

2010 sees the 50th Anniversary of Modern Resuscitation.

In the next edition we will explore the evolution of modern resuscitation and preview the upcoming 2010 ILCOR and ARC / NZRC meetings which could produce some changes to the current CPR guidelines.

For this edition we have several interesting articles. We look at the important role Airservices Australia play at Melbourne airport and investigate how the emergency services in North West Tassie train in response to a motor vehicle accident. Also featured is a potentially life saving iPhone application launched by St John Ambulance in Australia.

SwimSafe. Helping Build a Nation of Strong Swimmers



Children of Da Nang are taught water safety knowledge & rescue skills.

From the South China Sea to the Gulf of Thailand and the mighty Mekong River, Vietnam is surrounded by water. With much of its countryside riddled with smaller rivers and water bodies, it is surprising that very few people know how to swim. Drowning kills more children than any other single cause post-infancy in Asia, and in Vietnam alone, between 35 and 40 children drown each day.

In response to this, The Alliance for Safe Children (TASC) and Royal Life Saving Society – Australia have developed and implemented the SwimSafe program. Designed to teach children to swim as well as giving them water safety knowledge and rescue skills, SwimSafe engages trainers to teach both the children and their teachers. Australian Youth Ambassador for Development Amy Peden is one such trainer who worked in the coastal Vietnamese city of Da Nang.



'Survival Swimming' lessons as part of the SwimSafe program.

As always we hope you enjoy this edition as we are proud to share news and exciting developments within the industry. Your feedback and story ideas are always welcome; please email us at customer.service@laerdal.com.au (Australia) or customer.service@laerdal.co.nz (New Zealand)



"The children are taught the basics to help them stay alive in a drowning situation, such as kicking, breathing and floating skills," states Amy. "We call it 'survival swimming'. They also learn how to rescue others without putting themselves in danger." More than 6,000 children are receiving lessons in the first wave of the SwimSafe program last year, and by the end of this Vietnamese summer, almost 12,000 children will have learned the skills that may one day save their life. It is also one of the first programs outside the developed world to teach CPR to children as young as 10 years old.

Most lessons are conducted in portable swimming pools, located in primary schools across the seven districts of Da Nang, and children are also taught at a community swimming pool and the local beach. "There's no better reward at the end of a long day than hearing from mums about how much their children are enjoying the classes," says Amy. "Parents tell us that their kids are more confident when they are in the pool and have better health as they are sleeping and eating better. The question we're most often asked is when the program is going to be extended to adults!"

The Royal Life Saving Society–Australia (RLSSA) helped develop the program, which is also used in Bangladesh and Thailand. They have sent experienced trainers across the region to assist in the 'train the trainer' activities, as well as sending donated CPR manikins to all three countries. SwimSafe also involves different organisations across several countries, such as the Hanoi School of Public Health, Red Cross–Vietnam, the Centre for Injury Prevention and Research Bangladesh, TASC Thailand and Royal Life Saving.

For such a broad-reaching program, it is notable that the main impact of SwimSafe is in ground-level fundamentals: teaching local staff water safety. In her time in Da Nang, Amy has directly assisted in the training and certification of 112 local teachers and lifeguards in survival swimming teaching and CPR. A major reward of her job is in seeing the joy of the swim teachers in learning and passing on their skills. "Just knowing that their work is protecting these children from drowning seems to enliven their days—their enthusiasm is infectious."

For more information on the SwimSafe program in Asia, see www.swimsafe.org

Royal Life Saving has recently announced plans to host the International Life Saving's World Conference on Drowning Prevention in Da Nang, Vietnam in May 2011. Abstracts are open and sponsors are being sourced. More information at www.worldconferenceondrowningprevention.org

In This Edition



Emergency Expo Day

This Volunteer Rescue Demonstration brought together the key emergency services normally called upon in a road crash.



New Life Saving iPhone Application

Two iPhone applications have been launched by St John Ambulance Australia, with a third one on the way.



Special Unit At Airport On Hand To Save Lives

Airservices Australia is a service designed to respond not only to fire emergencies at Tullamarine Airport in Melbourne, but medical ones as well.

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HEARTSTART FEATURE

Special Unit At Airport On Hand To Save Lives

With thousands of people departing and arriving at airports every hour, it's no wonder these busy hubs see a lot of emergencies; from fires to fainting or sudden cardiac arrests (SCAs). Airservices Australia is a service designed to respond not only to fire emergencies at Melbourne Airport in Melbourne, but medical ones as well.

Over 80 trained fire fighters respond to all calls in the airport terminals, as well as potentially attending to any medical condition involving passengers arriving via plane or other first aid calls in the terminal areas. In the last year they have had five SCA saves using AEDs with four of those surviving. Response times usually happen within 2-3 minutes – which is particularly important for heart attacks – and are comparable to the landmark MCG trial.

