

CareFlight news

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'Inverted' crash car will help save more lives

An innovative 'inverted' crash car simulator developed by CareFlight medical educators, and our support teams, will help save lives across Australia.

After nearly two years of planning, designing, fundraising, construction and testing, the inverted crash car simulator is now ready.

National aeromedical charity CareFlight developed its first crash car trainer in 2010 to simulate a patient trapped in a motor vehicle so emergency service teams could be trained to improve initial medical treatment.

Instead of having to destroy an old car wreck for each training session, the simulator car can be reused. The car's dash folds on the patient's lap, intrusion bars assist in trapping the patient, doors can be removed, and trainees can climb all over the simulator in an effort to treat and extricate their victim.

This crash car simulator, the only one of its type used by an aeromedical service for training groups that attend crash scenes, has been used extensively in our MediSim workshop training.

Its only limitation of not being able to simulate a patient trapped in a car which had rolled over onto its roof has been overcome with the new simulator which, at the touch of a button, can be flipped upside down or on its side.

Practising extraction of a patient from more difficult situations will better prepare the trainees for the real life situations which they can encounter any day or night beside a road.

This project was a team effort and CareFlight thanks Daniel Gerzanic from Western Smash Repairs for volunteering his labour to make it a reality.

"We thought the Inverted Crash Car Simulator project was a very worthy project to support," Daniel said.

"The work that CareFlight does is amazing and we wanted to ensure they are able to keep training generations to come in the best way so they can save lives." ✕



Newly-recruited CareFlight doctors get initial trauma training experience using the new inverted crash car simulator.

MediSim trains at remote towns

The inverted crash car will further boost CareFlight's national rollout of our acclaimed MediSim program which has recently concluded courses across distant Western Australian towns.

Across this year the unique mobile medical simulation training program is holding courses around Australia, providing high quality trauma care training to an estimated 500 emergency service volunteers in rural and remote communities as an adjunct to our national aeromedical service.

Recent courses in the Northern Territory and WA's Kimberley, assisted by Johnson & Johnson sponsorship of this component of our charity's training, were followed by courses in the WA south-west and Goldfields regions, Victoria and South Australia.

Over the past three years more than 850 emergency service personnel and other first responders have been trained

by experienced CareFlight doctors, nurses and intensive care paramedics.

A participant in Batchelor, Northern Territory said: "Excellent. Best training ever. Realistic experiences help to deal with real life experiences" and another in Mudgee, NSW said "Hope they run more courses, if I could I would have all my squad members attend. Great work to all in the CareFlight team!! Thanks." ✕



CareFlight MediSim training in the remote West Arnhem Land community of Gapuwiyak.



Kakadu triathlon unites Jabiru

It was the race which brought a remote Northern Territory town together.

Until three months before the Kakadu Triathlon none of the organisers had ever thought of staging such an event in Jabiru. For certain, no-one in the town of 1,000 had ever thought of taking part in one!

But such is the spirit encountered by the organising team, headed by Leona Katzer, in the town in the middle of Australia's largest national park and 250 km west of Darwin that people, businesses and other Territorians rallied around the Triathlon in May.

Each year more than 400 patients are flown by CareFlight from towns and locations in West Arnhem Land.

The winner (male) was Chris Piggott-McKellar ahead of Andrew Parker and Daniel McLaren; Tahnee Coonan was the female winner ahead of Jamie Lewis and Belinda Crisp. The A Crew was the first

team home (Dale Heaps, Matt Lennon and Heath Thorpe) ahead of MelBen (husband and wife Melinda and Ben McTavish) with BPhil (another husband and wife combination of Belinda and Phil Maunder).

The eight members of the organising committee scoured the town and came up with 36 willing sponsors of the Triathlon. In the end the intrepid committee raised over \$24,000 worth of sponsorship which allowed the race to go ahead with all costs covered.

