



## AUSTRALIAN RESUSCITATION COUNCIL

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# *31<sup>st</sup> ANNUAL REPORT*

**I**t is with great pleasure that I present the Annual Report for 2006 / 2007. The ARC is Australia's peak resuscitation organisation and is responsible for the development and dissemination of the resuscitation guidelines appropriate for the Australian community and health care system. During the past 12 months the ARC continued to promulgate the updated resuscitation guidelines released in March 2006. Overwhelmingly the revised guidelines have been well accepted. Anecdotal reports from a number of the training organisations indicate that course participants find the new guidelines easier to apply and remember. Early reports also suggest that improved resuscitation outcomes may be occurring however will need to wait for further data to determine the extent to which this may be happening.

**I**n April the Spark of Life conference was held on the Gold Coast with the theme "improving the odds". Keynote speakers included Associate Professor Vic Callanan (Aust), Drs Karl Kern and Mary Fran Hazinski (USA), Dr Jerry Nolan (UK) and Dr Ola Staugsted (Norway). The conference was again an outstanding success and generated considerable discussion and debate surrounding the many aspects of resuscitation. To all those who gave of their time to present at the conference and assist the ARC these efforts are greatly appreciated. The ARC will shortly decide on the venue for the 2009 Spark of Life Conference.


**T**his year has also seen the completion of the course materials and manuals for the co-badged ARC / RC(UK) Advanced Life Support and Immediate Life Support courses. While these courses have predominantly been conducted in Western Australia, the ARC is very keen to see these courses being run throughout Australia. The ARC website has a link to additional information and materials which provides the specific details required to run these courses. The provision of high quality, accredited and internationally recognised ALS courses is a major step forward in meeting the gap that exists in this area. Over the next few months the ARC will be working towards enhancing the instructor base necessary to conduct these courses.

**W**hilst undertaking the activities outlined above the ARC remains committed to the ongoing process of evaluating the resuscitation science on which we base our guidelines. This process requires considerable expertise, time and input from the representatives on Council. As a consequence there are times in which the evidence, and subsequently the guideline, will be in conflict with strongly held beliefs. Such contradictions are often difficult to accept particularly when we all want to do the best for those needing resuscitation. While it is important that such beliefs are duly considered we do need to take a position which is underpinned by an evidence based medicine approach recommended by the National Health and Medical Research Council. This being the synthesis of the best available scientific evidence, clinical experience and patient (societal) values.

**D**uring the past year the ARC has been taken to task on a number of occasions in the general press over some of the guidelines currently recommended. The ARC welcomes such discussion as this provides an excellent mechanism to further enunciate to the public the evidence and reasons on which these guidelines were recommended. However, in the process of such discussion it is important that would be rescuers are not dissuaded in providing care to those requiring resuscitation. "Good CPR is good and any attempt at resuscitation is far better than no attempt".

**A**s with previous years the ARC continues to have a major role within the International Liaison Committee on Resuscitation (ILCOR). Of note the Resuscitation Council of Asia (RCA) - comprising Japan, Singapore, Taiwan and South Korea – were admitted as full members of ILCOR. Following on from the 2005 International Consensus on Resuscitation Science process planning has already commenced for the next science evaluation process to be published in 2010. We learnt a considerable amount from the previous resuscitation science process and this will assist ILCOR in further developing the process for 2010. Again the ARC will be well represented and have a significant role in this regard.

**A**s many would know the ARC is comprised of representatives who represent the various member organisations giving of their time and expertise freely. I would like to sincerely acknowledge their contribution and record the appreciation of the ARC and resuscitation community at large. To my colleagues on the ARC Executive I would record my appreciation for all their support, counsel and hard work in keeping the ARC wheels turning. Finally many thanks to Carol Carey - the ARC's Executive Officer – for the tireless and professional manner in which she undertakes the day to day running of the ARC, Australia's Peak Resuscitation Body.



**ASSOCIATE PROFESSOR IAN JACOBS**  
**National Chairman**

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Australasian College for Emergency Medicine  
Australian College of Ambulance Professionals  
Australian College of Critical Care Nurses Ltd  
Australian Defence Force  
Australian and New Zealand College of Anaesthetists  
Australian New Zealand Intensive Care Society  
Australian Red Cross  
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National Heart Foundation of Australia  
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