Training and fire fighting facilities include five new trucks from Austria with specialist equipment for aircraft (including foam), as well as a smoke house and aircraft mock-up for training scenarios. A training room includes the use of a Resusci Anne Simulator, which incorporates CPR and defibrillation scenarios tailored to their situation. All staff are re-accredited every 90 days for first aid and other qualifications. The airport terminals also have advanced monitoring equipment with air sampling equipment to detect smoke/dust particles, and early warning devices and smoke detectors.

A recent save within the Tiger Airways terminal saw a 56-year-old passenger's life saved after a heart attack. Three bystanders administered CPR immediately, with the patient's heart stopping several times in the process. A nearby Public Access Defibrillator was located, and Airservices staff in conjunction with Ambulance Victoria resuscitated her. The patient was taken to hospital and made a full recovery. This group effort shows that with appropriate training, equipment on hand and a timely response, excellent outcomes can be reached in saving lives.



Tony Devereux - Aviation Firefighter with Airservices Australia in Melbourne.

HEARTSTART FEATURE

New Lifesaving Apps From St John Ambulance Australia

Forget about Facebook updates or lightsaber battles; your iPhone can start saving lives today. Two iPhone applications (apps) have been launched by St John Ambulance Australia, with a third one on the way.

Free on the iTunes App Store, 'MediProfiles' collates emergency medical information in the one place, including allergies, medications, next of kin, medical action plans and more. 'Resuscitate', available for \$2.49 AUD, focuses on the importance of the DRABCD Action Plan, which is used around the world as primary assessment for every casualty. It also includes a powerful proximity sensor that locates the nearest St John Ambulance Public Access Defibrillator (PAD). 'First Aid', soon to be released, will be Australia's first illustrated step-by-step guide to rendering first aid, and show people how to treat things like choking, burns, fractures, asthma and severe bleeding.

With about 25,000 Australians suffering a sudden cardiac arrest each year, apps such as 'Resuscitate' demystify the defibrillator process for everyone; by using simple language coupled with large clear images, displaying an interactive animated defibrillator demonstration, and an embedded video demonstration of how to use an AED.

This is an ideal tool to help educate Australia's estimated 1.1million* iPhone, iPod Touch and iPad market about lifesaving skills, and having these apps available makes people more inclined to learn about emergency First Aid. St John Ambulance Australia has reported a very positive response to the new applications, and 'Resuscitate' remains number one in the Medical category on the iTunes App Store.



More info: stjohn.org.au/apps

HEARTSTART FEATURE

Honouring the 50th Anniversary of Modern Resuscitation

New insight into vital human functions in the late 1950s led to the development of mouth-to-mouth rescue breathing and external cardiac compression. And in October 1960 these techniques were combined as Cardiopulmonary Resuscitation (CPR), which marked the birth of modern resuscitation.

CPR promised a vast life saving potential. However, it was realised that this promise could only be fulfilled if help was given very early. In consequence, there was a need to train large numbers of bystanders to become able and willing to perform CPR.

Understanding the educational challenge, Norwegian dollmaker, Asmund S. Laerdal, the founder of Laerdal

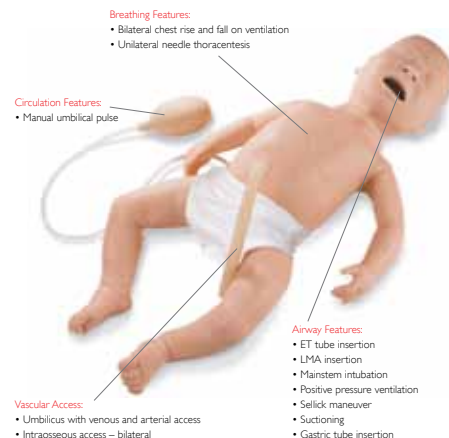
Medical, developed Resusci Anne as a simulated patient for practicing CPR. She proved to make a difference with an estimated 400 million now having been trained in CPR worldwide.

Over the subsequent 50 years, new medical knowledge has opened up possibilities for even more appropriate and advanced resuscitation measures and methods. This has presented new and exciting educational challenges for the industry.

Newborn Anne

Newborn Anne realistically represents a full term newborn female designed for skills training in neonatal resuscitation.

- Educationally effective allowing specific neonatal resuscitation skills to be taught individually or in combination with other skills
- Realistic anatomical landmarks and durable design simulate a full-term female newborn
- Lightweight and portable design allows Newborn Anne to be highly mobile for use in multiple clinical settings
- Newborn Anne is easy to use and was designed to be integrated into all neonatal clinical training curriculums



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Any CPR Better Than None

Alarming findings by staff at The Children's Hospital at Westmead have sparked renewed calls for people to learn resuscitation or update their skills. The study found that while most people would perform CPR on a relative, many are still unwilling to perform it on a stranger.

Emergency department staff surveyed 348 parents at the hospital in February and March 2009. Over half had done CPR training in the past year, however only 1 in 10 people were able to perform CPR properly.

