



# NEWSLETTER

## Australian Resuscitation Council

February 2009

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### 7<sup>TH</sup> INTERNATIONAL SPARK OF LIFE CONFERENCE

*Hotel Grand Chancellor, Hobart 30th April – 2<sup>nd</sup> May 2009*

**Register now!**

#### Registration Fee for the 2 day Conference 1-2 May 2009

\$495.00 (inclusive of GST) – before 30<sup>th</sup> March 2009

\$528.00 (inclusive of GST) – after 31<sup>st</sup> March 2009

Download all relevant information, including the conference program, from the  
ARC website.

[www.resus.org.au](http://www.resus.org.au)

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#### Further details:

Mrs Carol Carey, Conference Convenor, Tel: (03) 9249 1214 or Email: [arc@surgeons.org](mailto:arc@surgeons.org)

## ALS & ILS COURSES

**T**he ALS & ILS provider courses are now being run in a number of centres around Australia.

**F**or all course dates please refer to the ARC website [www.resus.org.au](http://www.resus.org.au) and click on the ALS/ILS Courses link. You need to contact the course centres direct for registration, availability etc.

## C2010 – A CONSENSUS ON RESUSCITATION GUIDELINES

**R**eaders of the newsletter will be aware of the ongoing evidence review of the resuscitation science being conducted under the auspices of the International Liaison Committee of Resuscitation (ILCOR). The ARC is extensively involved in this process. The process known as C2010 follows on from the work undertaken for the revised resuscitation statements published in 2005 / 2006.

**P**rogress to date has involved the development of over 400 questions relating to basic life support, advanced life support, paediatric life support and neonatal life support, as well as topics relating to education, ethics and implementation. Many of the evidence worksheets have been completed.

**I**n March 2009 representatives of ILCOR – including those from the ARC – will be meeting in Osaka Japan to further evaluate the evidence from the completed worksheets to determine if any changes in resuscitation guidelines are likely to be required in response to new evidence presented. A similar meeting of ILCOR will be held in the USA during November 2009 to review worksheets completed over the preceding eight months.

**J**anuary 2010 will bring together all the evidence worksheets as the basis for review of the ILCOR resuscitation guidelines. During the remainder of 2010 the consensus on resuscitation science will be developed along with the ILCOR resuscitation guidelines.

**T**he guidelines are scheduled to be published in November / December 2010. Resuscitation councils worldwide will use these documents to assist with guideline review and development processes in their respective countries. While many countries update their guidelines at set times (e.g. every 5 years) the ARC has always adopted a process of ongoing evaluation of the science with updates whenever necessary.

**R**eaders should be aware that while the ARC is extensively involved and supportive of the C2010 process, where there is sufficient evidence to warrant an immediate change in a particular resuscitation guideline, the ARC will make such a change and not wait for any specific time to occur. More information on how the ARC develops its resuscitation guidelines can be obtained from the ARC website. ([www.resus.org.au](http://www.resus.org.au))

## ARC INSTRUCTOR COURSES

**T**he ARC Instructor Courses are fully run by the ARC.

### 2009 Courses

Royal Perth Hospital (WA)  
21-22 May  
1-2 September

Lyell McEwin Hospital (SA)  
30-31 July

**I**nformation and registration forms are available from the ARC website [www.resus.org.au](http://www.resus.org.au) Further course dates will be posted on the ARC website as they become available.

***Don't forget to register for the Spark of Life Conference!***

## **SAFETY SIGNS**

**S**igns are everywhere in Australia and are used in a range of contexts: from advertising to regulatory (e.g. such as stop signs and give way signs). As signs are simple and cost effective they are a valuable tool in the prevention of injuries and the maintenance of people's safety. Broadly speaking there are four types of safety signs:

- regulatory signs – these are signs with a red border and bar on a white background, failure to comply with these signs is breaking the law;
- directional signs – these signs provide information for users on the location and place of a thing;
- warning signs – these are signs with a black border on a yellow background and advise of a particular hazard, hazardous condition or activity that is not recommended;
- information signs – these are signs used to provide information about what activities may be conducted in that location.

**A**s signs are used to communicate to a wide variety of audiences it is important to ensure a consistent approach, and thus all regulatory signs are designed in the same style. The most effective signs are those that the community find easy to understand (usually with a picture), are easily recognisable (i.e. an appropriate size, not hidden behind or amongst other signs, well maintained), are widely used (i.e. consistent within a country or worldwide), and are enforced.

