



## INTERNATIONAL TRAUMA LIFE SUPPORT

### BACKGROUND SUMMARY

ITLS is a not-for-profit organization dedicated to comprehensive trauma training and education. Its training programs are aimed at the pre-hospital (or out-of-hospital) providers. Founded in 1985 as Basic Trauma Life Support International, ITLS now has over 75 chapters around the world. Through ITLS, over three hundred thousand trauma care professionals have learned proven techniques endorsed by the American College of Emergency Physicians (ACEP).

ITLS has become accepted internationally as the standard training course for pre-hospital trauma care, and is not only taught as continuing education course, but is also used as a course book in many EMT training programs. In the United States, ITLS courses are monitored and certified in each state, often by the state chapter of ACEP in conjunction with a regional or state EMS agency. Other countries follow similar arrangements.

ITLS courses give the student the knowledge and hands-on skills to take better care of trauma patients. ITLS stresses rapid assessment, appropriate intervention and identification of immediate life threats. The ITLS framework for rapid, appropriate and effective trauma care is a global standard that works in any situation.

ITLS courses combine classroom learning and hands-on skills stations. They also challenge the student with scenario assessment stations where you put your learning to work in simulated trauma situations. ITLS courses are designed, managed and delivered by course directors, coordinators and instructors experienced in EMS, pre-hospital care and the ITLS approach.

Each ITLS course includes a comprehensive manual sent to the student in advance. The manual enhances learning experience with in-depth content, photos and illustrations. ITLS manuals are written by trauma care experts and reviewed by the ITLS Editorial Board. After the course, the manual serves as a valuable recap of what has been learned.

All ITLS courses are eligible to receive accreditation by the Continuing Education Coordination Board for Emergency Medical Services (CECBEMS).

ITLS offers several courses designed to meet the educational needs of providers:

#### ITLS Courses

- **ITLS Basic** - Basic ITLS give basic EMS personnel complete training in the skills they need for rapid assessment, resuscitation, stabilization and transportation of trauma patients. The 16-hour course is designed for providers who are first to evaluate and stabilize the trauma patient. Hands-on stations include: basic airway, spinal motion restriction - rapid extrication, short back board, helmet management, log roll and long back board, traction splints, patient assessment and management.
- **ITLS Advanced** - Advanced ITLS is a comprehensive course for advanced EMTs, paramedics, nurses, physicians and other advanced EMS personnel. ITLS Advanced covers the skills necessary for rapid assessment, resuscitation, stabilization and transportation of trauma patients. The 16-hour course emphasizes evaluation steps and sequencing and techniques for resuscitation and packaging a patient. Hands-on stations include: basic and advanced

airway, chest decompression and fluid resuscitation, spinal motion restriction - rapid extrication, short back board, helmet management, log roll and long back board, traction splints, patient assessment and management.

- **eTrauma** - ITLS eTrauma covers the eight hours of ITLS Provider classroom instruction providing online training on the core principles of rapid assessment, resuscitation, stabilization and transportation of trauma patients. Because of the program's comprehensive approach, ITLS eTrauma is appropriate for all levels of EMS personnel—from EMT-Bs and first responders to advanced EMTs, paramedics, trauma nurses and physicians
- **Access** - Access give EMS crews and first responders the training they need to reach, stabilize and extricate trapped patients. The 8-hour course focuses on using hand tools commonly carried on an ambulance or first responder unit.
- **Pediatric ITLS** - Pediatric ITLS continues the learning of the Basic and Advanced courses - with an emphasis on understanding and responding to trauma in children. The 8-hour course teaches the proper assessment, stabilization and packaging of pediatric trauma patients. It also highlights techniques for communicating with young patients and their parents. Hands-on stations include: airway management and chest decompression, fluid resuscitation, spinal motion restriction, and patient assessment and management.
- **ITLS Instructor Courses** - Instructor courses prepare EMS professionals to teach ITLS courses. To participate, potential instructors must successfully complete the course they want to teach, demonstrate instructor potential and meet local chapter requirements.

### **ITLS Programs**

ITLS provides its courses through its chapters and training centres. Training centres may be established for proprietary training organizations to educate their own or contracted personnel in ITLS. Training centres are only approved in areas where there is not an ITLS chapter. Organizations wishing to provide ITLS training should contact their local ITLS chapter.

ITLS mandates essential policies and procedures for its courses; however, each chapter and training centre has the flexibility to develop their own policies and procedures for their individual program.

ITLS encourages persons interested in establishing an ITLS chapter to seek sponsorship from a larger organization such as a hospital or EMS agency.

### **Applying to Become an ITLS Chapter**

ITLS will consider applications for chapter status from non-for-profit (voluntary) organizations, non-governmental organizations (NGO) and governmental agencies, including branches of the military. An ITLS chapter is responsible for administration of the ITLS programs, including issuance of cards and certificates, collection and remittance of fees, reporting to ITLS International and representation at the annual ITLS International Congress (delegate organization). ITLS chapters are also responsible for promoting and encouraging development of new ITLS courses and course coordinators in their area. Each chapter is required to have a Chapter Coordinator and Chapter Medical Director.

### **Applying to Become an ITLS Training Centre**

ITLS International will consider applications for training centre status from organizations that wish

to train their own personnel in ITLS but do not want to take on the responsibility for administration of ITLS programs in their geographic area. Training centres will not be established in areas where there is an ITLS chapter. Becoming a training centre may be a good option for proprietary organizations or other organizations that want to gradually become involved in ITLS.

### **How to Get Started**

**ITLS Courses** can be conducted in an area where there is no ITLS chapter or training centre.

- **Sending potential ITLS students to an ITLS course.**

ITLS can help interested persons or organizations locate ITLS courses that are convenient to their location. This is a good alternative for individuals or small groups. Students are responsible for their own travel and course expenses.

- **Inviting ITLS faculty to conduct courses on site.**

ITLS can arrange for International faculty to come to a location and conduct ITLS provider and/or instructor courses. This option is chosen most often by organizations looking to become an ITLS chapter or training centre in the future and wanting to train a core group of potential ITLS instructors. The inviting organization is responsible for the faculty and course expenses for conducting the course(s).

- **Conducting a Course Outside a Chapter:**

ITLS will work with requesting organizations who apply for an ITLS "Course Outside of a Chapter." If the necessary personnel are available, including the Medical Director, Course Coordinator, Instructors and the necessary equipment, there should not be difficulty in applying for a course. An application for such a course must be submitted to ITLS International at least 90 days before the start of the course.

ITLS charges an assessment fee of \$10.00 US per student taught pass or fail, except for Instructor Recertification students for which there is no International fee. ITLS chapters usually also assess a fee which includes the ITLS International fee. Most course organizers charge students \$100-\$300 (US) per student for the course. This is to cover instructor expenses, food for the "victims", any disposable equipment, etc. There would also be the need to allocate funds for the provider books.

Please feel free to contact the ITLS Executive Director via email or at 888-495-ITLS X 204 for clarification, and for the next steps if you are interested in establishing ITLS training for your students.

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