



**northern health**  
the northern way of caring

**Location:** Dease Lake

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**Date:** August 31, 2021

# BLS / ACLS / PALS CERTIFICATION IMPROVEMENT PROJECT IN DEASE LAKE

## LOCAL CONTEXT

- Remote
- Stikine Health Centre, Dease Lake
- Long medevac times
- Small team:
  - 1-2 MD's
  - 2-3 RN's
  - 1-2 Paramedics
- Limited ability to leave the community for training
- All participants due or overdue for BLS / CPR / ACLS / PALS



## AIM STATEMENT

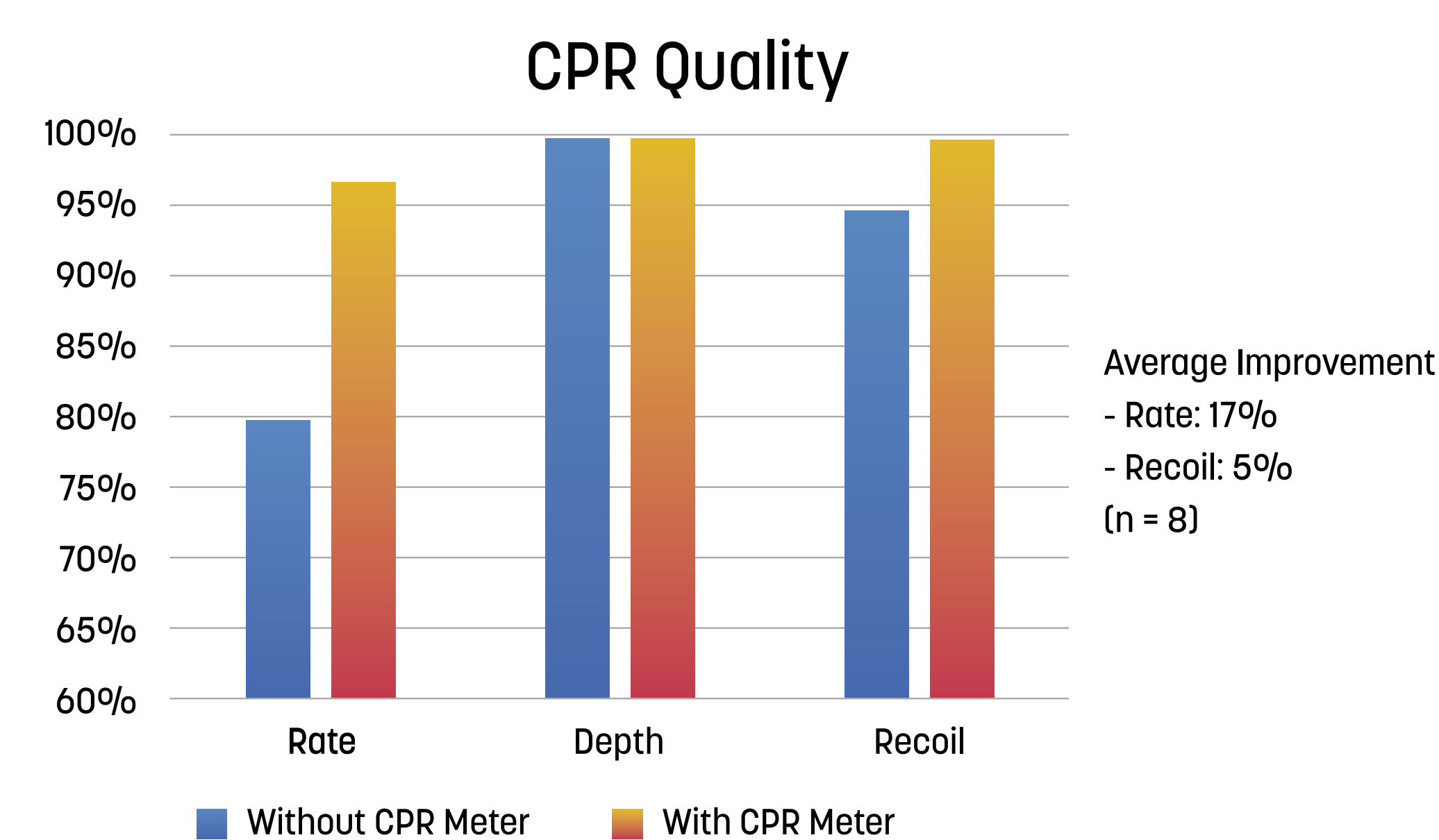


To measure and improve the comfort and competence of health care professionals providing cardiac emergency care in the Stikine area by 50% by acquiring a CPR meter and providing on site BLS, ACLS and PALS training over a 6 month period.

