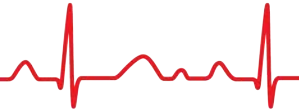


D  **RE**

SAVE A HEART SAVE A LIFE



Dispatcher-Assisted first REsponder
Our Progression 2016



Dr. Jade Kua
Director, **DARE** Programme

Dispatcher-A**ssisted first **RE**sponder**

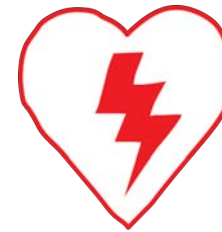
a 1-hour, simplified CPR+AED programme
altered for laypeople as young as primary school children.



**STAY ON
THE LINE**



**PUSH HARD
AND FAST**



AED



A/Prof. Marcus Ong
Director, Unit for Pre-hospital Emergency Care

Dr. Jade Kua
Director, DARE Programme

Ms. Eileen Ng
Senior Staff Nurse

Ms. Jinny Seow
Executive



Ms. Eileen Ng
Senior Staff Nurse

Ms. Jinny Seow
Executive

Ms. Nurul Asyikin Mohamed Jalil
Executive

Mr. Chong Guan Seng
Programme Coordinator



中央医院推出速成急救培训课程 五年内让100万人具备基本急救知识

黎远漪 报道
yuanyi@sph.com.sg

本地每年有1800人在医院以外发生心脏骤停意外，每拖延一分钟进行心肺复苏术，患者的存活率就减少约10%。然而，目前只有少数国人拥有较全面的急救知识。为此，有公共医院领头推出速成急救培训课程计划，希望能在未来五年内，让100万名不同年龄层的国人，具备基本的急救知识与技能。

新加坡中央医院院前护理急救单位推出一个名为DARE (Dispatcher Assisted first Responder) 的速成先遣急救员培训计划。这项计划通过视频与示范双管齐下，在一小时内教导普罗大众如何进行心肺复苏术

(Cardiopulmonary Resuscitation, 简称CPR), 以自动心脏除颤器(AED, Automated External Defibrillator, 简称AED) 心脏骤停, 在严重的情况下发生, 有患者在心脏骤停, 脉搏停止, 缺氧四分钟, 10分钟, DARE 受访时说: 课程需要课程直接, 都能很快, 妇幼医院, 培训, 略有人因



圣安东尼小学的60名学生代表，如何为

Primary steps towards saving lives

By LINETTE LAI

SAVING lives starts young, as pupils at St Anthony's Primary can tell you.

About 60 of them took part in a hands-on workshop yesterday which showed them what to do should someone go into cardiac arrest.

The pilot programme was organised by the Singapore General Hospital's pre-hospital emergency care unit.

It condenses the usual four-hour course into a one-hour session which teaches participants how to perform basic CPR under a dispatcher's guidance.

Step 1: Call 995 for help and start cardiopulmonary resuscitation (CPR), following the



St Anthony's Primary School pupils taking part in a hands-on workshop yesterday where they learnt what to do should someone go into cardiac arrest. ST PHOTO: DESMOND FOO

carry out CPR, get someone to fetch an automated external defibrillator to jumpstart the victim's heart.

The programme, which started in April, has reached about 2,300 students at primary, secondary and tertiary levels.

Yesterday, said programme director Dr Jade Kua.

"But we find that the bystander response rate is fairly low, and this is something that can be improved upon," she said. "We want to encourage a

chances of survival drop by 10 per cent for every minute of delay, she said.

One participant yesterday was Primary 5 pupil Harshil Gupta, who said: "I was really fascinated by the mannequin, though you're forming



Health Minister Gan Kim Yong (left) and Reverend Derrick Lau at a simplified CPR training session at the Methodist Church of the Incarnation. The training is being extended to religious organisations and workplaces. ST PHOTO: WONG KWAI CHOW

Big push to get more people trained in CPR

Goal: At least one person in every home trained in simplified technique

By SAMANTHA BOH

A BIG push is being made to get at least one person in every household trained in a simplified cardiopulmonary resuscitation (CPR) procedure.

The Unit for Pre-Hospital Emergency Care (Upec) has given itself five years to do it, said its medical director Marcus Ong.

