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## Letter to the Editor

# Resuscitation Academy as a continuous program to save lives in Europe



The European Resuscitation Council Guidelines 2021 has been published, including a new chapter on Systems Saving Lives.<sup>1,2</sup> This new guideline emphasizes the importance of implementation and a system approach for out-of-hospital cardiac arrest (OHCA). One recommendation is implementing Resuscitation Academy (RA) in Europe to increase bystander CPR rates and improve survival in OHCA.<sup>2</sup>

RA was founded in 2008 in Seattle U.S. by Dr. Mickey Eisenberg and colleagues. Later in 2016 RA became part of the Global Resuscitation Alliance program, focusing on implementation of the 10 steps to achieve a highly effective Emergency Medical Services (EMS) system by optimizing each step in the chain of survival.<sup>3</sup> The program includes more than 150 RA with over 2000 participants worldwide.

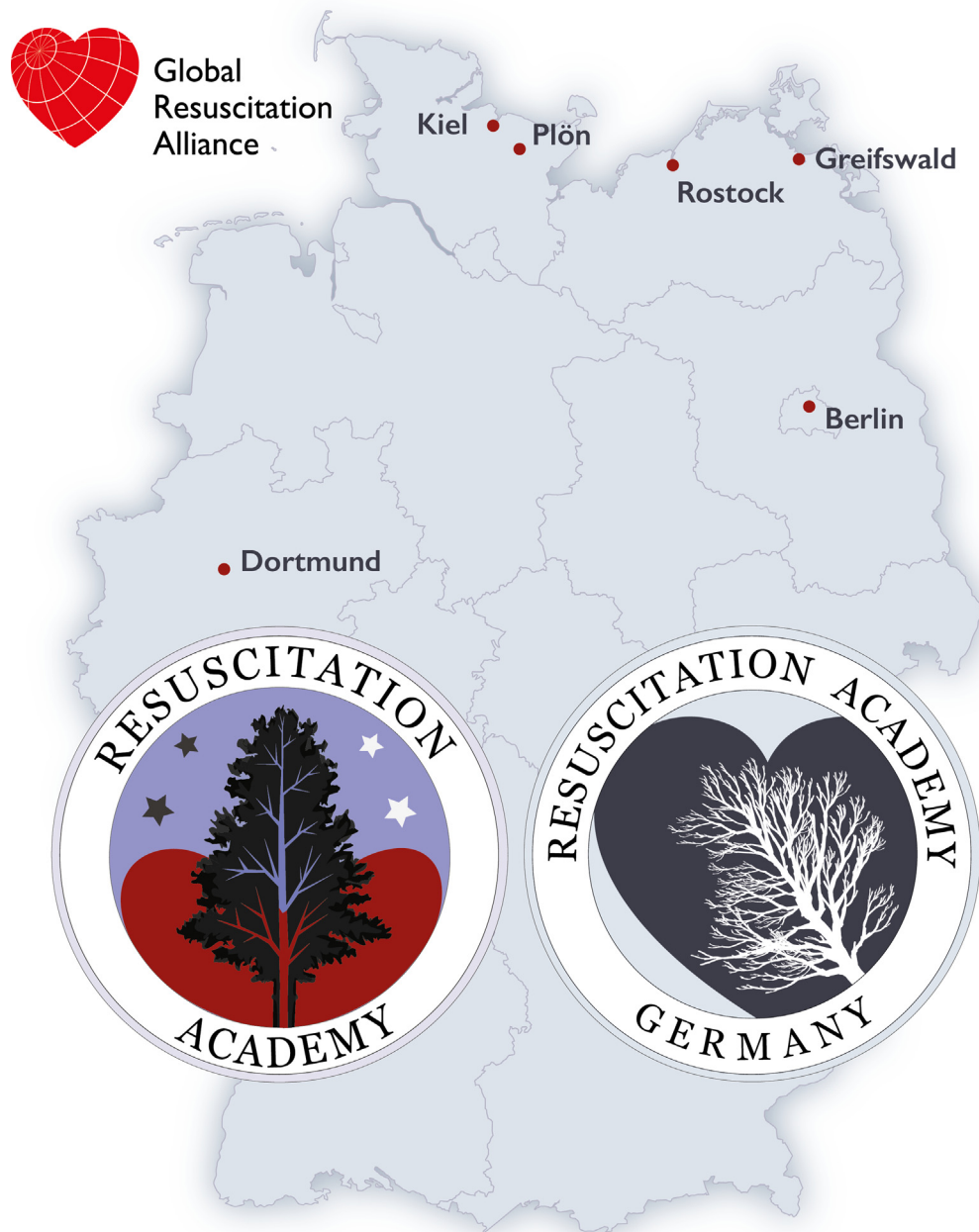
**Resuscitation Academy, Denmark** RA was established as a national program in Denmark in 2017 as a three years continuous program. Within this timeframe remarkable results have been accomplished in Denmark, including further increase of bystander CPR rate and reaching survival rate similar to King County in Seattle.<sup>4,5</sup> The outcome of the RA program and the experience from Seattle were the starting point for implementing RA in Germany.

**Resuscitation Academy, Germany** Resuscitation Academy, Deutschland (RAD) was launched in January 2020 establishing the 10-steps with a project plan adapted to German conditions under the leadership of the Institute for Rescue and Emergency Medicine (IRuN) of the University Hospital Schleswig-Holstein (UKSH).<sup>6</sup> The

participants representing 6 different EMS systems follow a structured process with continuous monitoring and ongoing sequential meetings, local implementation projects and a corona-safe online format (Fig. 1).

After the development of an online System Assessment Tool for Germany, the tool was used by the participating EMS systems for a first evaluation at the first RAD in October 2020 and March 2021. The German online tool measures the grade of implementation of the 10 steps separately according to RA in four scale levels in a quantitative self-assessment system. This system assessment represents the “time zero” for later evaluations. In the following meetings, the individual EMS system will define and prioritize their own goals and projects and most important implement them on a local level. During the two-year implementation phase, the participating stakeholders are meeting regularly to exchange status, progress and experiences on the various regional projects.

**Establish YOUR Resuscitation Academy!** Implementing a RA program has been an effective tool toward an efficient EMS system and improving outcome after OHCA in Germany as well as in Denmark and internationally. All systems can improve, can perform smarter and better. The organizers of RA in Germany and Denmark will support the dissemination and implementation of RA in your country by sharing knowledge and resources. Stakeholders striving to implement the RA program to improve survival after OHCA are also encouraged to visit the resource library at the RA website to find free e-books, multimedia assets and toolkits.<sup>7</sup>



**Fig. 1 – Map of the six participating EMS systems of the first Resuscitation Academy Germany.**

### Conflict of interest

SS, JTG is member of the steering committee of the German Resuscitation Registry. FL is Board Member of The Global Resuscitation Alliance and Resuscitation Academy Denmark. LS is secretary for Resuscitation Academy Denmark. The authors declare that they have no competing interests.

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