



# NEWSLETTER

## Australian Resuscitation Council

November 2009

Vol 33 No. 3

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### **C2010 CONSENSUS ON SCIENCE TIMETABLE FOR MANAGING THE PROCESS**

**T**he extensive evidence based review of the resuscitation science undertaken under the auspices of ILCOR is nearing completion. To prepare for possible changes in resuscitation guidelines following this international science review the following process and timetable has been established.

**O**f significant importance is that the ARC will be undertaking this process collaboratively with our colleagues from the New Zealand Resuscitation Council (NZRC). This is vital as we move to our common goal of having uniform resuscitation guidelines in both Australia and New Zealand under our combined international group ANZCOR.

- **27/28 April 2010**  
Consensus on Science (CoS) document will be signed off by ILCOR. CoS document embargoed and submitted for publication to the journals *Circulation* and *Resuscitation*.
- **15/16/17 July 2010**  
Joint ARC and NZRC meeting to review/prepare guidelines in response to the resuscitation evidence being published in CoS. Councils will have confidential pre-publication access to CoS for this purpose.
- **28/29 October 2010**  
CoS document will be published in the journals *Resuscitation* and *Circulation*. Public access to CoS available from this date. Final draft ARC and NZRC guidelines circulated for comment with feedback required by 24<sup>th</sup> November 2010.
- **26/27 November 2010**  
Joint ARC and NZRC meeting to review feedback received and ratify guidelines.
- **December 2010**  
Release of ARC and NZRC Resuscitation Guidelines.

## ARC SUBSCRIBERS

### **REMEMBER TO RENEW YOUR SUBSCRIPTION**

**S**ubscriptions now run for twelve months from the date of payment. You must renew your subscription to continue to receive hard copy guideline updates and the newsletters.

### **Renewal notices are no longer issued**

**Y**ou will begin to receive a warning 30 days prior to your expiry date when you login to the subscriber's link on the ARC website.

Select **Pay Now** to renew and pay your  
\$66.00

**Y**ou will retain your current access details.

**S**hould you require any amendments to your registration details please email [ARC@surgeons.org](mailto:ARC@surgeons.org).

## AUSTRALIAN RESUSCITATION COUNCIL - ACT BRANCH

**T**he newly formed ACT Branch of the ARC is up and running. All enquiries re membership of this branch can be forwarded to the Chairman Mr Peter Mckie at [peter.mckie@parasolemt.com.au](mailto:peter.mckie@parasolemt.com.au).

## ILS COURSE CENTRES CHANGES TO FEE STRUCTURE

**A**t the most recent Council meeting it was moved that the \$1,000.00 per year ILS course centre fee would no longer be charged. In place of the course centre charge a fee per participant will be introduced. Council determined that the fee per participant would be \$66 (inclusive of GST) which covers the cost of the manual, certification and administration.

**C**ouncil believes that this change will improve access to the ILS course as organisations will be able to register as an ILS course centre without the additional expense of an annual course centre fee.

**A**pplications and regulations with regard to becoming an accredited ILS course centre can be obtained from the ALS Courses link on the ARC website. [www.resus.org.au](http://www.resus.org.au)

## ALS & ILS COURSES

**D**uring 2009 the advanced life support provider courses (ALS & ILS), have been run in a number of centres around Australia. These courses have become very popular and it is envisaged the number of courses to be run in 2010 will more than double. Course dates (when available) are placed on the ARC website [www.resus.org.au](http://www.resus.org.au) via the ALS Courses link. Please contact course centres direct for registration and application details.

**T**o become a course centre for either of these courses please contact the ARC Course Coordinator or Executive Officer. The advanced life support course level 1 (ILS) and level 2 (ALS) are co-badged with the RC(UK) and have educational accreditation with an increasing number of professional colleges i.e. Australian College of Rural and Remote Medicine.