The plan is to extend the Dispatcher Assisted first Responder, or Dare, programme to religious organisations and workplaces, he said. Till now, the year-old programme has been making the rounds only in schools and about 8,000, mainly students, have been trained.

We want to reach out to one million people within the next five years, Associate Professor Ong said. "We need to expand the pool of people in Singapore who are

willing and able to respond in an emergency," he said.

Around 1,800 cardiac arrests occur in Singapore every year, but only 3 per cent of the victims survive them.

The Dare programme can be learnt in an hour and participants are taught CPR in simple, easy-to-follow steps: dial 995, stay on the line with a medical dispatcher, and perform CPR using an automated external defibrillator.

Dare focuses on chest compressions, which have been found to be more crucial than mouth-to-mouth ventilation in the first few minutes of a cardiac arrest. A study done by the Singapore General Hospital and the National Heart Centre Singapore showed that people who learnt simplified CPR gave better quality chest compression.

Yesterday, members of the Methodist Church of the Incarnation in Choa Chu Kang became the first among religious groups to be trained.

Sixty church-goers were given a quick session after their morning church service.

Health Minister Gan Kim Yong, who was guest of honour, however, encouraged participants to learn the standard CPR, which included mouth-to-mouth ventilation.

He added that it was the preferred method for cardiac arrest in children and in drowning cases.

He also noted that most out-of-hospital cardiac arrests happen in the victim's home or places he frequents, often in the presence of relatives, friends or neighbours.

"(So) by preparing for the unexpected, the skills acquired today may end up saving lives of someone we know or someone we love in the future if we dare to step up," he said.

samboh@sph.com.sg

D  **RE** *to share*
SAVE A HEART SAVE A LIFE 



People's Association



Since 1970

Singapore
Heart
Foundation
Your Heart We Care



St John
Singapore



D  **RE** *to educate*
SAVE A HEART SAVE A LIFE 



Ministry of Education
SINGAPORE

MOE has implemented **theory-based CPR+AED lesson** to **primary 5 students** as part of their Physical Education lessons.





We are in the planning stages with MOE to conduct **CPR+AED (hands-on) sessions** to **secondary school students** by educators.

This will include conducting **Train the Trainer** sessions for educators, and **training video with step-by-step instructions** is in the making.



Institute of Technical Education (ITE) will incorporate DARE programme into their Orientation Programme for Intake Students as part of their curriculum.