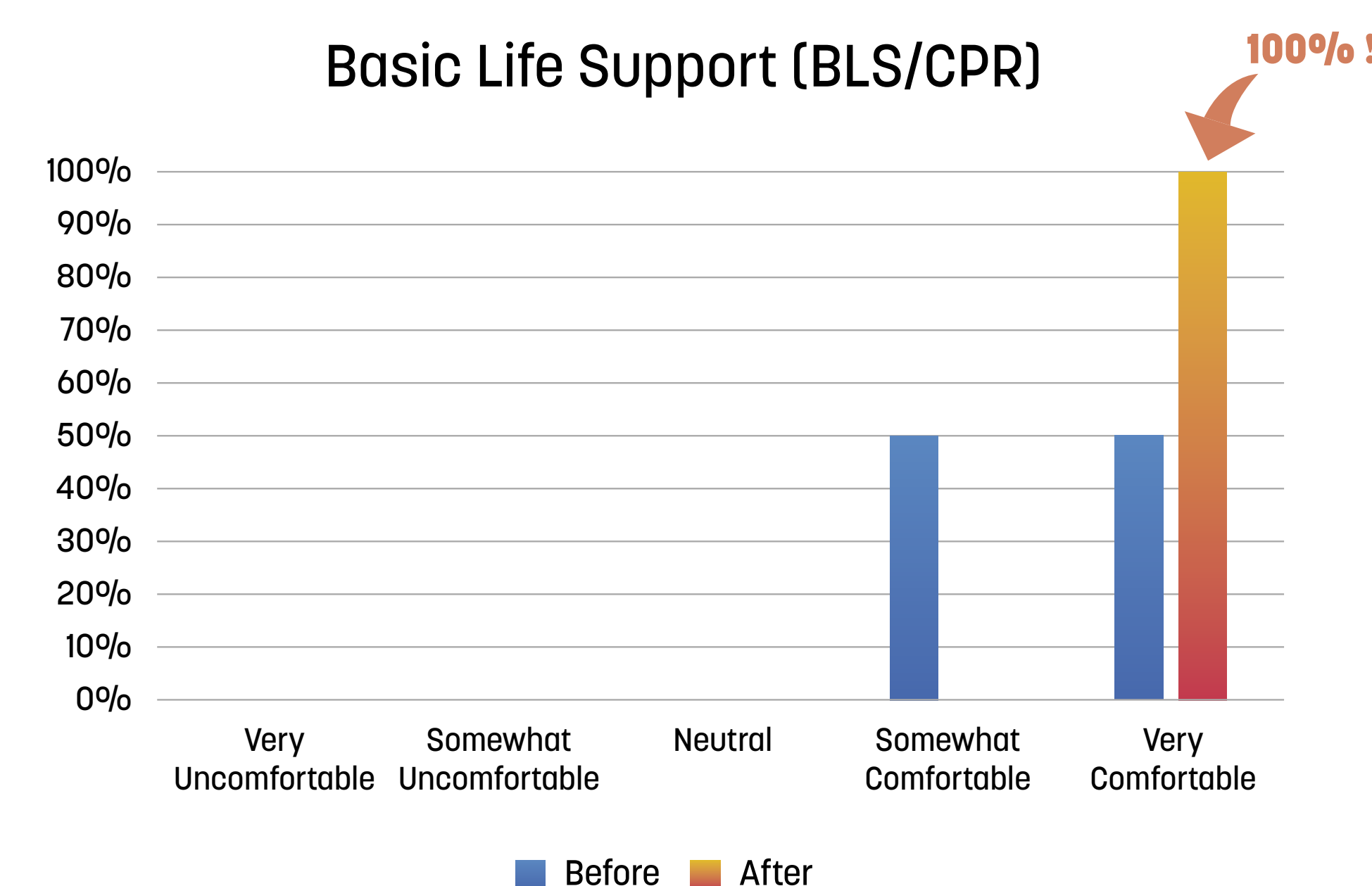
## METHODOLOGY

- Participants
  - MD's: 2 (not including myself)
  - RN's: 5 (Dease Lake, Iskut and Telegraph Creek)
  - Paramedics: 1
- Pre course questionnaire (n=6); post course questionnaire (n=8)
- CPR meter
  - Rate, depth, recoil measured with and without CPR meter
- Funding: PQI, CME Grant, Rural CME funds
- Courses run in Dease Lake by Vancouver based company

