

nexus

NEWS, VIEWS AND INFORMATION
FOR ADVANCED PAEDIATRIC LIFE
SUPPORT INSTRUCTORS

FEBRUARY 2013

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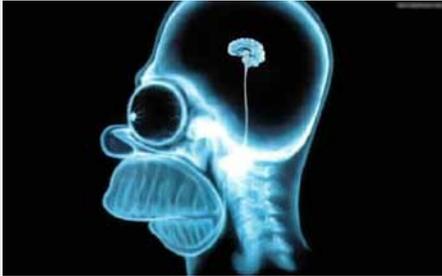


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NEWS PICTURE PERFECT



APLS needs your clinical photos!

Many instructors personalise their lectures with great images – this x-ray of Homer Simpson was first spotted in a radiology lecture at APLS HQ.

As we update our course materials for 2013, we would love to gather an archive of your best clinical images.

Copyright-free medical images are hard to come by, so this archive of images would be available to all instructors.

If you have any good quality clinical images from your personal collections (free of copyright and privacy issues) and would be happy to share with the APLS community, please email them with a description to feedback@apls.org.au and we will create an online archive.

NEWS APLS BOARD MEMBERS

An APLS board election took place in November at the company AGM.

Following this election, current membership of the APLS board is:

Stuart Lewena (Chair)
Dianne Crellin
Malcolm Higgins
Ian McCall
Michelle Williams

We welcome Di to the board and thank all the candidates involved.

MEMBER OFFER EQUITANA

Australia's favourite horse show and APLS have a number of packages available to our instructors at bargain rates.

Equitana have very kindly donated two full event family passes and 5 pairs of single day ground passes for Equitana Sydney, 7-10 November – for more info, visit www.equitana.com.au.

APLS will organise hotels and packages will be available to all instructors – first come, first served.

All funds raised by this and future



member offers will go into an APLS Development Fund for international courses, scholarships and other worthy causes.

More details soon!



NEWS PAC IS BACK IN 2013

PAC 2012 was a great success in Melbourne in November – and our annual conference will return bigger and better in 2013.

PAC 2013 will take place at the Sheraton Noosa Resort & Spa, Noosa Heads, on Fri 25-Sun 27 Oct 2013.

Unlike this year's 'mini-PAC', the 2013 APLS conference will be back to the three day format. Friday evening will see a welcome BBQ, with Sat and Sun for sessions, seminars and networking, and a formal dinner Sat evening.

All this in gorgeous Noosa Heads on the Sunshine Coast, which is a little

more exotic than Melbourne CBD on a blustery November day. So book the time off now!

Online registration will open early Autumn for PAC 2013. Any recommendations for speakers or sessions you'd like to see at the event, please email feedback@apls.org.au.

Thanks to all delegates, caterers and our outstanding speakers who made PAC 2012 such an enjoyable experience. Follow the links below for a taste of PAC if you missed out...

LINKS
[Download PAC 2012 presentations](#)

UPDATES ANZ EDITION MANUAL & e-BOOK

ESSENTIAL INFORMATION FOR ALL APLS INSTRUCTORS

From March 25, all APLS and PLS courses will be taught using the brand new ANZ APLS manual and updated course materials. Here's everything you need to know about the changeover...

What is the ANZ 5th Edition?

An Australia / New Zealand edition of the APLS manual was mooted by the APLS board over two years ago to reflect differences in teaching between the UK and Australia & New Zealand.

What started as a few replacement pages printed in the office became the temporary 5th edition, which is the version you are using now – 200 pages of the original and 200 pages printed and replaced (by hand!) by the APLS office.

The new edition is the final version. A standalone publication adapted specifically for use in Australia and New Zealand, two years in the making. It is available as a hard copy folder and an e-book – the first of its kind for Australia and APLS.

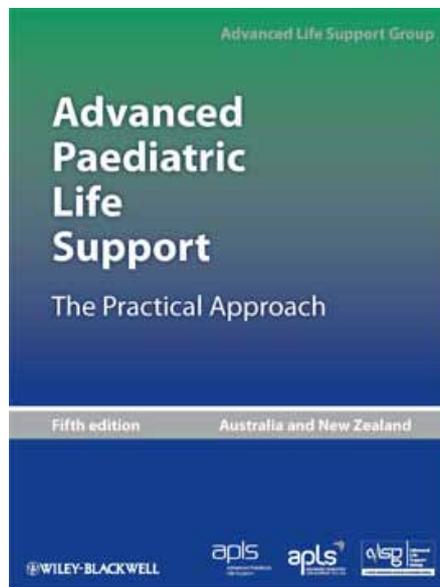
When will I get my copy?