to spread



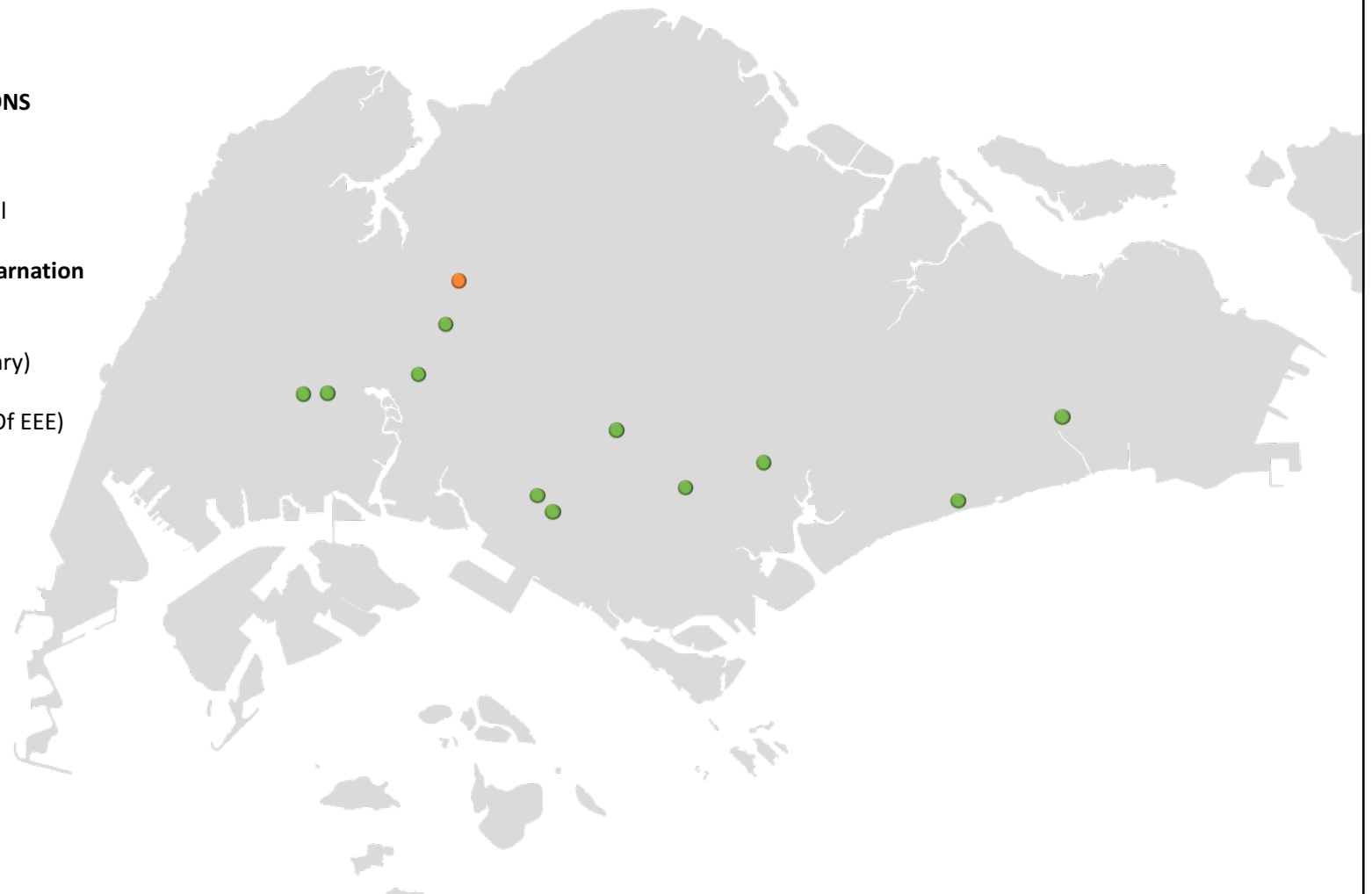
Our Progression

Twenty-Fourteen to present

2014

PARTICIPATING ORGANISATIONS

- Anglo-Chinese Junior College
- Boon Lay Secondary School
- Bukit Batok Secondary School
- ITE College East
- **Methodist Church of the Incarnation**
- Northlight School
- Raffles Girls' Primary School
- Raffles Girls' School (Secondary)
- River Valley High School
- Singapore Polytechnic (Sch. Of EEE)
- St. Anthony's Primary School
- Victoria Junior College



