

Community Training Center Newsletter

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PALS & ACLS Scheduled Classes at Fairbanks Memorial Hospital Call 458-5580 to register

- ACLS (1 Day) April 28th
- PALS (2 Days) May 4-5th
- ACLS (2 Days) May 10-11th
- PALS (2 Days) Sept. 7-8th
- ACLS (2 Days) Oct. 5-6th
- PALS (1 Day) Oct. 19th
- ACLS (1 Day) Nov. 3rd
- PALS (2 Days) Nov. 9-10th

Just a glimpse of new AHA courses and updates

Here is more information on the new guidelines

3 NEW COURSES

1. **Pediatric First Aid Course**
2. **Intermediate ACLS Course**
3. **Intermediate PALS Course**

New Product - end of October

CPR Anytime for Family & Friends Kit

People can train themselves in the privacy of their own home.

The core instructor book is due out, hopefully by the end of April.

All Heartsaver materials are due toward the end of May.

ACLS materials are due by late Fall

PALS materials are due in Winter.

All AHA Instructors **MUST** take a guideline rollout to be able to continue teaching when all new materials are available. We will try to accommodate everyone by scheduling as many classes as possible.



Course Calendars-Instructor Class Schedules

We need more class schedules. We receive several calls a day from individuals and businesses, both in healthcare and the health & safety industry, looking for AHA courses throughout the area. The AHA has compiled a course

schedule for Training Centers, Training Sites and AHA Instructors. If you would like them to add your course schedules to their list, please email the information (date, course, location and contact) to ssteele@iremsc.org

This is a very easy and valuable way to expand your business at no cost to you.

If you have any questions please email me at the above address.

What's going on with the AHA?

ECCU 2006 June 22-25, 2006

At Disney's Coronado Springs Resort, in beautiful Orlando, Florida. International Educational Conference and Exposition. The ECCU conference is the only event of its kind, bringing together physicians, researchers, nurses, EMT's, paramedics and others involved in the instruction and practice of resuscitation. The newly released CPR and ECC guidelines make this year's conference more important than ever.



Are you an American Heart Association Instructor? Then you should be "IN"!! Announcing the American Heart Association Instructor Network-your connection to the latest in ECC, and our connection to our most valuable asset, our AHA Training Network.

Check with your Training Center today to see if you have been pre-approved. Visit the Network at ahainstructornetwork.org

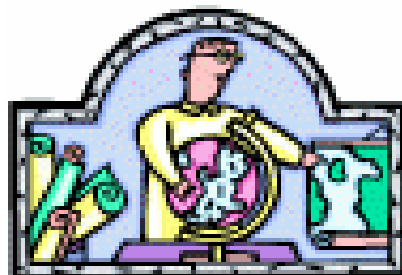
Spring "CURRENTS" is now available on AHA website.

The New Core Instructor Course!

The AHA is pleased to announce the upcoming release of the AHA ECC Core Instructor Course. The goal of this course is to provide new instructors with the best possible foundation in teaching skills, and to provide current instructors with a source of continuing education.

The course has five modules covering topics such as communication, planning and preparation, coaching, presenting material, promoting retention, evaluation and providing remediation. Each module is made up of multiple lessons. Instructor candidates may complete the course in a totally self directed format, in a traditional instructor-led classroom setting or through a combination of these options.

All new instructors trained after the release of this program will be required to complete the Core Instructor Course as Step 1 of their training. Step 2 will be completing the discipline specific training, and Step 3 will be the course monitoring. The Core Instructor Course will only need to be completed once if a person wants to become an instructor in more than one discipline. With the course, there will be an instructor manual



including the full course on CD-ROM. This manual will compliment and support the new discipline-specific instructor materials. **All instructors must complete this course and purchase the manual by July 1, 2007**

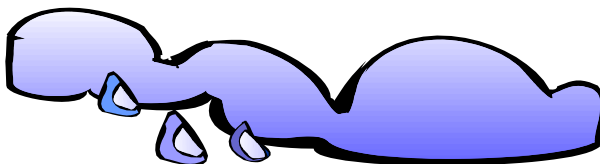
Additional, detailed information about this new program and our current instructors will be shared in a Separate communication.

The AHA will continue to work to keep us informed about any changes or updates to the above information and timelines. In the meantime, please feel free to contact me at the office either by phone or email.

The AHA has had a few glitches with the Core Instructor Manual so it wasn't ready when they had planned it to be.

Instructor Renewal Dates

IREMSC has automatically extended the renewal date of all instructor who have an expiration date between Jan 1, 2006 through June 30, 2006 to June 30, 2006.



The renewal requirements for all instructors are:

1. Teach 4 courses in the previous 2 years. Your watching of the Core CD gives you credit for one class regardless of your discipline.
2. Attend appropriate Science update.
3. Document confirmation of current provider status by
 - a. Current card or
 - b. Demonstrate skills.
4. Attend product orientation and update for that discipline.
5. Document successful teaching ability (Instructor Monitoring)

Provider Course Milestone

After July 1, 2006—all courses are to be taught with new science (2005 AHA Guidelines).

- BLS and Heartsaver programs using new materials and format only.
- ACLS and PALS using bridge materials

Only the new course format and materials for PALS and ACLS can be used 90 days after their respective release.

