



Southern Regional AHEC Training Center

Instructor Newsletter
December 2004

Happy Holidays to you all!

This newsletter will give you some information about new services, products and opportunities with AHA training as well as review some important policies for instructors.

New TC Assistant

This past summer we welcomed a new TC assistant, Debra Fulton. Debra is responsible for processing all card orders, manikin rentals, data base management and mailing out correspondence to the instructors. She can be reached at Debra.Fulton@sr-ahec.org, or by phone at 910-678-7286. Fax: 910-323-0674. Her hours are 8:30-5:30 pm Monday through Friday.

Name Change

This year the AHA changed the term for our center – instead of using the term SR-AHEC Community Training Center, we are now known as “SR-AHEC Training Center”.

SR-AHEC TC Website

For the latest memos, update information, or to download forms such as rosters, instructor checkoff/monitoring forms and pretests, please visit our website at:
<http://www.southernregionalahec.org/continuing-ed/aha.htm>

The website is updated as new information is received from the AHA.

Online Renewal Courses: BLS and ACLS

The AHA has posted two renewal courses that participants can take in the comfort of their own computer. S/he would pay a fee - \$15 for BLS and \$99 for ACLS aka HeartCode ACLS Anywhere. The online program covers course content and administers the written exam. Upon successful completion of the online renewal course, a certificate is issued. The participant would then bring the certificate to the AHA instructor or the TC to have their skills checked off. The skills check for an individual student should take no more than 20-25 minutes if no remediation is needed. Skills check sheets are posted on the ECC Instructor page at www.americanheart.org/cpr.

To access the BLS Renewal online follow this link: <http://www.onlineaha.org/>, follow the links to check lists to download those for the skills checkoff. For ACLS renewal online, those must be ordered through any of the three vendors, Channing Bete, (<http://aha.channing-bete.com/>) Worldpoint (www.worldpoint-ecc.com), and Laerdal (www.laerdal.com/document.asp?docID=4517418)

Instructor Update for Heartsaver AED Webcast

If you are a BLS Instructor, you must view this update by the end of 2004. Follow this link to the webcast. The update takes about 15 minutes. When completed please print out the certificate and mail a copy to the TC.
<http://www.americanheart.org/presenter.jhtml?identifier=3018370>

Supplemental Oxygen Use by Lay Rescuers in Cardiopulmonary Resuscitation and Programs of Public Access Defibrillation (PAD)

The *ECC Guidelines 2000* support the use of supplementary oxygen by healthcare providers during basic and advanced life support. Oxygen administration may be useful in the treatment of hypoxia in patients during the period immediately before or after an arrest. It also may be useful for first aid for some specific medical and environmental conditions. At this time, however, there is insufficient data for the AHA to recommend for or against the use of oxygen by *lay rescuers* during the first minutes of cardiopulmonary resuscitation, including that performed in programs of public access defibrillation. There *is* evidence that prompt bystander CPR and immediate defibrillation (especially within the first 3 minutes following collapse) can substantially improve survival from cardiopulmonary arrest. There is also evidence that increasing the complexity of resuscitation skills (eg, by adding oxygen use to the other skills) will decrease skill mastery and retention. For these reasons, the American Heart Association recommends that lay rescuers master the skills of CPR and use of an AED.

The decision to use oxygen in a *lay rescuer* program of **resuscitation or public access defibrillation** is at the discretion of the program medical director. Ideally such programs will use protocols and perform quality improvement monitoring to determine the impact (if any) of oxygen use on time to initiation of CPR, time to first shock, and survival. Please contact the AHA ECC website to watch for new AHA statements and updates on CPR science and recommendations: www.americanheart.org/cpr.

Reporting Rosters and Class Size

The AHA recommends specific Student-to-Instructor ratios in AHA materials. This ratio (student-to-instructor) is 8:1 providing the class length and/or student-to-manikin ratios ensure that the curriculum objectives are met. In North Carolina the ECC has approved a ratio of 1:10. Three critical factors must be considered at all times when determining any modifications to the student-to-instructor ratios:

- Ensure adequate skills practice time for each student.

