



## ANZCOR PAEDIATRIC LIFE SUPPORT GUIDELINES 2021 SUMMARY OF CHANGES

We are very pleased to announce the release of our updated ANZCOR Paediatric Life Support guideline set for 2021.

The guidelines have been updated after a review of the updated evidence on paediatric resuscitation published in the ILCOR 2020 Consensus on Science with Treatment Recommendations (CoSTR) statements. ILCOR has implemented a continuous evidence evaluation process to facilitate more timely delivery and dissemination of the highest-quality resuscitation evidence, and our new ANZCOR Paediatric Life Support guidelines are now set up to allow a more regular review and updating process.

The 2021 update doesn't contain any major changes to the way we will be teaching or performing paediatric resuscitation. Rather, we have provided a more logical and defined structure to the guidelines; have provided clearer definitions regarding who should be using our guidelines and on whom you should be using them; and we've provided lots of pictures to demonstrate the resuscitative techniques we describe.

We have condensed the previous seven PLS guidelines down to five and have introduced a new guideline (12.1) focusing on provision of paediatric basic life support (PBLIS) by health professionals responsible for the care of infants and children in the pre-hospital or hospital setting.

Some of the practice updates in this round of guidelines include:

- a de-emphasis of the value of pulse check as a determinant of the need to commence CPR;
- continuing support for the use of conventional CPR over chest compression only CPR (with data from large registry studies showing better outcomes when ventilations are provided) especially for children;
- stronger support for the continued use of BVM ventilation during CPR (rather than interrupting chest compressions for ETT or supraglottic airway insertion); and
- updated terminology regarding active control of temperature in children achieving ROSC after arrest, with an emphasis on strict avoidance of hyperthermia.

ANZCOR is also in the process of updating all of our flowcharts with a new fresh & consistent look. So, over the next few months, look out for our updated Paediatric BLS and Paediatric ALS flowcharts which will be added to Guidelines 12.1 & 12.2 as Appendices.

### **ANZCOR Paediatric Advanced Life Support Sub-Committee**

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