

Cardiopulmonary Resuscitation (CPR) Guidelines

Background

In 2020 the Board consulted to amend the current recertification programmes for optometrists and dispensing opticians from the 2022 practising year, requiring certification in cardiopulmonary resuscitation (CPR). In the consultation, the Board proposed that NZQA unit standards 6401 and 6402 be the minimum standards for CPR. In May 2020, the Board considered all the submissions and approved this proposal. The implementation date for this requirement for the annual practising certificate (APC) renewal was set for 1 April 2022.

At its Board meeting in November 2021, the Board noted that many CPR courses have been cancelled due to COVID-19 and associated Alert Level restrictions across the country. The Board recognised that this would have an impact on the ability of some practitioners to meet the CPR requirement by the due date. As a result, it resolved to extend this requirement by 12 months. All optometrists and dispensing opticians are now required to have obtained certification in CPR by 1 April 2023. This was communicated to practitioners in November 2021.

1. Information about First Aid, including the CPR component

In order to meet their CPR requirement practitioners are required to complete a relevant first aid course.

2.1 Initial First Aid

- 1.1.1. This is for practitioners who have not done a CPR/first aid course.
- 1.1.2. The minimum first aid requirements are covered by the NZQA unit standards 6401¹ (Provide first aid) and 6402² (Provide basic life support). This is generally a one-day course (8 hours training and assessment) with face-to-face (contact) delivery.
- 1.1.3. This is typically offered as First Aid Level 1³/ Essential First Aid.⁴ These courses cover the NZQA unit standards 6401 and 6402, with face-to-face (contact) delivery.
- 1.1.4. Alternatively, practitioners may complete First Aid Level 2/ Comprehensive First Aid. These courses cover NZQA unit standards 6401, 6402, and 6400 (Manage First aid in an emergency situation⁵) (12 hours), with face-to-face (contact) delivery.
- 1.1.5. These courses teach the skills to offer vital assistance and CPR before more experienced help arrives.
- 1.1.6. These certificates are valid for 2 years upon successful completion.

¹ New Zealand Qualifications Framework (NZQF) Level 2

² NZQF Level 1

³ Such as with St John New Zealand: <https://buy.stjohn.org.nz/firstaid/first-aid-courses/>

⁴ Such as with Red Cross: <https://first-aid.redcross.org.nz/book-course/>

⁵ NZQF Level 3

2.2 Refresher course

- 2.2.1 Once a practitioner has obtained NZQA unit standards 6401 and 6402, they are required to complete a 'refresher' course every 2 years⁶, to maintain their CPR competencies.
- 2.2.2 There are numerous providers for refresher courses and offered within two modes of delivery:
 - a. Face-to-face (contact) delivery (8 hours)
 - b. Mixed mode of delivery (Online (up to 4 hours) and face to face (contact) delivery (4 hours)).
- 2.2.3 If a practitioner has not completed the refresher within 2 years and 3 months from their initial first aid course, they will be required to complete the full programme of NZQA Unit standards 6401 and 6402 again.
- 2.2.4 Practitioners who complete a refresher course with a different provider (to their initial first aid course) must provide evidence to the new provider of having completed NZQA standards 6401 and 6402.
- 2.2.5 If practitioners maintain competency by completing a refresher course every 2 years, they are considered to be maintaining their CPR requirements.
- 2.2.6 If a practitioner does not maintain competency by completing the refresher course requirements every 2 years, they will be required to complete the full programme of NZQA Unit standards 6401 and 6402 again.

2. How to log your CPR requirement

All practitioners need to ensure that they upload a valid certificate or evidence of meeting the Board's requirements via their practitioner portal before **31 March 2023**.

At this stage, please email your valid CPR certificate to cpd@odob.health.nz.

Please visit the Board's webpage for more information regarding the CPR requirements.

3. Providers

The standard-setting body for these NZQA standards is Toitū te Waiora Community, Health, Education and Social Services Workforce Development Council (info@toitutewaiora.nz) and Te Pūkenga⁷ Work Based Learning Limited – EarnLearn) (Email: support@skills.org.nz).

There are multiple providers who have consent to offer and assess these standards and some examples of these are listed on the Board's website ^{8,9}.

⁶ Maximum allowance is within 2 years 3 months at most.

⁷ New Zealand Institute of Skills & Technology: <https://www.xn--tepkenga-szb.ac.nz/>

⁸ <https://www.toitutewaiora.nz/latest-news/review-of-first-aid-unit-standards-2/>

⁹ Please note: Toitū te Waiora Community, Health, Education and Social Services Workforce Development Council are currently engaged in reviewing First aid standards so these may change during 2023

4. Alternative pathways of recognition to this requirement of NZQA standards 6401 and 6402¹⁰

The Board recognises there may be alternative pathways for meeting the CPR competency, such as courses done by Land Search and Rescue.¹¹The Board has developed a process for the recognition of alternative pathways to meet the Board's CPR requirements in these rare instances.

