1 July 2016

To Whom It May Concern:

**Important changes to CORE – New Zealand’s resuscitation training programme for health professionals**

The Certificate of Resuscitation and Emergency Care, or ‘CORE’, provides standardised resuscitation training for New Zealand health professionals. CORE is informed by objective evidence, promotes best practice, and enables health practitioners from various disciplines to work together in realistic scenarios.

Over the last two years, the New Zealand Resuscitation Council has carried out a comprehensive review of CORE. In particular, the Council wanted to:

- Ensure that CORE is current and relevant
- Ensure that CORE is delivered as a high-quality, standardised prescription
- Able to maximise candidate’s course time
- Review hierarchies and distinctions between CORE “levels”
- Improve monitoring of the course and its outcomes.

The Council also wanted to challenge that CORE continued to uphold the following values:

- Commitment to best practice knowledge and skills grounded in scientific evidence
- Fostering ‘real-life’ situations in multi-disciplinary teams
- High-quality cardiopulmonary resuscitation.

The CORE Review has resulted in a number of changes to be aware of.

**‘CORE Immediate’ and CORE ‘Advanced’ replace CORE “levels”**

At present, CORE is divided into levels (Levels 4-7). It is offered in a modular format at Level 4. Course offerings that will be introduced from July 2016 are **CORE Immediate**, in a modular format, and **CORE Advanced**. These supersede CORE “levels”. Please see the CORE 2016 mapping table attached to this letter or find this at [http://nzrc.org.nz/about-us/our-work/review-of-core-for-health-professionals/](http://nzrc.org.nz/about-us/our-work/review-of-core-for-health-professionals/).

CORE Immediate and CORE Advanced offer essential knowledge and skills in adult and paediatric collapse, airway management, and use of an automated external defibrillator (AED). Both CORE Immediate and CORE Advanced will assess candidates on these skills.

Additional assessments in CORE Advanced are use of a manual defibrillator and distinguishing ‘shockable’ and ‘non shockable’ rhythms (namely Sinus, Ventricular Tachycardia, Ventricular...
Fibrillation, Asystole, Sinus Tachycardia and Sinus Bradycardia). CORE Advanced also includes a knowledge assessment.

Endotracheal intubation and intraosseous access will not be assessed, although candidates may be shown both in CORE Advanced.

It will still be possible to benefit from CORE without being assessed. This package, currently recognised by a Letter of Attendance, will be known as ‘CORE Skills’. CORE Skills is intended for practitioners who require practice with resuscitation skills and scenarios.

An essential component of all CORE courses is teamwork and communication.

**Self-directed learning**

Learners are expected to engage in self-directed learning for both CORE Immediate and CORE Advanced, and new resources informed by the Australian and New Zealand Committee on Resuscitation (ANZCOR) 2016 guidelines will be released in July. *Resuscitation – A Guide for Health Professionals* will provide the knowledge required to complete CORE Immediate while *Resuscitation – A Guide for Advanced Rescuers* will do the same for CORE Advanced. The pre-reading period for both courses will be three weeks, a reduction from the current six-week pre-reading period.

**Learning Management System**

CORE courses include self-directed learning, ‘face-to-face’ time, assessments, and feedback. A learning management system is being implemented to support blended learning, while allowing the emphasis to remain on the skills and teamwork components of the face-to-face time.

We believe that the learning management system will enable us to quickly update courses and resources when there are changes to guidelines or other developments. Learners will benefit from an enhanced experience that will increase the value of time spent at face-to-face training. We envisage that colleges, professional organisations and healthcare providers are able to benefit from increased reporting capability; for example, verifying CORE certification where this is a professional requirement.

**Implementation**

CORE Immediate, CORE Advanced and CORE Skills will be phased in from Monday, 1 August 2016. Not all providers will be able to implement the new courses straight away, so CORE Levels 4-7, Modular CORE Level 4, and the Letter of Attendance may be offered concurrently while providers make the transition to the 2016 CORE course offerings.

CORE Levels 4-7, Modular CORE Level 4, and Letter of Attendance sessions should not be offered after 31 December 2016.

