

spotlite

SHARING BEST PRACTICE

ISSUE 8 August 2013

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Juniors and Cadets



International Cadet Camp—the latest ...

Contingent Managers have been assigned to each state, territory and country and maximum numbers for each contingent have been set.

Join the ICC Facebook page to keep up to date with ICC2014 news—from around the world! www.facebook.com/groups/ICC2014. Stay tuned for more information!

First Aid Services

St John Best Practice Event First Aid

Watch Victorian FAS members in action at Ironman Melbourne 2013: <http://goo.gl/vKKGm>

Submitted by Alan Eade, Chief Commissioner

Australian Office Health Professionals Group

The Australian Office Health Professionals Group met on Friday 2 August and spent the day progressing a number of key First Aid Services projects. These included a consistent approach to the credentialing of health professionals, the continued development of accreditation and re-accreditation programs and the enabling of health professionals to operate as Advanced Responders.



More information will be available, via a number of sources, in the coming weeks.

Visit to Canberra Division

The Chief Professional Officer, Associate Professor Brett Aimers, and the Chief Paramedic, Ian Johns, had the pleasure of attending and presenting at the Canberra Division on 1 August. The night involved a Q&A session and an update on national activities and initiatives with Brett, and a presentation on scene management given by Ian.

This was an excellent and relaxed opportunity to talk with members about what they thought were required from a training, clinical skills and capability point of view whilst sharing information on some exciting initiatives that will be available for First Aid Services members soon.

The visit also included a brief training session with the ACT National Competition Cadet Team.



Visit to James Cook University

The Chief Professional Officer, Associate Professor Brett Aimers, visited James Cook University in Townsville on Monday 12 August and presented a number of lectures related to emergency management and disaster health to students undertaking the Masters in Public Health.

This was an excellent opportunity to showcase the role of St John as a provider of health services from a mass gatherings and emergency management perspective.



St John Ambulance Australia and the Australian Journal of Emergency Management

On the cover of the current volume of *AJEM* (28/3), St John Ambulance Australia (Qld) assist an elderly citizen during the Queensland floods. The papers of *AJEM* Volume 28, No. 3, may be read online at: <http://goo.gl/odirQU>

Submitted by Brett Aimers, Chief Professional Officer

Chief Paramedic—out and about

The Chief Paramedic participated in his first meetings with the Australian Office Health Professionals Group and the Medical Advisory Panel. Closer to home, following an invitation from the Macquarie University Division, he presented at the Division's annual re-accreditation weekend held at the NSW's training facility at Blaxland. It was great to take the opportunity to also work with members on duty at the City to Surf in his role as a Paramedic Inspector.

Significant work has been completed in preparation for the 2014 reaccreditation program along with new eLearning modules.

Submitted by Ian Johns, Chief Paramedic

Research

ARC Victoria—research grant

The Australian Resuscitation Council (Victorian Branch) operates a grant scheme to facilitate research into the practice of resuscitation or first aid in the Australian setting. It aims to support high quality resuscitation research projects which require only modest funding with an emphasis on projects relevant to Australian conditions.

In 2013–14 grants of up to \$10,000 for experienced researchers and \$5000 for novice researchers may be approved for an area of basic or advanced life support or first aid which addresses scientific knowledge gaps and clinical research priorities.

A copy of the Research Grant Guidelines and Application Form may be found at <http://www.resus.org.au/vic.htm>. Applications close Friday 27 September 2013; late applications will not be considered.

Submitted by Peter Le Cornu, Chief Executive Officer, Australian Office

Ophthalmic

Ophthalmic week starts on 6 October

– the new Powerpoint focusing on the St John Eye Hospital and Oecussi will be available soon!

