FREQUENTLY ASKED QUESTIONS (FAQ)
INSTRUCTORS/STAKEHOLDERS

2015 Guidelines for CPR & ECC

GENERAL QUESTIONS

Q: Where can I find information on the new 2015 Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Guidelines?

Q: What programs will be effected in the 2015 CPR and ECC Guideline change?
A: All Heart and Stroke programs will be updated to reflect the new science. This includes:
- CPR Anytime kits
- Heartsaver CPR /AED courses and materials
- BLS for Health Care Provider courses and materials
- Advanced Cardiovascular Life Support (ACLS) courses and materials
- Pediatric Advanced Life Support (PALS) courses and materials,
- First Aid courses and materials

Q: What are the most significant changes in the 2015 Guidelines for CPR & ECC?
A: The HSF (Heart and Stroke Foundation) and the American Heart Association (AHA) work collaboratively to develop North American CPR and ECC Guidelines. While the specifics of the changes won’t be released until October 15, what we can say is that updates to the guidelines are only made every 5 years, and only when there is evidence that they will make a difference in improving survival rates.

Q: What are the key recommendations and Guidelines for instruction and clinical practice?
A: Key recommendations and an overview of how the new 2015 Guidelines will impact course instruction, clinical practice and public response will be released on October 15, 2015.

Q: Are the Guidelines different in Canada and the US?
A: The HSF and the American Heart Association (AHA) work collaboratively to develop North American CPR and ECC Guidelines that inform everything from clinical practice to public response to cardiovascular emergencies. The difference between Canada and the US primarily has to do with how training materials are localized for use in each country so that they are compliant with Canadian systems of care and medications licensed in Canada.

Q: Can I use materials created by AHA for courses in Canada?
A: No, HSF has developed localized materials for use in Canada which ensure that materials are aligned and comply with Canadian health system requirements and HSF policy.

Q: What does HSF mean by materials being localized?
A: Localization ensures that materials used in HSF programs reflect Canadian scope(s) of practice and comply with Canadian health system requirements and HSF policy. The localization process, however, includes much more than just translation of words. We must consider geographically specific information, drug availability and appropriate dosages, conversion of medical measurements and units, equipment availability, and graphic design, to name just a few things.

Q: How can I learn about the new 2015 Guidelines for CPR and ECC?
A: The Heart and Stroke Foundation is coordinating a webinar to introduce the 2015 Guidelines for CPR and ECC, featuring Canadian experts in the science and practice of various aspects of emergency cardiovascular care. Anyone can attend the webinar, however it is geared towards individuals who teach or provide emergency cardiovascular care. Scheduled for October 15, 2015, the session will be available in English and French. Find out more at www.heartandstroke.ca/guidelines2015

Q. Who sets the Canadian Guidelines for CPR and ECC used in Resuscitation and First Aid programs and practice, and how are they determined?
A: Heart and Stroke Foundation is the guidelines-setting body for Canada. We are a founding member of the International Liaison Committee on Resuscitation (ILCOR) which, in a rigorous five-year cycle, is responsible for reviewing the international evidence and science in resuscitation and emergency cardiovascular care. This work culminates in a set of recommendations relating to resuscitation and first aid practice.

Our job, as the only Canadian member of ILCOR, is to distill these recommendations into clinical practice guidelines and develop educational material and training programs to translate the research, evidence and science into clinical practice.

To do this HSF brings together and supports Canadian subject matter experts, who join experts from around the globe, to refine ILCOR’s recommendations (while keeping unique Canadian health and regulatory requirements in mind) into a set of Resuscitation (CPR/ECC) and First aid guidelines designed to inform clinical practice. These guidelines are then adopted by other Canadian agencies and form the basis for educational and skills training programs.

Q: Once the new Guidelines are released, does that mean the “old” Guidelines and the “old” way of teaching or performing CPR or First Aid are not safe or effective?
A: The recommendations in the 2015 Guidelines for CPR & ECC confirm the safety and effectiveness of many existing approaches, acknowledge that some may not be optimal, and introduce new treatments that have undergone intensive evaluation. These new recommendations do not imply that care involving the use of earlier Guidelines is either unsafe or ineffective. People should continue to perform CPR just as they were last trained and follow the prompts of the AED that they are using until they can receive updated training with the new guidelines.

Q. If I just taught a registered Heart and Stroke Foundation course, will my students need to take another one after the Guidelines are released?
A. No, they do not have to take another course until their current course completion card expires.

Q: Should I stop teaching courses until I have completed the Guideline Update?
A: No, the 2010 guidelines are still safe to teach, instructors should continue to deliver courses until they are notified differently from the Heart and Stroke Foundation.

