



## Surf Life Saving Australia – Circular 19/16-17

Title:	9.2.5 First Aid for Asthma
Document ID:	Circular 19/16-17
Audience:	State Education and Lifesaving Directors, State Education and Lifesaving Managers, Active Members, Trainers, Assessors, Facilitators
From:	Pamela Simon, National Learning and Development Manager
Date:	1 November 2016
Subject:	Australian Resuscitation Council Asthma Guideline
Summary:	The Australian Resuscitation Council released new guidelines for treatment of Asthma in January 2016. This circular outlines the effects this has on treatment procedures for Surf Life Saving.

### Introduction

The Australian Resuscitation Council (ARC) performed an internal review of first aid and resuscitation, resulting in revised guidelines being released in January 2016. The ARC guideline 9.2.5 *First Aid for Asthma* is one guideline with updated changes for treatment procedures.

### 9.2.5 First Aid for Asthma

The *First Aid for Asthma* ARC guideline was updated in January 2016 and therefore Surf Life Saving will recognise the protocol changes in the treatment of asthma. The ARC guideline specifies that a range of four to six breaths after each puff of medication is required, before taking another dose of medication. This process should then be repeated four to six times.

This has been updated from four by four breaths as has been practiced in the past.

### 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.