

# The Responder

Emergency First Response Corp.  
Creating Confidence to Care<sup>sm</sup>

emergencyfirstresponse.com  
FOURTH QUARTER 2006 / FIRST QUARTER 2007



## Don't Get Caught in the Cold – Renew Now!

Winter is on its way but you don't need to get caught in the cold – renew your Emergency First Response teaching qualifications.

## Training and Standards Update

### The Effect of Guidelines 2005 on Automatic External Defibrillator (AED) Algorithms

Along with the Guidelines 2005 comes a revised algorithm for AEDs and AED trainers.

### Guidelines 2005 Implementation Required

Many of you have already integrated changes resulting from Guidelines 2005 into your Emergency First Response courses – well ahead of the 1 March 2007 required implementation date.

### Guidelines 2005 Serious Bleeding Management Change

Most of the Guidelines 2005 changes focused on CPR but one of the revisions focused on teaching responders how to manage serious bleeding...

### Frequently Asked Questions and Answers

*Dear Emergency First Response Instructor,*

*Emergency First Response® is pleased to bring you the combined edition fourth quarter 2006 first quarter 2007 edition of The Responder in electronic format. You'll find information on the Effect of Guidelines 2005, its implementation, on Automatic External Defibrillator (AED) Algorithms and much more.*

*Please email [training@emergencyfirstresponse.ch](mailto:training@emergencyfirstresponse.ch) if you have any questions or concerns.*

Emergency First Response  
Europe Ltd.  
Oberwilerstrasse 3  
8442 Hettlingen  
Switzerland  
+41 52 316 35 35  
[info@emergencyfirstresponse.ch](mailto:info@emergencyfirstresponse.ch)



**EMERGENCY<sup>®</sup>**  
first response

# Don't Get Caught in the Cold – Renew Now!

Winter is on its way but you don't need to get caught in the cold – renew your Emergency First Response teaching qualifications. This *The Responder* is still sent to the whole EFR Instructor membership active for 2006/2007 and 2008, however, if you have not renewed your rating to expiry 2007 or 2008 you will not receive any further *The Responders* in the future to keep you updated.

Contact our Emergency First Response Europe Ltd. or PADI Europe Member Services department to renew your rating. You may reach them during standard office hours.

## The Effect of Guidelines 2005 on Automatic External Defibrillator (AED) Algorithms

Along with the Guidelines 2005 comes a revised algorithm for AEDs and AED trainers.

Previously, lay rescuers would deliver up to three shocks without any CPR between the shocks and then give about one minute of CPR. The new algorithm allows for one shock followed by immediate CPR, which begins with chest compressions. Rescuers should allow the AED to check a patient's rhythm again after about five cycles, or about two minutes of CPR. Follow the AED prompts as trained.

The rationale for this change is that chest compressions are delayed when AEDs recheck a patient's rhythm after a shock. Chest compressions are important during this time to deliver blood to the heart, brain and other organs. Because most AEDs eliminate ventricular fibrillation (VF) after the first shock, it is difficult to justify interrupting chest compressions to check a heart rhythm. If VF remains after the first shock, chest compressions will continue to deliver oxygen to the heart. This makes it more likely that VF will be eliminated by the next shock.

Check with the manufacturer on how to update your AED or AED Trainer to the 2005 Guidelines.

## Guidelines 2005 Implementation Required

Many of you have already integrated changes resulting from Guidelines 2005 into your Emergency First Response courses – well ahead without availability of updated materials. Emergency First Response materials have not been available yet in an updated format, still implementation of the new guidelines is required.

To overcome this situation all EFR student manuals will have an Errata sheet enclosed that highlight the changes based on ERC guidelines 2005. A detailed Errata document is sent with instructor materials as well. This will allow adapting training and techniques until new updated materials are available in the respective language you teach.

At the same time it will allow you to use your existing stock of materials before new materials will be available.

The errata sheets you find as attachment to this *The Responder* edition. For future reference these are also available for download on the member site.

These changes also affect the DVD. The English version just became available short before end of the year. Translations are already in progress. Until the translated versions are available you will find English updated EFR DVDs (that contain ERC and US protocols) sent with your ordered EFR *Participant Manuals*. Once the translated versions are available we will replace the English DVD by sending a multilanguage version in the correct quantity to the IRRRA member or EFR Instructor. Modality of exchange will be communicated to a later point of time.

## Guidelines 2005 Serious Bleeding Management Change

Most of the Guidelines 2005 changes focused on CPR but one of the revisions focused on teaching responders how to manage serious bleeding, which directly affects Emergency First Response Primary Care Skill Serious Bleeding Management.

The previous recommendation for controlling severe bleeding was an escalating chain of direct pressure, elevation and using pressure points to stop bleeding. The new guidelines, however, recommend direct pressure alone.

The rationale for this is that direct pressure, applied firmly over the bleeding area until bleeding stops or Emergency

Medical Services arrive, is the most effective way to control bleeding. Methods of applying pressure include:

1. Manual pressure on gauze or other cloth over the bleeding source.
2. Adding more gauze and increasing pressure if bleeding continues.
3. Using an elastic bandage firmly wrapped over gauze.

Current evidence shows that there is no significant difference in control of bleeding using elevation and pressure point training is ineffective for lay rescuers. Deleting these two severe bleeding management techniques is part of the ongoing effort to simplify layperson training and revised Emergency First Response materials include this change.

## Frequently Asked Questions and Answers

**Q. How do I teach providers on AED trainer units with the old guidelines?**

- A. If there isn't an update available for your AED, teach using what you have. Make sure that you tell participants that, while guidelines affecting AED use periodically change periodically, Emergency Responders should always follow instructions from the AED unit they are using. Similarly, EFR Instructor Trainers should stress to their candidates the importance of Emergency Responders following AED directions, regardless of the unit's programming.

It is important that you have your AED units updated as soon as possible. Contact your AED supplier or manufacturer for directions on how to do so.

**Q. Is training I conducted under the old guidelines incorrect or inappropriate?**

- A. No. Just because guidelines change doesn't mean the old guidelines were wrong. The medical community periodically evaluates research findings to help refine and fine-tune teaching laypeople and studies indicate that simple, repetitive emergency care training is the most effective. So while older guidelines are not necessarily wrong, they are not the state of the art and should therefore be discarded in favor of the new. This is why Emergency First Response® imposes a required implementation date for the new guidelines of 1 March 2007.

**Q. In a suspected spinal injury, do we still teach the head tilt, chin lift?**

- A. Yes. The previous guidelines were based on the theory that the jaw thrust method of opening the airway would be less likely to move an injured spine. Research, however, shows that laypeople were not only having difficulty opening the airway with a jaw thrust, but that they weren't minimizing spinal movement anyway. Based on these findings and keeping it simple, lay people now learn only the head tilt, chin lift method.

**Q. Are EFR *Participant Manuals* required if I'm teaching an Emergency First Response Refresher course?**

- A. Yes. EFR *Participant Manuals* are required for EFR courses – whether it is the first time a person is taking the course or a refresher. Make sure you check the materials and barrier requirements listed in the Emergency First Response Instructor Guide for the refresher course you're teaching for specifics.