



CALS Comprehensive
Advanced Life Support
RURAL EMERGENCY MEDICAL EDUCATION

Rural Emergency Care:

A Plan for Education and Team Development

The official CALS Program EBook



Contents:

3. Why You Should Read This
4. Rural Emergency Healthcare is Hard
6. The Promises and Pitfalls of Training
8. Prescription: Comprehensive Advanced Life Support (CALs)
9. CALs Program At-A-Glance
10. Train the Team for Optimum Results
11. Curriculum, Courses and Connections
12. CALs Trauma & Provider Course
13. CALs Trauma Module– Part of your Trauma & Provider Course
14. CALs OB/Neonate Module
15. CALs Fundamentals of Airway Management for the Rural Provider
16. Money Matters: The Value of CALs Program
18. CALs Program: By the Numbers
19. Next Steps

Why You Should Read This

No matter your role—hospital CEO, administrator, emergency medicine director, or other decision maker—you're an integral part of providing effective emergency care in your community. Because emergency care can be specifically challenging for rural and resource-constrained communities, the CALS Program eBook will guide you through implementing an affordable, sensible approach to emergency medical education, team-building and continuing development.

3. **Let's get started!**



Rural Emergency Healthcare is **Hard**



As a rural hospital leader, you face many challenges as you strive to deliver the highest quality of care—including emergency care.

Faced with an array of clinical problems, you and your emergency staff also likely encounter several barriers when providing patient care, including:

Constrained financial resources

Low patient volumes, the economic downturn and a high ratio of uninsured and low-income patients make it difficult to manage the fixed costs associated with operating your hospital. The impact is particularly hard-hitting in the higher-cost emergency department.



Limited technology support

Insufficient access to capital affects your ability to modernize facilities and acquire or adopt new technologies. This means that your rural emergency department is often working with basic or even outdated life-support equipment, tools and systems.





Infrequent emergency care experience

In your smaller community, the emergency medical team is probably called into action only sporadically—making it difficult to build the high level of experience and teamwork required in a life-support discipline.

Lack of specialized personnel

Your rural setting means that specialized personnel—think obstetricians, cardiologists and trauma surgeons—are often unavailable in your area. The result: An emergency team that must handle a wider range of clinical problems without the support of specialists.



Difficulty recruiting qualified staff

It can be challenging to recruit physicians, nurses, technicians and other skilled staff—especially those needed in emergency medicine—to practice in rural settings.

It takes a dedicated effort to overcome these challenges and build a world-class emergency team in your hospital. But how do you do that, especially when advanced life support training comes with its own set of obstacles?

We're glad you asked!



The Promises and Pitfalls of Training

When faced with the challenge of delivering quality emergency healthcare, a healthy dose of advanced life support education and staff development could make a big difference. And while that sounds good in theory, it does present another series of hurdles in your rural hospital setting.

Focused curriculum, broad needs

Most advanced life support courses are narrow in scope, covering one topic in depth. But to be their best, your team needs to understand the full breadth of emergency scenarios to ensure they are ready for the next ambulance to arrive.

6.

Rural reality disconnect

Most emergency care courses assume a level of resource availability inconsistent with a rural setting. Courses that teach dependence on specific advanced equipment or access to highly trained specialists won't prepare your team for the reality of your rural environment.





Lack of funds and time

You could schedule multiple education courses to equip emergency care team members with the knowledge and skills their roles require. However, each course would require more of your limited funds and take your staff away from the hospital for several days.

Remote learning (e-learning) drawbacks

Distance learning options are available and make education more accessible to more people. However, e-Learning courses do not always work as well for skills training or team building, both of which are key elements of success with the CALS curriculum.

Your rural location

Traveling to distant training sites in larger cities increases the time drain and cost of emergency medicine education.





Prescription: Comprehensive Advanced Life Support (CALS) Program



At CALS Program, we're changing the game for under-resourced and under-funded rural, remote, and global healthcare providers.

The CALS Program slate of comprehensive advanced life support courses provides important training for rural, remote and global health care professionals. Our curriculum was developed in partnership with doctors and nurses and teaches an effective approach to the care of critically ill or injured patients with a wide range of emergencies—from trauma to cardiac, stroke, pediatrics, obstetrics, neonatal, airway compromise, sepsis and more.

Our team of trusted partners and innovative problem solvers is committed to helping emergency departments overcome inadequate resources to provide the high-quality, life-saving care patients deserve. We're driven to make a difference—and it's a responsibility we don't take lightly.