## ARC ALS INSTRUCTOR COURSES

**A**chievement of ALS Instructor status requires completion of 3 elements:

1. Attend an ALS course and be nominated for Instructor Potential (IP).
2. Attend an Instructor Course (or GIC).
3. Successfully complete teaching practices as an Instructor Candidate, (IC).

**F**ive very successful instructor courses have been run this year. Council believes that this number will increase in 2010. Planned for release in 2010 is the ILS instructor course. This aims to further increase the opportunity for developing this course across all of Australia.

**T**he ARC has appointed a course co-ordinator who will oversee the administration and further development of the courses. The course co-ordinator can be contacted via email [ARC.courses@surgeons.org](mailto:ARC.courses@surgeons.org).

## DRAFT GUIDELINES CURRENTLY UNDER REVIEW

**T**he following draft guidelines will be issued to member organisations and State Branches as committee working drafts.

### Glossary of Terms

<b>Guideline 8.6</b>	Priorities at the Scene of a Road Accident
<b>Guideline XX</b>	Helmet Removal
<b>Guideline 8.9.1</b>	Pressure Immobilisation Technique
<b>Guideline 8.9.2</b>	Envenomation – Snake Bite
<b>Guideline 8.9.6</b>	Envenomation – Jellyfish Stings

## NEW AND/OR UPDATED GUIDELINES

**T**he following new guideline was approved for circulation at the November 2009 Council meeting and is included with this Newsletter.

**Guideline 11.11**  
Managing Acute Dysrhythmias

## ARC GUIDELINES PENDING ILCOR GUIDELINE REVIEW

The Listed worksheets can be viewed at <http://www.americanheart.org/ILCOR>

<b>Guideline 2.1</b>	Priorities in an Emergency (EIT 008A-008B)
<b>Guideline 3.1</b>	Unconsciousness (BLS 003A – 003B)
<b>Guideline 4</b>	Airway (BLS 0413A, 011A-011B)
<b>Guideline 5</b>	Breathing (BLS 009A, 052A-052B)
<b>Guideline 6</b>	Compressions (BLS 023A-023B, 033A-033B, 034A-034B, 035A-035B, 045A-045B, 047A-047B, 005A-005B, 006A-006B, 008A-008B)
<b>Guideline 7</b>	CPR (BLS 005A-005B, 006A-006B, 008A-008B, 017A-017B-017C, 023A-023B, 026A-026B, 051A-051B, 053A-053B)
<b>Guideline 9.1.1</b>	CPR Training (EIT 001A-001B, 005A-005B, 002A-002B, 026A, 004A, 007, 009A-009B, 010A-010B, 013A-013B, 015A-015B, 017A-017B, 019A-019B, 021A-021B, 029A-029B)
<b>Guideline 9.1.2</b>	CPR Instructor Competencies (EIT 002A-002B)
<b>Guideline 9.6.2</b>	Cross Infection Precautions in BLS (BLS 012A-012B, EIT 014A-014B)
<b>Guideline 10.1.1</b>	Protective Devices for Rescue Breathing (BLS 012A-012B)
<b>Guideline 10.1.3</b>	Public Access Defibrillation (BLS 004A-004B)



## LOUISE OWEN UNDERGOES A HEART TRANSPLANT



*"Just another challenge in my life and I will win it."*

**T**hese are the words which Louise said to me after her heart transplant. (*Carol Carey*) With her outlook on life and determination I have no doubt that she will win!

**A** large number of our readers will remember Louise's presentation at the opening of the 1999 Spark of Life Conference in Melbourne when she told of her remarkable story about when she was 30 and 26 weeks pregnant with her second child she had a sudden cardiac arrest in front of the Year 9 students she was teaching. The students were able to revive her with the help of two teachers from the school who performed CPR and kept her blood flow going until the ambulance arrived with the defibrillator and she was defibrillated on the classroom floor. She was then flown by the rescue helicopter to Brisbane where she underwent a caesarean and baby Katy was born while she was still on life support. Louise woke up about a week later and had no idea what happened. Katie was very premature but survived her incredible entry into the world.