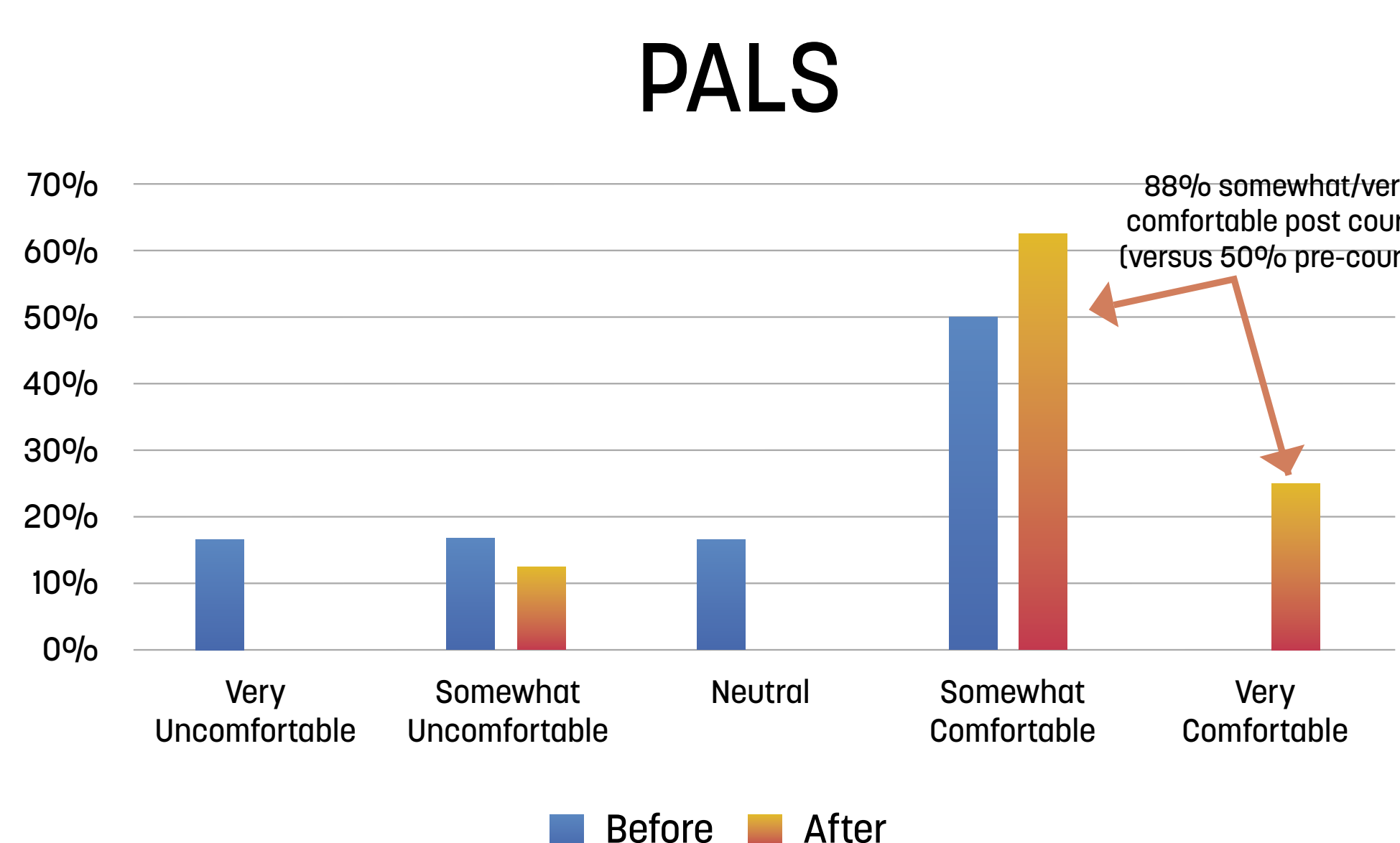
## CPR QUALITY



## BASIC LIFE SUPPORT

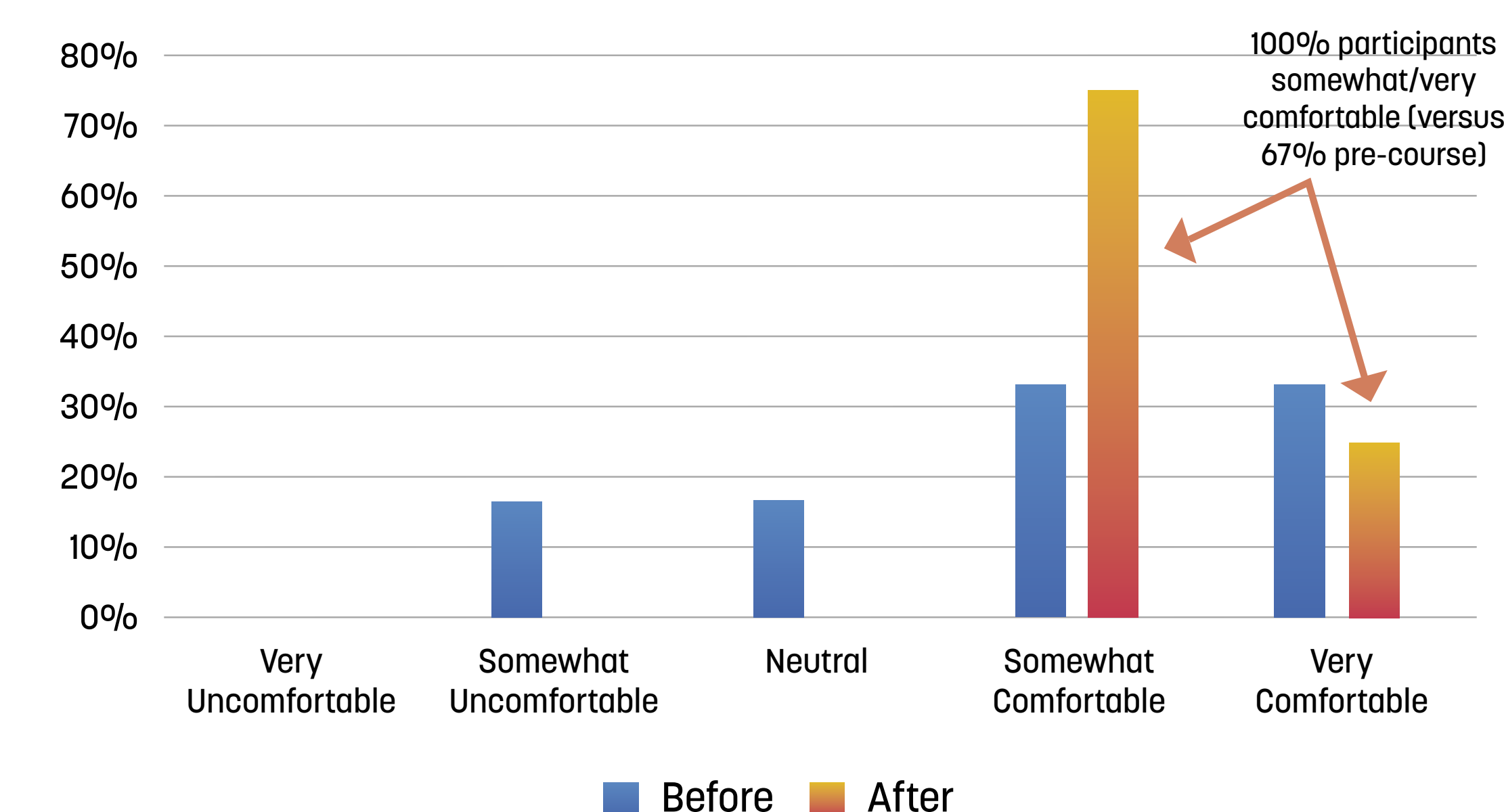


## PALS (PEDIATRIC ADVANCED LIFE SUPPORT)



## ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)

### ACLS



## SUMMARY OF DATA

- CPR Quality using CPR Meter
  - Rate improved by 17%
  - Recoil improved by 5%
  - No change to depth (100%)
- % somewhat and very comfortable
  - BLS: 100% (versus 50% pre-course)
  - PALS: 88% (versus 50% pre-course)
  - ACLS: 100% (versus 67% pre-course)

## FOLLOW-UP AND FUTURE PLANNING

- Sustainability
  - Future onsite recertifications
  - Local trainers
- Team building
  - Between all sites
  - Putting skills to use virtually
  - Plan for future collaborative courses
- CPR Quality
  - Regular simulation