

# FIRST AID TRAINING MATTERS

Promoting quality in the first aid industry

AECTP



Association of Emergency Care Training Providers Inc.

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## AECTP 2018 Pre-hospital Emergency Care Conference

Congratulations to Amy Symes, winner of our 2018 Conference Work-Place Good Practice Guide feedback competition. The Conference evaluations show a high degree of satisfaction and showing useful learning and updates from our various speakers. We are pleased to announce that next year our Conference will include providing emergency care at the scene immediately post road crash trauma, plus an educational focus as usual. Our 2019 conference will likely be later November 2019 in Auckland and we look forward to any feedback or thoughts about this [www.aectpnz.org](http://www.aectpnz.org).

## 16 Oct 2018 –Restart a Heart Day

This co-ordinated world effort to teach life saving Cardio Pulmonary Resuscitation (CPR) skills was celebrated across the globe to reinforce the 3x key messages:

1. Call 111;
2. Push;
3. Shock.

People joined the campaign with a variety of promotional and community events.

**The First Aid Unit Standards Review**—The Skills Organisation, AECTP and NZ Resuscitation Council met mid 2018 to review the current First Aid unit standards. Skills Org will now consult more broadly early in 2019 prior to releasing the recommended updates. Our AECTP focus considered how we ensure consistency across the sector and provision of training which meets the First Aid training needs of New Zealanders. CMRs will be adjusted accordingly. The current First Aid Unit Standards which are expiring (Dec 2018) will be rolled over to continue as they are meanwhile.

**NZQA's eQuate newsletter**—sign up to NZQA's eQuate newsletter here: <http://www.nzqa.govt.nz/about-us/publications/newsletters-and-circulars/equate/> if you are not already a subscriber.

**New Permanent Delivery Site Approval Forms**—all permanent delivery sites must now be registered with NZQA using one of the two NZQA training site forms: 'Permanent Delivery Site Approval Form' (for Category 1 and 2 providers) or 'Site Attestation form' (for Category 3 and 4

## Cardiac Arrest Register

The St John Cardiac Arrest Annual Report shows that on average five people a day suffer a cardiac arrest, and that because every minute counts survival rates are dramatically improved with good bystander CPR and using an AED. Visit the St John website to see the full report.

Also see the GoodSAM app article on pg3.

**Webinar** — AECTP will disseminate the Methamphetamine webinar information to members by early March 2019.

## NZQA - Peak Body meeting replies

Q—Are there any privacy issues around collecting ethnic data?

A—No, so long as the data did not identify any individuals (i.e. anonymised)

Q—Is the Tertiary Education Strategy and TEC requirement for parity of Māori and Pasifika learners with other learners a government priority applicable across all education sectors?

A—NZQA indicated that this priority came from the Tertiary Education Strategy, which is cross-agency. The emphasis on parity was not likely to change with a new strategy. It was explained that during an EER, parity was viewed in the context of each TEO. Considerable progress has been made since 2014 when the requirement to report on Māori and Pasifika enrolment and achievement was introduced. TEOs were more sophisticated in their reporting of achievement of Māori and Pasifika learners. NZQA will consider this information at the EER, but it will not drive NZQA's judgement or ratings

Q—Gender on enrolment forms - is there any flexibility on the National Student Number (NSN) for a wider range of gender options be included as some students do not self-identify as male or female. The MoE issues NSNs.

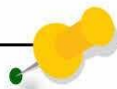
A—MoE is working on making provision for more gender inclusive options.

## In this issue

- Pre-Hospital Emergency Care Conference
- 16 Oct Restart a Heart Day
- First Aid Unit Standards Review
- NZQA eQuate Newsletter
- Permanent Delivery Site Approvals Forms
- NZQA Reports on their 2018 Rules changes
- Cardiac Arrest Register
- Webinar—FA for people taking Meth
- Peak Body Q&A—Privacy; Parity, Gender
- Letter from the Chair
- Common Abbreviations used in our sector
- English Proficiency in New Zealand
- AECTP Meetings 2019
- NZ Resuscitation Council dates, 2019
- AECTP Board Business—round up
- GoodSAM App—Promoting a community of lifesavers (Good Smartphone Activated Medics App)
- Q&As—Teaching CPR?— NZ Resuscitation Council Guidelines must be followed
- AECTP Contact details/Board members
- AECTP website updates Sept-Dec 2018

Wishing you and your families a happy, relaxing, and safe Christmas

Ngā mihi o te tau hou, the AECTP Board



# Letter From The Chair

Our 2018 Annual Conference was an exceptional event, despite atrocious weather and delayed flights. The range of quality speakers throughout the day was a great line up, and feedback from those attending indicated that we could comfortably say that this was the best yet. With nearly 120 attendees and a change in layout of the room, the Board felt that the event really did hit the mark.

Looking at the year ahead, planning will start immediately for the 2019 Conference and the Board will be looking wider to ensure that we build on our successful platform. We will work through the feedback and then make some decisions and quickly let the members know the dates etc. so that this can be place in the diary.