- Ensure that each student leaves the class with mastery of the skills to a reflex level.
- The objectives of the specific course are met.

PLEASE NOTE: Rosters showing otherwise will be returned to the instructor and no cards will be issued. (i.e. a course roster with one instructor teaching more than 10 people with no other assisting instructor will NOT be accepted or receive cards).

You are responsible for reporting any classes taught outside of our CTC to ensure you get credit for teaching. Instructors must teach at minimum, 4 classes every 2 years to maintain instructor status, **AND** be monitored within those 2 years by an Instructor Trainer or Regional Faculty **AND** score 90% or better on the provider exam. There are no grace periods for re-certification. If your instructor status expires, you will have to retake the initial Instructor Course.

PALS Renewal and ENPC

The Emergency Nurses Association has worked with the AHA to obtain approval for those nurses seeking PALS renewal **AND** to become certified in ENPC (Emergency Nurse Pediatric Course) the option to do both at the same time. PALS Instructors must be used for the AHA portion of the course. Participants seeking both course completion cards will have to take both exams as well. For more information on this, please give me a call or visit the AHA website at americanheart.org.

Frequently Asked Questions

I am an ACLS instructor. Can I teach my own courses?

ACLS and PALS require instructors to teach only under the supervision of a Course Director.

How do I get a replacement card?

To replace a provider card or an instructor card, contact the training center that originally issued the

card. If you need a replacement for a provider card, contact the instructor of the course if they don't know the issuing training center.

I have a science or protocol question. Whom do I contact?

First, contact your Course Director or Training Center Coordinator. If neither of them can answer the question, contact the ACLS National Faculty for your region. You can contact the ACLS National Faculty through the ECC Regional Manager.

I want to change my Training Center. What do I need to do?

Changing alignment from one Training Center to another is a simple process. Contact the coordinator of the new training center and discuss aligning with them. Once the new training center agrees to accept your alignment, they will contact the previous training center for your records. Instructors should notify the previous training center coordinator that they will be contacted by the new training center coordinator. A \$10.00 check made payable to SR AHEC is required to complete your transfer request.

I'm moving to a different part of the state. Do I need to transfer my TC membership?

No, you do not have to transfer your membership to another TC as long as you are satisfied with the one you currently belong to. Just remember to report your teaching activities back to your "home" TC so that your records will maintain currency.

New Program Administrative Manual (PROAM)

The 2004 version of the AHA Program Administrative Manual is now available. You can purchase it directly from the vendors or we also have selected chapters posted on the SR AHEC TC website for you to download at your leisure. All SR AHEC TC Faculty receive the PROAM when they attend Faculty orientation.

New TC Faculty

Welcome to the newest TC faculty at SR AHEC! Ana Blackburn and Michelle Gross two of our new BLS Faculty and to Diana Moss as our newest PALS TC Faculty. Our next TC Faculty Orientation is January 7. If you are interested in becoming TC Faculty, please contact Andrea for more information.

Did you know?

- 1.274 million men and 892,000 women with coronary heart disease were discharged from hospitals in 2000 (discharges include people both living and dead). From 1979 to 2000, these discharges increased nearly 18%.
- People who survive a heart attack have a 1.5-15 times higher chance of illness and death than the rest of the population. Both men and women have a substantial risk of another heart attack, sudden death, angina pectoris, heart failure and stroke.
- Within one year of a recognized heart attack, 25% of men and 38% of women will die.

Within six years after a heart attack,

18% of men and 35% of women will have another heart attack.

7% of men and 6% of women will experience sudden death.

22% of men and 46% of women will be disabled with heart failure.

8% of men and 11% of women will have a stroke.

With your help and knowledge, we can improve outcomes and save lives! For more information on "Get with the Guidelines" program you can use for patient teaching for Stroke and CAD see the website at: <http://www.americanheart.org/presenter.jhtml?identifier=1165>