Q: If I just took a Heart and Stroke Foundation course before October 15, 2015, will I need to take the class again?
A: No, the Heart and Stroke Foundation does not require anyone who took a recent Heart and Stroke Foundation course, prior to the release of new 2015 Guidelines, to take the course again until it is time for their renewal.

However, an employer or regulatory agency may set different policies or specify different requirements. Check with your employer or regulatory agency for direction and comply with their requirements.

Q: If I don’t have to change the way I currently perform or teach CPR immediately, what’s so important about the new Guidelines?
A: The new guidelines are not a suggestion that old methods are ineffective, wrong or dangerous, but that the new techniques and approaches are improvements with proven benefits, shown to result in improved outcomes. The Guidelines distill the most important research down into best practices for clinical care. The leading and most compelling research of the past several years, as agreed upon by the international scientific community, is reflected in the Guidelines. At times these changes appear to be subtle, but represent real, substantive and iterative improvements in the design of approaches to the management of cardiovascular emergencies. The Heart and Stroke Foundation requires that all Instructors registered to teach its programs and courses update their knowledge, begin offering courses using bridging or interim teaching materials when they are available and acquire new teaching materials when they are released.
Q: When will the new Guidelines “go into effect” since new materials are not yet available?
A: Instructors can begin incorporating the new guidelines in to their classes once they have completed a Guideline Update for their specific discipline(s) and received the required Interim Training Tools. Instructors will also need to ensure they have undertaken a HSF 2015 Guidelines update session. Information on these update sessions will be communicated to the instructor network once plans have been finalized. Until Instructors receive these materials, they should continue to teach the same science they have been teaching using the current materials. Training materials reflecting the new Guidelines will launch throughout 2015 and 2016 as outlined below. Dates are subject to change.

Q. Will the Guideline changes affect EMS, First Responders, dispatchers and emergency medical personnel?
A. The 2015 Guidelines for CPR and ECC provide direction for practice and care delivery at virtually every stage of the system of care, covering virtually every aspect of emergency response. The Heart and Stroke Foundation will release information pertaining to a variety of these changes on our website, through our material and at a webinar scheduled for October 15, 2015. All stakeholders involved in emergency cardiac care and first aid, in every setting from basic through advanced, are invited to attend. Information at www.heartandstroke.ca/guidelines2015

Q: Will AED or other device manufacturers be informed in advance about the changes in the 2015 Guidelines?
A: No. Due to the strict embargo of the 2015 Guidelines for CPR & ECC, manufacturers of CPR, first aid or other ECC devices are not provided with any information prior to October 15, 2015. It is understood that it will take time for manufacturers to update devices to reflect changes to the Guidelines.

Rescuers should continue to follow the prompts of any AED or other device that they may encounter even if it is programmed to follow the CPR sequence outlined in the 2010 Guidelines. The release of new recommendations is not meant to imply that care involving the use of earlier Guidelines is either unsafe or ineffective.

Q: As an Instructor I know I will need to take a Guideline Update. Can you tell me more about the Guideline Update? Is it a course I take on-line, in a class, etc. How long will it take to complete? Is there a cost to complete?
A: HSF will determine the right methodology to deliver the guideline updates once we have more information. This will be determined based on the science, educational materials and instructional delivery mechanism. Instructors will be contacted by the Heart and Stroke Foundation by email once more information is available. Ensure your email address is correct and up-to-date on the HSF Instructor Portal in order to receive this information.

Q: What tools are available to help us comply with the new Guidelines in our institution?
A: HSF is developing an institutional toolkit which will contain materials to enable educators and/or HSF Instructors, who are tasked with professional practice education to introduce staff to the new 2015 Guidelines for CPR and ECC. When released, the institutional toolkit will be available for download on the HSF website.

Q: Should EMS and hospitals or others involved in Emergency care begin implementing the new 2015 Guidelines immediately?
A: Local EMS/Paramedic and hospital protocols are determined by the medical directors of those respective healthcare systems and/or provincial ministries of health and may be changed by those authorities at any time. EMS or hospitals may opt to implement new guidelines at any time. HSF strongly encourages health system planners to carefully review the 2015 Guidelines to ensure local practices are up-to-date.

Q: I have purchased (or received) an HSF CPR Anytime kit, which teaches the 2010 guidelines. Should I not use the CPR taught through the kit? Will I be able to receive a refund or an updated CPR practice DVD?
A: The CPR that is taught in the 2010 version of the CPR Anytime kit is safe and effective. If you have purchased a CPR Anytime kit you may continue to perform CPR the way it is taught on the CPR Anytime Skills Practice DVD. A “replacement” DVD will not be provided for a 2010 CPR Anytime kit, and an opened or used kit will not be eligible for refund.

