

Immediate Life Support for Flight Medical Crew



For flight nurses, doctors and paramedics who want to keep current in their cardiac life support skills but also wish to take advantage of CCAT's unique aeromedical based UKRC recognised ILS course and training environment

Immediate Life Support for Flight Medical Crew

The Immediate Life Support one-day course was designed by the UK Resuscitation Council (UKRC) to standardise and simplify resuscitation training. CCAT Aeromedical Training has developed the course further so that it fulfils the UKRC aims but also addresses the specific problems that are encountered by aeromedical personnel. Predominantly these issues are the lack of space on board aircraft and helicopters, the lack of supervision and assistance, turbulence and vibration, noise, electromagnetic interference between aircraft and medical equipment, and the hypoxic environment at altitude.

Participants will take part in tutorials and practical skills stations in cardio-pulmonary resuscitation, simple airway management and safe defibrillation, enabling them to manage patients in cardiac arrest until recovery or landing, whether at the intended destination or after diversion of the aircraft.

Pre-course reading material should be studied before arrival, as participants will be assessed continuously throughout the day.

Successful completion entitles the participant to an ILS certificate which has one year validity.

The program

Using a mix of didactic lectures, small group tutorials and discussion groups, the program offers the standard UKRC package with the addition of special considerations needed for practice in the aeromedical environment:

- Medical care in the flight environment
- Initial assessment of the unwell patient
- Prevention of cardio-respiratory arrest
- Airway management
- Defibrillation training
- Basic Life Support revision
- Advanced Life Support (ALS) algorithms
- Simulation scenario training in the aircraft cabin environment



A recent review

The first ILS FMC course was held in September 2011. This is a short review written by an A&E and ICU trained flight nurse who attended.

The CCAT 'Immediate Life Support (ILS) course for Flight Medical Crew' was first held at the Royal Hampshire County Hospital Clinical Simulation Centre in September 2011. The emphasis on small group teaching enabled each of the participants to receive plenty of attention and time for discussion on all the subjects in focus. I found the course very informative and learned a lot in a short space of time. The pre-course material was clear and simple to understand and was well covered throughout the course. The practical focus was fabulous. What set this course apart from other ILS courses were the cabin simulation scenario and the discussions on medical emergency situations in flight - especially in the confined spaces of aircraft cabins. These sessions were extremely useful and were added on to the core material that is needed to qualify for the UK RC (Resuscitation Council) ILS certificate. In essence, I found the course extremely helpful and very beneficial. The combination of power point presentations, discussion tutorials and practical sessions was balanced and worked well. I thoroughly enjoyed it. - Nicole E

What previous participants said about the ILS for FMC course

The following list is the complete set of feedback comments made by every single participant on the most recent study day. No comments have been removed:

- Well presented. Nice faculty staff.
- Very well done.
- A good pace and to my level.
- Challenge excellent.
- As always a great day. Many thanks. Excellent. Very well presented and a great learning outcome.
- A really excellent and informative day. Useful to have the hospital application to ILS.
- Really enjoyed it. Lectures very interesting and amusing. Brilliant instructors.
- Really excellent.
- Really useful to have an ILS course with an in-flight focus and constraints of the environment. Would like to spend a bit more time considering those types of scenario. Maybe a day of sim training for cabin environment could be done.
- Fantastic. All lecturers lighthearted with great humour, guaranteed to keep us awake.
- Absolutely brilliant course. Excellent instructors!
- Well worth attending - thank you to Rita and Terry, also to Sam and Lee.
- Very good, both lecturers and practice.
- Thank you. On time - must be Ryanair!
- Could CCAT use this ILS course as a prep for ALS? (quite a few on our courses are out of date and looking for ALS training.
- Will pass onto colleagues.
- Feel I learnt a lot new and refreshing. Nice to have the cabin mock up too.
- Thanks to Sam, Lee, Terry and Rita. Know they all gave up part of their weekend to provide us with this course. We are all very grateful.
- An excellent day, highly enjoyable and very useful training.

When asked if they considered the course was **good value**, the following responses were given:

- (6 simply said) 'Yes'
- Yes, very much so.
- Yes, thank you for organising.
- Excellent value.
- Great value.
- I do.



CCAT uses both the negative and positive comments to continually evolve its courses so that the Flight Medical Crew Study Day, like all the other CCAT courses, grows, develops and improves with time.

Venue

The course is 'mobile' and takes place in various Clinical Simulation Centres around the south of England. Originally based at the *Royal Hampshire County Hospital* in the historic city of Winchester, future venues are likely to be in Devon, Bristol and Berkshire.



Contact **Rita Mody, Courses Co-ordinator** for details of the next ***Immediate Life Support for Flight Medical Crew*** course.