**I**n Australia there are a number of signs that are included in Australian Standards. There are four main Australian Standards for signs:

- AS 1319-1994 Safety Signs for the Occupational Environment.

- AS 1742.1-2003 Manual of uniform traffic control devices – General introduction and index of signs.
- AS 2416-2002 Design and application of water safety signs.
- AS 2342 – Development, testing and implementation of information and safety and symbolic signs.

**F**or a sign to be included in an Australian Standard it needs to meet the comprehension test or recall test. In the comprehension test if 85% of people tested correctly identify the meaning of the signs and less than 5% do not have an opposite or potentially hazardous response, with not more than 10% wrong answers in total, then this sign would meet the comprehension criteria to be accepted into the Standard. If the sign fails the comprehension test then it can undergo a recall test. This is where the sign is shown to the participants and the meaning explained and then approximately three days later another comprehension test is undertaken.

**T**o help the Australian public find defibrillators in the community the Australian Resuscitation Council has developed the sign below to be used in Australia to display where you can find an AED. Normally, for a sign to meet the requirement of a directional sign it would not have any words just a diagram on a green background. In this case the words are used to help with comprehension. Hopefully you will start to see this sign appear where there are AEDs or maybe with an arrow attached pointing to where the AED may be found. This sign is not currently part of the Australian Standards, however, widespread consistent use will help in the process of recognition and, when it is tested for comprehension (without the words), it will meet the requirements.



## ARC VICTORIAN BRANCH - RESEARCH GRANT SCHEME

The Australian Resuscitation Council (Victorian Branch) has introduced a grant scheme to facilitate research into the practice of resuscitation or first aid in the Australian setting.

The scheme aims to support high quality resuscitation research projects which require only modest funding with an emphasis on projects relevant to Australian conditions. In 2009 grants of up to \$10,000 may be approved for an area of basic or advanced life support or first aid which meets scientific knowledge gaps and clinical research priorities identified during the 2005 International Consensus Conference on ECC and CPR and Treatment Recommendations.

Applications close Friday 3<sup>rd</sup> April 2009. Late applications will not be considered.

Please refer to the ARC website [www.resus.org.au](http://www.resus.org.au) (Contacts link – Victorian Branch) for full details and registration forms.

### NEW AND/OR UPDATED GUIDELINES

The following revised guidelines accompany this newsletter.

#### Yellow Border

Index Pages 1-4

#### Blue Border

Guideline 8.4 Shock  
Guideline 8.8 Hypothermia: First Aid Management  
Guideline 8.23 Anaphylaxis – First Aid Management

### DRAFT GUIDELINES CURRENTLY UNDER REVIEW

The following draft guidelines will be issued to member organisations and State Branches as committee working drafts and will be considered at the next meeting of Council.

- Guideline 8.6 Priorities at the Scene of a Road Accident
- Guideline 8.9.4 Envenomation – Bee, Wasp & Ant Stings
- Guideline 8.25 Harness Suspension Trauma – First Aid Management
- Guideline 9.6.1 Cross Infection Risks and Manikin Disinfection
- Guideline X Managing Peri-Arrest Arrhythmias

### UPCOMING EVENTS

#### 7<sup>TH</sup> INTERNATIONAL SPARK OF LIFE CONFERENCE

*Hotel Grand Chancellor, Hobart*  
30th April – 2<sup>nd</sup> May 2009

Registration material available from the ARC website  
[www.resus.org.au](http://www.resus.org.au)

#### AUSTRALIAN COLLEGE OF AMBULANCE PROFESSIONALS (ACAP)

The 2009 National Conference is being held on the 16<sup>th</sup> and 17<sup>th</sup> October 2009 at Skycity Convention Centre, Auckland.

Keynote and session speakers in areas of contemporary pre-hospital practice and cutting edge research are currently being sourced - for conference details, updates, speaker and registration details please go to the College website at [www.acap.org.au](http://www.acap.org.au) and click on the conference advertising banner.

Keynote speakers confirmed to date are:

#### **Peter Bradley CBE (UK)**

Peter is currently the National Director for Ambulance Services, UK.

#### **Prof Malcolm Woollard (UK)**

Malcolm is Professor of Pre-hospital and Emergency Care at Coventry University (UK).

The Call for Abstracts is now open and close on 1<sup>st</sup> May 2009. Details at [www.conference.acap.org.au](http://www.conference.acap.org.au)

**NEWSLETTER EDITOR  
MRS CAROL CAREY**