Despite extensive research showing CPR by a bystander can dramatically increase the chances of survival, knowledge of these skills is still quite poor. "One of the problems was that people thought they could do harm if they didn't know how to perform CPR properly," said author Fenton O'Leary. "But you're very unlikely to inflict harm on someone who has no signs of life by blowing in their mouth and pressing on their chest."

In light of The Children's Hospital at Westmead's findings, perhaps this year's 50th anniversary of modern resuscitation will reinforce the importance of this vital life-saving skill.

Other findings of the study included:

- 6 in 10 people would help a collapsed stranger
- 1 in 3 would not treat a collapsed child
- 70% of respondents knew initially to deliver 2 to 5 breaths
- 80% would put the head of an older child in an extended position
- Almost all surveyed said they would not check the airway for obstructions

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FEATURE

Huge Turnout For Volunteer Rescue Demonstration

Hundreds of curious onlookers assembled last November at Gravelly Beach in northern Tasmania to see 'patients' cut out of a two-vehicle head-on collision. Part of a Volunteer Emergency Expo Day, this demonstration not only revealed to the public some of the techniques used in road rescue, but brought together the key emergency services normally called upon in a road crash.

The Expo came about via the local West Tamar council, which established a volunteer Road Accident Rescue (RAR) group in 2007. The recent Gravelly Beach scenario attracted hundreds of locals for an hour-long demonstration involving one manikin being cut from a vehicle, with the other assisted to walk out. Liam Cox, coordinator of the Beaconsfield branch of the Volunteer

Ambulance Officers Association of Tasmania (VAOAT), was present to assist in the day and to expand upon his skills as a student paramedic:

"Most of the time when you get nasty accidents like that, it's not in a training environment," observes Liam. "Obviously road rescues are very common, and if you know how to work with the other services beforehand, it's very useful. In training, you've got to stitch them up, put a collar on them, and have to give them pain relief. The only thing different is that the patient's not screaming in real pain."

On the day, Liam noted the benefits of opening up communication between services. "(Paramedics) are the advocate for the patient, whereas (SES) just need to take the vehicle apart," he says. "That's why inter-agency collaboration is good – sometimes we have to say 'taking the roof off is not going to work in this situation, can we take the side out'? Just like in real life."

For novice paramedics, learning how life-saving equipment operates beforehand can prove invaluable.

"If you're in the vehicle supporting a child and they start ripping doors open or smashing windows over you, it's nice to know what to expect," says Liam. The opportunity to learn multiple new skills and refresh old skills was helpful for many of the volunteers, many of whom had never been involved in RAR prior to the day.

Other agencies present included Tasmanian Ambulance Service, Sea Search and Rescue, SES, police, bombsquad and a water-bombing helicopter. The Expo also included an 'open ambulance', where members of the public were able to look throughout the vehicle, and ask questions. A manikin (set up to breathe, with a pulse) was put out on a stretcher, which created a lot of keen interest.

Future plans include an upcoming day in July 2010, which will incorporate fire, SES and ambulance services. "It would be good to create a bigger training scenario like a bus crash—it's very rare you do come across one, but the possibility is quite high," says Liam. "There's a lot of buses out there and a lot of idiots on the road!"



A multi-agency Road Accident Rescue scenario was demonstrated at the Volunteer Emergency Expo Day in Tasmania.

Helping improve patient outcomes

ALS Simulator Advanced



The ALS Simulator Advanced is a realistic interactive training manikin for simulating a wide range of advanced life saving skills in medical emergencies. The simulator responds to clinical intervention, instructor control, and pre-programmed scenarios for effective practice of diagnosis and treatment of a patient.

The ALS Simulator's new peripheral kit and software has added the following advanced features:

- Manikin is controlled via laptop PC based on well proven SimMan software
- A Graphical User interface to write and run a wider range of simulations
- Integrated video recording & debriefing
- Programmable scenarios with Trends & Handlers
- Inclusion of media files: video, sounds etc.

* existing ALS Simulators can be upgraded by adding the new peripheral kit and software. VitalSim Unit also required with Advanced version.

For more information on the ALS Simulator Advanced, visit our website or contact Laerdal Customer Service on 1800 331 565 (AU) or 0800 523 732 (NZ)



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IN BRIEF

Laerdal Staff Movements

In March this year Laerdal Australia said goodbye to our Norwegian colleague Tom Guthormsen who returned back to Norway to manage the European Services division. Tom spent almost 4 years downunder and will be missed by Laerdal staff and customers. His role as National Sales Manager has been filled by Graeme Foulds who has extensive Sales experience in a number of industries including pharmaceuticals. Also joining the head office team is Alex Burstin filling a newly created Operations Manager role.

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CONFERENCES 2010

Date	Conference	Location
20-21 AUG	NSW Rural Critical Care Conference	Orange, NSW
30 AUG - 2 SEP	SimTecT Healthcare Conference	Melbourne, VIC
24-26 SEP	ANZCA Combined SIG Meeting	Port Douglas, QLD
14-16 OCT	Australian College of Ambulance Professionals Conference	Perth, WA
29-31 OCT	Australian Military Medicine Association Conference	Canberra, ACT



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