CALS Comprehensive Advanced Life Support
RURAL EMERGENCY MEDICAL EDUCATION

Hello and thank you for your interest in CALS!

Since 1996, CALS has been committed to improving rural emergency care through customizable, comprehensive, and collaborative education programs. In Minnesota, completion of the CALS Trauma & Provider Course along with the Trauma Module fulfills the Minnesota State Trauma Requirements for Level III and Level IV hospitals.

We are eager to assist you in hosting a CALS course at your facility or in your region. Several things go into the planning for a successful course. On the following pages, you will find a variety of information to help you plan and host your course, including:

- Requirements to Host a CALS Course
- CALS Course Information
- CALS Program Payment, Refund, and Transfer Policy
- CALS Education Opportunities Overview
- What People are Saying About CALS (testimonials)
- CALS Course Interest Form

Once you have reviewed these materials, please complete, and return the CALS Course Interest Form. We will get back to you as soon as possible with suggestions for specific dates and registration information. Please keep in mind, it typically takes around six months to properly plan, promote and execute a CALS course.

If you have any questions about CALS and our curriculum, please feel free to contact Ann Gihl at CALS, via phone (763)285-8939 or email (info@calsprogram.org) A complete listing of our staff and their contact information is available on the CALS Program website at www.calsprogram.org

We look forward to collaborating with you on this exciting project.

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CALS Fact Sheet

What is CALS?
CALS (Comprehensive Advanced Life Support) is an educational program developed by a multidisciplinary working group. The primary focus is to train medical personnel in the team approach to anticipate, recognize, and treat life-threatening emergencies. There are three components to the CALS program: 1) Home Study, 2) Trauma & Provider Course, 3) Validation & Post-test

What is the CALS Trauma & Provider Course?
The CALS 2-day Trauma & Provider Course consists of airway management, cardiac, traumatic, pediatric, obstetrical, neonatal, and medical advanced life support. It includes interactive discussions, scenarios, and skills stations taught in an interactive team format. Registrants receive online resources and links for a pre-test and self-assessment to the Trauma & Provider Course.

What is the CALS Trauma Module?
The CALS Trauma Module is a 3.5-hour procedural skills lab that covers many of the skills needed in an emergency department for resuscitation of critically ill or injured patients. The Trauma Module is integrated into the Trauma & Provider Course.

Target Audience:
The intended audience is teams of physicians, physician's assistants/nurse practitioners, nurses, paramedics, and allied health care providers who provide resuscitation to patients of all ages with undifferentiated medical emergencies. CALS recommends that attendees have previously attended an advanced life support course or have adequate clinical experience in critical situations.

What size hospital or community is CALS designed for?
CALS can be beneficial to all health care providers who deal with undifferentiated emergencies regardless of size or location of facility. It is especially designed to benefit rural healthcare providers as it provides exposure to uncommon, but critical case scenarios.

Does everyone have to take the CALS Trauma Module to be CALS certified?
Yes, a card is issued after the completion of the CALS eLearning and 2-day Trauma & Provider Course. Completion signifies completion of the CALS course and qualifies for equivalent state trauma education in some states. Participants receive CME credits for online and in-person content.

Does CALS replace other advanced life support courses?
CALS is not meant to replace other advanced life support courses but will help providers reinforce and retain the skills and knowledge presented in these courses. CALS stresses a team approach to providing emergency care and covers core concepts from other courses as well as topics not covered by other courses. Each medical facility will need to determine the advanced life support training requirements for their staff.

How much does the CALS 2-day Trauma & Provider Course cost?
Registration fees may vary between each affiliate chapter. Individual affiliate chapter fees can be found through www.calsprogram.org.

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RURAL EMERGENCY MEDICAL EDUCATION

Is the course appropriate for pre-hospital personnel?
Yes, the course is primarily in-hospital resuscitation, but paramedics can attend. It is particularly helpful if paramedics are part of the resuscitation team in the emergency department of the hospital.

