



AUSTRALIAN LIFESAVING
ACADEMY

Advanced Resuscitation Techniques Certificate (Suction Upgrade)

UPGRADE GUIDE

from the
Advanced Resuscitation Certificate and
Defibrillation Certificate

HLTFA404A – Apply advanced resuscitation techniques
PUAEME003C – Administer oxygen in an emergency situation



Australian Lifesaving Academy

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Australian Lifesaving Academy

Upgrade Guide

Advanced Resuscitation Techniques Certificate (Suction Upgrade)

Course Introduction



The aim of this Upgrade course is to address the gap of skills and knowledge between the Defibrillation Certificate, Advanced Resuscitation Certificate and the Advanced Resuscitation Techniques Certificate.

Why upgrade?

In 2007 new industry competencies were released for first aid and resuscitation across Australia. SLSA has since developed strategies to fall in line with these industry standards across its suite of first aid and resuscitation courses

Part of this strategy has been to align SLSA Advanced Resuscitation Award with the industry competency Apply advanced resuscitation techniques. The key components of this unit are the delivery of oxygen (including suction) and defibrillation.

To remain current with the industry standard for resuscitation SLSA will combine its current SLSA Advanced Resuscitation Certificate and SLSA Defibrillation Certificate awards to form a new SLSA award called Advanced Resuscitation Techniques Certificate. The industry competency standard will be attached to this award.

By completing this upgrade you will also develop knowledge and skills to enable you to demonstrate competence in the nationally recognised unit(s) of competency:

- HLTF404A Apply advanced resuscitation techniques
- PUAEME003C Administer oxygen in an emergency situation
- PUAOPE010C Operate an automated external defibrillator in an emergency

The Public Safety Training Package units (units starting with PUA) form a part of the nationally recognised PUA31310 Certificate III in Public Safety (Aquatic Search and Rescue).



Prerequisites

To commence training for the Advanced Resuscitation Techniques Certificate (Suction Upgrade) you must meet the following course prerequisites:

- Be at least 15 years of age on the date of final assessment
- Hold the SLSA awards shown in the table below
- Already achieved the units of competency shown in the table on the following page.

Surf Life Saving Prerequisite Awards
Defibrillation Certificate
Advanced Resuscitation Certificate

Prerequisite Units of Competency	
Competency code and title	Found in the following SLSA awards (For club members)
PUAEME001B Provide emergency care	Bronze Medallion Basic Emergency Care Senior First Aid
AND (one of the following)	
HLTCPR201A Perform CPR	Recognition can be granted for HLTCPR201A to participants who hold the Provide emergency care competency and are current in one of the SLSA awards listed above
OR	
HLTFA201A Provide basic emergency life support	Bronze Medallion Basic Emergency Care Senior First Aid
OR	
HLTFA301B Apply first aid	Senior First Aid

Course Outcomes

In addition to refreshing your oxygen and defibrillation skills and knowledge, by the end of this course, you should be able to:

- maintain unobstructed airway, unaided and by:
 - using Suction
 - using Oropharyngeal Airways (OP Airways)



Your current skills and knowledge

If you have already learned how to use suction through other training and workplace duties you may wish to apply for Recognition of Prior Learning (RPL). Speak to your Trainer or Assessor for further information.

How to use this Upgrade Guide

This Upgrade Guide can be used in two ways. Participants may use the guide in a self-directed learning format or use it as a reference while participating in a trainer led session.

When using the guide as a self-directed learning tool:

- read through the guide carefully, the topics cover the knowledge and skills required to complete this course and to prepare you for the assessment activities
- work through the information and complete the activities
- there will be opportunities for you to ask questions and seek guidance while working through the guide
- submit the assessment portfolio section to your assessor on completion.

When using the guide as a part of trainer led session:

- follow the trainers descriptions and use the guide to make notes
- complete the assessment activities when directed
- submit the assessment portfolio section to your assessor on completion.