New Zealand Resuscitation Council Rescuer Framework

In 2014 the New Zealand Resuscitation Council abandoned the terminology of “NZRC Rescuer Levels”, yet we recognise that health professional rescuers operate in various environments, are expected to perform various duties, and therefore have different needs. Our Rescuer Framework identifies the following groups of health professional rescuers:

- Health Professional – Responder (was Rescuer Level 4)
- Health Professional – Early Management (was Rescuer Level 5)
- Health Professional – Advanced Rescuers and Medical Providers (was Rescuer Levels 6 and 7)
- Specialist Medical Provider (was Rescuer Level 8).

The Rescuer Framework is shown in the appended CORE Mapping Table and helps health professionals to identify the CORE training that will best meet their needs as practitioners. All who currently do CORE training should be able to find an equivalent offering in CORE Immediate or CORE Advanced.

These changes have no impact on the accreditation of existing CORE instructors. All providers who were previously accredited CORE instructors remain so.

We are excited about these changes. We trust that CORE will continue to provide health professionals with relevant and appropriate skills and knowledge in resuscitation that is informed by local resuscitation guidelines and which supports best practice.

Please see our website http://nzrc.org.nz or contact us at info@nzrc.org.nz if you would like more information.

Kind regards

Dr Richard Aickin, FRACP FACEM
Chair, New Zealand Resuscitation Council
## CORE 2016 Mapping Table

### New Zealand Resuscitation Council Rescuer Framework

<table>
<thead>
<tr>
<th>Rescuer</th>
<th>Characteristics</th>
<th>People who may be represented</th>
<th>Suggested skills and knowledge</th>
<th>Current CORE training</th>
<th>New CORE training</th>
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</table>
| Health Professional - responder | Holds a formal tertiary qualification in a health-related discipline and is relatively new to their area of practice  
May encounter resuscitation events in their occupation or workplace with rapidly-available backup by advanced rescuers | Graduate nurses and midwives  
Graduate anaesthetic technicians  
Radiographers  
Other trained support staff in hospitals and community health  
Dentists  
Emergency medical technicians | Recognition of the deteriorating patient  
Teamwork  
Advanced life support for adults and children  
Understand "shockable" and "non-shockable" rhythms  
Supraglottal airway adjuncts  
Awareness of adrenaline and amiodarone in resuscitation | CORE Level 4 or Modular CORE Level 4 | CORE Immediate  
Resuscitation - A Guide for Health Professionals |
| Health Professional - early management | As above plus:  
Is expected to manage resuscitation events until advanced rescuers arrive | Experienced nurses and midwives  
Experienced anaesthetic technicians  
GPs in metropolitan areas  
Paramedics | As above plus:  
Manual defibrillation  
Awareness of Waveform capnography  
Awareness of intra-osseous access | CORE Level 5 | CORE Advanced  
Resuscitation - A Guide for Advanced Rescuers |
| Health Professional - advanced rescuers and medical | As above plus:  
Is expected to manage and | Hospital nursing supervisors  
Senior nursing staff in units where | As above plus:  
Leading teams | CORE Levels 6 and 7 | CORE Levels 6 and 7 |
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<td>providers</td>
<td>Rescuer may hold a formal qualification in medicine</td>
<td>resuscitations are common or expected (such as Critical Care Unit or Cardiac Intensive Care Unit)</td>
<td>Management of peri-arrest conditions, Advanced airway management in teams, Consider and correct (4Hs, 4Ts), Awareness of prognostication following cardiac arrest and post-resuscitation care, A more complex understanding of conditions that lead to cardiac arrest, and post-arrest management</td>
<td>CORE Levels 6 and 7</td>
<td>CORE Advanced Resource: <em>Resuscitation - A Guide for Advanced Rescuers</em></td>
</tr>
<tr>
<td>Specialist medical provider</td>
<td>As above plus: Specialises in providing resuscitation and emergency care</td>
<td>Doctors working in emergency medicine, trauma, anaesthesia, and intensive care</td>
<td>As above plus skills and knowledge that may include: Advanced airway management, Cardioversion and pacing, Other advanced specialist skills</td>
<td>CORE Level 7 plus extra training not offered by NZRC</td>
<td>CORE Advanced plus extra training not offered by NZRC</td>
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