



NEWSLETTER

Australian Resuscitation Council

July 2011

Vol 35 No. 2

ITEMS IN THE COUNCIL NEWSLETTER ARE FOR INFORMATION ONLY AND DO NOT NECESSARILY CONSTITUTE OFFICIAL COUNCIL POLICY. MATERIAL MAY BE COPIED FOR LIMITED DISTRIBUTION SUBJECT TO AN ACKNOWLEDGEMENT OF THE SOURCE.

2011 SPARK OF LIFE CONFERENCE

The 8th International Spark of Life Conference was held at the Pan Pacific Perth on 8-9 April 2011 with a total of 523 delegates and trade representatives in attendance. On Thursday 7 April, prior to the SOL Conference, there was a Neonatal Satellite meeting which was attended by 108 delegates.

The State and overseas breakdown of delegates for both meetings was as follows:

Western Australia	149
Victoria	98
New South Wales	74
Queensland	65
South Australia	56
New Zealand	28
Tasmania	8
ACT	4
NT	6
Overseas	10
TOTAL	498

From these 498 delegates, 469 registered for the three days with only 29 just registering for the one day Neonatal Satellite.

The following Trade Exhibitors attended the conference and once again contributed significantly:

- Active Publications
- AMBU
- Cardiac Science
- CSL Biotherapies (Supporter)
- Ferno Australia
- Fisher & Paykel Healthcare
- Healthcorp
- implox
- Laerdal (Major Sponsor)
- LMA Pacmed
- Mayo Healthcare
- Mediquip
- Neovie Pty Ltd
- Philips Healthcare (Sponsor)
- Physio-Control
- RAPP Australia
- Zoll Medical

There were a total of 54 trade representatives in attendance.

The 2013 SOL Conference will be held at the Hilton on the Park Melbourne 18-20 April.

Please check the ARC website for further information as it becomes available.

ARC FAREWELLS A LONG STANDING

MEMBER



After just short of 18 years, Mr John Hall has decided it is time to leave the ARC. John joined Council in November 1993 as the representative for the Australian College of Ambulance Professionals, now known as Paramedics Australasia. During his time on Council John has served as Convenor of the BLS sub-committee and in July 1996 he was appointed Secretary/Treasurer and held this position until his retirement from Council in July 2011.

All members of Council wish John and his wife Barbara and their extended family all the very best for the future.



NEW!!! ARC Guidelines App for iPads & iPhones (Safari, Chrome, Android)

Please follow this link to open the App
<http://www.resus.org.au/app/default.html>

When the App has opened, tap on the 'Page Options' button. (The page with an arrow coming off it) and then select "Add to Home Screen". You may then customise the App name if you like or just click the blue 'Add' button in the top right. A 'white' ARC icon will now appear on your home screen giving you quick and direct access.

NEONATAL RESUSCITATION

On 14 July the ARC hosted a meeting which included neonatologists, neonatal nurse educators and midwifery educators representing all Australian states and territories and New Zealand to discuss the future of neonatal resuscitation training. The current "state of play" in Australia and New Zealand, and aspects of training models and resources were discussed.

Various groups around both countries have already put considerable work into developing a variety of innovative teaching materials and systems. The entire group concluded that there was enthusiasm for developing a national (or preferably, binational - Australia and NZ) standard system of training, which should make use of the best components of the Australian and New Zealand materials. There was strong support for the Australian Resuscitation Council leading this effort. In consultation with the neonatal community, the ARC will progress with plans to make this a reality. Any questions about these plans could be directed, via the ARC, to Dr Helen Liley, Neonatal Coopted Member of the ARC.

NEW AND/OR REVISED GUIDELINES

- Guideline 9.4.1 Australian Snake Bite
- Guideline 9.4.8 Pressure Immobilisation Technique
- Guideline 9.5.1 Emergency Management of a Victim who has been Poisoned
- Guideline 11.3 Precordial Thump & Fist Pacing
- Guideline 10.5 Legal and Ethical Issues related to Resuscitation

The above guidelines can be obtained from the ARC website www.resus.org.au via the guidelines link.

ARC (VICTORIAN BRANCH)
RESEARCH GRANT SCHEME 2011

This scheme is designed to facilitate research into the practice of resuscitation or first aid and support high quality resuscitation research projects which require only modest funding

Two grants totalling \$15,000 have been recently awarded following a call for submissions earlier this year. A \$10,000 grant to Dr. Karen Smith for her project *"Are post-ROSC vital signs and management associated with survival from Out of Hospital Cardiac Arrest?"* and a \$5,000 novice researcher grant to Jen Rawet for her project entitled *"Track and Trigger systems in Emergency Departments"*. Congratulations are extended to both successful applicants.

The Victorian Branch has invested over \$50,000 into research grants through the scheme over the past six years with an aim of improving the resuscitation and first aid evidence base and ultimately saving lives.

Grants will be available once again in early 2012. These will be advertised on the ARC web site and applications are encouraged once open.

Assoc Prof Tony Walker ASM
Chair, Victorian Branch

FAQ
THREE STACKED-SHOCKS

Three Stacked Shocks were removed from the standard ALS algorithm as part of the 2010 CoSTR changes. It is now included under the special circumstances in resuscitation guideline.

Where a patient with a perfusing rhythm develops a shockable rhythm in a witnessed and monitored setting and the defibrillator is immediately available and they were previously well perfused and oxygenated pre-arrest then the use of 3 stacked shocks may be considered.

This situation is rare and may occur in the pre-hospital setting, emergency departments, critical care and coronary care units, and possibly also in the operating room. In these settings it may be appropriate to use a 3 stacked-shock technique, especially where there may be a relative contraindication to external cardiac compressions (e.g. after cardiac surgery).

