



SECTION 4: RESUSCITATION PROCEDURES

4.3 Hospital Paediatric Life Support Training

Aims

1. To enable nursing staff to function effectively during resuscitation procedures.
2. To provide an opportunity for nursing staff to establish and maintain knowledge and skills in basic life support as defined by the Australian Resuscitation Council (ARC) guidelines and the Advanced Paediatric Life Support guidelines (APLS).⁽¹⁾
3. To provide an opportunity for nursing staff in all patient areas to participate in simulated code blue sessions at least annually.
4. To provide teaching which is consistent and reflects the current ARC and APLS guidelines.⁽¹⁾

Hospital Paediatric Life Support (HPLS) training

1. All staff are to undergo regular resuscitation education and are responsible for maintaining the minimum level of competency appropriate to the clinical area and their roles and responsibilities.^(2, 3)
2. The CAHS organisation is responsible for ensuring adequate training and resource opportunities are available to the workforce.³
3. All nursing staff at PMH are required to complete HPLS training and skills competency assessment within 6 weeks of employment and are to demonstrate proficiency in HPLS skills annually thereafter.⁽²⁻⁴⁾ HPLS training is a component of induction and orientation programs and annual review days.
4. The Registered Nurse (RN) or Enrolled Nurse (EN) is responsible for maintaining his or her own knowledge and skills each year.
5. The Hospital Paediatric Life Support training incorporates:
 - Theory component: either;
 - HPLS lecture/presentation or
 - On line self-directed learning package.
 - Practical demonstration: following completion of the theory component, nurses will be required to demonstrate skills in Cardio Pulmonary Resuscitation (CPR) on an infant, child and adult manikin.
6. Training for staff is available in each clinical area, offered by designated RN's who have been certified competent through the Princess Margaret Hospital Train-the-Trainer Program to teach CPR and Basic Life Support. These trainers are required to be recertified by the Resuscitation Coordinators annually.
7. Additional training sessions are available through the Department of Paediatric Nursing Education (DPNE) to supplement the clinical program.

8. Each area offering training is responsible for documenting attendance of nurses at practical training sessions by entering names directly into the Learning Management System or sending the names to the DPNE for processing. Recording of online learning package will be done by DPNE.
9. Resuscitation scenario practice (Mock Code Blue) is offered to clinical areas by arrangement with the Resuscitation Training Coordinator/DPNE. This is offered to each clinical area twice per year. All nursing staff are encouraged to either participate or observe the mock code blue.
10. To ensure as many clinical nursing staff attends either a mock code blue or a simulation session annually, it is recommended that additional mock code blue sessions be coordinated by CPR instructors in their own work area/s.

Critical Care/Specialty Areas

Staff working in specialty clinical areas (e.g. Critical Care, Emergency, Theatre) are required to complete additional life support competencies appropriate to their responsibilities and scope of practice in the specific area.

- **Critical care:** It is recommended for PICU, HDU staff to attend the PLS one day course every three years. Additional Advanced Paediatric Life Support skills and training will be implemented and assessed annually at departmental level.⁽³⁻⁵⁾
- **Theatre** In addition to the mandatory annual HPLS competency assessment, the PACU team will attend the one day PLS course every 4 years and complete airway competency assessments annually with an anaesthetist.

Summary of Life Support Training Programmes:

Course	Staff	Course content/Additional information
Basic Life Support (BLS)	Allied Health	<ul style="list-style-type: none"> • To be completed by all Allied Health staff on induction: <ul style="list-style-type: none"> – Lecture or on line learning package. – Practical Assessment • Annual competency assessment thereafter • Mandatory
Hospital Paediatric Life Support (HPLS)	All clinical staff: Nursing Medical	<ul style="list-style-type: none"> • To be completed by all clinical staff on induction and within 6 weeks of employment: <ul style="list-style-type: none"> – Lecture or online learning package. – Practical Assessment • Annual competency assessment thereafter • Mandatory
Paediatric Life Support (PLS) One day course	Clinical Staff	<ul style="list-style-type: none"> • APLS accredited and certified one day course for doctors/nurses • Desirable • PICU staff: to attend every 3 years • PACU staff: to attend every 4 years

CPR Train The Trainer (TTT)	Clinical Staff	<ul style="list-style-type: none"> • One day course facilitated by Nursing Education/Resuscitation Coordinators. Content: <ul style="list-style-type: none"> – Teaching BLS to staff and parents – Assessing practical skills competency • Annual CPR TTT recertification by the Resuscitation Coordinators
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Related Policies, Procedures and Guidelines.

[WA Health Clinical Deterioration Policy](#)

[CAHS Policy 220. Recognising And Responding To Clinical Deterioration](#)

[Responding to Clinical Deterioration – MET Call and Code Blue](#) (PNPM 4.1)

[Checking the Resuscitation Trolley](#) (PNPM 4.2)


Resources

Australian Resuscitation Council Guidelines: Available from <http://resus.org.au/guidelines/>

APLS Australia: <https://www.apls.org.au/resources>

Reference:

1. Samuels M, Wieteska S , & Advanced Life Support Group (Manchester UK), editors. Advanced Paediatric Life Support – the practical approach. 5th ed. London: John Wiley; 2011.
2. Australian Resuscitation Council. Guideline 10.1 Basic Life support Training 2013 [30 January 2015]. Available from: http://resus.org.au/download/section_10/guideline10-1march2013.pdf.
3. Australian Commission on Safety and Quality in Health Care, Sydney. Improvement Guide Standard 9: Recognising and Responding to Clinical Deterioration in Acute Health Care 2012. Available from: http://www.safetyandquality.gov.au/wp-content/uploads/2012/10/Standard9_Oct_2012_WEB.pdf.
4. Australian and New Zealand Resuscitation Council. Standards for Resuscitation: Clinical Practice and Education 2014. Available from: <http://resus.org.au/download/general/clinical-standards-for-resuscitation-amended.pdf>.
5. Paediatric Intensive Care Society UK. Standards for the Care of Critically Ill Children 4th Edition 2010. Available from: http://www.ukpics.org.uk/documents/PICS_standards.pdf.

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