

RESUS @ THE PARK

Mieke Foster
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Luna Park, Sydney

A retiree is discussing their experience of having a cardiac arrest at the top of a church bell tower. In the audience, is the emergency physician that treated the patient once they got to hospital and the helicopter pilot who was on call to try and retrieve him. All three – the patient, the first responder and the doctor – are all in the same room discussing the best way that we can move forward to increase the survival rate of out of hospital cardiac arrests and a multitude of other emergency medicine issues.



In 15 minute speedy presentations, we discussed everything from penetrating head wounds in South Africa via video link (see image above) to the epidemic of massive paracetamol overdose in 15-19year old Sydney females and how we can lobby to change pack-size of Panadol to combat this issue. We learnt how to tame dangerous patients, treat a snake or spider bite and the best ways to manage coagulation in severe trauma. We debated the use of cervical immobilization and the role of holistic patient care in trauma. And that was just day 1.

On day 2, we learnt using novel strategies such as “narrative learning”, redefined the need for exercise stress tests and oxygen therapy, and legal issues in cardiac arrests both as a physician and civilian. We pondered on when to keep going with CPR, and when to stop? We discussed how emergency physicians can manage their own stress of working in such an intense environment such as the emergency room. The Chair of the Australian Resuscitation Council discussed some of the new changes that will be coming in the 2020 guidelines for resuscitation (A/Prof Peter Morley, see image right).



And so, so much more.

This conference was all consuming, fascinating and awe-inspiring. I am very grateful for the opportunity to attend Resus at the Park, and would encourage anyone who has an interest in emergency medicine to attend.