

# NEWSLETTER

## Australian Resuscitation Council

July 2005

Vol 29, No. 2

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### SPARK OF LIFE CONFERENCE 2005 "UPDATE"

**M**any have commented that the Spark of Life Conference held in Adelaide in April 2005 was the **best ever!** A total of 500 registered delegates, trade representatives and International and Australian speakers were all asking the question "when is the next one?", well now we can answer your question:

*The 6<sup>th</sup> International Spark of Life Conference will be held 26-28 April 2007 on the Gold Coast, Queensland*

*Venue, registration fee and international keynote speakers will be announced in the December 2005 Newsletter.*

**I**t is anticipated that there may be a number of changes to ARC Guidelines following the release of the CoSTR document in late November of this year. These changes will be the main focus of discussions at the 2007 conference.

### NEW AND/OR UPDATED GUIDELINES

**A**s explained below, Council will not be distributing any new or revised ARC guidelines until after the March 2006 Council meeting. This is to enable Council to incorporate the science identified in the soon to be released CoSTR document.

The following letter from A/Professor Ian Jacobs has been placed on the ARC website:

#### PROCESS FOR REVISING AND UPDATING ARC GUIDELINES

#### *CONSENSUS ON RESUSCITATION SCIENCE & TREATMENT RECOMMENDATIONS (CoSTR)*

*Many would be aware that for the last several years the ARC, as a member of the International Liaison Committee on Resuscitation (ILCOR), has been working on the developing the CoSTR document. This document will represent the most update evidence based evaluation of the resuscitation science. The purpose of the CoSTR document is to identify the science on which the various National Resuscitation Councils are able to develop their guidelines. This approach recognises the international nature of the resuscitation science but acknowledges the need for nationally developed resuscitation guidelines.*

*The process has now reached completion with the document due for publication in the journals Circulation and Resuscitation late November 2005.*

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*It is important to note that until publication the contents of the CoSTR document cannot be made public. This is consistent with published in the Medical Literature. Clearly as the ARC was a party to the development of the CoSTR document, we are aware of its contents but are signatories to non disclosure agreements. This is also consistent with all the other member councils of ILCOR.*

*The purpose of this letter is to bring to your attention the process the ARC will adopt to review their guidelines so as to incorporate the science identified in the CoSTR document.*

- **July 2005 Council Meeting**: Council will initially identify and discuss those guidelines which may require change. This will cover basic, advanced, paediatric and neonatal guidelines.
- **July – Dec 2005**: Council will prepare draft (or new) guidelines as previously identified.
- **December 2005**: Council Meeting: Council will review draft guidelines and distribute to member organisations for comment. At this stage the CoSTR document will have been published and be publicly available.
- **March 2006** Council Meeting: Review comments received on draft guidelines. Council publish and distribute final guidelines.

*The Council is acutely aware for the need to have these guidelines finalised and available in a timely manner so as training and other resuscitation materials / equipment can be revised or developed. Accordingly while maintaining our process for developing guidelines as outlined in Guideline 1.3, we will be working to a reasonably tight schedule. In addition, as other National Resuscitation Councils will be undertaking a similar process, and we believe it to be highly desirable to have our guidelines available at about the same time.*

*Council will keep you updated as to the guideline review process via our website.*

### APOLOGY

ARC Newsletter, February 2005 Vol 29, No1 – page 2 “An Advanced Health Care Directive”. Unfortunately the source of this information was not acknowledged - *Mackay M. A time to die. Med J Aust 2004. 181;11/12:667-668.* We apologise for this oversight.

### ARC CONTACT DETAILS

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## LONGEST STANDING COUNCIL REPRESENTATIVE STANDS DOWN

**A**fter 16 years on the Australian Resuscitation Council as the Australian & New Zealand College of Anaesthetists representative, A/Professor Vic Callanan has made the decision to call it a day!

**V**ic attended his first Council meeting in July 1989 and was National Chairman from 1993-2000. During his time on Council Vic has contributed an enormous amount. He was one of the first ARC representatives to attend the International Liaison Committee on Resuscitation Council (ILCOR) meetings and was National Chairman for two of Council's very successful Spark of Life Conferences in 1996 and 1999.