The "3 stacked-shock sequence" can be optimized by immediate rhythm analysis and charging of the defibrillator. This sequence may be of benefit in scenarios where the time required for rhythm recognition and for recharging the defibrillator is short (ie: <10 seconds). In these situations, such as in-hospital arrests, it would be expected to deliver the sequence of shocks (up to three) in no more than 30 seconds.

NEW ANTIPLATELET AND ANTI
COAGULANTS APPROVED

A number of new anticoagulants and antiplatelet agents will be encountered on an increasing basis by health care providers of resuscitation in the emergency, hospital and out of hospital setting over the coming year.

The new antiplatelet agent Ticagrelor has been approved by the TGA in June 2011 for use in Australia, for use in combination with aspirin to prevent atherothrombotic events in adults with acute coronary syndrome. The agent is a P2Y₁₂ receptor antagonist that does not require metabolic activation and hence has a faster onset and offset in action compared to clopidogrel.

The pivotal clinical trial leading to approval of the drug was the PLATO study. The study enrolled 18,624 patients with acute coronary syndrome (NSTEMI and STEMI if primary PCI) in 43 countries globally. Ticagrelor was associated with a 16% reduction (9.8% vs 11.7%, p<0.001). In the composite primary end point (cardiovascular death, myocardial infarction or stroke) compared to clopidogrel when both drugs were accompanied by aspirin, over a mean of 12 months 9.8% vs 11.7% (p<0.001).

Dabigatran was approved by the TGA in April 2011 for use for stroke prevention in atrial fibrillation. The Re-LY study enrolled 18,113 patients with non valvular atrial fibrillation. It was found that twice-daily dose was superior to warfarin in efficacy with a similar risk of major bleeding to warfarin when used at a dose of 150 mg and reduced risk at the 110 mg dose. Dabigatran was associated with less risk of intracranial haemorrhage than with warfarin at both doses. The main advantage of dabigatran over warfarin is a more predictable pharmacokinetic profile, and routine anticoagulation monitoring is unnecessary. There has been a lack of interactions between cytochrome P450 enzymes and dabigatran, although amiodarone and verapamil may increase plasma concentrations of dabigatran and lead to an increased bleeding risk. There is no antidote if bleeding occurs.

COI: Darren Walters is a clinical investigator in clinical trials for both Astra Zenica and Boehringer Ingelheim. He has received reimbursement for research related expenses.

ARC INSTRUCTOR COURSES
2011

Courses remaining for 2011:

ARC NSW Branch	5/6 November
Royal Melbourne Hospital	5/6 December

If you have successfully completed the cobadged ARC/RC(UK) ALS Provider course and were IP'd (Instructor Potential) by the course Faculty, you are eligible to sit an ARC Instructor Course. Registration forms for the remaining courses for 2011 are available from the ARC website www.resus.org.au via the ARC Instructor Course link. Spaces are limited.

NEWSLETTER EDITOR
MRS CAROL CAREY

[ARC COUNCIL REPRESENTATIVES – JULY 2011](#)



Back Row L-R: Peter Leman (Australasian College for Emergency Medicine), Michael Anderson (Australian & New Zealand College of Anaesthetists), Hugh Grantham (Chairman, ARC South Australian Branch), Peter Mckie (Chairman, ARC ACT Branch), Michael Parr (Australian & New Zealand College of Anaesthetists), Darren Walter (Cardiac Society of Australia & New Zealand), Paul Arbon (St John Ambulance, Australia),

Second back row L-R: Paul Middleton (Chairman, ARC New South Wales Branch), Malcolm Anderson (Chairman, ARC Tasmanian Branch), Helen Liley (Co-opted Neonatologist), Natalie Hood (Surf Life Saving Australia)

Second Row L-R: Christopher Poulter (Heart Foundation), Susie Helmrich (Australian College of Critical Care Nurses), Ramanathan Narendranathan (Royal Australian College of General Practitioners), Steve Dean (Chairman, ARC Queensland Branch), Michael Reade (Australian Defence Force), John Hall (Paramedics Australasia)

Front Row L-R: Suzie Davies (ARC Research Officer), Mike Gale (ARC Course Co-ordinator), Jim Tibballs (Co-opted member), Ian Jacobs (Chairman ARC Western Australian Branch & ARC National Chairman), Carol Carey (ARC Executive Officer), Peter Morley (Australian & New Zealand Intensive Care Society & ARC Deputy Chairman), Richard Aickin (Chairman, New Zealand Resuscitation Council), Julie Considine (College of Emergency Nursing Australasia)

Absent: Frank Bridgewater (Royal Australasian College of Surgeons), Danielle Meredith (Australian Red Cross), Tony Walker (Chairman, ARC Victorian Branch), John Pearn (Royal Life Saving Society Australia), Shane Lenson (Royal College of Nursing Australia)

UPCOMING EVENTS

9TH INTERNATIONAL SPARK OF LIFE CONFERENCE

"REIGNITING THE SPARK OF LIFE"

HILTON ON THE PARK, MELBOURNE

18-20 April 2013



Conveniently located at 192 Wellington Parade, Melbourne, Melbourne, VIC, Australia in Melbourne City, Hilton On The Park Hotel Melbourne is the supreme home base from which to explore or do business in Melbourne, home to some of Australia's finest attractions.

Thursday 18 April 2013 – Satellite meetings to be confirmed

2 Day SOL Conference 19-20 April 2013

2013 will be 20 years since the inaugural SOL conference held at Hilton On The Park, Melbourne.

Further details:

Mrs Carol Carey, Conference Convenor:

Tel: (03) 9249 1214 or Email: arc@surgeons.org