event and an initial shockable rhythm.

21% increase in bystander CPR from 2012 – 2018.

9% increase in bystander defibrillation from 2012 – 2018.

3% increase in ROSC at any stage from 2012 – 2018.

3% increase in ROSC at hospital arrival from 2012 – 2018.

67% were male between 52-78 years of age.

For the full OHCA Report 2018, please follow
<https://www.nuigalway.ie/media/collegeofmedicinenuisingshealthsciences/disciplines/generalpractice/files/OHCAR-Annual-Report-2018.pdf>

Geoff King Award



Congratulations to Gearóid O'Cinneide who received the Geoff King Award 2019.
Presented by Roisín King

The Geoff King Award remembers Dr. Geoff King, the first Director of the Pre Hospital Emergency Care Council and his contribution to Community First Response.

The Geoff King Award recognises a community, individuals or organisation that has gone the extra mile, gone outside their comfort zones, put in a special effort or were innovative in some way in strengthening the “chain of survival”.

The Geoff King Award is presented at the Respond conference each year.

Applications for the Geoff King 2020 will be opening shortly. The application process is simple: name, address etc., and in 400 words “why X should receive the Geoff King Award”. Then email it to: kingaward@cfr.ie

**Roses are red,
Violets are
blue,
I know CPR
and so should
you!**



Show your loved one you care, learn CPR
this Valentine's day!



Peer Support for Community First Responders

In November 2018, ten members of the CFR community started a four day training program to become Peer Support Workers. This training was hosted by the National Ambulance Service and facilitated by Dr Brian Glanville and Ms. Sharon Gallagher of the NAS CISM committee and is a valuable development in support of CFR Groups.

As CFRs we are often requested to attend medical emergencies in our community, dealing with these emergencies can introduce extra stress and pressure to responders, which could, in exceptional circumstances amount to Critical Incident Stress for the responder.

Where to find help

The NAS has always provided Peer Supports to CFRs who may have requested it but now, following on from this training all the successful candidates are dedicated as CFR PSWs. They are the start of a dedicated CFR Peer Support Network which will continue to develop to support all CFR groups in the country.

A designated 'activations pathway' will be sent to all NAS Linked CFR Group Co-Ordinators over the coming weeks but should anyone wish to avail of this service the first point of contact is through the National Emergency Operations Centre (NEOC) on the CFR phone number. The CFR must specifically request Peer Support to the Call Taker and then a control supervisor will contact the local Peer Support Worker (PSW) on the volunteer's behalf.

"It is important to note that this service is completely confidential"

The initial engagement with the responder by the PSW will be by phone call but may also be followed up with a meeting. It is important to note that this service is completely confidential and no one else in your group or the NAS will be contacted.

Going forward

Over the next weeks and months, schemes will be contacted by their local PSW as an introduction with a view to offering advice and guidance on dealing with Critical Incident Stress. A bespoke CFR leaflet on stress and stress management has also been produced by the NAS which will be distributed to all responders and a new online eLearning PHECC CISM course is being developed for all operational CFRs to complete. This will also need to be completed prior to activation of any new group by the Community Engagement Officers.

John White
CFR Peer Support

"dealing with these emergencies can introduce extra stress and pressure to responders, which could, in exceptional circumstances amount to Critical Incident Stress for the responder".

Falcarragh First Responders present a Defibrillator to Pobal Eascarracha



Tá coiste agus foireann Pobal Eascarrach fíor bhuíoch do Grúpa Chéad Fhreagoirí an Fhálcarraigh a bhronn Dífhibrileoir orainn ar na maillaibh. Tá an Dífhibrileoir suite taobh amuigh den fhoirgneamh agus ansin don pobal le úsáid i gcás éigeandála. Is trealamh tarrthála iontach tabhachta atá anseo agus tá sé ríthábhachtach nach ndéanfar mí-úsáid as.

Heartfelt thanks to Falcarragh First Responders who presented Pobal Eascarrach with a Defibrillator recently. It is situated outside their building and can be used by members of the public in an emergency situation. This is an important piece of life-saving equipment and it is vital that it is not abused in any way.



