

Pacific Medicare FNU Course details

First aid Vs pre-hospital Emergency Care definitions;

First aid relies on someone arriving soon to take over and deliver a higher level of emergency assistance to eliminate life threats and promote recovery as soon as possible. Pre hospital emergency care is that assistance.

Emergency care is essential to maintain life in complex situations when trying to stay within the 'Golden Hour'

- The Golden Hour is a defined time where without comprehensive medical support within an hour, seriously ill casualties will have little or no chance of recovery.

Pacific Medicare courses are designed around the primary aim to provide staff with the capability of delivering the necessary emergency care assistance when, and as long as required. To that end, they are not simply first aid courses; they are much more than that!

1. All Courses can be delivered on site with flexible hours, this minimizes wasted time for staff traveling
2. Practical skill development is tailored to the environment and practical assessment becomes a reality
3. Quick access to beach, sea, and known risk areas/equipment allows for better quality of skill development vs. sitting in a room off site
4. Specialized equipment can be used by the staff in the appropriate arena. We train on the equipment at the location
5. Staff know what to use/ how to use it vs. coping with unfamiliar equipment in a pressure situation
6. All courses are based on a ratio of trainer to 12-20 participants sub to the course itself All courses are based on current New Zealand and international standards:
 - **Fiji National University accredited for funding – Grants Claimable A & B**
 - New Zealand Resuscitation council accredited - pre-hospital emergency care instruction.
 - Surf Life Saving New Zealand Award standards
 - NZ Mountain Safety Council standards for risk management
 - Pacific Medicare certificates are backed by the New Zealand Resuscitation Council and are accredited for FNU Funding
 - Pacific Medicare is a Category 1 accredited provider registered with the New Zealand Qualifications Authority

Mobilisation costs are in addition and are charged at cost. We do not include mobilisation costs in the course costs because all efforts are made to keep mobilisation costs to a minimum. This is achieved by the following

- Using resort accommodation and meals that can be charged at cost
- Training a number of resorts in the same trip to share transport costs
- Maintaining a minimum course participant number of 12
- Having the opportunity to book Flights well in advance of the training period.

Course Outlines and Deliverables

Basic Emergency Care

This course not only teaches comprehensive First Aid to a very high standard, it also incorporates the specific limitations of a small Country's public health system, and the challenge of remoteness of most resorts in practical scenario training to ensure the participants are well trained.

Successful Basic Emergency care candidates can graduate to Intermediate or Marine Emergency care courses.



SESSION OBJECTIVES: By the end of this session the participants will:

- Provide Basic life support and CPR including...
- Scene Management & Site survey
- Patient Assessment
- CPR single person and assisted CPR
- Bleeding & Shock Management
- Basic Spinal Injury management
- Environmental Emergency Management
- Chest Injury & Asthma
- Basic Fracture & soft tissue injury
- Stings

DURING THIS SESSION PARTICIPANTS WILL ALSO;

1. Begin to develop an understanding of potential risk factors.
2. Become familiar with Risk Management and its role as a risk activity provider.
3. Become familiar with the Emergency care concept in managing a crisis.

Marine Emergency Care Life guard Course

The marine Emergency Care course is Fiji's first Accredited Life Guard course. It provides successful candidates with safe water negotiation skills for both pool and sea conditions, and focuses on preventative management skills as well as safe rescue skills.

With Fiji's Tourism industry heavily focused on the water, this is an essential course for all staff involved in child care, water activities and pool management.



SESSION OBJECTIVES: By the end of this session the participants will:

Provide safety and emergency care in a marine Environment.
Be aware of risk Management as a component of Life Guarding.
Have completed a series of scenarios incorporating the relevant specialist equipment
Administer CPR completely within an aquatic environment.
Further develop skills of Beach and aquatic management including

- Surf Swimming. Water Negotiation. Assessment
- Surf, Beach and Pool Awareness
- The Physiology of drowning
- The Chain of responsibility
- Patrolling Strategies Risk & Environmental Management
- Victim I.D. "Life Guarding Begins at the car park!"
- Distress I.D.
- Prevention Strategies, Preventatives & Debriefs
- Rescues & releases
- Signals & signs
- SAR Techniques
- Theory Test
- Rescue and Life Guard Practical Assessment

DURING THIS SESSION PARTICIPANTS WILL ALSO;

1. Become familiar with Marine emergency care methods designed to manage marine and aquatic based emergency situations.
2. Identify the need for quick ABCD assistance for a near drowning or drowned victim
3. Become efficient in the skill of early victim recognition and preventative actions to minimize emergency situations
4. Be able to link emergency care with the necessity to manage a crisis with efficiency to minimize further trauma.
5. Incorporate specialized emergency equipment into their emergency care skill base and training programs

Intermediate Emergency Care

Intermediate Emergency care introduces some of the most important equipment necessary in emergency and medical care situations. It covers the skill necessary for the use of oxygen as an emergency tool.

