

# nexus

NEWS, VIEWS AND INFORMATION  
FOR ADVANCED PAEDIATRIC LIFE  
SUPPORT MEMBERS



## PRESIDENT'S REPORT

STUART LEWENA

APLS Australia has been contemplating the move to an online educational component to the course for several years.

As you all know, we have made the commitment this year, both in terms of time, will and money to develop a tailor-made online educational resource to enhance the existing course.

Literally hundreds of hours of planning and development culminated in 3 days of filming in Melbourne last month to record the clinical scenarios that will form the backbone of the online teaching.

A professional film crew did their best to extract Oscar-winning performances from a number of our instructors. A handful of professional actors added some polish to the production. The task of editing all this material is now well underway.

Whilst there is still a considerable amount of work to be done, we remain on schedule to deliver our new course from the beginning of 2015.

During the latter part of this year we will be working to ensure all instructors are informed of the relevant changes. The PAC Conference in Sydney will be an important part of this process.

We'll get a chance to see some of the online materials and understand how candidates will work their way through them. We'll also discuss the changes made to the face-to-face part of the course and the impact this will have on all of us as instructors.

Fortunately, there will be very few changes to get used to apart from some modifications to lectures and working on our "learning conversation" skills to make the...

**Continued, p3**

JUNE 2014

## IN THIS ISSUE

- 2 PAC 2014
  - 3 e-learning film shoot
  - 4 A change in lifestyle
  - 5 From the CEO
  - 6 Family courses for 2015
- International manuals  
Manikin giveaway



## PAC 2013 ON DEMAND

Catch up on last year's PAC Conference, session by session, at your fingertips.

[vimeo.com/ondemand/pac2013](http://vimeo.com/ondemand/pac2013)

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## PAC 2014 ESSENTIALS

### DATES & VENUE

Fri 24-Sun 26 October 2014, Novotel  
Manly Pacific, Manly, Sydney

### SOCIAL

Friday & Saturday gala dinners with  
live music and entertainment

### PRICES

**\$695** Full delegates  
**\$375** APLS medical instructors  
**\$275** Nurse / paramedic delegates  
**\$175** APLS nurse / param. instructors

### EARLY BIRD

Book by 1 July for a \$25 discount and  
on demand access to all of PAC 2013

## NEWS PAC 2014 BOOKING OPENS, TOPICS ANNOUNCED

### Like to join us for this year's Paediatric Acute Care Conference in Manly?

After a great weekend in Noosa last October, we're pleased to announce more outstanding speakers and fun social events for PAC 2014.

Scientific sessions are themed around infectious diseases in acute care paediatrics; abdominal pain and appendicitis; disaster medicine and short stay wards / hospital in the home.

Other sessions will include death and dying in the ED, the role of ultrasound and an update on pain in the paediatric patient.

As usual, expert speakers from around Australia will present at PAC in a mix of updates, lectures, panel discussions and interactive sessions.

Confirmed speakers to date include Simon Craig, Sarah Dalton, Greta Palmer, Adam O'Brien and Andreas Schibler.

Friday afternoon at PAC 2014 is set aside

for APLS instructors and directors.

The 12-2pm Friday session is for APLS directors. This session will focus on seeking directors' input for a modified APLS face-face 3 day program. This includes defining the priorities for reinforcement of APLS content and how the program can enhance learning from experienced clinicians.

After 2pm, all APLS instructors are welcome to attend an afternoon of faculty development. First off, Simon Young will present the new pre-course online learning program (known as the VLE – Virtual Learning Environment).

The next two sessions will provide practical tips for instructors to run scenarios and facilitate larger group discussions and workshops. The aim will be on helping instructors to give up some of the 'control' of knowledge content in order to maximise the learners' synthesis and application of knowledge.

The afternoon's program will conclude with the AGM and the opportunity for

**The PAC promotional image of Sam and Will embracing their dad Geoff is very special to APLS, and you already know them.**

They are the twins in the APLS birth film, as seen in the Newborn Resuscitation lecture.

They are now 2 years old and our plan is to follow them every year as our PAC 'poster boys'. (Photo: Jenna Fahey-White)

Q&A with Stuart Lewena, the Board and Committee Chairs.

On the social side, PAC 2014 has two gala dinners: a welcome event on Friday evening and the traditional conference dinner on Saturday, with live music and entertainment.

We hope you can join us in Manly for a weekend celebrating the very best of APLS.

### LINKS

**PAC 2014 registration**

## UPDATES LIGHTS, CAMERA, ACTION...

Royal Children's Hospital in Melbourne became an APLS film set in May as our e-learning project entered its next phase.

14 instructors, seven actors and a pro crew filmed narrative scenarios over three days for our forthcoming VLE.

Scripted by Simon Young and directed by David Watton, the high concept shoot will be the centrepiece of the APLS e-learning program.

Candidates will work through the films interactively, anticipating treatment and decision points as they go. Alongside this will be more traditional e-learning modules with experts guiding candidates through the key concepts of APLS.

