Nursing Grand Rounds 2019

Karla Rimmington and Rebecca Robertson
Volunteering - Is it worth it?
A Sri-Lankan Experience
Advanced Life Support (ALS) Course

• Holiday turned rogue
• Approached by FACEM and Toxicologist Dr Downes to assist ED Nurses in Sri Lanka by running an Advanced Life Support (ALS) Course
Further requested to:

• Be presenters at the Sri Lankan Society of Critical Care and Emergency Medicine (SLEMCON) 2018 Conference

• Assist with Simulation Scenarios during a Medical Officer Training Course
Pre-travel Preparation

- Ensured we had visa’s for Sri Lanka
- Asked 2 other nurses to join us – unfortunately they were unable to attend
- Literature review in library on conference topics
- Liaised with Maggie Berry from ACCCN on future directions for our conference topics.
- Completed abstracts for the conference
- Liaised with Sri Lankan contact for ALS Equipment
Pre-travel Preparation

• Booked flights and accommodation for our 3 week trip
• Provided short CV’s and passport sized photo’s for the conference website
• Completed an itinerary for the 3 weeks including dates, flight numbers, departure times and arrival times
• Completed ALS program
• Completed equipment list for ALS
Pre-travel Preparation

SRI LANKA
03/11/2018 Fly Newcastle to Melbourne
Airline: Jetstar
Flight Number: JQ472
Departs: 06:10hrs

Fly Melbourne to Sri Lanka
Airline: Sri Lankan Airlines
Flight Number: UL0605
Departs: 17:25hrs
Arrives: 22:45hrs

Accommodation 9 nights:
Cinnamon Red Colombo Hotel
Address: 59 Ananda Coomaraswamy Mawatha Colombo 03, 00300 Colombo

04/11/2018 Free Day
05/11/2018 Free Day
06/11/2018 Assist with Medical Course – Assist as per direction from Michael Downes
07/11/2018 Assist with Medical Course – Assist as per direction from Michael Downes
08/11/2018 Assist with Medical Course – Assist as per direction from Michael Downes
09/11/2018 Assist with Medical Course
11/11/2018 Free Day
12/11/2018 Fly to Maldives
Airline: Sri Lankan Airlines
Flight Number: UL0117
Departs 08:40hrs and arrives Male at 09:35hrs
Transfer to hotel
Accommodation:
Club Med Finolhu Villas
Gasfinolhu Island

13/11/2018 Free Time
14/11/2018 Free Time
15/11/2018 Free Time
16/11/2018 Depart Male, Maldives to Koh Samui, Thailand.
First Leg Male to Bangkok
Airline: Bangkok Airways
Flight Number: PG 0712
Departs: 12:45hrs
Arrives Bangkok
Second Leg Bangkok to Koh Samui
Airline: Bangkok Airways
Flight Number: PG 0199
Departs: 20:35hrs
Arrives 21:40hrs
Accommodation: Amari Koh Samui
Address: 14/3 Chaweng Beach, Samui 84320
Phone: +66 7730 0306

17/11/2018 Free Day
18/11/2018 Free Day
19/11/2018 Free Day
20/11/2018 Free Day
21/11/2018 Free Day
22/11/2018 Free Day
23/11/2018 Free Day
24/11/2018 Depart Thailand
Airline: Qantas Airways
Flight Number: QF 3499
Departs: 16:25
Arrives: 19:20

Singapore to Sydney
Airline: Qantas Airways
Flight Number: QF 82
Departs: 20:30
Arrives: 07:35

25/11/2018 Arrive Sydney Airport 07:35hrs, train home
Arrived in Colombo
Explored a little... It’s a hard life
Medical Teaching

• Asked to support Medical Course and run Simulation Scenarios
• 1 setup day and 2 course days
• 2 Nurses and 6 doctors involved (2 local, 4 from NSW)
• Our role was to assist with simulation sessions
• Picked up and returned home each day by local doctors attending course (we got lost one day)
Challenges

• Unfamiliar and archaic equipment
• Wi-fi difficulties
• Shy in nature – don’t speak up
• Speak so softly – can barely hear them
• One of the local speakers did not turn up for designated session (this seems to be the norm) day restructured to accommodate this. He eventually turned up.
• Food was catered and very local – it was delicious but spicy (take gastrostop)
Advanced Life Support Course
Advanced Life Support for nurses.