When organisers had time to start counting they determined this inaugural Kakadu Triathlon had raised \$7,187.23 to enhance the aeromedical service which CareFlight provides across the Top End. An outstanding result! The donation has been allocated towards the Draegar Infant Isolette® TI500s (Transport Incubator) Humidicrib which is the NT's major fundraising project. ✕

Delay gives extra time to enter Classic

CareFlight's Woodford to Glenbrook Classic in the Blue Mountains has been postponed to Sunday September 8.

Safety concerns due to recent rain, winds and the danger of falling trees forced rangers to close the Blue Mountains National Park at the end of June when it was due to be held.

The postponed mountain bike and run races are to take place along the 25 km,

Participants set off in last year's Classic.



Oakes fire trail from the Woodford rail station down to the Euroka Clearing near Glenbrook.

The event is to finish with a community fair style reception in Euroka Clearing.

CareFlight's John Ebbott, while disappointed to postpone the event, said our charity was very mindful of the safety of all taking part.

"All current entries remain valid for the new date," he said.

"The great news is that if you have not yet registered for this fantastic event, you can do so right now on line on our website."

Family and friends are welcome to join in the fun as there will be various activities for the kids, food stalls and displays throughout the day.

To register visit www.careflight.org for entry details. ✕



Anzac biscuits yield support

Across Australia the great work of the Country Women's Association continues to support CareFlight. The Northern Territory division of CWA recently forwarded a donation of \$1,000 while in the NSW Southern Highlands town of Crookwell, Margaret Williams (right) and Lillian Marshall helped sell Anzac biscuits to raise \$500 for our charity. Thank you again, CWA members.



Ride remembers Todd

Despite rain, some 80 determined motor bike riders raised \$11,000 on the Todd Peisley Ride for CareFlight. Organisers hope to make this an annual tribute to Todd who died tragically in 2012 - in recognition of the tremendous amount of good work he did for the motorcycling community.



Tim flies in for NRL women

Winston Hills Hawkes junior rugby league in May provided an opportunity for CareFlight to continue its close links with the NRL Parramatta Eels when captain Tim Mannah was flown in to meet fans as part of the Women in League celebration. An enthusiastic crowd was on hand at John Curtin reserve to welcome both Tim and CareFlight.

For full details of upcoming events, check our website at www.careflight.org



Dannielle and Aaron with their 406 MHz emergency beacon beside the CareFlight helicopter back at Darwin.

EPIRB, sharp eyes save swamped fishos

Three brave fishos who swam almost a kilometre to the shore of a remote Territory island after a freak swell swamped their 4.5m tinny in June say all boaters should carry an EPIRB distress beacon with them.

Aaron Packham, 38, said the sea was calm before he, his wife, Dannielle and their mate Brett were swamped by waves off Bynoe Harbour in June.

They used eskys and a fuel tank for support before activating their new generation 406 MHz beacon after a passing small boat was able to safely rescue only Brett.

The Australian Maritime Safety Authority called CareFlight to conduct the search after the EPIRB signal was relayed by satellite to the national search and rescue headquarters in Canberra.

Pilot Paul Archbold diverted his CareFlight turbo-prop King Air aircraft, on a flight from Darwin, to spot the pair on the island and guided a navy helicopter to them initially.

Darwin's CareFlight helicopter team of pilot John Beasy, air crewman Ben Inglis and flight nurse Janine Hawkes quickly landed and flew the two back to Darwin. CareFlight staff then drove them the 120 km back to their car at the remote harbour from where they'd set out. ✕

Quick care and helmet save crash cyclist

A man attributes his survival following a mountain bike crash on a rough Belrose track to his high quality riding helmet and the quick, expert treatment by a CareFlight medical team in May.

He later contacted our helicopter's duty ambulance paramedic to pass on his belief that he would now be much worse off, or even been killed, without the use of a high quality helmet with superior posterior protection.

Quick expert treatment by CareFlight's specialist doctor and duty paramedic at the remote track site was essential to Darren's recovery from a significant brain injury which has left him with short term memory loss. He is still nursing a fractured arm, shoulder and cheekbone.