Nurse instructor Matt Sawyer from Sydney was one of our star performers, helping to manage a baby with croup, a

child in asystole arrest and a boy in septic shock over the course of the shoot.

"It was hard work, and fun" said Matt. "I've got a bit of experience of film sets but this was my first time in front of a camera, pretending to do what I actually do for a living. We're always looking to advance ways of teaching at APLS so I'm quite excited to see how this goes."

The crew – whose credits range from 'Killer Elite' to 'The Pacific' – also had fun, rigging cameras to wheelchairs, trolleys and operating theatre lights to get those all-important Hollywood shots.

Thanks to all our cast who took time out and put in great performances.

You can see some behind-the-scenes footage and a preview below...

**LINKS**  
[Watch the preview](#)



## NEWS COME FLY WITH ME

Instructor David Long made a classy entrance to APLS Port Macquarie – flying himself to the course in his private plane.

"We flew from Lilydale Airport in the Yarra Valley, landing at Woollongong to refuel," said the budding Top Gun.

"Our route took us over Mt Hotham and Kuscusko to the southern NSW coast,

then north along the coast at low-level, after some orbits of Sydney Harbour. Unfortunately it is a little bit more expensive than flying commercially, but the views make it worthwhile."

David, who got the flight bug after visiting the flight deck of a TAA jet aged 10, plans to fly to other APLS courses in the future – and we'll be asking him for a lift.

## PRESIDENT'S REPORT

**Continued from p1**

...most of the increased time devoted to scenario teaching and debriefing.

A later start on day 1 (reducing the need for an extra night away from home), and earlier finishes on day 2 and 3 shouldn't take too much getting used to.

A draft 3-day programme will shortly be sent out to all course directors for comment.

Looking forward to seeing a huge turnout at the Manly Novotel in Sydney for PAC 2014.

But for now, if your workplace is anything like mine, good luck surviving the demands of winter!

**STUART LEWENA**  
APLS CHAIR

## FEATURES CENTRAL ASIA: A CHANGE IN LIFESTYLE

### PRACTISING PAEDIATRICS IN KYRGYZSTAN. BY APLS INSTRUCTOR NICK WOOLFELD

**My wife and I had been thinking about working in a developing country and as our children left the nest this became a real possibility.**

After working as a paediatrician in western medicine for 26 years we made the decision. It then took us about two years to get here into Central Asia where we are living in Kyrgyzstan.

Kyrgyzstan is the most easterly of the 'Stan' countries and borders China, Kazakhstan, Tajikistan and Uzbekistan. Why Kyrgyzstan? That is a longer story but basically when we decided to go we wanted a cooler place and one that was more rural and this is what came up.

It is between 39–43 degrees north and relatively elevated and about 2000km from the nearest sea. It is a poor country that was under the Soviets for a long time but has been an independent republic for more than 20 years. It is poor and rural and about 70% of the country is mountains, with four peaks that are over 7000m high.

We are working under an NGO, as you need to in order to get a work permit and visa. Although most of the time here has been spent learning Russian, the language of health and business, it seems that my role within health here will evolve to be a mixture of training, (neonatal and other paediatric training) clinical work and consultant work to other professionals.

The health system here is based on the old Soviet model, and there are many issues with medical education. At the present time I am trying to get involved in limited APLS-style modules of training. I am hoping to secure some funding to get some more equipment such as mannequins and basic things including stethoscopes and other equipment that



works to support teaching.

Basic health and hygiene here is a key issue. In one two week clinic I was involved with in a peripheral area two days drive away, I saw one child with hydrocephalus at 12 months of age who had not had any treatment except that the parent had been advised to give more vitamins. This week I have seen a child with quadriplegic CP who had meningitis in infancy and also has a VP shunt.



What is becoming clearer (and this has been told to me several times) is that parents in Kryrgyzstan present late. So while we in Australia might see children with CP and hydrocephalus following

meningitis rarely, this is not uncommon here. And there are many children with disability.

This is a poor country with limited resources. Many of the people live off the land with their traditional ways of breeding stock and selling them and growing things. This makes the region a great place for fruit and vegetables and the food is just the best.

In summer we started with cherries and apricots later going on to varieties of peaches and melons and vegetables I had not seen or heard of before. But everything takes longer to do here such as shopping, banking and so on. Things frequently run out in the shops but that is normal. Internet is good, mostly reliable and not that expensive so we are able to Skype our children on a weekly basis without problem.

We are looking on this as a five to ten year commitment. I see that working alongside local doctors will assist in gauging their level of skill and I suspect that materials that I have will need modification to meet their needs.

There are definitely different views on how to do things here but I believe that working to improve their skill base in basic and advanced life support will improve outcomes longer term. Building relationships will be key to being successful in this. It will definitely challenge my interpersonal skills and language skills somewhat, along with my patience to get there but that is not a bad thing. Maybe in a few years we shall be able to do a three day APLS course here – with translators, of course. I have recently consulted and managed most in Russian so there is progress!