How to supply feedback on improving this resource

All resources developed by the Australian Lifesaving Academy are reviewed at least annually and updated as required. Feedback can be supplied through the online Improvement Requests form on the Resource Development Page at www.sls.com.au or in writing to:

Training Improvement Requests
Surf Life Saving Australia
Locked Bag 1010
Rosebery, NSW, 2018



Topic 1 – Oxygen and Defibrillation Gap Review

Introduction



While the primary purpose of this upgrade course is to upskill participants in the use of suction, there are also some gaps in skills and knowledge relating to oxygen and defibrillation where not taught in previous Advanced Resuscitation and Defibrillation Certificate courses that are required by the new course.

You may have learned this information through other training, work or lifesaving duties. For participants who require more information answers to the topics listed below further information can be found in the ALA First Aid Training Manual 2nd Edition, the SLSA Public Safety and Aquatic Rescue 33rd Edition manual or the ALA Advanced Resuscitation Techniques Learner Guide.



Activity (Group) 1.1: Review Brainstorm

In small groups of three or four brainstorm the topics below. If as a group you are not confident that you have covered the topics in enough detail or you do not know the information find the information in the reference documents listed above and share them as a group. Information about some topics may be best supplied by an experienced member of your club.

Topics

- The chain of survival and how resuscitation equipment supports it
- First aid issues relating to a multicultural society
- Shock
- Ambulance response times to your club
- Post traumatic stress
- Material Safety Data Sheets – where can I find them in my Surf Club and what information in them may be useful
- Safe working environments for using oxygen and defibrillation equipment



Assessment Task 1: Written Questions

Complete questions 1 - 8 in your assessment portfolio now.



Topic 2 – Suction

Suction

Clearing of a casualty's airway can be achieved by using manual finger sweeps. However if you have a unit available with suctioning capability, you may clear additional fluids from the upper airway by using the suction component of the unit.



Figure 2.1: Using suction to clear a casualty's airway

Suctioning is a skill that will require practice to become proficient. Regular checking and cleaning of the suction device will ensure that you remain familiar with the device(s) used by your club/service.

Suction comes in three types:

- manual
- oxygen powered (vacuum bottle)
- battery (or electric) powered.

Suction device components

While there are many variations to suction devices based on the type and the manufacturer, there are four components common to most suction devices. These are:

Suction Catheter: A plastic tube which is inserted into the casualty's mouth to suction out any foreign material. Suction catheters are single use only and should be disposed of in hazardous waste.

Collection Jar: Fluids and foreign material suctioned from the casualty is collected in the jar. Collection jars are usually single use with the jar being disposed of along with the contents in hazardous waste.

Jar Cap and Connection Port: The jar cap and connection port keeps the contents in the collection jar and includes the fittings to connect the suction catheter and the device which provides the suction power.

Suction Device: Is the device to provide the suction power and is the suction pump handle in manual devices, oxygen equipment in oxygen powered devices or the electric pump in a battery or electric powered device.

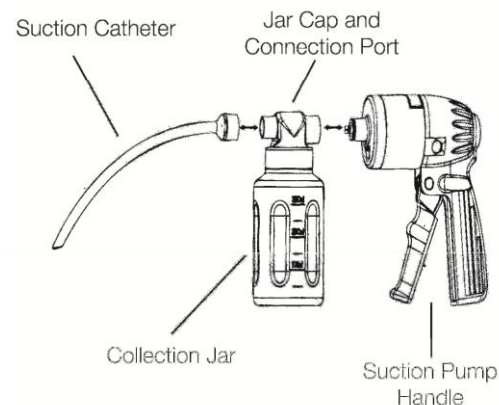


Figure 2.2: Components of a manual suction device



NOTE:

SLSA has currently only approved the use of manual suction devices during surf lifesaving operations.

Hypoxia cause by Suction

Hypoxia (lack of oxygen) is always a risk when suction is used. For this reason manual suction should be on for only fifteen seconds at a time with a break for at least five seconds in between operations, this reduces the amount of oxygen taken from the casualty. Due to their constant suctioning action, powered suctioning devices should only be used for five seconds before a five second break.

Suction checks

- Ensure device is clean and all components are available including:
 - Suction catheter
 - Collection jar
 - Collection jar cap
 - Suction tubing (if required)
 - Suction device
- Operate manual suction device (or turn suction on for powered devices).
- Test for suction against thumb or finger by placing over the vacuum port (port should stick to the thumb or finger).
- Turn off (powered devices only).
- Return to case in original position.