2468

schools

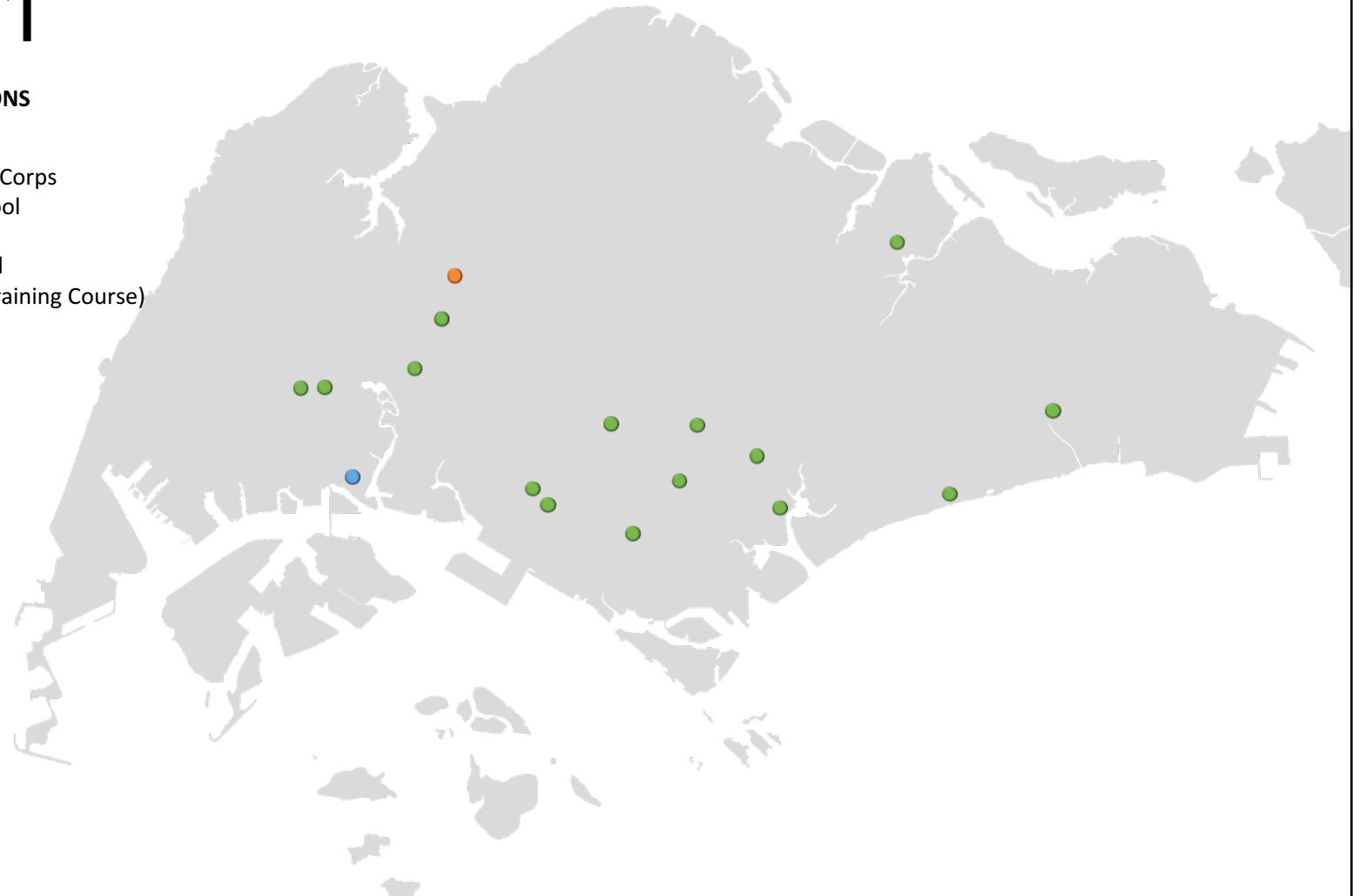
115

community

2015Q1

PARTICIPATING ORGANISATIONS

- CHIJ St. Joseph Convent
- National Civil Defence Cadet Corps
- Queenstown Secondary School
- **Serta International Pte. Ltd.**
- St. Anthony's Primary School
- St. John Singapore (Officer Training Course)



