I just wanted to thank you for your amazing ILS teaching. I'm sure you won't remember me as you teach a lot of medical students, but I was a final year King's student on placement earlier this year at Eastbourne and now I'm an FY1 at Tunbridge Wells Hospital.

During the past 5 months I've attended 2 cardiac arrests, and at both arrests I have had the confidence to step up and call out timings, pulse and rhythm checks, identified the correct rhythms and kept track of when to administer the adrenaline. Today I was in charge of the defib and I never would have had the confidence or felt comfortable enough to deliver the shocks if I hadn't had the rigorous simulation experience I had whilst at Eastbourne. A lot of people commented that I did well especially for an FY1, and I feel that is largely due to the high-quality teaching I received from you and the resus team!