



Saturday 19th September, Mullingar Park Hotel

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Respond2026 Workshop descriptions

1. “A Space to Pause, Reflect and Reset” – Room #1 & Room #2 (10am, 11:15am, 3pm & 4:05pm)

As a psychotherapist and psychologist/life coach, we’re offering confidential one-to-one conversations for first responders. It can be a space to pause, to debrief, look at the emotional and psychological impact of trauma exposed work or simply take a moment for yourself. Let us support you who give so much of their time in supporting others. Limited spaces available.

Bernie Carroll (Counsellor/Psychotherapist) and Josephine Rigney (Psychologist/Life Coach)

2. Confined Space Cardiac Arrest – Aoife Suite I (10am & 11:15am)

An interactive workshop exploring cardiac arrests in confined spaces. The scenario takes place on the landing of a three-bedroom, semi-detached two-storey house. Paramedics from Dublin Fire Brigade will guide participants through initiating the *chain of survival* to create the best environment for resuscitation.

3. Patient Assessment – Aoife Suite I (3pm & 4:05pm)

A practical, structured guide to assessing patients in real-world CFR situations. When a patient is unwell but able to speak, a thorough SAMPLE history is one of your most effective tools. This workshop teaches how to gather meaningful information, ask focused questions, and understand why each SAMPLE element matters. Participants learn to turn conversation into a clear clinical picture that supports ambulance crews.

4. Supporting the Solo NAS Responder – Aoife II (10am & 11:15am)

An introduction to solo responder vehicles, equipment, and how responders can assist Paramedics and Advanced Paramedics before ambulance arrival.

5. Advanced Airway Management – Aoife II (3pm & 4:05pm)

A practical session introducing essential advanced airway techniques used in pre-hospital emergencies. Focus on airway assessment, adjunct selection, and safe application to build responder confidence in managing airway compromise.

6. Pit Crew CPR Lir/ Garden (10am & 11:15am)

A team-based resuscitation workshop, beginning with bystander CPR and progressing to ALS on scene. Demonstrates how each team member contributes to an effective resuscitation attempt.

7. First on Scene – Safe on Road – Garden Suite (10am)

When the alert goes, the heart starts beating faster, the sense of urgency rises - however before you get to the patient, you must first get there safely. Discuss tips, tricks, and good driving habits to improve your response to that emergency - with Jonathan Lynch, a RSA licenced Driving Instructor.

8. CFR Strategy Planning – Garden Suite (11:15am)

With Liam Stewart CEO - CFR Strategy Feedback:

The HSE is working on a CFR Strategy. This will be an opportunity for attendees to give some early feedback and suggestions that will be taken back to the strategy group but won't yet have new information for participants.

9. High Performance CPR – Garden Suite (3pm & 4:05pm)

“CPR is simple, but it is not easy !!” Intensive tuition using continuous chest compressions and Q-CPR devices. Learn teamwork, communication, and self-critique to improve CPR quality.

10. Suicide Postvention is Suicide Prevention – Conference Suite 1 (10am)

This session will explore the unique impact of suicide bereavement and why it differs from other forms of loss. Suicide postvention is not just support after a loss; it is a critical component of suicide prevention itself. This presentation will highlight how prevention does not end at death, and how compassionate, and informed responses can reduce trauma, support healing, and potentially save lives.

11. HUGS for CFRs – Critical Incident Stress – Conference Suite 1 (11:15am & 3pm)

As Frontline Healthcare Worker volunteers, we need to be mindful of our own and mental health and the mental health of the fellow volunteers. In this workshop, we aim to outline three basic psychological first aid principles to highlight responder wellbeing, using examples of our pilot project with Community First Responders this year. Participants will share their experiences of the training, and we'll seek suggestions on how to embed these essential skills in CFR training.

12. Frequently Asked Questions for CFRs – Conference Suite 1 (4:05pm)

Everything you need to know about becoming a CFR, being a CFR, and running a CFR scheme — all the questions you weren't sure who to ask.

13. Stroke: Community First Responder (The Unsung Hero) – Conference Suite 2 (10am & 11:15am)

What CFRs can do during suspected stroke calls to save time and save brain.