**F**ollowing that ordeal, Louise was fitted with an implantable defibrillator which was there as a back up just in case another such incident should occur. The defibrillator never shocked however in 2007 a number of other problems started to appear and it was recommended that Louise be placed on the waiting list for a "new" heart.

**F**or many years Louise has been involved in teaching CPR and spreading the work about its importance in the community.

**O**n 20<sup>th</sup> October 2009 Louise received the telephone call of a life time and on 21<sup>st</sup> October 2009 Louise underwent a heart transplant at St Vincent's Hospital Sydney. Although she has a long road to recovery, her spirits are high and with the love and support of her husband Gary and her two daughters, Grace and Katy she will overcome another hurdle in her life.

**W**ith best wishes for a speedy recovery from the Australian Resuscitation Council.

## ARC ACCREDITED ALS COURSES

**T**he following courses have gone through the accreditation process and been accredited by the ARC.

### **ACCCN**

Accreditation expires Dec 2012

### **Cairns Base Hospital**

Accreditation expires June 2013

### **Code Blue Nurses**

Accreditation expires March 2012

### **Consortium of Education**

Accreditation expires May 2012

### **Critical Care Educ Services**

Accreditation expires Nov 2011

### **FulcrumTRG**

Accreditation expires Oct 2012

### **HealthCare Training Service**

Accreditation expires Aug 2012

### **Joondalup Health Campus**

Accreditation expires March 2010

### **Resuscitation Council (UK)**

Accreditation expires Jan 2011

### **RFDS – WA**

Accreditation expires Aug 2014

### **The University of SA**

Accreditation expires Sept 2011

## **ARC MEMBER ORGANISATIONS AND STATE BRANCHES**

**C**ouncil would like to express their thanks and appreciation to member organisations and State branches for their ongoing support of the ARC. Furthermore, for the continued funding of their representatives to attend ARC meetings three times per year is acknowledged by both representatives and Council.

- Australasian College for Emergency Medicine
- Australian College of Ambulance Professionals
- Australian College of Critical Care Nurses Ltd (ACCCN)
- Australian Defence Force
- Australian and New Zealand College of Anaesthetists
- Australian New Zealand Intensive Care Society (ANZICS)
- Australian Red Cross
- Cardiac Society of Australia and New Zealand
- College of Emergency Nursing Australasia Ltd (CENA)
- Convention of Ambulance Professionals
- National Heart Foundation of Australia
- Royal Australasian College of Surgeons
- Royal Australian College of General Practitioners
- Royal College of Nursing, Australia
- Royal Life Saving Society - Australia
- St John Ambulance Australia
- Surf Life Saving Australia Limited
- State Branches



**SEASONS  
GREETINGS TO ALL  
OUR READERS**

**NEWSLETTER EDITOR  
MRS CAROL CAREY**

## UPCOMING EVENTS



Resuscitation 2010  
**ON THE HORIZON**  
April 30th – May 1st 2010 • Auckland, New Zealand

 **NEW ZEALAND Resuscitation Council** [www.nzrc.org.nz](http://www.nzrc.org.nz)  
Whakahauroa, Aotearoa

Conference secretariat: Conferences & Events Ltd | Phone: +64 472 0337 | Email: [nzrc@confer.co.nz](mailto:nzrc@confer.co.nz)

The banner features a large image of a tree on a green hill under a blue sky with clouds. To the right is a collage of four smaller images: a sailboat on water at sunset, a fern frond, the CN Tower in Auckland, and a beach scene. A red diagonal banner in the top right corner of the collage reads "FIRST ANNOUNCEMENT".

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

*SHERATON HOTEL, PERTH 7-9 April 2011*



Overlooking the Swan River and foreshore parks, the Sheraton Perth Hotel offers a great location.

Updated information will be posted on the ARC website as it becomes available.

### Further details:

Mrs Carol Carey, Conference Convenor:

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