CALS has been recognized by professional groups such as the American Academy of Family Practice Physicians (AAFP) and the American College of Emergency Physicians (ACEP) as an equally acceptable alternative to other advanced life support, trauma life support and/or emergency response training.

CALS Program At-A-Glance

✓ Comprehensive curriculum

Training is delivered across all life-support disciplines, providing the broadest available knowledge for your team.

✓ Rural hospital focus

All course concepts and methods are tuned to the unique resource constraints of rural settings.

✓ Team-building approach

Your emergency team is trained together, leading to more successful implementation and a stronger overall staff. We believe all members of the emergency health care team bring value, and we seek to promote collaboration in the emergency setting.

✓ Local delivery

Critical training and staff development is available in nearby rural communities.

✓ Flexible education delivery

CALS supports a blended learning experience that combines the flexibility of e-Learning for some content with the traditional instructor-led training that promotes teamwork, skills training, and simulation experiential learning.

9.



Train the Team for Optimum Results

Comprehensive advanced life support education is held onsite in local rural communities, allowing your entire emergency team to participate. Team training results in better implementations and raises the functional level of your entire staff.



At CALS Program, we believe all members of the emergency health care team bring value, and we seek to promote collaboration in the emergency setting. Our courses emphasize the unique roles of team leaders and team members so participants learn their specific responsibility. Your entire team will gain hands-on experience and shared knowledge, all while collaborating with others in a familiar environment.

Besides improving your immediate effectiveness in emergency medicine, a higher-functioning staff can also help you recruit additional qualified personnel. After all, who doesn't want to be part of a winning team?

Providers are encouraged to attend in teams consisting of:

- physicians
- physician assistants
- nurse practitioners
- nurses
- paramedics
- allied health professionals



Curriculum, Courses and Connections



We teach an effective approach to the care of critically ill or injured patients. The CALS curriculum covers a wide range of emergencies including trauma, cardiac, stroke, pediatric, obstetric, neonatal, airway compromise and sepsis.

Three unique courses organize this curriculum into easily scheduled sessions, delivered through a combination of home study, hands-on labs and in-person classes:

- CALS Trauma & Provider Course
- CALS OB/Neonate Course
- CALS Fundamentals of Airway Management for the Rural Provider



Occasionally, we receive requests for specialized emergency medical education programs. If you have a need for this training, please call 763-285-8939.

CALS Trauma & Provider Course

It all starts here! The two-day CALS Trauma & Provider Course introduces our core curriculum and serves as the foundation for all other CALS Program learning opportunities.

The CALS Trauma & Provider Course consists of hands-on training in cardiac, traumatic, pediatric, obstetrical, neonatal and medical advanced life support. This course (and the materials that support it) help participants understand the CALS Universal Approach to critically ill or injured patients, standards that define how care providers should evaluate and treat patients in emergency situations.

Learning to provide better care for emergency patients can help you—and your team—save lives. Our curriculum is thoughtful and practical, uniquely designed to help you develop the confidence, skills and abilities to effectively treat those in need.

After completing the Trauma & Provider Course, you'll be able to:

- Expertly navigate a variety of clinical situations.
- Identify key threats and demonstrate therapeutic interventions.
- Discuss the roles of each team member involved in patient evaluation and treatment.
- Perform skills consistent with the provider's role on the advanced life support team.

We recommend that all CALS Trauma & Provider Course participants have attended at least one other advanced life support course, possess knowledge of cardiac rhythm recognition, and have adequate clinical experience in critical situations.

Curious to learn more about the CALS Trauma & Provider Course? Visit calsprogram.org for a more in-depth look into this training and to register online!



CALS Trauma Module

Part of your CALS Trauma & Provider Course

From physicians and nurses to paramedics, physician assistants, and nurse practitioners, professionals in all kinds of emergency care roles lean into the Trauma Module component of the Trauma & Provider Course for hands-on practice with infrequently used—but incredibly important—life-saving skills.

The CALS Trauma Module features an interactive curriculum that covers essential life-saving techniques. While the skills and techniques you'll master in this module might not be ones you use every day, being able to draw upon them when needed will give you and your team greater peace of mind.

Specific skills taught in the Trauma Module include:

- Cricothyrotomy
- Needle thoracostomy for tension pneumothorax
- Chest tube insertion (adult)
- Percutaneous pericardiocentesis
- Helmet removal
- Leg traction splint
- Tourniquet application and care
- FAST Exam: Introduction to the use of ultrasound in trauma care

Curious to learn more about the CALS Trauma Module? Visit calsprogram.org for a more in-depth look into this training and to register online!



