



Surf Life Saving Australia – Circular 47/16-17

Title:	9.2.5 First Aid for Asthma
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Audience:	State Education and Lifesaving Directors, State Education and Lifesaving Managers, Active Members, Trainers, Assessors, Facilitators
From:	Pamela Simon, National Learning and Development Manager
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Subject:	Australian Resuscitation Council Asthma Guideline
Summary:	The Australian Resuscitation Council released a new guideline for treatment of Asthma in November 2016. This circular outlines the effect this has on treatment procedures for Surf Life Saving.

Introduction

The Australian Resuscitation Council (ARC) have changed their guideline for treatment of asthma, resulting in a revised guideline being released in November 2016.

What has changed

The *First Aid for Asthma* ANZCOR Guideline 9.2.5 was updated in November 2016 and therefore Surf Life Saving will recognise the protocol changes in the treatment of asthma. Dr. Natalie Hood (SLSA Medical Advisor) confirms that SLSA should follow the Australian recommendation from the Guideline. This specifies that a range of four (4) breaths after each puff of medication is required, before taking another dose of medication. This process should then be repeated four (4) times.

This is thereby following the Australian First Aid plan for asthma.

Where can I find out more information?

If you are interested in reading the ARC Guidelines, they can be found via this link <https://resus.org.au/guidelines/>.

Alternatively, you can speak with your State Lifesaving or Education Manager.