We have not lost sight of the importance of the review of the first aid courses and their unit standards. We know that the public and employers are confused about their needs for quality first aid training, and this is where we must continue to work with the Skills Org to ensure that all training is fit for purpose and follow best practice.

As the current Chair, I remain alert to the recent review of the education sector, and we should all be mindful of what that could mean for our industry. This means that the Board will have a very busy year ahead. This only leaves me to thank everyone for their commitment and contribution to AECTP over the last twelve months and to wish you all an enjoyable festive season.

I have enjoyed the last 2 years as the Chair, but it will be someone else's turn for the next part of our journey. I wish everyone well for the year ahead.

Graham

Graham J. Wrigley, AECTP Chair, 2018

## Common Abbreviations used in our sector

AED Automated external defibrillator

ANZCOR Australian and New Zealand Committee on Resuscitation

ALS Advanced life support

ARC Australian Resuscitation Council

BLS Basic life support

CINZ CORE Instructors of New Zealand

CORE Certificate of Resuscitation and Emergency Care

CoSTR Consensus on Science and Treatment Recommendations

CPR Cardiopulmonary resuscitation

ILCOR International Liaison Committee on Resuscitation

NZRC New Zealand Resuscitation Council

PHEC Pre-hospital Emergency Care

## English Language Proficiency in New Zealand

During 2018 programme monitoring NZQA reported many examples of assessments of international students showed poor English language proficiency, plagiarism and sometimes incomprehensible passed exam papers which should have been failed.

MBIE also reported dangerous situations within workplaces and other providers have indicated that the lack of English proficiency hindered the progress of these learners to further training. Following the monitoring NZQA removed internal TEO proficiency tests. Improvements should be evident within our sector as participants will get better skills in the future and will therefore be able to learn First Aid skills and be able to dial 111 and communicate better in the event of a life threatening emergency.

## AECTP Meetings

Members welcome at Board Meetings

NZQA Peak Body Forums attended at NZQA on 5 Sept, and 5 Dec 2018

2019 meetings will be held on:

- 20 March, Wgt
- 19 June, Wgt
- 18 Sept, Wgt
- 27 Nov, Wgt

## AECTP Board Meetings

12 -13 Feb 2019—Board Meeting, CHCH

## NZ Resuscitation Council

### 2019 COUNCIL MEETINGS

- 4 -5 March, Wgt
- 1-2 July, Wgt
- 25-26 Nov, Wgt

### ANZCOR SPARK OF LIFE CONFERENCE

- Sydney 9-10-11 May 2019

### ANZCOR—CONFERENCE

- Spark of Life, Sydney

### CORE ADVANCED INSTRUCTOR COURSES 2019, HAMILTON

- 30-31 March
- 25-26 May
- 6-7 June
- 7-8 Sept
- 2-3 Nov

NZRC is currently reviewing the algorithm Guideline (11.10) Resuscitation in Special Circumstances to simplify the early management flowchart for anaphylaxis.

[www.nzrc.org.nz](http://www.nzrc.org.nz)

## AECTP Inc. Board Business

Our 2019 Board and Planning meeting is 13-14 Feb.

The Board continues to engage with the Skills Organisation on the review of the 6400 Unit Standard series.

Details of the 2019 Annual Pre-Hospital Emergency Care Conference to be held in Auckland will be announced by mid February.

AECTP Contacts

[www.aectpnz.org](http://www.aectpnz.org)

Secretariat: [info@aectpnz.org](mailto:info@aectpnz.org)

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## Promoting a community of lifesavers.

[Download the poster for your workplace here.](#)

The GoodSAM app is now available in New Zealand, supported by St John, Wellington Free Ambulance and the National Cardiac Network. Imagine you were off-duty and someone near to you suffered a cardiac arrest. You were in a position to respond and help, but just needed to be alerted. Wouldn't you want to know? Well, now you can.



Outcomes from cardiac arrest are best when the patient receives immediate CPR and defibrillation within the first five minutes. Emergency services can't always arrive within five minutes, but it is likely that someone who knows how to perform CPR and use an AED is nearby and just unaware that they are close to a patient in cardiac arrest.

### The GoodSAM app

The GoodSAM app is a free app that alerts people that a patient suspected to be in cardiac arrest is nearby, allowing them to possibly save a life by providing CPR and using an AED (if available) prior to emergency services arriving.

The app was developed in the United Kingdom and has been implemented by a number of ambulance services around the world.

### How the app works

People who know how to perform CPR and use an AED, and who are prepared to voluntarily respond to a patient suspected to be in cardiac arrest, are able to register as a 'responder' on the website and download the app on their phone.

If a GoodSAM responder is within 1000 metres of a suspected cardiac arrest they will receive an alert via their phone giving them the opportunity to respond. The app also shows responders the location of the incident and the known closest AEDs.

