



NEWSLETTER

Australian Resuscitation Council

July 2006

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ARC 30TH ANNIVERSARY DINNER 1976-2006

This year marks the 30th year of the ARC. The ARC was formed in February 1976 following a major conference on resuscitation held in Sydney the previous year. The co-sponsors were the Royal Australasian College of Surgeons (RACS) and its Faculty of Anaesthetists. The Faculty has since become the Australian and New Zealand College of Anaesthetists (ANZCA). Both RACS and ANZCA remain co-sponsors of the ARC.

The anniversary dinner was held in the Hughes room at the Royal Australasian College of Surgeons. Attendees included past and present office bearers and Roll of Honour recipients: Dr Harry Oxer, Professor Don Harrison, A/Professor Vic Callanan, Mrs Ella Tyler and Mr Merv Allen together with Council representatives this was a very enjoyable and evening.



Here's to another 30 years!

The evening also included the formal induction of A/Professor Vic Callanan into the ARC Roll of Honour.



SPARK OF LIFE CONFERENCE 2007

It is now less than nine months to the next SOL conference. Planning is going well and all is in place for yet another informative and enjoyable event.

The Registration Brochure which includes provisional programmes, call for abstracts and registration form is included with this Newsletter. This brochure can also be downloaded from the ARC website via the conference link:

www.resus.org.au

ARC SUPPORTS THE USE OF UNIFORM HOSPITAL EMERGENCY NUMBERS

In a letter to the Editor of the Medical Journal of Australia, Gerald Williams – Director of Nursing Maroondah Hospital Victoria - recommends the adoption of a uniform emergency phone number for Australian hospitals.(1) He points out that each hospital sets their own emergency phone number and these are varied (eg: 333, 55, 2333). The concern being that with such a mobile workforce in health, delays in summoning help during an emergency may be delayed due to confusion as to the correct number to dial. This may be of a surprise to some readers as we have had a community based single emergency phone number (000) in Australia for decades. The ARC supports the call to establish a uniform emergency phone number in Australian hospitals. It further recommends that in the meantime, and at a minimum, the emergency phone number appropriate for that hospital should be clearly displayed on each telephone.

1. Williams G. A call for help. Australia needs a standard emergency phone number in all hospitals. *Med J Aust* 2006;184(12):645.

ENVENOMATION – JELLYFISH STINGS

Recently the results of a randomised trial comparing hot water with ice packs for relieving pain after a Bluebottle sting was published in the Medical Journal of Australia.(1) The overall conclusion of the study was that hot water (45 degrees C) provided better pain relief than ice. As this study supports a treatment not currently recommended, the ARC is now undertaking a review of its current guideline (8.9.6 Jellyfish stings) in light of this new data. Until the guideline review for Jellyfish stings is completed the ARC continues to recommend ice packs for Bluebottle stings.

1. Loten C, Stokes B, Worsley D, Seymour JE, Jiang S, Isbister GK. A randomised controlled trial of hot water (45 degrees C) immersion versus ice packs for pain relief in bluebottle stings. *Med J Aust* 2006;184(7):329-33.

2006 GUIDELINE CHANGES

“FEEDBACK”

Central Gippsland Health Service (CGHS)

CGHS in Sale Victoria launched the new Australian Resuscitation Council (ARC) guidelines on Thursday 3rd August. Once the ARC guidelines were released the resuscitation team at CGHS revamped their resuscitation policies and procedures to reflect these new changes. The launch day involved 12 resus instructors demonstrating and explaining the new changes. Staff were encouraged to practice CPR using the new changes and when deemed proficient were given a stamp to access the staff barbecue specially organised for the day of celebrations. Feedback from all staff was positive with many comments from nurses, doctors and other staff stating that the new way of CPR was so much easier to remember and also to perform. 258 staff members gained a certificate of CPR during the day!!

All the members of the resus team, the health service executive team, doctors and Nurse Unit Managers wore T shirts for the day (30:2), which also helped to promote the new changes.



“The Resus Team”



“The DON and CEO”

National Heart Foundation

Below are some encouraging comments about the new guidelines received from National Heart Foundation course participants:

- * *Easier to remember and not as stressful;*
- * *Much simpler and easier now;*
- * *Much clearer and helpful;*
- * *Makes more sense;*
- * *Easier to follow;*
- * *A pleasure to learn;*
- * *Enjoyed the new techniques;*
- * *Didn't have to think to remember so much information;*
- * *Can concentrate more on helping the patient;*
- * *The new learning techniques made it much easier for me to remember;*
- * *No written test - much better!;*
- * *Feel more confident with the new way;*
- * *For the 1st time in many years I got it right 1st time without having to stop to think of all the stages in the old way;*
- * *Less stressful to learn;*
- * *Feel more confident now to give it a go;*
- * *It's a pity these changes didn't come in ages ago!!*

As you would imagine, there has been quite a lot of feedback following the release of the new ARC guidelines. Some issues which are causing the greatest concern are being dealt with as FAQs on the ARC website. Subscribers are encouraged to frequently check the website for the newly posted FAQs plus other matters of interest.

NATIONAL HEART FOUNDATION (NHF) COUNCIL REPRESENTATIVE

For just over four years, Mrs Binky Henderson represented the NHF on the ARC. Council would sincerely like to thank Binky for her valued contribution to Council discussions. Binky was formally thanked for her services at the recent 30th Anniversary Dinner.

Ms Carol Cunningham is the new NHF representative. Carol attended her first Council meeting in July.



*"Our youngest observer ever!"
Dr Natalie Hood, SLSA Council
representative with baby Mackenzie who
attended the July Council meetings with
Mum!*

POSTERS

As reported in the February 2006 Newsletter, due to printing and distribution costs, Council made the decision not to do a reprint of the ARC posters but has made them freely available to all on the ARC website.

The flowcharts can be downloaded or copied from the ARC website www.resus.org.au, by selecting the guidelines link and scrolling down the page to the mauve box.

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**NEWSLETTER EDITOR
MRS CAROL CAREY**

UPCOMING EVENTS

6TH INTERNATIONAL "SPARK OF LIFE" CONFERENCE

"IMPROVING THE ODDS"

26-28 April 2007

Conrad Jupiters Hotel, Gold Coast, Queensland

NEONATAL SATELLITE MEETING
"Improving the Odds for Babies"
THURSDAY 26 APRIL 2007

Download registration material from the ARC website:

www.resus.org.au

Further details:

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ABN 69 004 271 103

"This conference has been endorsed by Royal College of Nursing, Australia according to approved criteria"

6.5 Continuing Nurse Education (CNE) points has been allocated to the satellite meeting on Thursday 26th April. Friday 27th April has been allocated 7 CNE points and Saturday 28th April has been allocated 6.5 CNE points, giving the whole conference a total of 20 CNE points.

AUSTRALASIAN COLLEGE OF EMERGENCY MEDICINE

This conference has been allocated as CME - Accredited meeting - at 0.5pt/hr to a maximum of 30pts per meeting

PRINCIPAL SPONSOR