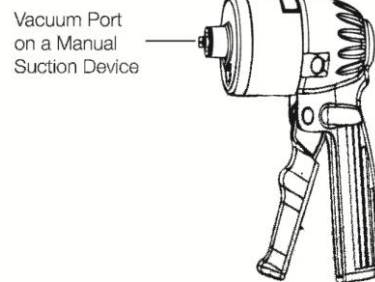


Figure 2.3: Vacuum port



Activity (Individual) 3.1: Suction equipment

Look at the suction equipment your club/service has available for use or the equipment you have been provided to train with. Identify the following components:

- Suction catheter
- Collection jar
- Jar cap and connection port
- Suction device
- Vacuum port

If you cannot identify all of the components check with your trainer. Your device may not have these exact components but will have something that performs the same function

Test the function of your suction device by performing the checks described above



Administering suction

To remove mucous, fluid or blood from a casualty's airway using suction, follow these steps outlined below:

1. Check suction device for correct operation (as described on page 47).
2. Select catheter and remove from sealed packaging leaving contact point within the wrapper.
3. Apply gloves.
4. Connect the suction catheter to the connection port (or tubing for powered suction devices).
5. Completely remove catheter from wrapper (Turn on the suction source for powered devices).
6. Measure the maximum length of insertion by placing the tip of the catheter at the corner of the jaw and measuring to the centre of the lips. Mark this point with a finger. (this will ensure that you insert the catheter no further than the back teeth)



Figure 2.4 Measuring insertion length

7. Insert the catheter into the lower cheek of the casualty (in the lateral position), ensuring the catheter is inserted no further than the point marked by the operator's finger.



Figure 2.5 Inserting catheter no further than length marked by fingers

8. Do not operate manual suction during insertion (or occlude the catheter to operate powered suction devices).
9. Operate suction for no longer than 15 seconds with manual suction devices before a five second break. (If using powered devices suction only for five seconds before a five second break).
10. Rotate the catheter within the casualty's lower cheek, ensuring the action is smooth and gentle, to prevent damage.
11. Ensure that only two thirds of the container is filled.
12. Turn off suction on the completion of the procedure (if using powered suction).
13. Dispose of catheter in the appropriate manner.



Activity (Group) 3.2: Administering suction

In pairs or groups of three, practice assembling your suction equipment and sizing the insertion distance on your partner. If an appropriate manikin is available practice performing suction. NOTE: To ensure infection free training, do not place the suction catheter in your own mouth or that of your partner(s).

Post use maintenance of the suction unit

- Dispose of disposable jars in a suitable manner.
- Reusable jars can be flushed with clean cold water and rinsed with antiseptic solution.
- Ensure all unit components are disassembled and thoroughly cleaned as per ARC guidelines.

Trouble shooting suctioning

There are a number of reasons that suction equipment can fail or not operate correctly. If experiencing problems check the following:

- is the suction tubing blocked
- is the contents bottle full or cracked
- is the seal missing or perished
- is the unit not turned on
- is the oxygen supply exhausted (for oxygen powered units)
- is the battery flat (if battery powered unit).



Assessment Task 2: Peer Assessment - Suction

Ask peer to assess you as test and use the suction device to provide clear an airway (Details page 11)



Assessment Task 1: Written Questions

Complete questions 9 - 11 in your assessment portfolio now.



Assessment Information

There are three assessment tasks required to complete the Advanced Resuscitation Techniques Certificate Suction Upgrade Program. Below is a description of the assessment tasks required to demonstrate competence in this course, this section is for information only. All evidence should be collected in the assessment portfolio section of this Learner Guide.

Assessment Tasks



Assessment Task 1: Written Questioning

All candidates are required to answer the questions outlined in the assessment portfolio section of this Learner Guide in their own words.

These questions will be reviewed by your trainer. Once your trainer is satisfied that you have correctly answered all the questions they will sign the appropriate section of the assessment summary on page two of the assessment portfolio in this Upgrade Guide.



Assessment Tasks 2: Peer Assessment

Suction (Assessment Portfolio page 17)

To complete this assessment task you will need to find a peer assessor who can watch you complete the task and sign off that you correctly completed all components.

A peer assessor can be someone who is undertaking this upgrade program along with you or somebody who already holds the qualification.