All APLS instructors will receive a complimentary copy of the e-book to replace your temporary 5th edition. We will email these out throughout the year, 6-8 weeks before your first course with the new edition (4 weeks for PLS).

If you haven't received your e-book within 6 weeks of your course, please contact us at the office.

Will the course materials change too?

Yes. The new edition has given us the opportunity to update our teaching materials for (1) consistency with the new manual and (2) to iron out long-standing quality issues.



Between the Course Development Committee and the APLS Board, all of your feedback from forms, faculty meetings and PAC Conferences over the last 12 months has been reviewed in detail.

The 22 members of the Course Development Committee have updated each teaching station on the course with your feedback, which is then signed off by a clinical board member.

Most changes are for consistency but many areas have been enhanced – for example, new lectures on newborn resuscitation and burns, a new video for head injury, new MCQs, etc.

The new course materials will be available online from early March. More detail on specific updates will be available to all instructors around this time.

What's the difference between the temporary 5th Edition and the published 5th Edition?

Mainly consistency. As the temporary edition only included 200 replacement pages, many of you pointed out inconsistencies of practice and doses between the UK original and the Australian pages. The new edition is the complete Australasian version with updated sections on envenomation, burns, triage,



neonatal resuscitation and the formulary.

What shall I do with my old manual?

APLS would like to collect all the temporary edition manuals to distribute to our projects in developing countries.

We will have a manual amnesty for courses throughout February and March – so please hand in your old edition manual to your co-ordinator.

Can I have a print edition manual?

Everyone will receive a free e-book edition, but if you'd prefer a hard copy edition, let us know and we will keep your e-book. If you would like both, the second can be purchased from APLS at a cost of \$70 – a \$20 saving on RRP.

Any more questions?

Email us at feedback@apls.org.au.

ESSENTIAL INFO

March 25th-27th, APLS Melbourne
First course with the new manual

New manuals

Will be sent as an e-book 6-8 weeks before your course

Updated course materials

Online early March

FEATURES SIMON YOUNG – 15 YEARS OF APLS

IN-DEPTH INTERVIEW WITH OUR OUTGOING CHAIRMAN

From the bottom of a drawer to a multi-million dollar business, the evolution of APLS Australia is a remarkable story.

And the drawer in question belonged to Simon Young.

The distinctively tall Victorian, chairman and driving force behind APLS for 15 years until stepping down last year, is fresh from a visit to Burma as part of his year-long sabbatical. As ever the talk turns to APLS – how the country would be perfect for the course, how links could be made, and you can see another item being added to what must be an extraordinarily long mental to-do list.

Simon, though, is full of enthusiasm and drive: for the new Australian edition manual, for future international courses, and for bringing APLS into the digital age with a virtual learning environment. But back in 1992, the digital age – and APLS Australia itself – was little more than the germ of an idea.

“I was working at the Alder Hey Children’s Hospital in Liverpool,” remembers Simon. “And I met the people who had the genesis of the APLS course going on there. So I did my course – I actually wasn’t selected to be an instructor – and thought, ‘We should bring this to Australia’.”

By 1997 and now Director of Emergency Medicine at the RCH Melbourne, Simon and other key figures in the history of APLS arranged for the UK’s instructor team to teach the first APLS course under the Southern Cross. One small problem: the \$60,000 cost of expenses and air fares.

“I’d tried a few people – Laerdal, my hospital, the government – and no-one was interested,” says Simon. “So I went to



see Peter Phelan, Professor of Paediatrics at the University of Melbourne and asked for \$60,000 to start this thing off. Within two minutes he had given us a cheque for \$20,000.

“I then saw Chris Bagley, who is now the Chief Medical Officer of Australia but at the time was President of the Royal College of Emergency Medicine, and mentioned that the paediatricians had given \$20,000 – he told us that he’d better give \$20,000 as well.”

The rest was made up by the RACGP and ACCRM, and the first APLS Australia course took place at Westmead Children’s Hospital Sydney in 1997.

“With the six instructors from the UK we ran a provider course for 12 candidates, who rolled straight on to an instructor course,” says Simon. “And they are the 12 Apostles of APLS – our first instructors.”

Teaching APLS in the early years was nothing like it is now – the ‘Apostles’ would instruct on virtually every course as demand grew for what was a unique training opportunity for Australian doctors.

“Early on I was away every second or third weekend – difficult times,” remembers Simon. “One other person who stands out as being extremely generous was Chris Webber. We tallied it up one year and we’d both taught on 12 courses, because the instructors who were there were great teachers, but needed affirmation of what they were doing was right. In one respect we were a bit of a fraud: nobody told us we were doing the right thing.”

