



Immediate Life Support Course Regulations - April 2006

The objectives of the ILS course are:

- ❑ To train healthcare personnel in causes and prevention of cardiopulmonary arrest, the ABCDE approach, initial resuscitation and defibrillation (manual and / or AED) and simple airway management
- ❑ To train healthcare personnel to manage patients in cardiopulmonary arrest until arrival of the resuscitation team.
- ❑ To train healthcare personnel to participate as members of the resuscitation team.

This course will meet the needs of those who need more advanced skills than those taught during Basic Life Support (BLS) but who do not require the more comprehensive 2-day Advanced Life Support (ALS) Course.

1. REGISTRATION and COSTS

1.1 The Australian Resuscitation Council ILS course can only be run by accredited Australian Resuscitation Council Course Centres. All centres must submit a completed Registration Form signed by an Authorised Signatory agreeing to comply with these regulations.

1.2 Each centre must have a Nominated Named Person who will be the only contact name for that centre for administrative purposes. They do not have to be the Course Director for each course. If the nominated named person changes or their contact details change, the centre must notify the Australian Resuscitation Council.

- 1.3 Any profit made from the ILS course should be used only for purposes directly related to resuscitation.
- 1.4 All candidates must be provided with an ILS manual purchased from the Australian Resuscitation Council by completing the official Manual Order Form. The cost per manual is currently \$66 (inclusive of GST) but is subject to change.

2. COURSE ORGANISATION

- 2.1 The ILS Course will run over one day and must adhere to the course programme (please refer to Guidance for Instructors & FAQs).
- 2.2 Course Centres must have a current ARC, RC(UK) or ERC ALS Instructor who can act as the Course Director and who is fully involved in setting up the course.
- 2.3 The Course Director need not be present throughout the course but must be available during the course to deal with any issues or problems.
- 2.4 The candidates must receive the course manual, programme and samples of the assessment forms at least two weeks before the course.
- 2.5 Equipment must be available and be in sound working order (please refer to **Appendix 1**).

3. FACULTY

- 3.1 The core faculty is the minimum number of faculty required to provide one instructor to candidate ratio of **1 instructor : 6 candidates**.
- 3.2 The Course Director must be a current ARC, RC(UK) or ERC ALS Instructor.
- 3.3 At least 50% of the faculty must be ARC, RC(UK) or ERC ILS Instructors or ALS Instructor Candidates.
- 3.4 Remaining faculty can be ARC, RC(UK) or ERC ALS Providers and Instructors from other courses (eg. ATLS, PHTLS, EMST), but they cannot assess candidates unsupervised.
- 3.5 ALS Instructor Candidates, ALS Providers, and Instructors from other courses (eg. ATLS, PHTLS, EMST) can become ILS Instructors after observing at least one ARC-accredited ILS course and being assessed by an ALS Instructor or nominated ARC representative.

4. CANDIDATES

- 4.1 The core faculty is the minimum number of faculty required to provide one instructor to candidate ratio of **1 instructor : 6 candidates**.
- 4.2 The maximum number of candidates per course is **30**. Please refer to **Appendix 2** for suitability of candidates for the ILS course.
- 4.3 Candidates **cannot** successfully complete the course unless they attend all the lectures and skills stations.

5. LECTURES / SKILL STATIONS / SCENARIOS

- 5.1 It is the responsibility of the Course Director to ensure that all lectures adhere to the philosophy and text of the ILS manual.
- 5.2 It is highly recommended that all Skill Stations are taught using the recognised 4-stage approach.
- 5.3 The CASTeaches should be based on the standard scenarios.