It also looks at the two most common environmental emergencies near drowning and spinal injury among other emergencies common in a resort environment. Successful Intermediate Emergency care candidates can graduate to Advanced Emergency care.



SESSION OBJECTIVES: By the end of this session the participants will:

- Provide Intermediate life support and CPR including...
- Scene Management, Site survey & Triage
- Patient Assessment and base line recording
- Air Way Management
- Bag mask to mouth CPR and skill development
- Use of sphygmomanometer and stethoscope
- Oxygen Therapy and management
- The physiology of Drowning
- Major Bleeding & Shock Management
- Spinal Injury management
- Environmental Emergency Management
- Chest Injury & Asthma
- Extensive Fracture & soft tissue management

DURING THIS SESSION PARTICIPANTS WILL ALSO;

1. Recognize risk factors as factors in trauma care and work towards eliminating or managing them
2. Be able to link emergency care with the necessity to prevent a crisis with efficiency to minimize further trauma
3. Incorporate specialized emergency equipment into their emergency care skill base.

Advanced Emergency Care Full Course

Advanced Emergency care has been designed to provide successful candidates with the skills to manage comprehensive emergency and medical trauma. As a result of most Resort's locality, and the level of advanced care in most hospitals in Fiji there has been a realistic need for the tools to prevent serious trauma and promote recovery as soon as possible.

This course addresses these concerns. The Advanced emergency care course also trains the candidate in transport Management from the Resort to the Hospital.



SESSION OBJECTIVES: By the end of this session the participants will support life for a sustained period of time by using the following strategies:

- Scene Management, Site survey & Triage
- Life support and CPR including...
- Kinetics of Trauma
- Dive emergencies
- Metered Dose Inhalers
- Acute Chest pain & Aspirin
- Advanced Cardiology
- Early Defibrillation
- Chain of survival
- Defibrillation practice
- Special situations
- Oxygen Therapy and management including Defibrillation
- Pediatric life support
- Air Way Management
- Chest trauma management
- Emergency Orthopedics
- Long Bone fracture management
- Transport Management
- Trauma scene management
- Scenario exercises incorporating ABCD techniques

DURING THIS SESSION PARTICIPANTS WILL ALSO;

1. Become familiar with Trauma care methods designed to manage complicated emergency situations.
2. Identify the need for quick ABCD assistance for a heart attack victim
3. Be able to link emergency care with the necessity to manage a crisis with efficiency to minimize further trauma.

4. Incorporate specialized emergency equipment into their emergency care skill base and training programs
5. See the importance of linking all training in emergency care with relevant risk management and safety procedures currently in operation within the work place.

Risk management

Pacific Medicare provides Risk Management and Crisis Management to address the complex issues involved in risk proofing a working environment to minimise the risk of an incident. The courses also provide the skills training necessary for personnel to manage a crisis from its creation to the end.

This course is not a standard course but is situational and specific to each work place, Resorts especially. Risk and Crisis Management Training is strongly recommended on the Resort, in conjunction with emergency care training, and after consultation with Pacific Staff to ensure essential factors of risk are identified and trained on accordingly.

SESSION OBJECTIVES: By the end of this session participants will be able to;

- Recognize emergency situations without delay and minimize further trauma
- Manage emergency situations with respect to existing resources
- Manage triage information for evacuation purposes
- Utilize relevant documentation to predict and minimize risk factors and resource wastage
- Manage environmental emergency management
- Learn the chain of responsibility and how to maintain its smooth running
- Train off and run scenarios to increase the skill of resort staff associated with emergency care and safety
- Become familiar with trauma care methods designed to manage complicated emergency situations.
- Be able to link emergency care with the necessity to manage a crisis with efficiency to minimize further trauma.
- Oversee the use of specialized emergency equipment in an emergency care crisis.
- See the importance of linking all training in emergency care with relevant risk management and safety procedures currently in operation within the work place.