The more people who download the app, the more coverage we will achieve across New Zealand and the more likely we are to improve outcomes from cardiac arrest.



### How to sign up as a responder

1. Make sure you have a clear photo of your driver's license or passport for uploading.
  2. Follow this link in your web browser: <https://www.goodsamapp.org/regResponder>
  3. Under verifying organization select "**New Zealand: Public**".
  4. By signing up you agree to the [Terms & Conditions](#).
  5. Download the responder app from [Google Play](#), [Apple](#), or [Microsoft](#) and use the email address and password that you have just registered with on the website to log-in.
  6. Once you've been verified and are logged in successfully, update your profile.
  7. If you own a Defibrillator, you can register this and its public access location in the "Defibrillator" section in the App.
  8. Find more [FAQs here](#), or for further assistance please contact [goodsam@stjohn.org.nz](mailto:goodsam@stjohn.org.nz)
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### Teaching CPR—Compressions and Breaths

by Kevin Nation, Chief Executive, New Zealand Resuscitation Council

There is no doubt quality CPR for those in cardiac arrest improves the likelihood of good outcome.

When the International Liaison Committee on Resuscitation (ILCOR) reviewed the science of CPR in 2017, a number of key recommendations were made. There was agreement that bystanders should perform chest compressions for everyone in cardiac arrest, and those who are trained, able and willing to give rescue breaths should do so at a 30:2 ratio of compressions to breaths<sup>1</sup>.

ILCOR recognises there are some potential benefits to teaching compression-only CPR. It is simple to learn, and easy to direct someone to do. However, it must also be emphasised that there are significant potential benefits to combining compressions and ventilations for those in asphyxia arrest (commonly seen in infants and children), or in settings where ambulance response time is prolonged.

New Zealand Resuscitation Council (NZRC) guidelines for CPR in New Zealand reflect these scientific principles and values, but what does this mean for the messaging in formal training sessions?

Compression-only CPR is best seen as the first step in a series of resuscitation steps, and as a minimum standard for bystander involvement. It is often used in promotional material and campaigns because of its simplicity of teaching, and as a way to maximise bystander involvement.

Best practice is always determined in part by local context. New Zealand's bystander participation rates (estimated at around 60%) are reportedly relatively high compared to other areas of the world, but that doesn't mean we can't do better.

New Zealand is an island nation, with a long coastline and strong cultural ties to the water. As the summer months roll in, many will be swimming, surfing or just taking their families to the beach to relax. The dark side of this pastime is a tragically high drowning rate – 92 preventable fatal drownings and 148 hospitalisations in 2017 alone<sup>2</sup>. There is clear scientific consensus that those who drown are likely to benefit from combining rescue breaths with chest compression, and an over-emphasis on compression-only CPR in public messaging risks confusion.

It is reasonable that promotional campaigns advocate simplicity. However, for formal training sessions, the NZRC believes teaching ventilations is important. Learners should have the opportunity to practice compressions and ventilations on manikins and receive formative feedback. The benefits of breaths to those in cardiac arrest outweigh the simplicity of teaching compressions alone.

It is easy for those training in conventional CPR to dissuade learners from giving rescue breaths. Statements in teaching such as “you don't have to give the breaths if you don't want to” or “the rescue breaths are not important” are discouraging. Learners should be encouraged and empowered to give combinations of compressions and breaths when they can, as the best thing they can do for those in need. If a bystander is unable to bring themselves to perform rescue breathing, they should be encouraged to at least do chest compressions.

The goal is to save lives and improve outcomes from cardiac arrest. Increasing bystander participation is a key strategy to achieving this. While any CPR is better than none, the NZRC would encourage those trained in CPR to strive to do what's best for those they help.

#### References

Olasveengen TM, de Caen AR, Mancini ME, Maconochie IK, Aickin R, Atkins DL, et al. 2017 International consensus on cardiopulmonary resuscitation and emergency cardiovascular care science with treatment recommendations summary. Resuscitation 2017) 121:201-4  
Water Safety New Zealand, Drowning Prevention Report, 2017

November 2018

For more information see [www.nzrc.org.nz/guidelines](http://www.nzrc.org.nz/guidelines)

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#### 2018 Board Members

Graham Dennis, Independent  
Janet Jamieson, Independent  
Lesley Kidd, Independent  
Yvonne Gray, New Zealand Red Cross  
Graham Wrigley, New Zealand Red Cross  
Shirley Kerr, St John  
Julian Price, St John

#### AECTP Website updates: Sept—Dec 2018

**Conference**—Online registration portal  
**August 2018 AECTP Newsletter**—uploaded  
**News, FAQ & Resources page:**

- Help in Medical Emergencies for Hearing or Speech Impaired
- Restart a Heart Day (Oct 2018), 1. Call 111; 2. Push; 3. Shock
- NZ Resuscitation Council-Teaching CPR—Compressions and Breaths
- Cardiac Arrests Annual Report, St John
- AECTP Media Liaison