If you have any questions regarding Ophthalmic week please contact Amanda Power at finance@stjohn.org.au



ST JOHN
OPHTHALMIC
WEEK 6–12 OCTOBER 2013

Oecussi 2013

The highly successful Oecussi Ophthalmic project has been running for a number of years. The project involves financial support for the Royal Australasian College of Surgeons as well as sending a team of three volunteers to assist the surgeons and conduct projects within the community.

Danika Crolla, Anneka Hyman and Aaron del Pino accompanied the Royal Australasian College of Surgeons (RACS) on the annual trip to Oecussi, East Timor, from 12–20 July. The team assisted RACS with the Ophthalmic project including observing visual acuity tests, visual assessments, glasses dispensary, medications administration, surgical intervention and later post-operative observation. Some of the patients had not seen or had good vision for a number of year and reacted with such joy. Aaron del Pino comments ‘the experience was priceless and reflected how effective the project is and how honoured we were to be a part of it’.

While in Oecussi the St John team conducted a number of different community-based projects. The St John team visited the local police station and conducted interactive workshops and also provided resources including DRsABCD flow-chart stickers for each police car.

A visit was also made to the Dominican Republican

Dormitorio to deliver an education session to the children through song and dance—the students thoroughly enjoyed the session with a high level of engagement and inter-action.

They also visited Topu Homus Kutet and delivered an informal session with staff regarding health promotion topics such as effective hand hygiene, wound care and burns.



The St John team: Anneka Hyman (back left), Danika Crolla and Aaron del Pino (back far right).

Anneka Hyman’s personal observations

My time in Oecussi really gave me a new perspective on the problems faced in developing nations. A lot of our lessons needed to be modified to make them suitable to the people we taught and limited resources they would have after we left. It was encouraging to know that the basic skills that we were able to impart provided a chance of survival in circumstances where the nearest hospital was a day’s walk away and specialist care was a 12 hour boat trip away. Topics like wound care and hand washing also had the potential to avoid such a trip. The team learnt so much from the people; their resilience in often very trying conditions was inspiring and always accompanied with a welcoming smile.

One of the best classes involved us instructing the local police force in Oecussi on basic life support. The lesson took place on the lawn out the front of the station with around 20 smartly dressed male and female officers performing CPR on dummies that we bought with us from Australia. We explained what to do if they were the first to arrive at a Motor Vehicle accident, which occurred frequently, and handed out stickers with the flowchart for all the police cars. With no working ambulance in the district, it was likely that the police would be the only source of pre-hospital care and transport in these circumstances. It was a real privilege to be able to teach such a vital group in Oecussi.

on film

Danika Crolla has produced a fantastic clip showing footage of the St John team at Oecussi.

You can see this at:
<http://goo.gl/OTk1il>

The St John team continue to make a huge difference to the lives of the people of Oecussi, if you would like more information or would like to provide support please contact Amanda Power: finance@stjohn.org.au



Conferences

20th AFAC and Bushfire CRC 10th annual conference

Monday 2–Thursday 5 September 2013, Melbourne

An interest in emergency management? We would like you to consider attending the 20th Australasian Fire and Emergency Service Authorities Council (AFAC) and Bushfire CRC 10th annual conference. This is the largest emergency management conference in Australasia, supporting the biggest trade expo for our sector. This conference is staged by the industry for the wider emergency management community.



Full conference program and to register, go to: www.afac2013.org

2013 National Drug Trends Conference

Tuesday 15 October 2013, Melbourne

We are pleased to advise you that the 2013 National Drug Trends Conference will be held in the State Library of Victoria.

The theme of this one-day event is 'Highs and lows of contemporary drugs in Australia: Emerging psychoactive substances and pharmaceutical opioids'. The conference will feature presentations from a number of distinguished international and local guest speakers.

For information on how to register and to read the program, please go to the NDARC website: <http://goo.gl/9uQd8P>.