Q. Will there be conferences occurring that focus on the new guidelines.
A. We will be coordinating a webinar on October 15, 2015 for all interested stakeholders. Canadian experts will explain the new Guidelines and the science that underpins the changes and discuss how it impacts instruction and practice. The webinar and subsequent information will also be made available on our portal after the live webcast.

In addition, there are three upcoming conferences that will provide individuals unique opportunities to hear from the leading researchers and science experts involved in the development and 2015 Guidelines for CPR and ECC.

- December 8-11, 2015 San Diego, California, ECCU 2015 - www.eccu2015.com

Q. What information will be available at the different conferences? Which one does Heart and Stroke Foundation recommend attending?
A. Each conference will provide a unique opportunity related to the Guidelines. The Canadian Emergency Care Conference is the only one with a focus on the Canadian health and policy setting.

We recommend you view each conference website and attend the conference best suited to your learning objectives.

  The Canadian Emergency Care Conference is the first-ever Canadian National conference held jointly by The Heart and Stroke Foundation and Canadian Red Cross Society focused solely on the life-saving science of first aid and resuscitation in Canada. This conference is expected to be a power-packed event that will focus and educate participants on the science and evidence behind the newly-updated Canadian 2015 Guidelines for CPR and ECC (including First Aid).

  ECCU 2015 will occur just weeks after the release of the new Resuscitation Guidelines. ECCU will focus on what the science tells us about ways to improve survival, and how the new guidelines will impact instruction and practice. ECCU also identifies the best practices in training and community programs.

  For three decades, ECCU has been the one place where resuscitation professionals - instructors, practitioners, survivors and researchers - come together for learning, inspiration and networking

  Scientific Sessions 2015 is an international conference that focuses on the science behind the guidelines. Scientific Sessions attracts nearly 18,000 professional attendees, with a global presence from more than 100 countries. In addition to 2 million medical professionals who are anticipated to participate virtually in lectures and discussions about basic, translational, clinical and population science.

Q. What resources will Heart and Stroke have available for Instructors to understand the 2015 Guidelines for CPR and ECC?
A. **FOR INSTRUCTORS**: On October 15, 2015 there will be a webinar announcing the launch of the 2015 Guidelines which will showcase and highlight the major differences and updates from the 2010 Guidelines. Other resources include:

  - Discipline specific Guideline Updates
  - Interim Training Tools that will help bridge the use of 2010 materials until new materials are available
  - An informative summary document that outlines the key differences between recent practice (2010) and new practices (2015).
  - New Instructor and Provider course materials in every discipline.

**FOR STUDENTS**: On October 15, 2015 there will be a webinar announcing the launch of the 2015 Guidelines which will showcase
and highlight the major differences and updates from the 2010 Guidelines. Other resources include:

- New Provider course materials in every discipline.
- An informative summary document that outlines the key differences between recent practice (2010) and new practices (2015).

FOR THE HEALTH SYSTEM(S): On October 15, 2015 there will be a webinar announcing the launch of the 2015 Guidelines which will showcase and highlight the major differences and updates from the 2010 Guidelines. Other resources include:

- An informative summary document that outlines the key differences between recent practice (2010) and new practices (2015).
- We will be developing a hospital tool kit for educators to use within their own organization. This will contain the summary document; PowerPoints and quick reference materials that help identify and disseminate this knowledge for system-level audiences.

Q. I need to order I materials for Heart and Stroke courses, what will happen to the materials I already have after Guidelines?  
A. Instructors will continue to use current Heart and Stroke Materials until the release of the new materials are released throughout 2015 and 2016. When new materials are released, Instructors will have a transition period of 3 months to use previous versions of the course materials and bridging documents. Instructors are encouraged to review the estimated release date schedule of new materials and purchase resources accordingly. Materials based on the 2010 Guidelines for CPR and ECC will be considered obsolete and should no longer be purchased and used once new materials are available.

Q. When can I start teaching First Aid to meet the new Guidelines?  
A. The Canadian Guidelines Consensus Task Force, comprised of Heart and Stroke Foundation, Red Cross, St. John Ambulance, Lifesaving Society, and Canadian Ski Patrol will review the new science and best practice recommendations as applicable to first aid and resuscitation training.  
The recommendations of this Task Force will be used by each agency to develop their own materials and instructor updates. Some agencies may release bridging materials as an interim measure until the final products are available.

Q. Will my first aid certification expire when the new Guidelines are released?  
A. All first aid and resuscitation certificates obtained until release of new materials are valid until their expiry date. The new guidelines are not a suggestion that old methods are ineffective, wrong, or dangerous, but that the new techniques and approaches are improvements with proven benefits, shown to result in improved outcomes.