



Saturday 9th September, Mullingar Park Hotel

Proudly Sponsored By



- As part of your Respond2023 ticket you are entitled to attend up to 4 workshops on the day.
- Different workshops are limited to numbers based on the type of workshop and the room capacity so early booking is recommended if you have a preference.
- Please select one workshop for each time slot when booking. Available means it is running at that time slot and available until booked out. Not available means it is not running at that time slot.
- The link for booking workshops will be released this week and by giving you time prior to plan your workshops before booking we hope to ensure you have the best Respond2023 experience.

WORKSHOPS RESPOND2023	WS1 - 9.45am	WS2 – 11am	WS3 – 2.45pm	WS4 – 4pm
Confined Spaces	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
Pit Crew CPR	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	AVAILABLE
Supporting the solo NAS Responder	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
Responder Express App	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	AVAILABLE
Take a breath	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
High Performance CPR	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	AVAILABLE
ED – What Happens next	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
Crime Scene	NOT AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
Emergency Helicopter	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	NOT AVAILABLE
Difficulty Airways	NOT AVAILABLE	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE
Older Patient – The Pathfinder Project	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
CISM	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	AVAILABLE
NEOC – National Ambulance Operations Centre	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
Fundraising for CFR's	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	AVAILABLE
Volunteer Ireland	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
OHCA Register	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	AVAILABLE
Patient Handling	AVAILABLE	AVAILABLE	AVAILABLE	AVAILABLE
Paediatric Emergencies	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
Patient Assessment	AVAILABLE	AVAILABLE	AVAILABLE	AVAILABLE
IICC – Irish Inherited Cardiac Conditions	AVAILABLE	AVAILABLE	NOT AVAILABLE	NOT AVAILABLE
Time is the Enemy	NOT AVAILABLE	NOT AVAILABLE	AVAILABLE	AVAILABLE
Ambulance Orientation	AVAILABLE	AVAILABLE	AVAILABLE	AVAILABLE
Down & Dirty CPR	AVAILABLE	AVAILABLE	AVAILABLE	AVAILABLE

Respond2023 Workshop description

1. Confined space – Running at 9.45 & 11am

This is not a demonstration; it is an interactive workshop. Cardiac arrest often occurs in a confined space. The scenario is situated on a landing of a 3 bedroom, semidetached two-story house.

2. Pit crew CPR – Running at 2.45 & 4pm

This is not a demonstration; it is an interactive workshop. How CFRs interact with the Paramedics & APs during a resuscitation attempt.

3. Supporting the solo NAS Responder – Running at 9.45 & 11am

An introduction to solo responder vehicles, equipment, and how the responder may assist the paramedic and Advanced Paramedic prior to arrival of the Ambulance.

4. Responder Express App in detail - Running at 2.45 & 4pm

Paraic Loughnane and the Eyrecourt CFR Group have done great work in developing an App that streamlines and simplifies the way Community First Responders engage with the National Ambulance Service CAD system when responding to emergencies. Paraic will bring us through the process of downloading, use and functionality of the Responder Express App.

5. Take a Breath with Aaron Browne – Running at 9.45 & 11am

Learn how to train your nervous system to respond be more calmly when under pressure. Aaron Brown will introduce us to the Wim Hof Method with Basic Breathing Exercises.

Benefits from the breathing include;

More energy, less stress, improve immune system, improve sleep

You should do the breathing exercises on an empty stomach or at least eat light 1-2 hours before.

Please Note Health Precautions:

People should not take part in the breathwork if they have Epilepsy, are pregnant or have a serious heart or health condition.

6. High Performance CPR? – Running at 2.45 & 4pm

CPR is simple, but it is not easy!!

We all believe our CPR is excellent. We will make you better. Practicing “continuous chest compression” and learning how to work as part of a team, to critique yourself and to communicate to get the best quality CPR for a patient. We will be using intense tuition and Q-CPR devices to help Responders improve their CPR Skill.

7. ED -What Happens next – Running at 9.45am

Although you have been involved in the pre-hospital side of the cardiac arrest, you may have always wondered what happens in the Emergency Department once an arrest arrives in and is handed over by the paramedics. In our Mock ED resus room, we will simulate the arrival of a cardiac arrest and show you the teamwork and expertise that goes into superb patient care.

8. Crime Scene – Running at 11am

Due to the nature of your role, you may arrive to a crime scene – if this happens what should you do? Join members of An Garda Siochana as they demonstrate the Dos and Don'ts of crime scenes, what to look out for and who is who.

