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Launching ARNI, an advanced course for resuscitation of the newborn infant

The culmination of a three-year development phase will shortly reach fruition with the official launch of a new advanced resuscitation course focusing on the care of the newborn. The Advanced Resuscitation of the Newborn Infant (ARNI) course has been developed by the Resuscitation Council (UK) and has been a collaborative venture with the baby charity, Bliss.

The Newborn Life Support (NLS) course, launched in 2000, established a sound foundation for the training and delivery of a standardised approach to the assessment, stabilisation and resuscitation of a newly delivered baby. The training it offers is applicable to any professional who may be present when a baby is born. Since instigation, over 50,000 candidates have attended the NLS course. Following on from this success, the neonatal community recognised the need to extend this training to provide an equally accessible framework for care when dealing with special cases at birth and other life threatening emergencies occurring in the neonatal period.

In 2011, a small group of clinicians were awarded a generous grant from the Bliss Innovation in Care Fund to develop the course materials for an advanced neonatal resuscitation course and to refine these through the proof of concept and pilot phases. The grant applicants formed the core membership of a working group and were joined by members from education, nursing, trainee and resuscitation backgrounds in addition to those representing the views of parents themselves. The ARNI Working Group (**TABLE 1**) is accountable to the NLS subcommittee, within the governance structure of the Resuscitation Council (UK).

The course is designed to support professionals

by enhancing the expert skills required to approach neonatal emergencies in a calm and competent manner. ARNI reinforces a secure knowledge base, provides practical skills teaching and focuses on good communication and team working to improve performance and quality of care in high-risk situations. The course content focuses on support required for babies and their families when delivery occurs prematurely, as well as babies born with congenital abnormalities such as surgical and cardiac problems. Additionally, it addresses models of care in dealing with life threatening emergencies occurring in infants receiving care on a newborn care unit as well as unexpected postnatal collapse. The course has taken a bold step by incorporating training opportunities for situations in which resuscitation has been unsuccessful.

ARNI is a two-day course and is multi-disciplinary for both faculty and candidates. There are 16 candidates on each course, taught in groups of four. Candidates must be NLS providers and hold a clinical post with regular exposure to newborn emergencies. It is designed for professionals working in emergency medicine and those working within a predominately paediatric or anaesthetic setting, as well those with a specialty interest in newborn care. The high instructor to candidate ratio, individualised feedback of skill performance and real-time simulation with manikins specifically modified to each clinical scenario, provides a very rich learning opportunity. There is also an emphasis on improved awareness of human factors related to the provision of emergency care. The course is supported by a comprehensive manual which



Members of the ARNI Working Group.

covers all the neonatal emergencies and practical procedures incorporated in the course teaching, in addition to chapters on team working, communication and human factors. Summative 'end of course' testing has been replaced with a newly-developed assessment tool applied throughout the course. Candidates who successfully complete the course receive a Resuscitation Council (UK) ARNI provider certificate, which is valid for four years. Those who perform outstandingly well may be offered the opportunity to become an ARNI instructor.

A proof of concept course and the first pilot course were held in Oxford during 2013, with a second pilot course in Brighton in February 2014. The official launch will take place in May 2014 at a course hosted in Leicester. Demand for the ARNI course has been very high with all inaugural courses being oversubscribed. Feedback from candidates has been very favourable and it is hoped that additional course centres will roll out during 2015. Details of course dates and centres during 2015/16 will be posted on the Resuscitation Council (UK) website (www.resus.org.uk).

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Emma Morris	Administrative support, Brighton	
Zoe Chivers	Bliss	

TABLE 1 Membership of the ARNI Working Group.

Dissemination and quality control provided through the framework of the Resuscitation Council (UK) will ensure a sustainable and robust educational

resource. It is an expectation that becoming an ARNI provider will achieve recognisable status in newborn care across the UK and worldwide.

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