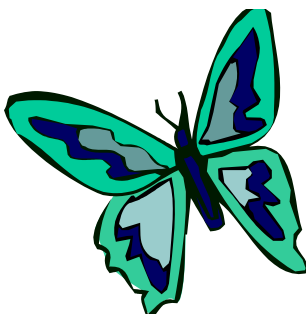
New Healthcare Provider Materials

Handbook of ECC for HCP	\$17.20	The core instructor book is due out, hopefully by the end of April.
BLS for HCP student book	\$12.80	
BLS for HCP instructor book	\$35.00	All Heartsaver materials are due toward the end of May.
BLS for HCP video (VHS)	\$93.00	
BLS for HCP renewal (VHS)	\$81.40	ACLS materials are due late Fall.
BLS for HCP DVD	\$75.60	PALS materials are due in Winter.



AHA GUIDELINE UPDATE CLASSES

Here are some dates for the NEW Guideline update classes. Please remember each and every Instructor, regardless of discipline must complete an update by July 1, 2006. After you have completed your update it is your responsibility to notify IREMSC that you have completed the course so we can put a notation in your file. Any Instructor that has not completed an update after the deadline of July 1, will not be able to receive cards or get credit as a co-instructor, until all requirements are met.



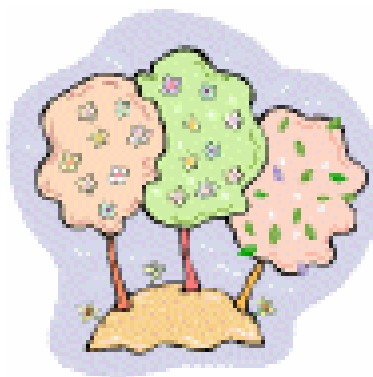
If there are any questions or concerns about the updates or requirements please do not hesitate to call the office and ask for Dave or Samara. We will do our best to work with you in any situation that may arise.

BLS Rollout Courses

- April 14, 2006
8:30am to 2:30pm
IREMSC Office
- April 21, 2006
8:30am to 2:30pm
IREMSC Office
- May 10, 2006
8:30am to 2:30pm
IREMSC Office
- May 13, 2006
8:30am to 2:30pm
IREMSC Office
- May 17, 2006
8:30am to 2:30pm
IREMSC Office

Currents

Are you receiving Currents? Make sure you sign up to receive the national Currents newsletter especially with new guidelines around the corner. To get the most current information visit www.ecc-cpr.org. Sign up now the Winter issue will feature a summary of key changes to the ECC Guidelines.



Reminder to Instructors

If you are using the old materials please let Julie or Sam know at least 3 weeks prior to your class date if you will need more than 10-15 books for your class. We can order everything you need but the turn around time in ordering is between 2 to 3 weeks. We will not be keeping a large stock of books or videos on hand until the new materials are available.

Also remember there will be no return of any unused old books or materials as of January 1, 2006.

I will keep you posted on our website of the dates when the new materials will be available.

Did you know?

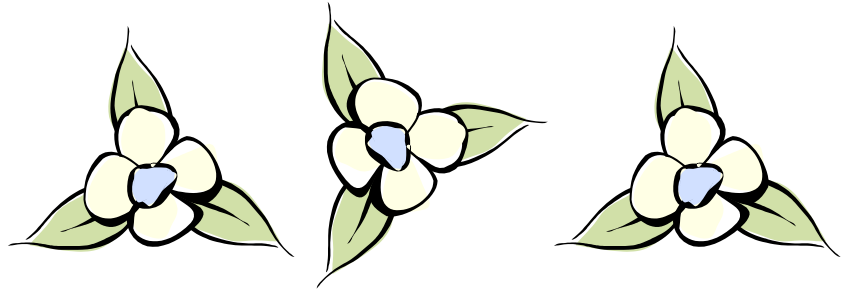
- *Women may prevent or delay "middle-aged spread" by lifting weights?*
- *Take control of Portion Sizes. Bigger isn't always better.*
- *Did you know the most common cause of peripheral artery disease is atherosclerosis, or hardening of the arteries?*
- *Making physical activity a regular part of your life can help reduce and control the risk factor for heart disease*

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We're on the Web
www.iremsc.org



Instructor Email: AHA launched a portal for Instructors

How to communicate with instructors. With all the guidelines coming out this year, it would be easier to communicate with instructors with a couple of clicks. AHA has launched a portal for all AHA Instructors that is located on the AHA web. This is a password protected site that Instructors and Training Centers can log on to and get all the latest information. The AHA website has details at www.americanheart.org

Also if you do not have an email on file with IREMSC please contact us today so we can update your file.



MAY IS AMERICAN STROKE MONTH
Stroke is an emergency. Know the signs!

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both Eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

Call 911 immediately if you experience these symptoms! Time lost is brain lost

POWER TO END STROKE

The numbers are grim and so far not fully explained by science: black people have almost twice the risk of first ever stroke compared with whites. Blacks 35 to 54 years old have 4 times the risk for stroke. They have higher death rates for strokes also.

Power to End Stroke, a new program from the American Stroke Association, aims at educating people about risk factors they can control and powerful steps they can take to avoid become one of those grim numbers.

Power to End Stroke shows how to reduce one's chances of suffering a stroke, how to recognize the symptoms and realize the emergency nature of the situation.

"Stroke is not inevitable for African Americans," but many aren't making the connection that their ethnicity and family's history increase their stroke risk."

Find more information about the Power to End Stroke Program at

www.strokeassociation.org

American Stroke Association

A Division of American Heart Association