CareFlight conducted a search along the Heath track and found the semi-conscious man beside his bicycle in Garigal National Park.

Teamwork by CareFlight and ambulance paramedics stabilised the man and allowed him to be flown to Royal North Shore Hospital where he underwent specialist treatment. ✕

Ambulance and CareFlight teams combine to treat the injured rider at Belrose before his flight to hospital.



Doctor saves trapped woman

A passing doctor used his training to save the life of a woman who was critically injured in a two-vehicle crash at Warrimoo in the Blue Mountains in June.

The doctor was riding his bicycle when he saw the two cars collide head-on and rushed over to apply basic airway skills which allowed her to start breathing while still trapped in her hatch-back car.

The CareFlight medical team placed the 37-year-old woman, from Hazelbrook, in an induced coma as an early start to intensive care management of her serious head injuries and flew her to Westmead Hospital.

Scene of the crash on the Great Western Highway at Warrimoo.



Painter falls five metres

A fall from a ladder left a man unconscious with head injuries at a house he was painting at the Ponds in June. He fell an estimated five metres onto a concrete path.

Police arrived quickly and placed the unconscious man in spinal precaution. Then ambulance paramedics and CareFlight arrived, the paramedics teaming with two CareFlight doctors to stabilise the man.

The doctors placed the man in an induced coma and took him to Westmead Hospital.

Man falls from scaffold

A fall from scaffolding left a man unconscious at an Ashfield house in May.

Ambulance, police, fire-rescue and CareFlight rushed to the man's aid with the helicopter landing in a park close by.

The CareFlight doctor said the 64-year-old man fell about four metres to the ground while working at the house.

After stabilisation the man was taken under treatment by the CareFlight doctor, in a road ambulance, to Royal Prince Alfred Hospital. ✕

We've flown 157 ill children



As the map (above) shows, over the past six months CareFlight has flown 157 ill babies and children to care from across NSW since we took over providing dedicated helicopters to fly teams from the Newborn and Paediatric Emergency Transport Service. Since our last edition, additional towns where our helicopters have landed to retrieve these young patients are Armidale, Batemans Bay, Bowral, Cowra, Kempsey, Shellharbour and Singleton.

Tourist takes tumble at Gunlom Falls

A tourist had to be winched out of a popular but remote Northern Territory waterhole and flown to hospital after he slipped over and suffered serious injuries in June.

The 63-year-old South Australian man was walking along a rough track at the top of Gunlom Falls, in the southern

end of Kakadu National Park, when he slipped over and fell down about three metres of rock.

The stunning 30m waterfall and emerald green plunge pool featured in the classic 1980s outback film *Crocodile Dundee* where it was called Echo Pool.

A Parks Australia ranger and a nurse

from the Jabiru Health Clinic went to the man's aid and started treatment as they called CareFlight to undertake the 470 km round trip rescue flight from Darwin.

CareFlight's duty crew of pilot John Beasy and aircrewman Daniel Warring winched flight nurse Matt Auld down to administer pain relief to the man who suffered head, chest and ankle injuries which left him unable to walk.

The man was placed in our Martz rescue stretcher and lifted out just before sunset.

The man was given further treatment as he was flown to Royal Darwin Hospital to undergo five days of treatment.

Just 18 hours before Matt had completed his advanced helicopter winching course. The successful rescue made him the third CareFlight NT nurse to winch out an injured patient – following in the tradition established by flight nurses Amanda Quinn and Dave Szyc.

“It was a complicated rescue, with good team-work by all parties involved, to achieve a good result for the injured man,” Matt Auld said.

“Fortunately he had slipped and fallen about 40 metres back from the edge, otherwise he would not have survived.” ✕



CareFlight rescues the injured man from a creek just back from the edge of Gunlom Falls in Kakadu national park.

Every cent helps to keep CareFlight in the air

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