Bayswater Fire Brigade's 10th Anniversary of Control Line

Thursday 31 October 2013 at the Karralyka Centre, Ringwood, Victoria

Craig Ferguson, Director, and the Bayswater Fire Brigade started the Control Line event 10 years ago in a quest to develop incident leadership capability. Their aim is to present high profile speakers on the complexities of 'leadership in adverse environments' to those working in the emergency management and related sectors. The theme for 2013 is 'Leaders of Leaders' with an outstanding program of high profile speakers.

All proceeds are going towards building a new fire station and purchasing fire-fighting equipment for the Bayswater Fire Brigade volunteers who respond to over 500 calls per year.

Bookings information is contained in the brochure at www.bayswatercfa.com

Submitted by Alan Eade, Chief Commissioner

Leadership Update

Provides information and tips for leaders and managers in St John.

Peter LeCornu, CEO, Australian Office

Know how others really see you

You may think you already know how others view you—as a skilled facilitator or a manager who always brings out the best in her team—but you might be surprised. To find out what people really think, try these three things.

1. Seek out patterns in your paper trail. Look at past performance reviews or recommendations letters. What do people consistently say about you?
2. Examine your online presence. Google yourself. If there are any damaging or erroneous links, it's better to find out now (so you can take action), rather than having a potential client or employer discover them.
3. Conduct your own 360 review. Individually invite trusted colleagues, your boss, and your employees out for coffee. Tell them you're working to raise the bar professionally, and ask for their honest feedback: What do you do well? Where could you grow?

A Harvard Business Review Management Tip of the Day, 12 July, 2013

Leadership and emotional courage

I read this in another article I was reading about training leaders and thought it good enough to share here:

What makes leadership hard isn't the theoretical, it's the practical. It's not about knowing what to say or do. It's about whether you're willing to experience the discomfort, risk, and uncertainty of saying or doing it. In other words, the critical challenge of leadership is, mostly, the challenge of emotional courage.

Emotional courage means standing apart from others without separating yourself from them. It means speaking up when others are silent. And remaining steadfast, grounded, and measured in the face of uncertainty. It means responding productively to political opposition—maybe even bad-faith backstabbing—without getting sidetracked, distracted, or losing your focus. And staying in the discomfort of a colleague's anger without shutting off or becoming defensive.

Strengthen your confidence

Confidence isn't something you either have or you don't. It's a dynamic emotion that, like a physical muscle, needs exercise to grow stronger. Here are two ways to build and maintain it.

1. Take inventory of your past. It's easy to doubt yourself and your abilities. But if you look at your track record, chances are that your successes outweigh your failures. And, more importantly, you likely survived your missteps and gleaned lessons along the way.
2. Focus on strengths. Most leaders are very strong in a few competencies, average in the majority, and weak in a few. Concentrate on leveraging what you're best at. Then, manage your average and weak areas so they don't detract from your effectiveness.

Adapted from [To Strengthen Your Confidence, Look to Your Past](#) by Amy Jen Su and Muriel Maignan Wilkins.

Medical Advisory Panel

The 16th meeting of the Medical Advisory Panel was held in Canberra on Saturday 3 August 2013. This page contains extractions from the latest MAP Bulletin, on revisions to St John protocols approved at the meeting.

The full Bulletin including revised pages to *Australian First Aid* (mentioned below) may be downloaded from [Member Connect](#) (search 'bulletin') or access the folder: General\Medical and Research\Medical.

If further information or clarification is required regarding the following changes to first aid protocols, please contact: publications@stjohn.org.au

Chest injuries

MAP agreed to simplify the first aid management of fractured ribs (AFA p. 275) and flail chest (AFA p. 277): bandaging of injuries is not required. This better aligns with treatment by doctors.

Methoxyflurane

MAP received a request to change the protocol concerning methoxyflurane. It was noted that the following were not included in the St John advice concerning the use of methoxyflurane.

