

HOLOS

HEALTHCARE & TRAINING LTD

NEWSLETTER



0800 007 5248

NO 01 / 2008
JUN 2008

HOLOS HELPS SAVE LIVES

AND THIS STUFF WORKS!!!

Last year we reported on the initiative between Holos and Archbishop Tenisons CE High School, Croydon. We recently received another email from Andrew COOK, inspired by our course at QDI to deliver this to staff and students.

Isabelle HAMILTON was driving home at 1am and came across a motorbike lying in the middle of the road.

"I protected the scene with my car – bystanders were calling 999. I went over to check the unconscious biker and was told by bystanders not to move him.

However, after attending the course I realized his Airway and Breathing were paramount. I checked these, leaving his helmet on – he was breathing, but drunk. I did a quick secondary survey – fortunately he was on his side in a near recovery position, so I waited until help arrived.

The big difference with the course for me is that I had the confidence to stop and do something positive. Many thanks."

We recently received the following letter from the outgoing commanding officer of the Joint Counter Terrorist Training Advisory Team, and it is reproduced in its entirety as it speaks for itself:

This letter has special poignancy for Alex and Judi, since they have family members on active service with HM Armed Services.

Dear Alex

As my time in command of the Joint Counter Terrorist Training Advisory Team draws to a close, I thought I would like to officially record my thanks for the superb services that Holos have provided to us on numerous occasions.

From the outset the support that Holos have brought has been of the highest standard. That time after time, experienced Army medics complete your courses and tell me that they have learnt a lot speaks volumes. The military are hard task masters when it comes to methods of instruction; that a recurring theme from the students, many of whom are the Services best instructors, is that they have been impressed by the way you and the team teach & deliver the training is an enormous feather in your team's cap.

The flexibility of delivery has been equally impressive; we have had you delivering in the middle of live firing, in derelict buildings and occasionally in proper classrooms, and you have always done it with style and aplomb.

In conclusion, the training you have delivered has saved the lives of British servicemen and women on operations, I can think of no greater accolade – thank you.

Lieutenant Colonel R J Clements
R ANGLIAN Commanding
December 2007

First Aid is definitely a passion with Holos, being the right person with correct training does help save lives

www.holoshealthcare.co.uk

Mouth-to-mask rescue breathing gives better ventilation than Mouth-to-mouth

Quality of basic life support during cardiac arrest improves the short-term survival and hospital discharge rate.

According to a recent study (Emergency Medicine Journal (Jan 2008, Vol. 25, No 1, p42-45)) mouth-to-mouth ventilations are often impaired by:

- ◆ **Hyperventilation** which may lead to the stomach being filled with air and the subsequent vomiting and forcing of stomach contents into the lungs or;
- ◆ **Excessive hyperinflation of the lungs** which may reduce the blood flow in the chest (coronary perfusion pressure) and impair the outcome of CPR;

Low ventilation rates may also lead to a build up of Carbon

Dioxide (hypercarbia) and reduced oxygenation (hypoxia).

A study was conducted in Italy, where a group of high school students had undergone training 12 months before. Each candidate was trained on a one-to-one basis for 10 minutes using either mouth-to-mouth, mouth-to-face shield or mouth-to-mask, and were assessed. They were then "reassessed" a year later with no intervening training.

All the laypersons tended to hyperventilate on re-assessment, however the degree of hyperventilation (and resulting stomach inflation) was much lower when mouth-to-mask or a face shield was employed.

Regular training is therefore required to retain these skills, and the retention & quality of skills may be better with barrier devices.

Holos utilise mask training in CPR

Following the results of the above study, Holos has decided as company policy that Pocket Masks will be available for practice during

CPR training on all our 4 & 2 day courses, and their use demonstrated on our 1 day courses.

The survival rate for an out-of-hospital cardiac arrest in London in 2001 was between 1 and 2% & yet Seattle had a 25% rate. Would you know what to do this was your colleague / family member / friend /?

AND THIS STUFF WORKS!!! (Contd.)