Presented by Australian Nurses certified in ALS

This one day certification is suitable for those working in an emergency/critical care environment and/or who have previously attended an ALS course and require an annual update.

The ALS core course is designed to upskill nursing staff to be accredited in the core skills required for Basic and Advanced Life Support. The course is delivered in a supportive learning environment and uses interactive learning material.

The course is suited to nurses new to ALS, and for senior nurses who wish to upskill and challenge themselves.

Topics covered in the program include:

- Basic Life Support: Basic Airway Management, Bag and Mask ventilation, Cardiac Compression, Attaching and using an AED
- Advanced Life Support: ALS algorithm, Recognition of Arrest Rhythms, Procedure for Defibrillation, ALS drugs
- Post-Resuscitation Management

Outline

- use of a manual and or SAED (Shock Advisory External Defibrillator),
- transcutaneous pacing,
- the role of drugs in cardiac arrest,
- effective bag-mask ventilation, and
- insertion of a Laryngeal Mask Airway

Content

Content is based on recommendations from the Australian Resuscitation Council and on crisis resource management (CRM) principles including effective leadership, communication, distribution of workload, and assertiveness.
ALS Course

- Liaised with Nilanka an ED FACEM in Sri Lanka regarding equipment available
- Realised we did not have updated ALS Course Material
- Updated ALS Material
- Worked out programme for the day
- Sourced and took own equipment including IO Drill and bones, own simulation equipment
Equipment List

**Equipment**

**Airway**
- Self-inflating resuscitation bag-valve-mask system with oxygen reservoir and tubing x 2
- Clear face masks Size 5 x 2
- Oropharyngeal airways sizes 3, 4, 5 x 2 of each
- Nasopharyngeal airways – sizes 6, 7 x 2 of each
- Yankauer suckers x 2
- Laryngeal mask airways – size 5 x 2
- Magill forceps x 2
- Endotracheal tubes – oral, cuffed – sizes 6-9mm internal diameter x 2 of each
- Intubating stylet x 2
- Laryngeal masks – sizes 5-6, x 2 of each
- Gum elastic bougie or equivalent x 2
- Lubricant gel x 2
- Laryngoscope handles x 2
- Laryngoscope blades x 2
- Fixation for tube (ribbon or tape) x 2
- Non-rebreathing mask x 2
- Stethoscope x 2
- End tidal carbon dioxide detector x 2 (e.g. easycap)
- Nasogastric tubes x 2 (doesn’t matter what size)
- Pulse oximeter x 2
- Airway manikin x 1

**Circulation equipment**
- Biphasic defibrillator x 1
- Defibrillator pads – adult x 1
- Intraosseous needle/drill x 1
- Defibrillation manikin x 1
- PPE for staff – goggles, gloves

If you have expired drugs to play with (adrenaline and Amiodarone) that would be great, otherwise we can just discuss them
# ALS PROGRAM SRI LANKA
Friday 9th November 2018
Lady Ridgeway Hospital

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>0900-0915</td>
<td>Welcome &amp; Registration</td>
<td>Karla Rimmington</td>
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<tr>
<td>0915-1000</td>
<td>Adult BLS / ALS</td>
<td>Karla Rimmington</td>
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<tr>
<td>1000-1045</td>
<td>Airway and Oxygenation</td>
<td>Rebecca Robertson</td>
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<tr>
<td>1045-1100</td>
<td>MORNING TEA</td>
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<tr>
<td>1100-1130</td>
<td>Cardiac Review and Rhythm Interpretation</td>
<td>Rebecca Robertson</td>
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<tr>
<td>1130-1200</td>
<td>Management of cardiac arrhythmia's</td>
<td>Karla Rimmington</td>
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<tr>
<td>1200-1230</td>
<td>ALS Drugs and IO</td>
<td>Karla Rimmington</td>
</tr>
<tr>
<td>1230-1300</td>
<td>Post Resuscitation Care</td>
<td>Rebecca Robertson</td>
</tr>
<tr>
<td>1300-1315</td>
<td>Crisis Resource Management</td>
<td>Karla Rimmington</td>
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<tr>
<td>1315-1400</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>1400-1500</td>
<td>Practice Stations:</td>
<td></td>
</tr>
<tr>
<td>1400-1430</td>
<td>• Airway and Breathing</td>
<td>Rebecca Robertson</td>
</tr>
<tr>
<td>1400-1430</td>
<td>• BLS and COACHED</td>
<td>Karla Rimmington</td>
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<tr>
<td>1430-1500</td>
<td>• Pacing</td>
<td>Rebecca Robertson</td>
</tr>
<tr>
<td>1430-1500</td>
<td>• Intra-osseous</td>
<td>Karla Rimmington</td>
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<tr>
<td>1500-1545</td>
<td>Scenario Assessment</td>
<td>Karla Rimmington</td>
</tr>
<tr>
<td>1545-1600</td>
<td>Feedback &amp; wrap up</td>
<td>Karla Rimmington &amp; Rebecca Robertson</td>
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Expecting the unexpected