Quickly the company grew and with the appointment of Sandy Willis as full-time co-ordinator and a board of directors – as Simon puts it, “the first glimmers of democracy” – APLS as a company was born in 1999.

“Essentially it was run out of a drawer in my office at RCH,” Simon remembers. “Brown paper bags with cash in, all sorts of dodgy stuff. But we found an office at RCH, set up as a not-for-profit, and started to act a little bit like a company.”

And the unique quality of APLS – that it is taught, governed by and very much owned by its voluntary members – was a

philosophical decision taken very early on.

"A medical course has never been set up this way before," explains Simon. "If you look at the EMST or the trauma course it was the College of Surgeons, so you have the backing and expertise of a multi-million dollar company. The ACLS cardiac course is the same, backed by the College of Emergency Medicine.

"The reason we didn't do that was that so many people from different backgrounds were involved in APLS – there were emergency physicians, paediatric emergency physicians, paediatric intensivists, paediatric anaesthetists, paediatric surgeons, general surgeons, country doctors...

"So many diverse backgrounds, so which college do you get to take it on? So we thought let's do it the difficult way and set this up on our own."

And through the hard work and vision of its members, ever-increasing demand to train new medical graduates – what Simon calls "a big challenge not just for APLS but for the hospitals too" – and the outstanding reputation of the course, APLS is about to embark on its busiest ever year. Simon is clearly proud, though not a little surprised that APLS has come this far.

"It would not have surprised me at all if we had started this off and it had ran for five, ten years, then fizzled out," he says. "And clearly, it was wildly more successful than we thought.

"It's successful because the people at the clinical front line feel anxious about dealing with children and the APLS course has got a reputation for being able to help with that.

"Trying to gauge the impact on the kids themselves is really difficult. But I've always had the philosophy in mind that even if I put an enormous amount of effort into this company and one child got better treatment, that's enough."

Though no longer serving as chairman, Simon will continue his close involvement with APLS ("I want to be a fantastic course director; I want to run instructor courses; and I'll spend a lot of time overseas.")

And whether enthusing about online integration of the course, training the next generation of doctors or the need to "walk in the shoes" of paediatricians in developing countries, you sense that for Simon, the work has really just begun.

LINKS

[Read the full interview here](#)

NEWS APLS'S GOT TALENT

The dates, venue, and bikini/surfboard combination for PAC 2013 are set.

Next step is the very important issue of entertainment at the event. Of course we can hire people, but we have so many outstanding musicians, singers, speakers, writers and poets in our ranks, so why look elsewhere?

If you can contribute in any way or know of talented people with skills which can be shared (obviously a good cross stitcher will not be a hit at the MCG!!) we would love to hear.

Finally, before you accuse our CEO of being cheap and mean, let us stress that this initiative is not a back road to saving a dollar.

"I do admit to being watchful of the APLS bottom line, but in this regard that consideration does not enter my mind at all. We want to create a feeling of community and ownership and no better way than putting our home-grown talent on display" says Phil Davies, CEO, and a former tax lawyer.

And he looks very sincere too!

NEWS COOLUM

APLS tests the family-goodwill and we wanted to make up for that. To do this we offered to combine family time and courses at Coolum July 5-8.

We invited instructors to bring their family to the resort during course time and stay on an extra two nights.

The offer obviously touched on a need. We were inundated by expressions of interest with almost 70 instructors sticking their hand up. The faculty is now selected and for all who missed out, we will repeat the exercise next year.



Australia's second APLS provider course with instructors from the UK, 24 candidates and the '12 Apostles' – Melbourne, 1997

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FEATURES THE ABC OF APLS

EVER WONDER HOW A COURSE COMES TO LIFE? APLS STAFF REVEAL ALL

KAREN GLAHN, OPERATIONS MANAGER

You are sitting down to a great faculty dinner. Just one day more and this APLS course has been put to bed, but the planning started more than 12 months ago.

June-July we contemplate a map of Australia. Apart from the capital cities, where should we run courses? Is there interest, punters, a suitable venue with lecture theatre and six breakout rooms, and what about accommodation? We need something better than a youth hostel in close proximity and do they serve breakfast?

We run about 80 APLS courses a year dotted round Australia, so dates suitable for climate, school- and public holidays, mixing up weekend and midweek periods are chosen.

Somebody we know checks it all out, dates are secured (no rainy season in Darwin and Cairns!), contracts signed and we are away – after having done this about 80 times. Marie is in charge of this and she negotiates those contracts as if her Christmas bonus depends on it. For the record – it does not!

At this stage all the dates will now be on the website and all instructors notified that they can 'choose their courses'.