9. Emergency Helicopter – Running at 2.45pm

In this workshop there will a discussion on Helicopter emergencies with an Advanced Paramedic. Dependant on weather and emergencies – option to view the Helicopter. As the demonstration will be outside, please bring raingear

10. Difficult Airways – Running at 4pm

In this workshop you will look at what a difficult airway is, what the crew may do to manage a difficult airway and what you can do as a first responder to assist in managing a difficult airway.

11. Older Patient – The Pathfinder Project – Running at 9.45 & 11am

The Pathfinder Service is a collaboration between the National Ambulance Service (NAS) and hospital Occupational Therapy and Physiotherapy departments. It aims to safely treat older people, who have phoned 999/112, in their own home rather than transporting them to the Emergency Department (ED), by providing pre-hospital assessment at home, and when appropriate, initiating an alternative care pathway. This session briefly looks at frailty in the older person, risks to the older person in hospital and how the Pathfinder Service is successfully and safely managing older people at home.

12. CISM – Critical Incident Stress Management – Running at 2.45 & 4pm

Volunteer Health & Wellbeing must be at the forefront of Community First Responder activity. Ease of access to CISM peer support is important. This workshop deals with when CFRs should, how they can initiate process and how it might evolve.

13. NEOC - National Emergency Operations Centre – Running at 9.45 & 11am

How emergency calls are managed.

A deep dive into how 999/112 calls are processed, and CFRs tasked. How is the Eircode generated? Why does the call code sometimes change? Discuss this and more!

14. Fundraising for CFRs – "*Holler for a Dollar*" Grant Scheme Opportunities for CFR Groups – Running at 2.45 & 4pm

This presentation will cover three individual CFR groups funding opportunities - the Community Enhancement Scheme, HSE National Lottery Funding and Elected Members "Discretionary Funds" as well as co-ordinated CFR group applications for funding to LEADER companies.

The presentation will discuss common pitfalls and how to avoid them and getting paperwork ready to avoid delays in receiving funding.

15. Volunteer Ireland - Running 9.45 & 11am

The changing face of volunteering

The world we live in has changed greatly over the last 3 years and consequently volunteers needs and wants and volunteer engagement practice has changed too. In this session we'll explore good practice in engaging new volunteers and some of the trends in volunteering globally.

Led by Stuart Garland, Learning and Capacity Building Manager, Volunteer Ireland

16. OHCAR - Running 2.45 & 4pm

A look at the Out of Hospital Cardiac Arrest Registry (OHCAR) in detail. Ireland is one of very few countries with a national OHCA registry. What do the figures mean? How are they compiled? What is the importance of CFRs and CFR data?

17. Patient Handling – Running 9.45am, 11am, 2.45pm & 4pm

How to move a patient safely – CFRs may need to move a patient to carry out effective CPR. What are the considerations?

18. Paediatric Emergencies – Running 9.45 & 11am

Don't be afraid of little people. Always a sell-out session, this workshop explores the nuances of paediatric emergencies and prepares CFRs for managing all the paediatric emergencies you might be dispatched to.

19. Patient Assessment – Running 9.45am, 11am, 2.45pm & 4pm

A systematic guide to assessing patients.

If your patient is feeling unwell but is talking to you, you need to perform a SAMPLE history. This workshop shows you how to get the most out of this and highlights the importance of each component.

20. IICC – Irish Inherited Cardiac Conditions – Running 9.45 & 11am

In 2020, EMS services in Ireland attended 2638 cardiac arrests (OHCAR 2022). 235 (OHCAR 2022) of these cardiac arrests were in patients under the age of 35 years. In this Workshop we explore some inherited cardiac conditions and what CFRs can do to help these patients and their families with these conditions.

21. Time is the Enemy – Running 2.45 & 4pm

Less haste – more speed. How to get to an emergency call in a safe, timely fashion.

Following on from popular presentation at previous Respond conferences, this workshop identifies where you can travel to an emergency safely and save precious seconds and minutes doing so.

22. Ambulance Orientation – Running 9.45am, 11am, 2.45pm & 4pm

Ever been in an Ambulance? Take the tour.

CFRs will often be asked to help retrieve equipment from the ambulance or assist in a resuscitation. Find out how to before you need to with a hands-on orientation.

23. Down & Dirty CPR – Running 9.45am, 11am, 2.45pm & 4pm

Cardiac arrest can happen outside too. Dress accordingly.

At Respond2019 this turned out to be “Hot & Sweaty”. This is not a demonstration; it is an interactive workshop testing your ability to perform effective CPR in challenging environments. This workshop will run outdoors whatever the weather! You have been warned.