

APLS NEWS OCTOBER 2008



ADVANCED PAEDIATRIC LIFE SUPPORT

Issue 1

October 2008

Welcome

Welcome to the first edition of the APLS News. We are hoping to be able to send this out on a quarterly basis to keep you informed on what's happening at APLS.

Many of you have not had the opportunity to visit our new premises which we have now been in close to a year. Please feel free to drop in whenever you are in Melbourne—you are always most welcome.

Should you have any articles of interest or information you wish to share

please send it though to info@apls.org.au. The newsletter is an excellent medium to keep colleagues informed.

The APLS Board has established a number of sub committees, the purpose of each being to drive and deliver key aspect of the operations of APLS. In this issue the Chair of the Course Development Sub-Committee provides an overview of the current business of the committee.

In each issue we will bring you more information about the APLS governance structure. I hope you enjoy the newsletter and I welcome your input and ideas.

Best wishes,

Vanda



Mission and Vision

Recently the APLS Board spent a day developing it's mission, vision and value statements which will become an integral part of all organisation activities and developments.

Vision

To achieve best outcomes for ill and injured children by improving the knowledge and skills of health professionals involved in their care.

Mission Statement

To promote excellence in the emergency care of ill and injured children through the provision of high quality contemporary education programs for health care professionals.

Value Statements

- Support
- Integrity
- Respect
- Inclusiveness
- Commitment

Important Dates

- **AGM -14 NOVEMBER**
- **NEW DIRECTORS FORUM -13 NOVEMBER**

****Breaking News****

APLS has recently run two courses in Fiji and will be running an instructor and provider course in October. Unlike other international activities, these courses have been funded through AusAid.

MCQ has been updated

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Course Development Sub Committee by Dr Toni Medcalf

The Course Development Sub-Committee (CDSC) was formed early in 2008 with the remit to review all aspects of the Provider and Instructor courses.

Our early tasks have been to review existing Director Course Reports and look at problems previously identified by our directors.

This has provided us with a rather daunting list of issues to work through. We hope to implement changes very soon and to communicate them regularly to our instructors through this newsletter.

If there are any problems or controversies encountered during a course please communicate these issues to the Course Director so it can be included in the Course Report. Alternately please feel free to forward any feedback to the CDSC.

The CDSC has also reviewed the pre-course and course MCQ papers. Many thanks to Mark

Coulthard for his advice and suggested changes for both of these papers.

We would be happy to forward the exam to any instructors wanting to retest their manual knowledge!

ing refined. This will hopefully facilitate the recruitment of many new Directors.

If you are interested in becoming a Director please let your Course Director know!



The committee is also in the process reviewing the instructor selection process.

Thank you to the Course Directors who completed our recent questionnaire.

If you have an opinion on the current methods of instructor selection (ie faculty nomination or self-nomination with referees) then we would like to hear from you.

The process for becoming a Course Director is currently be-

Highlights from the recent board meeting

The APLS web site is operational and currently an average of five applications for the APLS Provider Course are being lodged each day.

It is likely that a NSW Course Coordinator will be appointed to sup-



port additional course offerings in NSW in 2009. An in principle

agreement has been struck with the Sydney Children's Hospital to provide accommodation for this position should it proceed.

A New Course Directors Day is planned for Melbourne on 13 November 2008.

Discussions have been commenced with the Australian Neo-Natal Group in relation to APLS management of a national neonatal training course.

Relationship with New Zealand. Currently there is a Memorandum of Understanding between Australia and New Zealand which serves to ensure the existing partnership between APLS in Australia and APLS in New Zealand. There is no shared financial or business relationships as taxation/insurance/company financial and administration matters differ significantly between the two countries. New Zealand

celebrated their 10 year anniversary on 19 September 2008.

A new discount applies on APLS purchases made from Laerdal and this is proving to be most beneficial. Attempts are presently underway to secure similar discount arrangements with hotel chains and travel agents.

2009 Course Calendar. Initial planning has commenced to conduct a total of 47 Provider Courses and 3 instructor courses in 2009. The full calendar will be published once details have been finally confirmed.

APLS will conduct a review of the membership and composition of the Board. This follows the development of a comprehensive set of Board Policies and Procedures and Staff Policies and Procedures.

Board Member Profile-Dr Stephen Priestley

Stephen was a Founding Member of the APLS Board established in 1997. This was subsequent to his participation in the gruelling inaugural APLS Provider course which was swiftly followed by the inaugural Instructor course. Both were conducted by Kevin Mackway-Jones and his team in Australia in the same year.

Apart from a short period in 2003, Stephen has been an APLS Board Member ever since and held the position of APLS President in 2005-2006.

His enthusiasm for skills and scenario teaching continues unabated and he is committed to establish-

ing an annual Sunshine Coast 'resort course' together with regular Sunshine Coast PLS courses.