• Arrived early to set up
  – picked up by local nurses attending the course
• A Nurse Practitioner from New Zealand also arrived to assist with the course
  – we were unaware of this
• Local amenities
• Never really know what equipment will be available
  – No computer initially
  – Defib was paddles and archaic
Defibrillator
Advanced Life Support Course

• Treated like royalty
• Taken to a formal lunch between sessions with the head matron. Feast for a family of 10 rather than 3 people.
• They watched us eat
• Awards Ceremony was attended on completion of course with a multitude of photos
The FEAST!
What we learnt and how we could improve in the future
What we would do differently...

• Less didactic presentations
• How much they understood with language barrier
• More scenarios
• Would have been better with more instructors and skill stations
Overall Impression

• Well received
• They can fix or find anything you request
• Very accommodating
• Matron is highly regarded and respected
• Requested more hard copy notes/programme material
• It’s difficult because it’s not our course material - copyrights
• Asked to write an article for their new journal
• Doctors have more access to resources and education then nurses
• Sri Lankan’s love their photos
SLEMCON Conference 2018

• Rebecca Robertson
• Title – New trends in airway management
• Abstract – Airway management involves manoeuvres and procedures to create an open airway and achieve adequate ventilation and oxygenation. Basic and/or advanced airway interventions may be required to manage the patient with inadequate oxygenation and during cardiopulmonary resuscitation (CPR). An in-depth examination of essential and current techniques involved in both basic and difficult airway management using modern equipment will be undertaken. The impact of non-invasive and invasive ventilation as well as the 7 “P’s” of intubation will be discussed using current Australian guidelines.
SLEMCON Conference 2018

- Karla Rimmington
- Title – What’s New in CPR?
- Abstract - Cardiopulmonary resuscitation (CPR) is a lifesaving technique for individuals experiencing sudden cardiac arrest. Despite advances in the science of resuscitation, basic life support remains a critical factor in determining outcomes. In order to understand the advances in current CPR techniques, the history and development of these techniques will be explored. The definition of CPR, fundamentals and the current standards of CPR according to Australian governing bodies will be reviewed. Further, safe and effective defibrillation will be discussed using the COACHED acronym. We will also examine potential changes that may impact CPR techniques in the future.
## Conference Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>0945 – 1015</td>
<td>Safe staffing in the emergency department.</td>
<td>Nazir Ahmad (UAE)</td>
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<tr>
<td>1015 - 1045</td>
<td>Burn out in ED</td>
<td>Chiau Chuin Lim (Emma) (AUS)</td>
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<tr>
<td>1045-1100</td>
<td>Tea break</td>
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<tr>
<td>1100 – 1130</td>
<td>New trends in airway management</td>
<td>Rebecca Robertson (AUS)</td>
</tr>
<tr>
<td>1130 – 1200</td>
<td>What new in CPR?</td>
<td>Karla Rimmington (AUS)</td>
</tr>
<tr>
<td>1200–1230</td>
<td>How to write an article and Get published</td>
<td>Prof. Anthony Brown (AUS)</td>
</tr>
<tr>
<td>1230–1300</td>
<td>Small doses big problems-deadly pediatric poisonings</td>
<td>Dr. Ganaja Samarajiwa (SL)</td>
</tr>
<tr>
<td>1300–1330</td>
<td>Preparedness of ED at mass casualty incidents</td>
<td>Dr. Jacqui Irvine (AUS)</td>
</tr>
<tr>
<td>1330–1415</td>
<td>Lunch break</td>
<td></td>
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<tr>
<td>1415 – 1445</td>
<td>Pitfalls in triaging a geriatric patient.</td>
<td>Dr. Nilanka Wickramaratne (SL)</td>
</tr>
<tr>
<td>1445–1515</td>
<td>ED holding, crowding and patient flow: Is it a Nursing Concern</td>
<td>Nazir Ahmad (UAE)</td>
</tr>
<tr>
<td>1515 – 1545</td>
<td>Wound care at ED – extremity trauma</td>
<td>Michael Geragty (NZ)</td>
</tr>
<tr>
<td>1545 – 1605</td>
<td>Tea break</td>
<td></td>
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<tr>
<td>1605 – 1635</td>
<td>Conflict with staff – why should avoid?</td>
<td>Dr Anna Davis (AUS)</td>
</tr>
<tr>
<td>1635 - 1705</td>
<td>End of life care</td>
<td>Dr. Sue Ieraci (AUS)</td>
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Dear Karla Rimmington,