Can I get an ACLS (Advanced Cardiac Life Support) card if I complete CALS?
Individual facilities determine what courses are accepted for their criteria to fulfill advanced life support education requirements. Some CALS Courses include Advanced Life Support (ALS) certification from the American Red Cross. Check with your employer to determine if the CALS card is accepted for renewal of advanced cardiac life support.

How many CME/CEU credits do I get for taking CALS?
It varies in each CALS course and is dependent on annual renewal. Awarded CME credits change based the curriculum presented at each review cycle. The CALS eLearning and 2-day Trauma & Provider Course have been reviewed and is acceptable for CME credit hours by the AAFP. AAFP prescribed credit is accepted by the AMA as equivalent to AMA PRA Category 1 for the AMA Physician's recognition award. (When applying for the AMA PRA, Prescribed hours earned must be reported as prescribed hours, not as Category 1). The CALS courses are designed to meet the Continuing Education Contact Hours of most State Boards of Nursing.

More information about CALS may be found on the CALS web site: www.calsprogram.org. or call 763.285.8939

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Requirements to Host a CALS Course:

Hosts will be asked to assist with the following.

1. **Complete and sign a site agreement**: We ask the facility to sign a site agreement stating they are willing to work with CALS Staff to provide the course. This contract is signed by an administrator, a physician, nurse manager, or their designee.

2. **Designate a contact person to work closely with the CALS Staff**: It works well if it is someone who does educational courses for your hospital. In addition, a nurse administrator and physician should be designated to be available to the CALS Coordinator to answer questions and to facilitate and encourage staff involvement with the program.

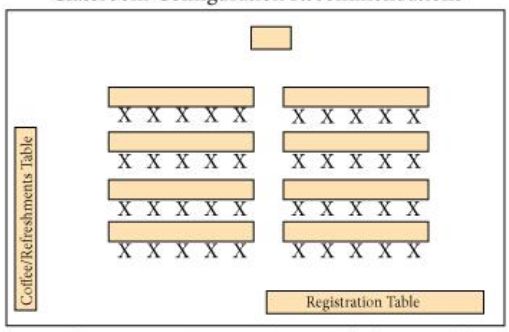
3. **Provide space for the Course**: The CALS courses can be held in several locations where educational rooms are available. These include hospitals, churches, schools and community rooms and hotels. A space diagram is provided below that further defines the space needs. The cost of space is not included in the course budget as many areas can find space in their hospital or other donated space.

4. **Layout of space required for courses.** (4 Rooms)
   Courses require:
   a. ***One*** *room large enough to accommodate all participants (24-27) and instructors (approximately 6) in a classroom setting with screen, AV cart, extension cords with multiple plugs.*
   b. ***Three*** *additional rooms for breakout sessions, able to hold 10 to 12 people. Each of these rooms require two rectangular (not round) tables set in a T format. The tables should be 6 feet in length to accommodate a manikin. If the main room is large, enough it can also be used as one of the breakout rooms. Please verify with CALS team prior to the course if your space is limited.*
   c. *Area to provide coffee and refreshments. This can be done in the large room if there is enough space.*
   d. Registration table: This can be outside the larger room if desired but will require a table for registration, packets and other materials. We prefer this be close to an electrical outlet for use of a computer.

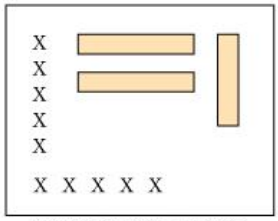
   The Designated course space must be available for the CALS instructors to set up for about 3 to 4 hours on the day before the course and remain in the secured space assigned throughout the course. If class space cannot be dedicated for the entire time of the course, the CALS coordinator must be notified. CALS equipment must remain in the secured in rooms or in a secure location.