Stephen has delivered APLS courses in Australia, New Zealand, Vietnam, Sri Lanka and Cambodia and admits to gaining enormous professional satisfaction from his activities with APLS, in addition to having developed many strong relationships with colleagues that are unlikely to have developed by any other avenues.

A specialist emergency physician, Stephen holds the position of District Director of Emergency Medicine, Sunshine Coast and Cooloola Health Service District north of Brisbane, having relocated from Melbourne 2 years ago.

Stephen lives with his wife Susan, and his two daughters - Piper aged 10 years and Sabine aged 8 years, along with Elvis (Priestley) - a one year old spoodle dog. His interests and passions include water sports, good food and company, and quite outdated punk rock.

Stephen is currently a member of the APLS Executive, Audit Committee and Course Development Sub Committee.

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APLS IN by Dr

Cambodia has a very high childhood mortality rate (141 deaths per 1000 children aged under 5 in 2004) and was

listed as a 'country in crisis' by the International Partnership for Maternal, New born and Child Health who are seeking a reduction in mortality of the under 5 years of age group by two thirds between 1990-2015 as one of the WHO Millennium Development Goals.

In 2005 Dr Pisces Ngeth from the Angkor Hospital for Children was awarded the APLS Paediatric Emergency Development Grant and spent time in Australia completing the APLS Provider course.

Commencing in 2005 a group of APLS Australian Instructors have conducted APLS courses at the Angkor Hospital for Children (AHC) in Siem Reap Cambodia led by Dr Setthy Ung - an Australian-Khmer Emergency Specialist and APLS Instructor.



CAMBODIA Stephen Priestley

providing Cambodian health workers with a structured framework of assessment and management for children. We are gradually building a team of local Cambodian APLS Instructors and Course Coordinators who will continue to conduct APLS courses and teaching throughout Cambodia. The ultimate goal of the project is to make APLS accreditation self-sustainable.

The Australian Group have been self-funded but we have had some tremendous financial support for the purchase of mannequins, manuals and the Cambodian's travel and living expenses whilst attending courses. In particular, the fundraising efforts of Kerry Quirk and Express Promotions Inc. assisted by Dr Chris Sanderson has led to the purchase of a number of training mannequins which have been donated to AHC to allow continuing skills practice and scenario teaching throughout the year as well as being available for our courses.

APLS has been very fortunate to partner with staff of the AHC (in establishing and conducting our courses and particular thanks goes to David Shoemaker who, as Medical Education Director at AHC, has been instrumental in fostering our training partnership.

The first Cambodian APLS Provider Course was conducted in December 2005 for 24 Cambodian doctors and nurses with resounding success.

A second Provider Course was run in December 2006 for a further 24 Cambodian participants and in December 2007 the first APLS Cambodian Instructor Course was run over 2 days for 8 selected Cambodian APLS Providers - who all proved to be fabulous teachers.

Two days later these 8 Cambodian Instructors partnered with Australian Instructors in running the 3rd APLS Cambodian Provider Course for another 24 Cambodians.

This year again in December we will run an Instructor Course followed closely by a Provider Course.

The aim of this project is to improve the early management of acutely ill and injured Cambodian children by

WEIGHT ESTIMATION IN RESUSCITATION

by Dr Jason Acworth

In pediatric resuscitation, drug doses, fluid resuscitation and counter-current shocks are calculated based upon the child's weight but it is often impractical to weigh these children. Formulae for estimating weight based upon variables such as age, length &/or body habitus are frequently used. Formulae based on age alone are particularly useful prior to the arrival of a child.

The most widely recognised methods for calculating weight based on age in Australia are the Advanced Paediatric Life Support (APLS) formula¹ for children over the age of 1 year-
 $Weight (kg) = 2 \times (age \text{ in years} + 4)$
and the Australian Resuscitation Council (ARC) formulae² -
 $Weight (kg) = 2 \times (age \text{ in years} + 4)$
for children 1-9 years, and
 $Weight (kg) = 3.3 \times age$ for children 10+ years.

Noted increases in the height and weight of children in developed

countries have raised concerns that these formulae may systematically underestimate a child's true weight.

Recent studies from the United States⁶ & United Kingdom⁷ have reported significant underestimation of weight using Broselow tape and APLS formula.

Tinning⁸(one of our APLS Instructors) recently developed a new set of formulae based upon data from over 70,000 children presenting to the Royal Children's Hospital emergency department in Brisbane:

<12 months:

$$Weight (kg) = (age \text{ in months} + 9) / 2$$

1-5 yrs:

$$Weight (kg) = 2 \times (age \text{ in years} + 5)$$

5-14 yrs:

$$Weight (kg) = 4 \times age \text{ in yrs}$$

These formulae were more accurate than the current APLS formula and have since been validated in a separate study from Brisbane. The APLS

Course sub-committee continues to examine new evidence such as this and may update course content to keep our practices current.

Although age-based weight estimation calculations can help you to prepare for your next paediatric resuscitation, remember that children come in all different shapes and sizes and that you may have to adjust your calculations once you see the child.

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