Assessment Tasks 3: Proficiency Scenario – Using oxygen, suction and defibrillation during resuscitation

Your Assessor will set a scenario where you will work in a team performing resuscitation. You will be required to use the airbag, suction and defibrillation during the scenario which may require you to perform the scenario multiple times.

Alternately your assessor may have you complete the state set proficiency assessments for the Advanced Resuscitation Certificate and Defibrillation Certificate.

Assessment Portfolio

This portfolio includes all of the evidence you are required to submit to your assessor to demonstrate competence in the Advanced Resuscitation Techniques Certificate and the related competencies listed in the competency record below.

Learner Details

First Name:		Surname:	
Date of Birth:		Club / Group:	
Telephone:			
Email:			

Competency Record

	Competent	Not Yet Competent
SLSA Course		
Advanced Resuscitation Techniques Certificate		
Nationally recognised units of competency		
PUAEME003C Administer oxygen in an emergency situation		
PUAOPE010C Operate an automated external defibrillator in an emergency		
HLTFA404A Apply advanced resuscitation techniques		
Assessor Name		
Assessor Signature		Date



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Assessment Summary

Participant Name:			
Assessment Tasks	Date Completed	Satisfactory/ Not Satisfactory (S/NS)	Assessor Signature
Prerequisite of SLSA Advanced Resuscitation Certificate and Defibrillation Certificate confirmed			
Task 1: Written Questioning			
Task 2: Peer Assessment - Suction			
Task 3: Proficiency Scenario – Using oxygen, suction and defibrillation during resuscitation			
Comments:			



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Assessment Task 1: Written Questions

All candidates are required to answer the questions outlined below in their own words.

Topic One – Oxygen and Defibrillation Gap Review

1. The catch phrase of the Australian Resuscitation Council is ‘any attempt at resuscitation is better than no attempt.’ Consider the italicised sentence and explain how bystander CPR contributes to the Chain of Survival sequence.

2. Explain why advanced resuscitation techniques (oxygen use and defibrillator shock) can improve a casualty’s survival in a cardiac arrest.

3. Australia is a multicultural society and as a first aider you may need to treat a casualty with different customs and beliefs to you. What should you do to respect their customs and beliefs?

- a. Do nothing as they may not want you to because of their beliefs.
- b. Seek permission before providing any treatment from the casualty or family member if present.
- c. Do not worry about their beliefs, providing first aid is more important.
- d. Treat them only if a male family member is present to give permission.

4. What is the standard response time of an ambulance to your club/area of operation?



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-
5. Performing resuscitation can be a stressful event. If you or a fellow club member are experiencing negative reactions to an incident where can you find information about stress management techniques and support offered by SLSA?

6. What is shock?

7. What is a MSDS and what information found in it will be useful to you as a first aider?

M _____ S _____ D _____ S _____

8. In some places it may not be safe to operate a defibrillator. List one example.

Topic Two - Suction

9. How far can you insert the suction catheter into the unconscious casualty's mouth?

10. What can the operator do to limit hypoxia developing when using suction equipment?

11. Can suction catheters be re-used on a different casualty? Circle the correct answer.

- a. Yes — in an emergency.
- b. No must be discarded.
- c. Yes — after sterilisation.



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Assessment Task 2: Peer Assessment - Suction

Instructions to peer assessor

- Tick actions taken by candidate, providing relevant comment in Assessor's notes on delivery.
- Candidate should describe what they are doing as the use suction verbally identifies each piece of equipment checked and the reason for checking.

Observation	Tick
<p>1 Suction</p> <ul style="list-style-type: none"> • Gloves applied. • Suction tested by placing hand over nozzle and operating hand pump. • Correct fitting of disposable sealed jar checked. • Suction catheter removed from sealed packaging and attached to suction device. • Distance from centre of lips to angle of jaw measured. • Fingers placed on catheter tip to mark distance. • Casualty's mouth opened. • Catheter inserted no further than back of teeth (marked distance as measured above) • Suction operated for no longer than 15 seconds without a break 	
<p>Peer assessor's notes</p> <p>The learner has successfully completed this task: YES / NO</p> <p>Peer Assessor signature: _____ Date: _____</p>	