CALS Comprehensive Advanced Life Support
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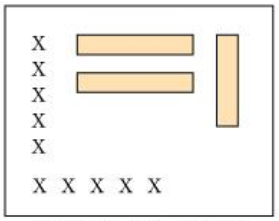
CALS Provider Course
Classroom Configuration Recommendations



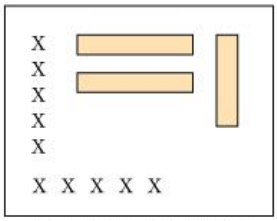
Main Classroom - Must Accommodate 40 people classroom style



Breakout Room #1 - 12 people
(three six-foot tables and roughly ten chairs)



Breakout Room #2 - 12 people
(three six-foot tables and roughly ten chairs)



Breakout Room #3 - 12 people
(three six-foot tables and roughly ten chairs)

5. **Promote the course**: to teams of physicians, nurses and appropriate allied health personnel in your facility and surrounding rural facilities. CALS will provide you with the appropriate materials.

6. **Course participants should be a mix of doctors, nurses, and allied health personnel.** A minimum of **24** or a number agreed upon by the host site and CALS Manager are needed to attend the course. Many facilities send a smaller number of participants and promote the course to surrounding facilities. If your course does not have a balance mix of roles, or number of participants vary from 24, please discuss this with us as this will impact the number and type of instructors needed for the course.

7. **Facilitate registration process for the participants attending from your facility**: The host will abide by the CALS Course Participant cancellation/refund policy and will assist CALS in the administration of this policy.

8. **Assist with course/equipment needs. CALS generally provides the equipment to the site.** These are typical needs for CALS Courses.

Trauma Content on Day 2:

1. **Model needed:** One individual "model" will be needed for the FAST Exam. The model must be 18 years of age and can be either male or female. For the purpose of the exam, he/she should be of average size and weight. Models should wear scrubs or other clothing that is easily removed. Female models may want to consider wearing a bathing suit top or an athletic-type bra (during the exam the abdomen area and lower chest will be exposed.)
2. **Elevated place to lie down:** The model will need to lie down for the ultrasound portion of the course. We can use a sturdy table (we can provide a pad), a stretcher or a hospital bed.
3. Occasionally, if the distance is too far or unique needs, we occasionally ask the local training facility to assist in providing manikins etc. If this is a need, this will be communicated in advance.

9. **Assist in planning for food and beverages for the course**: The host site will arrange for refreshments. This has varied with the COVID-19 pandemic so check with CALS for availability for your area.
   a. *The beverage cost should be included in the invoice for the food you purchase for the Trauma & Provider Course for reimbursement. You may certainly choose to provide additional food/snack if you feel necessary, however there is very limited break time during the Trauma & Provider Course.*
   b. *Continental breakfast should be available both mornings. This should include coffee, water, juice, rolls or bagel and fruit.*
   c. *Lunches should be provided by hospital, may be catered, or access for meals provided to participants. Only 30 minutes is allotted for the lunch break so food should be provided to classroom or accessible to be brought back to the classroom. Items such as box lunches, pizza, salads or soup work well.*
   d. *Afternoon snack such as pop/water and cookies/popcorn etc. may be provided.*

10. **Arrange for directional signs for the course.**

11. **Designate someone to meet the CALS Instructors on arrival and provide a large cart or loading palette to unload equipment (we bring several large pieces of equipment.)** The designated person should be available for questions or assistance, as needed (this can be done by phone also.) The CALS team will set up the equipment.

12. **Assist CALS staff in room setup/recommendations the evening before and throughout the course.**

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Minnesota Courses Costs & Funding

For Minnesota emergency professionals working in Minnesota, CALS courses are partially subsidized by a legislative grant through the Office of Rural Health and Primary Care.

National Course Costs & Funding

Courses are designed to come to your facility. Please contact our offices to determine course pricing options depending on your state and location.

Prerequisites and Preparation

CALS education is designed for emergency healthcare professionals with generally at least one year of emergency experience with previous advanced life support training. It is required to complete pre-course materials, pre-test, self-assessment prior to attending the in-person hands on course.

Class Attendance

Be courteous and on time. Students are expected to attend and participate in the entire course. Late participants are considered a no show and any deposit or fee will be forfeited.

Attire

Wear comfortable clothing and shoes. The course involves standing and practicing skills that will require working on your hands, bending, standing, and lifting. If physical conditions that may prevent participation, please contact us in advance. An instructor will work with students to accommodate needs within the stated course completion requirements.

CALS Program Payment, Refund, and Transfer Policy

Please review CALS payment, Refund and Transfer Policy.