Courtesy Falcarragh CFRs



Killarney

Community First Responder group Profile

Name: Killarney Cardiac Response Unit

Date Launched: August 2015

Number of Responders: 35 Active

Have you placed or have you plans to place Public Access Defibrillators (PADs) in your community?
We assist with maintenance; Killarney has over 16 PADs with many more outside the town.

What was your best fundraising idea?

A rodeo night in a local nightclub in 2016. Due to the assistance of the venue the event went smooth and was successful.

What was your worst fundraising idea?

Creating a calendar due to the high costs of production and being left with a surplus stock.

Are you planning any community CPR events within the next 12 months?

Restartaheart will be a large event. In addition we have many smaller community events throughout the year.

When, where and what is your next group social night out?

Whilst social meet ups are important, for the next number of months the focus will be on training. Next social night will likely be the night before Respond!

Will we meet your group at Respond2020?

Yes, we always like to be able to attend.

How do you recruit new members?

With difficulty! Takes a lot of work however we link in with the volunteer centre, local media and utilise our social media.

A 4-line funny CFR storey?

Whilst at a training course one of our instructors was asked if the actfast choking training vest was put on real patients who were choking. We explained and all was clear however still have a silent laugh everytime we cover choking and the actfast appears!

What was on the top of your group's Christmas list 2019?

More volunteers & increased state funding...



Facebook:

<https://www.facebook.com/KillarneyCardiacResponseUnit>

Twitter:

https://twitter.com/killarney_cfr

A Defibrillator is for Life

We all know how important it is to start CPR and use an AED as soon as possible on a person who is in cardiac arrest, if they are to have any chance of survival.

This is why we get so upset and appalled when we hear of Public Access Defibrillators (PADs) have being stolen or damaged or the storage cabinets being vandalised.

In the last few weeks six PADs and or their outdoor cabinets (that we are aware of) have been attacked.

This must stop. Unfortunately, this will require more work from volunteers.

1. We should have a zero-tolerance attitude to any non-emergency interference with PADs or there cabinets and report all cases of vandalism to An Garda Siochana.
2. We should highlight all cases of vandalism through our social media channels and inform your local TDs and County Councillors.
3. Education in the community or in most cases more education.
4. CFR Ireland Ireland is calling for cross-party support for strict penalties on people who steal or damage PADs or their cabinets. The Minster for Justice needs to enact the "Live saving equipment bill" asap.
5. We have an online petition <http://chng.it/zNKcfTfx5j> We would like you to sign it, share it with your colleagues, you friends and other groups in your communities.





Athenry Community First Responder Group

Joint training session between Athenry CFR Group, Craughwell CFR Group and LCDPM CFR Group

Last October Athenry CFR Group hosted a joint mock call at a local primary school for their own responders and two neighbouring CFR groups. The school is located in an area close to all three CFR groups. As with most of the groups mock calls, the responders were not informed of the location or time of the call prior to receiving a training text similar to the regular call out texts.

The call was made by a male patient who was suffering chest pain while in his tractor. The chain of survival was initiated and the responders from both the Athenry and Craughwell CFR Groups were notified (enhanced groups). The call escalated to cardiac arrest and the LCDPM CFR Group were notified as they are a basic CFR Group.

As the responders arrived additional manikins were laid out and the scenario was mimicked to allow all responders the opportunity to practice their skills. Overall, it was a very enjoyable training session and it gave the responders an opportunity to work alongside responders from the neighbouring groups.



Emergency

Services Ireland



**CHARITY AIR
AMBULANCE
NEEDS PUBLIC
SUPPORT TO SURVIVE**

**BLOOD BIKERS CONTINUE
TO CLOCK UP VITAL TRANSFERS**

DEFIB LEGISLATION FITS THE BILL FOR CFR IRELAND

Media Partner of National Security Summit 2020 (25-26 February)

https://issuu.com/oceanpublishing/docs/emergency_services