**C**ouncil would like to wish Vic and his wife Doreen all the very best for the future.

## NH&MRC RESEARCH GRANT

**O**ne of the chief investigators of a research paper entitled “*Novel strategies for improving respiratory support and outcomes for very preterm babies*” Professor Colin Morley is a co-opted member on the Australian Resuscitation Council. The NH&MRC have awarded a 5 year grant to the value of \$7.9 million dollars to enable this research to be undertaken at the Monash University Melbourne. Professor Morley was co-opted to Council to share his expertise and to assist with the formulation of the soon to be released Neonatal Guidelines.

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NH&MRC Research Grant Con't

**Description of the proposed studies**

Very premature birth is the commonest cause of illness and death in newborn babies, making it one of the most serious and costly issues in perinatal medicine. The major problem suffered by very premature babies is lung immaturity and its associated harmful effects on brain development. Most very premature babies require resuscitation followed by ventilatory support, often for several weeks. This is extremely expensive and places an enormous financial burden on health care systems. Furthermore, it increases the risks of respiratory illnesses, including bronchopulmonary dysplasia and chronic lung disease which can impair breathing and increase susceptibility to respiratory disease such as asthma later in life.

The overall aim of this program is to improve outcomes for very premature babies, including less lung injury, better respiratory health and shorter stays in hospitals.

In order to reduce the health burden caused by very premature birth on the community we need to know more about how it alters the normal development of the lungs in the newborn period and into later life. In particular, we need to understand the cellular and molecular processes involved in lung development so that we can identify gene networks and developmental processes that are disrupted by severe premature birth. Such knowledge is necessary to provide a more rational, scientific basis for managing and treating the alterations in lung structure and function caused by premature birth. We also need to develop better ways of resuscitating and ventilating these infants so that lung injury is minimized.

The research team is led by two neonatologists and three biomedical research scientists with a proven record of effective collaboration. This team is internationally unique in that it includes practicing neonatologists, physiologists and molecular biologists who have collaborated together productively and are regarded as world leaders in their respective fields.

New talents have been brought into the team to provide expertise in pulmonary stem cell biology, the design of novel steroid drugs, and clinical follow-up.

Together, this team has the potential (a) to greatly enhance the understanding of the impact of very premature birth on the developing lung, (b) to improve resuscitation and ventilation techniques, and (c) to translate the new knowledge into clinical practice to improve the outcome for prematurely born babies. Using well characterized animal models we will determine gene networks involved in fetal lung development and how these are altered by premature birth.

The successful transition from fetal to postnatal life is critical for survival at birth but more information is needed. Using newborn lambs and rabbits, we will trial novel strategies for enhancing the transformation of the immature lung into an effective gas exchange organ at birth.

New data on lung aeration will be obtained using a synchrotron. We will also derive new information on birth-related adaptive changes in lung blood flow, gas exchange, respiratory drive and upper airway activation.

In human preterm births we will analyse video recordings of resuscitation of premature infants to improve respiratory adaptation and minimize the risk of lung injury. In infants and lambs we aim to develop improved resuscitation and ventilation strategies to minimize lung injury; in these studies we will analyse and improve the effectiveness of altering the delivery of gases to the lungs, and the background pressure. We will trial new methods of ventilation aimed at improving lung development after very preterm birth.

These studies will lead to a greater understanding of how novel ventilation techniques operate to improve gas exchange in the lungs, and will enable us to stabilize and resuscitate very premature infants at birth with a minimum of lung injury.

More specific steroid drugs are now available and these will be assessed for their effects on lung development. We will also explore the use of Vitamin A-like drugs and stem cells in the prevention and treatment of lung injury resulting from severe preterm birth.

The proposed techniques are all available within our laboratories and have the potential to improve the survival and health of very premature babies.

**MANUAL OF GUIDELINES AND ANNUAL SUBSCRIPTION – INCREASE IN COST**

**D**ue to increasing printing costs and postage charges, it has become necessary for Council to approve a slight increase to the cost of the manual of guidelines and annual subscription.