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RURAL EMERGENCY MEDICAL EDUCATION

CALS Education Opportunities: Overview

The CALS Trauma & Provider Course

This is the core component of our education. Encompassing home study and two-days of hands-on, scenario-based learning, it is the foundation for all CALS education and a critical introduction to CALS concepts. The curriculum is based on the premise that four critical elements drive success when treating patients in an emergent setting.

Specific modules include:

- CALS Universal Approach
- Airway management
- RSI (Rapid Sequence Management)
- Trauma
- Cardiac
- Medical
- Neurological
- Obstetric
- Neonatal
- Pediatric



The CALS Diamond

Trauma Content

This content was designed to provide physicians, nurses, physician assistants, nurse practitioners and paramedics with the opportunity to learn and practice infrequently used life-saving skills, satisfying Minnesota state trauma committee education requirements for level III or IV trauma designation.

Specific skills taught include:

- Cricothyrotomy
- Needle thoracostomy for tension pneumothorax
- Chest tube insertion, adult
- Percutaneous pericardiocentesis
- Helmet & car seat removal
- Leg traction splint
- FAST Exam: introduction to the use of ultrasound in trauma care
- Bleeding control

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What People are Saying About CALS

"I just completed the course and wanted to tell all of you a deep and heart-felt thanks. I learned skills and increased my self-confidence and cannot wait for the next patient!"

"This was one of the best CME courses that we have had in my 21 year experience. It was due not only to the course content but also to all of the friendly, down-to-earth instructors. You have good reason to be proud of the CALS program!"

"I don't remember when we've had such an enlightening, excellently planned learning session. We all came away knowing that more lives would be saved because of what you presented to us in this lab. Thank you so much for the fabulous experience!"

"I really learned a lot from this course. I'm new to my role as an RN and found this course to be very helpful. I've worked as a LPN in the ER but this really focuses on how and why we do things. Thank you!"

"This is the best use of my time & dollars of any course I take. I have taken it four times and learn many new things every time. I get to see and try out new technologies & tools. The manual is very good & well put together."

"Thank you so much! This has been an outstanding CME for our organization. I think one of the best ever. Truly, a remarkable program."

"I have personally received much wonderful feedback from our staff. I want you to know that on Sat. the ER had to intubate an asthmatic. This was a provider not comfortable with RSI prior to the course. The procedure went very well and she and the team basically saved a life. She said it was because the WHOLE team was trained in RSI."

"The CALS course I took was by far, hour for hour, the most rewarding, educational, & worthwhile CME I have ever participated in. It must be the best-kept secret in rural emergency care education in America as a whole. I am quite the fan & would be more than willing to do whatever I can to promote awareness of & access to this incredibly valuable educational tool."

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CALS Course Interest Form

Name of Facility: _____

Facility Address: _____

Contact Name: _____

Contact Phone: _____**Email**:_____

I am interested hosting a course in _____ (month, year)

Course Interest: ____ CALS Trauma & Provider Course (Two full days)
Airway, RSI, Trauma, Cardiac, Medical, Neuro, OB, Neonatal, Pediatric
Cricothyrotomy, thoracostomy, Chest tube insertion, pericardiocentesis, splints, FAST introduction, bleeding, helmet & car seat removal

____ CALS OB/Neonate Module Course (OB & Neonatal/hands on)
Expands upon CALS Trauma & Provider Course Content

How many providers from your facility will you plan to enroll in the course? _____

A typical course includes 24 participants. Many facilities send a smaller number of participants and promote the course to surrounding facilities. CALS will assist in promoting the course by sending a flyer. Would you be willing to send the flyer to surrounding facilities to promote the course, if you plan to send a small number of participants? _____yes _____no

PLEASE RETURN TO CALS VIA EMAIL (info@calsprogram.org)
Alternatively, call (763) 285-8939 for more information about hosting.

Thank you for your interest in CALS!

Comprehensive Advanced Life Support
2600 Fernbrook LN N Suite 104 • Plymouth, MN 55447 • 763-285-8939
www. calsprogram.org