Now 'choose' is a hefty word because it indicates that you get what you wish for. Unfortunately that is not always the case, if you choose Broome, Tasmania, Geelong, Alice Springs, Darwin and places where it is balmy in winter. So we juggle names, distances, qualifications and to a certain degree, seniority and APLS commitment. In a way instructors earn their stripes.

All this put in the mix and faculties are built with adding and removing, swapping, calculating, changing and exasperating a few of you whose repeated requests somehow fell on deaf ears.

KRISTI INGRILLI, APLS COURSE ADMINISTRATOR

Once venues, accommodation and faculty are locked in, it's time to get each course up and running.

As candidates register, their manual and pre course information is sent out. Whether they receive it or not can sometimes be at Australia Post's discretion. Director's "discretionary" places are either filled or released as we aim for a full candidacy of 24.

Then it's onto faculty – confirming availability, booking flights and accommodation and trying to work out how many will come to the dinners, even though they are still at least a month away. Final details are sent to directors to complete allocations and then information is distributed so everyone knows where they're going, how they're getting there and what they're teaching once there.

Candidate lists and rotation sheets are compiled and sent to the co-ordinator along with details of hotels, dinner venues and anything else that may help things run smooth as silk. It will

always change as both faculty and candidates swap between courses, but it's a start.

Confirmations are key – from venue to hotel to dinner and everything in-between, even candidates sometimes forget they've booked in for a course. Then the course runs...and we hope that everyone turns up, enjoys the course and passes!

As equipment and paperwork is returned to the office, there are certificates to be sent, evaluations to be collated and re-sits to be arranged for those whose nerves may have got the better of them during testing. Those candidates with RACGP membership have their points allocated and nominees for becoming an instructor are invited to attend a GIC course.

Sooner or later, everything makes its way into a folder as we wait for the next one, which has more than likely already been and gone...

NEXT ISSUE - PLS & EQUIPMENT

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web www.apls.org.au

COMMENT FROM THE CEO

PHILLIP DAVIES, APLS CEO

Happy New Year to all APLS members!

What's your new year's resolution? The usual get fitter, drink less or have more fun?

Our new year's resolutions at APLS this year are both the usual and the more ambitious.

The usual is to continue to provide quality courses throughout Australia at reasonable prices, to continue to make improvements in teaching and learning techniques on our courses, and to support and give back to our wonderful membership base.

In that regard, we are also committed to producing the highest quality PAC Conference for our members later in 2013 on the Sunshine Coast (see above for the details – book early!)

Our aim for the PAC Conference is to be the highlight of our year for members.

However, our agenda for 2013 is more and should be more ambitious than merely business as usual for APLS.

The aim in 2013, together with the focus on our core values

and business, is to seek to strengthen and promote the APLS brand more widely.

As we know, the APLS brand has a strong reputation amongst certain healthcare professionals, but needs to continue to build its reputation amongst healthcare professionals and the wider health sector.

This aim is one for the longer-term, and we may not see immediate results, but there is no better time to begin this push in 2013.

We are putting strategies in place to seek to heavily promote our brand in the next 12 months or so. You can help by continuing to spruik the benefits of APLS and its courses to your peers and colleagues in your workplaces and through your respective healthcare networks.

A strong brand is vital for the longevity of APLS and will lead, together with developments and improvements in our courses, to an enhancement of the APLS experience for members, candidates and staff.

Now about that run along the Yarra at lunchtime!

MEET THE STAFF

Meet the faces behind the scenes at APLS HQ.



Kristi Ingrassia
APLS Course Administrator

Kristi, our APLS course administrator, is the main point of contact for all candidates, instructors, venues and hotels for each APLS course. Looking after everything from pre course paperwork to venue & catering details and faculty travel bookings, Kristi then looks after post course record reconciliation and issuing certificates. Outside of APLS, Kristi is a self-confessed gym junkie and is quickly getting addicted to the road cycling "scene". She also spends time volunteering with Very Special Kids, helping out families at home with their sick children & also at their fundraising events. Perth born & bred, Kristi will never get used to Melbourne weather, but has stopped complaining about it, much to her colleagues' liking.

Marie Brancatella
PLS & Venue Hire Administrator

Marie started with APLS in 2011. She manages all components of PLS and is part of the PLS Committee. APLS recently launched a venue hire service, 5th at 505. Using her experience in event management, Marie oversees venue hire operations. This year, Marie will also be part of the team who will organise PAC 2013 and APLS courses for 2014. Outside of APLS, Marie runs her own business as a wedding planner and personal assistant. Marie got married in December and for her honeymoon she lapped it up on a luxury cruise liner – she never knew the true meaning of the phrase "all you can eat" until she boarded the ship. Marie loves all things which embrace family, good friends and a good belly laugh.