As from January 2006 the cost will be as follows:

**Manual of Guidelines: \$77.00**  
(Inclusive of GST & postage and handling)

**Annual Subscription: \$66.00**  
(Inclusive of GST & postage and handling)



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## **THE NEW ARC OFFICE**

**A**fter almost two years the ARC has moved into their new office. The space provided by the Royal Australasian College of Surgeons (RACS) includes an office for Mrs Carol Carey with an adjoining meeting room. Council is very appreciative to RACS for their ongoing support over the past 29 years and in particular for making office space available to Council.



National Chairman, A/Professor Ian Jacobs recently enjoyed a week working in the new ARC office.

***NEWSLETTER EDITOR  
MRS CAROL CAREY***

***“ANY ATTEMPT AT RESUSCITATION IS BETTER THAN NO ATTEMPT”***

## ADVERTISEMENTS

### 4 STEPS FOR LIFE

The 4 Steps for Life is an innovative fun way for people 50 – 70 to learn resuscitation (CPR) with friends.

Funded by the Victorian Government this program is free to Victorian community groups with membership in the 50 – 70 year age group.

The kit — developed by Melbourne's Metropolitan Ambulance Service — is an entertaining, self learning package comprising

- A video (20 minutes)
- A practical session guided by the video
- Pillow Pals (innovative training aids developed to support practice at clubs without the need for manikins)
- CPR Champions Guide (to assist the smooth organisation of the club session)
- Fridge magnets (to prompt recollection at home)
- Answers to Common Questions ([English](#), [Italian](#), [Vietnamese](#), [Greek](#), [Chinese](#))
- Evaluation forms to support future development of the program.
- Brochure - 4 Steps for Life Program ([English](#), [Italian](#), [Vietnamese](#), [Greek](#), [Chinese](#))

If you are a representative from a group, club or association and would like to attend a 4 Steps for Life presentation to receive a kit for your group please contact us:

Phone 1300 550 472

Email [cpr@mas.vic.gov.au](mailto:cpr@mas.vic.gov.au)

#### Warning

4 Steps for Life is not an accredited training course and is therefore not suitable for those with a duty of care to provide first aid. Ambulance Victoria runs accredited CPR courses at many locations across the state.

## UPCOMING EVENTS

### 2005 Australian College of Ambulance Professionals (ACAP) National Conference Call for Papers

13-15 October 2005

National Convention Centre, Canberra

### *"Something for Everyone"*

The Conference will bring together practitioners in pre-hospital and emergency care at all levels of practice and from government and non-government spheres. It aims to showcase the latest research, technology and thinking in emergency health from Australia and around the world. We anticipate over 300 delegates from Australia, the Pacific and South-East Asia will attend.

The Conference will be held in conjunction with the 50<sup>th</sup> anniversary of the ACT Ambulance Service. The theme of the conference is "Something for Everyone". Among the speakers who have accepted our invitation to speak are Dr Bryan Bledsoe, Associate Professor of Emergency Medicine (Adjunct) at The George Washington University Medical Center, and Dr Matthew Cooke, Emergency Medicine Advisor to the UK Government Department of Health.

#### CALL FOR PAPERS

Submissions must be submitted with the official [cover page](#). Submissions should not exceed 500 words and must be in MS Word format. Submissions may be printed in a conference magazine, at the discretion of the conference organising committee. The committee will consider all submissions received before 15 March 2005.

Send your submission to:

[conference2005@acap.org.au](mailto:conference2005@acap.org.au) including in the subject line the words "ACAP 2005 Submission". Alternatively, you may post your submission to:

ACAP 2005 Submission  
PO Box 1284  
Woden ACT 2606

### 8th Australian Palliative Care Conference (APCC)

#### *'New Horizons'*

30 August - 2nd September, 2005.

Sydney Convention and Exhibition Centre

For further information on the conference and to register online please visit our website: [www.pallcare.org.au](http://www.pallcare.org.au) or email the Conference Managers on [pallcare2005@tourhosts.com.au](mailto:pallcare2005@tourhosts.com.au)



*"Helping out on the ARC stand at the Cocktail Party"  
Natalie & Binky*

## ***SPARK OF LIFE CONFERENCE APRIL 2005***



*"A quick bite to eat before some more work!"  
Binky, George & Alan*



*"Enjoying the Conference Dinner"*



*"Our Scientific Convenor"  
Jennifer*



*"Even the young ones enjoyed the Conference  
Katie, Beau, Zack & Grace*

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