

CHANGE MANAGEMENT

Several changes have been made to the National Proficiency requirements in line with SLSA Award Changes. The main changes include:

General Changes

- IRB awareness has been added to the Bronze Medallion/Cert II Proficiency Test this season.
- ATV Induction can no longer be issued. Holders should already have been upgraded to the ATV Operators Award in Surfguard.
- ARC and Defibrillation awards can no longer be issued. Holders should already have been upgraded to the ARTC Award.

CPR Changes

- As from 1st June 2011, all CPR is to be conducted according to the new CPR protocols, and this should be reflected in all proficiencies that include CPR. Refer to circular 62/2010-2011, "Changes to CPR following Australian Resuscitation Council Guideline changes" dated 24th Feb 2011 for more information.

Increased emphasis has been placed on high quality CPR (compressions of adequate rate and depth, allowing complete chest recoil between compressions, minimising interruptions in compressions and avoiding excessive ventilation).

- Greater attention on the use of a defibrillator within the resuscitation process
- An "S" (Send for help) has been added to the acronym DRSABCD. Note that we have previously stated that we should send for help after "R" - checking for response, (if there was no response) but this was not highlighted in the acronym. There is therefore no change to the process other than to highlight the point.
- The major change is that in the victim who is unresponsive and not breathing normally, CPR commences with chest compressions rather than rescue breaths.
- There is **no** change to the guideline for the **drowned person**, that is,
 - **D** - Check for **Danger**
 - **R** - Check for **Response**, if NO Response,
 - **S** - **Send for Help**
 - **A** - Check **Airway**
 - **B** - Check **Breathing**, if NOT Breathing, **deliver 2 Breaths**
 - **C** - Commence **CPR**, rate of 30 compressions to 2 breaths,
 - **D** - Apply **Defibrillator**
- The signs to look for before commencing CPR have been simplified to "responsiveness" and "breathing" i.e. if not responsive and not breathing, commence CPR.
- The term "Signs of Life" is no longer used
- Note that there will be minor word changes to support the above emphasis.
- However, there has been a slight change in the protocol for the sudden, **adult** cardiac arrest (the most common form of arrest)
 - **D** - Check for **Danger**
 - **R** - Check for **Response**, if NO Response,
 - **S** - **Send for Help**
 - **A** - Check **Airway**
 - **B** - Check **Breathing**, if NOT Breathing,
 - **C** - Commence **CPR**, rate of 30 compressions to 2 breaths,
 - **D** - Apply **Defibrillator**
- The difference between the protocol for the drowned person and the sudden adult cardiac arrest is that for the drowned victim we still deliver 2 breaths before starting the CPR cycle (30:2) whereas in the sudden cardiac arrest we immediately commence with the CPR cycle, that is, the 30 compressions before the 2 breaths.

When is Compression Only CPR useful?

Compression-only CPR relies on the fact that in sudden, adult cardiac arrest the lungs and blood contain oxygen at the moment the heart stops. For the first few minutes afterwards, the prime need of the victim is for artificial circulation of the blood. This is provided by chest compressions. It is believed that better results will be obtained if there are no pauses for rescue breaths. After approximately 5 minutes, however, ventilation is required to restore oxygen to the body.

While a number of International teaching bodies have advocated "CAB (Compressions, Airway, Breathing) to emphasis Compressions first and the fact that Compression Only CPR is acceptable, at least for a period of time, the ARC, and Surf Life Saving, will retain the 30:2 ratio for ease of teaching.

The ARC, and Surf Life Saving, also recognise that any attempt at resuscitation is better than no attempt at all, and therefore, if a person is unwilling or unable to perform rescue breathing, then Compression Only CPR is better than no CPR at all.