Belinda COPPOCK emailed us with the following:

At 2am the Saturday following your course, my aged Ma went into what was later diagnosed as "Flash Pulmonary Oedema", this was most alarming as she couldn't breathe. I whizzed through your procedure as taught in a couple of minutes, the ABC, and for a second my mind went blank.

Then I remembered there was nothing else I could do & called 999. They arrived in about 18 mins, which was really good. They gave her oxygen and within 45 minutes she was safely at A & E. After mega furosemide etc. she recovered quickly. Anyway, if I had fuffed around calling for the duty doctor she wouldn't be with us now, so I am SO grateful.

You might want to add that with an aged person on the premises, they should have a loud bell to hand, as with shortness of breath they can't shout very loud.

QuickClot improve their haemostatic dressings

Further to our article in the Aug 2007 newsletter "Shrimp Shell dressing saves lives" we are aware of an improved Quick Clot product to deal with severe injuries. The improved ACS+ product (Advanced Clotting Sponge) consists of beads of Quick Clot (with a greatly reduced exothermic reaction) contained in a porous self-contained surgical fabric. The sponge can be packed into the wound, allowing the activated beads to come into contact with the blood. This stops bleeding and can easily be removed in the hospital setting. The QuickClot ACS+ helps counteract many of the original problems of the original Quick Clot product, compared with the HemCon dressing.



The QuickClot ACS+ dressing retails at £19.95 for one 3.5oz haemostatic sponge, which compares favourably with the HemCon bandage 2"x2" at £14.95 and 4"x4" at £84.50. Both can be purchased from BoundTree medical www.boundtree.co.uk.

First Compressions



The new 30:2 CPR procedures herald a new mantra: **"Push Hard and Push Fast, and if possible change compressors every 2 minutes"**

The New LUCAS Chest Compression System designed by Physio-Control (the Defibrillator manufacturers) enables consistent, high quality chest compressions to be administered without human fatigue or error.

With training and practice this system can be placed on a patient within 20 seconds. Simply:

- ◆ The backboard is slid under the patient;
- ◆ The piston supports are clicked into position and the piston placed on the patients chest;
- ◆ Attach the bottle of compressed air or oxygen switch on and the machine delivers chest compressions automatically.

Neat bit of kit!!!!

Nanotechnology may help with Heart Attacks

MCgOWAN Institute on Regenerative Medicine are developing a tissue-engineered patch that can replace a section of damaged heart muscle. This would allow reconstruction of functional heart muscle in dysfunctional regions of the heart.

The patch would consist of stem cells seeded onto a bioerodible scaffold, which has been designed to transmit appropriate stresses to the cells through their in-vitro training period and afterwards placement into the diseased heart muscle. Blood supply would then be achieved by surgical procedures. For further info, logon to www.nano.gov or google "nanotechnology".

Fire Safety Training by Workplace Fire & Safety

Holos and Workplace Fire & Safety have been working together for some years now.

Workplace Fire and Safety were started by former senior London Fire Brigade Officers and specialise in Fire Safety / General Health & Safety Training.

They can be contacted on 0845 00 66 701 and their website is www.wfs.uk.com

HOLOS HEALTHCARE AND TRAINING LIMITED

HSE Approved to undertake First Aid at Work courses
INDIVIDUAL PLACES CAN BE BOOKED ON OUR OPEN

1-DAY APPOINTED PERSON COURSES (AP) - COST £55 + VAT PER PERSON,

OPEN DATES	LONDON 1-DAY AP	BRIGHTON 1-DAY AP	BRISTOL 1-DAY AP	OXFORD 1-DAY AP
JUL 08	17 th	TBA	9 th	TBA
SEP 08	4 th	TBA	24 th	TBA
OCT 08	8 th	TBA	29 th	TBA

OTHER COURSE DATES & VENUES AVAILABLE – PLEASE CONTACT.

ALTERNATIVELY WE COULD HOLD A 1-DAY APPOINTED PERSON COURSE ON-SITE AT YOUR PREMISES, AT OTHER, MUTUALLY CONVENIENT TIMES. FOR FURTHER DETAILS / INDIVIDUAL OR GROUP BOOKINGS CONTACT

0800 007 5248

www.holoshealthcare.co.uk