6. ASSESSMENT

- 6.1 All assessors must be ARC, RC(UK) or ERC approved ALS or ILS Instructors or instructor candidates.
- 6.2 Assessment is continuous and is guided by the assessment forms provided for each core skill, e.g. initial resuscitation and assessment, airway management.
- 6.3 Copies of the assessment forms should be given to candidates with their manual at least two weeks before their course.
- 6.4 If a candidate has not met the recognised criteria, they should be given a copy of their assessment form(s) and offered remedial help. They should be re-assessed, ideally by a different instructor within a period of **one month**. The faculty may decide, if it is appropriate, to facilitate this on the same day as the course, however this should take place after the course programme has been completed.
- 6.5 It is not necessary to complete assessment forms for every individual, but it is strongly recommended for marginal candidates. Accurate written records must be maintained by the Course Centre.
- 6.6 Candidates who fail the course cannot appeal through the Australian Resuscitation Council but should raise any queries with the Course Director who must resolve the issue locally.

7. CERTIFICATION

- 7.1 Candidates who successfully complete the course will receive an Australian Resuscitation Council ILS certificate. This is not a certificate of competency.
- 7.2 The certificate is valid for four years, but it is recommended that skills are updated annually.
- 7.3 Replacement certificates will be issued only on request by the centre's Nominated Named Person at a charge of AU\$20 each.
- 7.4 If a candidate **fails** to meet the recognised standard within one month they should receive a letter of attendance from the Course Centre and/or attend another full ILS course.

Appendix 1



Resuscitation Council (UK)

Equipment Requirements (for each group of 6 participants)

Ideally all equipment should be identical, or comparable to, the equipment that the candidates would use in their area of work to promote familiarity

Airway & Ventilation Skill Station

- Airway management trainer (suitable for inserting airway adjuncts)
- Basic life support manikins (ideally one for each pair of candidates)
- Pocket masks (preferably one for each participant) with one way valve and filter for demonstration purposes
- Alcohol wipes
- Oropharyngeal airways sizes 2, 3 and 4
- Nasopharyngeal airways sizes 6 and 7 (with safety pins if required)
- Bag-valve-mask (BVM) device with oxygen tubing
- Laryngeal mask airway (s) and 50ml syringe
- Yankauer sucker
- Non-rebreathe oxygen mask
- Assessment sheets

Initial resuscitation and defibrillation skill station

- Full-body resuscitation manikin & rhythm generator
- Manual Defibrillator or AED (preferably a machine adapted for training purposes, ie. delivers low energy shocks, for safety)
- Gel pads (for use with defibrillator paddles) or self-adhesive electrodes (for hands-free operation)
- Bag-valve-mask device with oxygen tubing
- Assessment sheets

CASTeach station

- Manikin & rhythm generator
- Manual Defibrillator or AED
- Gel pads or self adhesive defibrillator electrodes
- Airway equipment (see above)
- Selection of primary and secondary cardiac arrest drugs (in ampoules or pre-filled/self-assembly syringes, depending on local use) – adrenaline, atropine, amiodarone, lignocaine, calcium, sodium bicarbonate)
- Crystalloid solution (eg. Hartmanns, N/Saline, 5% dextrose)
- Colloid solution (eg Haemaccel, Gelofusine)
- Fluid administration sets – to demonstrate priming the above
- Selection of venflons – to demonstrate varying flow rates with size
- Universal precautions – gloves, aprons, masks
- Sharps container
- Cardiac Arrest / MET record forms (depending on local policy) – to emphasise the need for accurate documentation / audit tools

Appendix 2



Resuscitation Council (UK)

Appropriate ILS Candidates

The ILS course is suitable for the following categories of participants:

- Doctors – Hospital
- Doctors – Community
- Medical students
- Nurses – Hospital
- Nurses – Community
- Nursing students
- Midwives
- Anaesthetic Technicians
- Cardiac Technicians
- Occupational Therapists
- Physiotherapists
- Radiographers
- Resuscitation Officers
- Dentists
- Dental Nurses
- Ambulance Technicians / Paramedics

The ILS course will rarely be appropriate for people from the following professions:

- *Fire Service Technicians*
- *Police Officers*
- *Prison Officers*
- *Flight Attendants*
- *Other non clinical personnel*