14. Emotional and Practical Support Post-Cessation of Resuscitation – Conference Suite 2 (3pm & 4:05pm)

When resuscitation stops, the care doesn't. What are the next steps after the cessation of resuscitation?

This session covers recognition of death and cessation criteria, then focuses on supporting the bereaved, plus practical steps from Gardaí and funeral directors to preserving patient dignity at scene.

15. Patient Handling – Conference Suite 3 (10am & 11:15am)

How to move a patient safely. CFRs may need to reposition a patient to carry out effective CPR — what to consider and how to do it safely.

16. Free DefibCheck – Registration Desk

AED Shock Testing – Free for Respond2026 Delegates CFR Ireland, proudly supported by **First Aid Supplies**, is offering Delegates a FREE shock-test for all makes and models of Automatic External Defibrillators (AEDs). With many devices now 5–15 years old, this initiative aims to assess whether age affects AED performance and ensure that older units still deliver a full, effective shock. As Respond2026 is a one-day event, testing capacity is limited, and only pre-registered AEDs will be tested. Delegates may register as many AEDs as they manage using the link below. Early registration is strongly advised to avoid disappointment.

Register at <https://firstaidsupplies.org/defibcheck-booking-respond-2026>

17. OHCAR – Conference Suite 5 (10am & 11:15am)

A detailed look at Ireland's Out-of-Hospital Cardiac Arrest Registry. What the figures mean, how they're compiled, and the importance of CFR data.

18. Inclusive Emergency Response Training – Conference Suite 5 (3pm & 4:05pm)

Developed and delivered by TB Training. Supporting autistic and neurodivergent individuals in our community through safe, respectful, and informed emergency protocols.

Because everyone deserves to feel safe, understood, and included even in an emergency.

19. AGS Interaction – Where, When and Why – Conference Suite 6 (10am)

With Amanda Ross CEO. Understanding when Gardaí may be present at scenes and why.

20. When Resuscitation Is Not Indicated – After a 09E01 Call – Conference Suite 6 (11:15am)

With Craig Wade CEO - "Recognition of death and the ambiguity or confusion in the real world around the signs of death. What to do when recognition of death indicators are found during a resuscitation attempt, what actions to take. Dying with dignity – dealing advance care directives/do not resuscitate orders on arrival to a cardiac arrest"

21. ILCOR Instructor Updates – Conference Suite 7 (10am & 11:15am)

Brigid Sinnott, Irish Heart Foundation - A concise overview of the latest ILCOR 2025 resuscitation updates, highlighting key changes that affect CPR teaching and practice. This session gives instructors clear, practical guidance on updated evidence, revised training priorities, and how to integrate the new recommendations into CFR and community training programmes.

22. Paediatric Emergencies – Don't Be Afraid of Little People – Conference Suite 7 (3pm & 4:05pm)

Practical guidance for responding to paediatric emergencies. Covers how children present differently, communication tips, and common medical/trauma situations.

23. Irish Inherited Cardiac Conditions (IICC) – Conference Suite 8 (10am & 11:15am)

In 2024, EMS services in Ireland attended 2885 cardiac arrests (OHCAR 2025). 233 (OHCAR 2024) 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.

24. Time Is the Enemy – Conference Suite 8 (3pm & 4:05pm)

"More haste, less speed". How to reach emergency calls safely while saving precious seconds. Builds on a popular previous Respond presentation.

25. Ambulance Orientation – Front Car Park (10am, 11:15am, 3pm & 4:05pm)

A hands-on ambulance tour. Learn how to retrieve equipment and assist in resuscitation before you need to.

26. Not Your Average Call – Front Car Park (10am, 11:15am, 3pm & 4:05pm)

This interactive workshop is designed for Community First Responders facing the toughest and most unpredictable situations. From cardiac arrests to emotionally charged scenes, we'll break down high-stress calls, explore and build confidence through shared experience in this practical session. Be ready for the calls that don't follow the script. Please note there will be a short briefing before this Workshop.

27. Cardiac Arrest Scenarios – Hotel Garden (10am, 11:15am, 3pm & 4:05pm)

Outdoor cardiac arrest scenario in difficult conditions. Focus on scene safety and effective management.