Greetings from SLEMCON 2018!

The organizing committee is extremely grateful and privileged on your acceptance of our invitation to participate as a faculty for nursing congress in “SLEMCON 2018” to be held in Colombo.

Sri Lanka Emergency Medicine Conference 2018 (SLEMCON 2018), internationally recognized Emergency Medicine Conference in Sri Lanka will be held at Cinnamon Lakeside, Colombo. From 10-11 November 2018 for the second time by the Emergency care arm of the Sri Lankan Society of Critical Care and Emergency Medicine (SSCEM) under the theme of “Beyond the Boundaries”. It will be conducted as a two-day session with pre and post conference workshops and a parallel session for nurses/paramedics. The International Federation of Emergency Medicine (IFEM) endorses the conference. The organizing committee of SLEMCON 2018 is proud to invite you as a speaker for the following lectures in sessions.

Date 10/11/2018

1. What new in CPR? at 1130-1200 hrs

We have tried our best to make your stay comfortable during the duration of the conference. We hope you will get the opportunity to share valuable knowledge and experiences with delegates and fellow co-faculty members. We have tried our utmost to provide you with few privileges to enable you to enjoy your participation at SLEMCON 2019.

Privileges for You:
- Free conference registration
- Free Group transport between venue and hotel
- Morning and Evening Snacks and Lunch during the 2 days of the conference
- Complimentary invitation to the Gala dinner on the 11th of November.

We regret our inability to provide you with travel costs and a stipend as a faculty member.

Please contact us if you need any further clarifications in regard to the conference.
We look forward to your participation at SLEMCON 2018 in Colombo.

Kindly acknowledge this email and register yourself for the conference at http://slemcon2018.com/2018/

We are looking forward to you being a speaker in SLEMCON 2018! Thanking you.

Prof Ranjana M Seneviratne, Dr. Madurangi Ariyasinghe

Co-chairpersons - SLEMCON 2018
SLEMCON Conference 2018

• Still traumatised!!!!
• Nursing and Medical Conference
• Our first every presentations at a conference
• Nursing conference sold out
• Unaware 160 nurses were attending plus one of the doctors attended nursing conference
• Conference opened with official Sri Lankan Ceremony
Our presentations

- Topics picked for us
  - What’s new in CPR
  - New trends in Airway Management
- 30 Minutes
- Totally over thought it
- Very nervous
- Went over time
- No bench to put note pages
New Trends in Airway Management
SLEMCON 2018

• Beautiful facility
• It was the first time a nursing component to this conference had been run
• Lots of photos again
• Presented there first ever Sri Lankan Nursing Journal and we were presented formally with a copy
• Asked to present several awards during conference – shook about 300 hands that day
SLEMCON Gala Dinner

- Picked up again by a doctor and returned home
- Lovely buffet meal
- Drinks – only had two bottles of white wine otherwise beer or red wine only
- They obviously didn’t know we were coming!!!
Sight Seeing
Sight Seeing
Sight Seeing
Sight Seeing