If you believe you have completed a CPR/First aid course of at least 8 hours duration, which covered the following requirements, you may complete an Application for an Alternative CPR Course Recognition (REC1).

The minimal requirements to be considered for exemption are:

4.1. Minimum duration of face-to-face training

4.1.1. The initial basic life support course was 8 hours or longer, and

4.1.2. offered face-to-face.

Note: The requirements include the minimum duration for both the initial and refresher training as follows:

- for unit standards 6400, 6401 and 6402, a minimum of 12 hours training and assessment
- for unit standards 6401 and 6402, a minimum of 8 hours training and assessment
- for refresher training, where the learner's certificate is no older than two years and three months from date of issue, a minimum of six hours training and assessment.

4.2. Course content and reporting achievement

4.2.1. For NZQA unit standard 6401, you will need to have covered the following:¹²

4.2.1.1. Accepted practices for first aid are those outlined in current manuals giving general guidance to first aid as it applies in New Zealand.

4.2.1.2. Competence will be demonstrated in simulated emergency situations by using different scenarios from a pool of scenarios developed by the provider. Each scenario must contain one person whose condition is assessed and managed until help arrives. Scenario descriptors must contain sufficient information (such as signs or symptoms) to allow the learner to recognise the condition they are expected to manage.

¹⁰ <https://www.nzqa.govt.nz/providers-partners/qa-system-for-teos/first-aid-training-requirements/>

¹¹ <https://www.landsar.org.nz/>

¹² See "Explanatory notes": <https://www.nzqa.govt.nz/ncea/assessment/view-detailed.do?standardNumber=6401>.

4.2.2. Your training should have evidence of covering the following requirements:

4.2.2.1. A person's condition is assessed and managed according to accepted practices for first aid.

Range: person's condition includes – shock and bleeding; and one trauma from – burns, fractures, soft tissue injuries, poisonings; two medical conditions from – heart attack, asthma, stroke, seizure, diabetes; accepted practices for first aid include – recognising when to call for help, simple management of condition(s).

4.2.3. For NZQA unit standard 6402, you will need to have covered the following:¹³

4.2.3.1. All knowledge requirements and practice must comply with the current version of the New Zealand Resuscitation Council Guidelines for Resuscitation available from www.nzrc.org.nz. Basic life support, as referred to in the New Zealand

Resuscitation Council Guidelines, is that phase of emergency care that either:

- a. prevents respiratory or circulatory arrest or insufficiency through prompt recognition or intervention; or
- b. supports the person to relieve an airway obstruction; or
- c. supports the breathing and circulation of a person with cardiopulmonary resuscitation (CPR) and supports the person through accessing an Automated External Defibrillator (AED) where available.

4.2.3.2. All knowledge requirements and practice must comply with the current version of the New Zealand Resuscitation Council Guidelines for Resuscitation available from www.nzrc.org.nz.

4.2.3.3. The New Zealand Resuscitation Council Guidelines recommend that persons can be trained in basic life support providing that they are able to understand the principles and the technique(s), and are physically able to apply them. This unit standard can only be achieved by persons who are physically able to apply the technique(s).

4.2.3.4. This unit standard and the New Zealand Resuscitation Council Guidelines relate to adult, child, and infant basic life support. Basic life support techniques used for evidence requirements 5.2.4b and 5.2.4c must be demonstrated in simulated emergency situations for all three age groups.

4.2.3.5. Competence will be demonstrated in simulated emergency situations using different scenarios from a pool of scenarios developed by the provider. The scenarios must include the environmental conditions to be managed by the candidate.

4.2.3.6. Environmental conditions refer to conditions at the emergency scene.

¹³ See "Explanatory notes": <https://www.nzqa.govt.nz/ncea/assessment/view-detailed.do?standardNumber=6402>.

4.2.4. Your training should have evidence of covering the following requirements:

4.2.4.1. Any danger created by the environmental conditions to people present is identified and managed in terms of mitigating any hazardous situation(s).

Range: hazardous situation(s) may include but are not limited to – electrocution, drowning, fire, hazardous chemicals, biological risks, presence of bodily fluids, the weather, road traffic accidents.

4.2.4.2. Collapsed persons' condition is assessed according to the New Zealand Resuscitation Council Guidelines for Resuscitation.

Range: responsiveness, airway, breathing.

4.2.4.3. Management of the collapsed person is provided according to person's condition.

Range: airway patency; breathing support; circulation support (including accessing and attaching an AED where available).

4.2.4.4. Management of a foreign body airway obstruction is provided according to the New Zealand Resuscitation Council Guidelines for Resuscitation.

Range: an adult or child, and infant.

4.3. First Aid trainer eligibility and qualifications

4.3.1. All trainers should have been active in first aid and/or employed as an occupational health and safety professional within the last three years and be competent to teach.

5. For more information

Please visit the Board's website for more information regarding CPR requirements.

If you have any questions, please contact the Board on 04 381 9075 or via email: cpd@odob.health.nz.