CALS OB/Neonate Module

Our CALS OB/Neonate Module is designed to help nurses and other healthcare personnel level up their care for obstetrical and neonatal patients, providing them with an interactive opportunity to hone critical life-saving skills.

This four-hour learning opportunity offers a unique learning experience for nurses and health care personnel to sharpen skills and enhance their abilities to provide emergency care for obstetrical and neonatal patients. It expands upon the skills covered in the two-day CALS Trauma & Provider Course.

While the skills and techniques you'll master in this module might not be ones you use every day, being able to draw upon them when needed will give you and your team greater peace of mind.

After completing the OB/Neonate Module, you'll be able to:

- Identify signs of compromised maternal status in obstetrical emergencies
- Simulate multiple types of complicated deliveries
- Identify the signs and symptoms of fetal distress and understand the appropriate intervention
- Understand fetal monitoring procedure
- Demonstrate the steps in evaluation and resuscitation of a newborn
- Demonstrate placement of umbilical vascular access lines
- Understand the appropriate steps in medication administration for the newborn
- Demonstrate steps in managing the airway of a newborn with respiratory distress
- Understand stabilization and transport considerations of an OB/newborn patient

Curious to learn more about the CALS OB/Neonate Module? Visit calsprogram.org for a more in-depth look into this training and to register online!



Fundamentals of Airway Management for the Rural Provider

This one-day course is designed for medical providers, advanced practice providers, and other medical professionals who may be preparing to work in rural areas, as well as experienced providers who may have limited experience with airway management techniques.

The Fundamentals of Airway Management course will prepare clinicians working in the emergency department or prehospital environment for essential airway management. It covers how to initially manage an airway emergency and stabilize a patient, with a focus on assessment, evaluation, and the decision-making processes involved with airway management in addition to skills.

This is an excellent predecessor to the CALS Trauma & Provider Course for individuals wanting more time and experience honing their airway management skills in a personalized, small course environment.

Curious to learn more about the CALS Airway Course? Visit calsprogram.org for a more in-depth look into this training and to register online!

Course Objectives:

- Orient to basic airway anatomy and assessment techniques
- Effectively use appropriate equipment needed to manage an airway emergency
- Explore airway management skills
- Investigate techniques and medications involved with rapid sequence intubation
- Understand oxygenation needs prior and during airway management procedures
- Describe initial basic ventilator management
- Gain experience in the team management of an airway emergency using small-group scenario-based simulations



Money Matters: The Value of CALS Program

We get it: Prioritizing extensive training can feel like a financial burden. At CALS Program, however, we're proud to offer courses with registration fees that are generally competitive with or less expensive than other life support programs. We're also happy to work with you to develop a personalized education plan that is affordable for you and your team. After completing a CALS Program course, we think you'll agree that the learning you'll receive is invaluable—and that it's certainly money well spent!

Additionally, the cost of courses can be offset by:

- Local grant funding
- Hospital funding
- Individual participant fees
- State organizations
- Donated hospital space and food



What's the benefit for your hospital?

Hospitals that implement the CALS approach have reported substantial improvements in teamwork, communications, patient outcomes, staff recruitment and staff retention. In other words, CALS training helps your hospital make significant progress toward the development of world-class rural emergency care.

Hospitals that meet CALS standards for training, equipment and staffing can also earn “CALS Hospital” recognition, highlighting their commitment to improve rural emergency care. Among other benefits, CALS Hospitals enjoy increased stature in their community, region and state, and are better able to attract and retain the finest clinical staff.



CALS Program: By the Numbers

16,000+

More than 16,000 medical professionals across the U.S. and around the world have completed CALS training.

96%

More than 96 percent of participants report that taking the CALS course enhanced their skills, confidence and teamwork abilities, leaving them better prepared to treat critically ill or injured patients.

2,300+

CALS Program is proud to be the exclusive provider of emergency training to U.S. embassy medical personnel around the globe. More than 2,300 of the U.S. Department of State's foreign-service medical personnel have completed CALS training.

Continuing Education Credits

The Trauma & Provider Course has been reviewed by the AAFP (American Academy of Family Physicians) CME Accreditation Department and the Commission on Continuing Professional Development.



Next Steps



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RURAL EMERGENCY MEDICAL EDUCATION

When you partner with CALS Program, you receive peace of mind knowing that you're supported by a team of experts striving to fulfill a common goal every day: To improve patient care by providing advanced life support education to rural and/or resource-limited health care professionals. It's a simple—but important—mission.

If you're ready to see how CALS Program can make a difference for you and your emergency care team, visit **calsprogram.org**, connect with us by calling **763-285-8939**, or email **info@calsprogram.org**.