Contraindications

- renal impairment or failure
- hypersensitivity to fluorinated anaesthetics
- cardiovascular instability
- respiratory depression
- malignant hyperthermia

Precautions

- liver disease
- diabetic patient

MAP agreed to make no changes to the current protocol primarily because the changes requested were beyond what a first aider would be expected to accurately identify.

Further, MAP agreed that it was appropriate that not all contraindications identified by a manufacturer would be included in information provided to a first aider. A Frequently Asked Question is to be developed to explain why St John protocols may not be the same as provided on the manufacturer's product information sheet.

Choking

MAP agreed to the removal of the words 'or drinking' in the causes of choking (AFA pp. 14 and 91). Drinking too quickly does not cause choking.

Removal of the words: 'The most common causes of choking are: • Eating ~~or drinking~~ too quickly'.

Burns

MAP agreed to replace the following statement on p. 231 of AFA (and other similar references in the Burns chapter) on the management of burns:

Cover burn either with a non-adherent burns dressing, plastic wrap, clean dressing or loosely applied aluminium foil.

with Cover the burnt area with a loose and light non-stick dressing, preferably clean, dry, lint free (non-fluffy) material e.g. plastic cling film.

The second statement is what is endorsed by the Australian Resuscitation Council and provides greater clarity on the treatment of burns.

Frequently Asked Questions

MAP endorsed a FAQ titled: How does pressure bandage with immobilisation work?

The answer to this question (along with all the other FAQs) is available from [Member Connect](#): Search for 'FAQ' or access the folder: General\Medical and Research\Medical.

First Aid Services Items

Credentialing of Health Professionals

MAP endorsed the First Aid Services Health Professional Credentialing Guidelines, which are designed to simplify the process of approving the skills that a health professional can perform when working with St John. Further information about the guidelines will be released later in the year.

First Aid Services Gazette

Appointments

Each of the following members has chosen to accept a role within St John Ambulance Australia to support the development of our members and the development of our services. We are privileged to have such dedicated members.

The Chief Commissioner and Chief Executive Officer sincerely thank all of the members for their work in the organisation.

Australian Capital Territory

Chantelle Blackwell	IV	Territory Staff
Rhian Blackwell	IV	Divisional Staff

New South Wales

Marian Casey	VI	Divisional Staff
Joshua Emanuel	III	State Staff
Beau Geekie	VI	Divisional Staff
Warwick Lowes	V	Divisional Staff
Paul Mackinder	VI	Divisional Staff
Rod O'Donnell	II	State Staff
Richard Thomas	II	State Staff

South Australia

Julienne Feast	V	Divisional Staff
Alicia Geyer	IV	Regional Staff
Olivia Geyer	V	Divisional Staff
Nancy Gilboy	V	Divisional Staff
Linda McCallum	IV	Divisional Staff
Garry David Platten	V	Divisional Staff
Karen Tiller	IV	Divisional Staff
Kenneth Whyatt	V	Divisional Staff

Victoria

Anita Christini	III	Regional Staff
Maddison Gage	VI	Divisional Staff
Emma Kong	VI	Divisional Staff
Simon Rowan	IV	Regional Staff
Roslyn Williamson	IV	Regional Staff

Relinquishment of Officer Appointment

Matthew Griffiths	Member	New South Wales
Allan Hutchinson	Member	New South Wales
Brett Rowe	Member	New South Wales
Helen Miller	Member	Victoria

Awards

Congratulations to the members listed below. Each has shown real commitment to building our community through their volunteer work and to excellence in delivering our services. The awards are a small token of our appreciation for your dedication. Thank you.

Grand Prior Awardees

New South Wales

Connie Land	Western Suburbs Cadet Division
Aaron Nielsen	Blue Mountains Combined Division

South Australia

Imogen Olivia Keturah Lee

Blackwood Division

John Russell

Prospect No 2 Cadet Division

Andrew John Victory

Noarlunga Division

An apology to Patrick Tibballs who is a Victorian Grand Prior awardee but was published under NSW in the July issue of *Spotlite*.