The country is beautiful, and has the best ski field in Central Asian near Karakol and the mountains are great for hiking or cycling in summer. The world's second largest alpine lake is here, Issyk Kyl. It modifies the climate in the east of the country and is a favourite holiday place during the summer months. It is 168 km long, about 60km wide and 600 deep and doesn't freeze in winter! It is a dry climate with temps to low 40s sometimes in summer and to -20 in winter (or lower). This week in Bishkek the temps have ranged from minus 5 to minus 24 with several days of snow.

We are learning about the history of this land which historically has been part of the Silk Road from Istanbul to Xian in China. We are enjoying getting to know the people and have stayed in yurts and had the traditional drink of Kumus (fermented mare's milk). It is a challenge but we are liking it – it is working out well for us despite being away from home.

## COMMENT FROM THE CEO

PHILLIP DAVIES, APLS CEO

**It's already June and that means a little less than five months until this year's APLS PAC Conference.**

As you would be aware, the PAC Conference is being held at the Novotel Manly on 24-26 October, so easily accessible for delegates from all over Australia and New Zealand. Manly, as you know, is a beautiful part of Sydney, and the Novotel is in a great location just across the road from the beach.

We are also keen as an organisation to ensure that we hold the conference in various states and in various places within Australia. For the past three years we have held the conference in Melbourne, Queensland and now in New South Wales. Previously, the conference has also been held in Canberra. I'm happy to take suggestions from members where the next PAC should be held.

As usual, the program for the conference in Manly will be of a very high standard. We have a dedicated and high calibre multi-disciplinary team to produce the scientific program for PAC 2014. I want to thank Franz Babl, Arjun Rao, Stephen Teo and Justine Dawson for their work so far and continuing encouragement and enthusiasm in putting together a high quality program. Themes, topics and speakers will be added to [www.apls.org.au](http://www.apls.org.au) as they are confirmed.

The form of this year's PAC will be substantially similar to last year's, with a Friday night dinner (this time off-campus), a Saturday night dinner (bring your dancing shoes!) and the technical program running from Friday to Sunday.

One change is that this year we are seeking to confine all the APLS business to the first day – the Friday. The Friday program will involve specific sessions for APLS directors and instructors alike.

As mentioned in Stuart's President's Report, one of the key features of the discussion in the APLS part of the PAC program will be the rollout of our exciting and revolutionary VLE program, which is state-of-the-art.

Another significant feature of the APLS afternoon will be updates from our APLS committees, including the Course Development, Instructor Development, PLS, and International committees. As you know, these committees are the lifeblood of APLS, and if you hear at the conference about the great work they are doing then you may want to join as a member. The committees are always looking for new blood so please feel welcome to contribute.

Now having said all that, for the conference to be a success, we need you! You can easily register for the PAC on our website, and it clearly sets out the various options for registrations. It also sets out the various types of accommodation available for you in Manly, so BOOK NOW to avoid disappointment. As an extra incentive, if you book before 1 July, you will get a discount of \$25 on all registrations, plus access to video footage of all sessions of last year's PAC (worth \$99).

See you in Manly!

**LINKS**  
**PAC 2014 registration**

## NEWS FAMILY COURSES FOR 2015

### Would you like to bring your family along when you teach on an APLS course?

We are planning three family courses next January where we encourage instructors to do just that – share the trip with the family. Hobart (9-11 January), Melbourne (15-17 January – just before the tennis!!) and Brisbane (28-31 January) will be family courses.

APLS will pay for the family's accommodation and we will make the faculty numbers so generous that there will be family time during the course.

2 years ago we organised our first family course and it was a big success. Instructors talked about how much they enjoyed the shared family & faculty course dinners, and having big groups of kids around to run wild together.



Now the concept is returning in January where we have a huge demand for courses from candidates but struggle to get the faculty because of school holidays.

We hope the idea of having a family holiday in connection with a course will be a good outcome for all. The courses will be up at the website shortly, but you can also give the office a ring.

## GIVEAWAY FREE INFANT MANIKINS

Free to a good home – APLS have a number of infant manikins to give away for suitable projects.

The Laerdal mini baby kit includes a mini baby CPR manikin with inflatable lungs, a CPR skills practice DVD, reference posters and two spare lungs.

Though unsuitable for APLS courses, the manikins could be used for skills training or international courses.

Please email us via [info@apls.org.au](mailto:info@apls.org.au) if you know of any projects that might appreciate the manikins.



## NEWS MANUALS DONATED

Ever wonder what happened to your old edition manual?

50 textbooks made their way to Iraq for the first Iraqi Paediatric Life Support – IPLS – courses.

Designed in Adelaide by Dr Abdul-Rasak Musa Alkhalidi and colleagues, the program will teach 64 nurses and medical officers paediatric resuscitation skills.

200 other manuals have been sent to Fiji, Sri Lanka, Myanmar and East Timor for international APLS courses.

## JOIN THE CONVERSATION

Got a story you'd like to share with the APLS community?

From clinical updates to international experiences, we'd love your contributions. Let us know at [feedback@apls.org.au](mailto:feedback@apls.org.au)