3335

schools

115

community

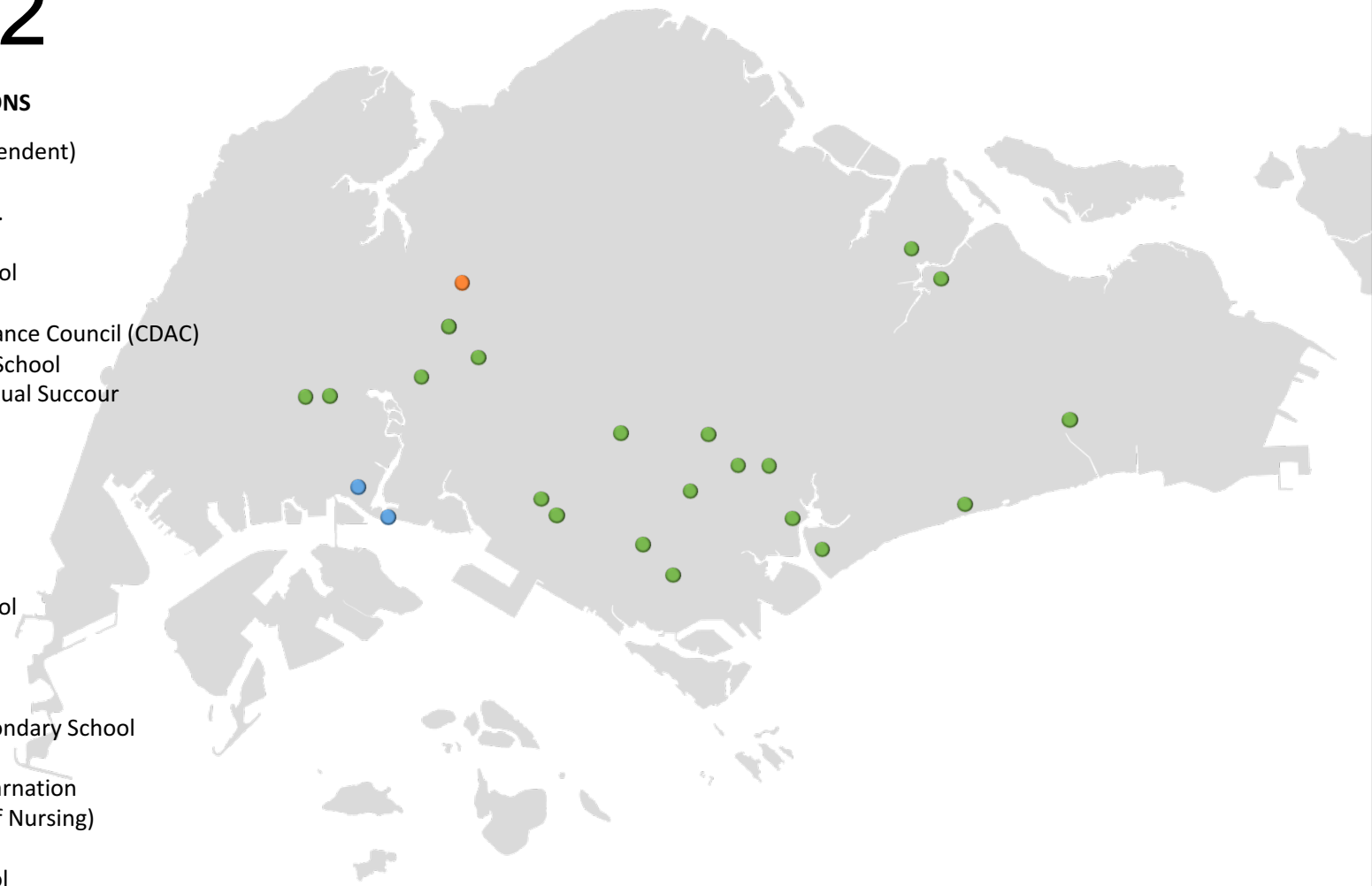
24

workplaces

2015Q2

PARTICIPATING ORGANISATIONS

- Anglo-Chinese School (Independent)
- Admiralty Secondary School
- Alstom Transport (S) Pte. Ltd.
- Anderson Secondary School
- Balestier Hill Secondary School
- Boon Lay Secondary School
- Chinese Development Assistance Council (CDAC)
- Changkat Changi Secondary School
- Church of Our Lady of Perpetual Succour
- Coral Secondary School
- Damai Secondary School
- Evergreen Secondary School
- Health Promotion Board
- Hillgrove Secondary School
- ITE College East
- Jurong West Secondary School
- Jurongville Secondary School
- Juying Secondary School
- Kent Ridge Secondary School
- Kuo Chuan Presbyterian Secondary School
- Marie Stella High School
- Methodist Church of the Incarnation
- Nanyang Polytechnic (Sch. Of Nursing)
- Northlight School
- Orchid Park Secondary School
- Pasir Ris Secondary School
- Pei Hwa Secondary School
- Ping Yi Secondary School
- Raffles Girls' School
- Sembawang Secondary School
- Shell Eastern Petroleum Pte. Ltd.
- Spectra Secondary School
- Westspring Secondary School
- Yuan Ching Secondary School
- Yuhua Secondary School



10814

schools

327

community

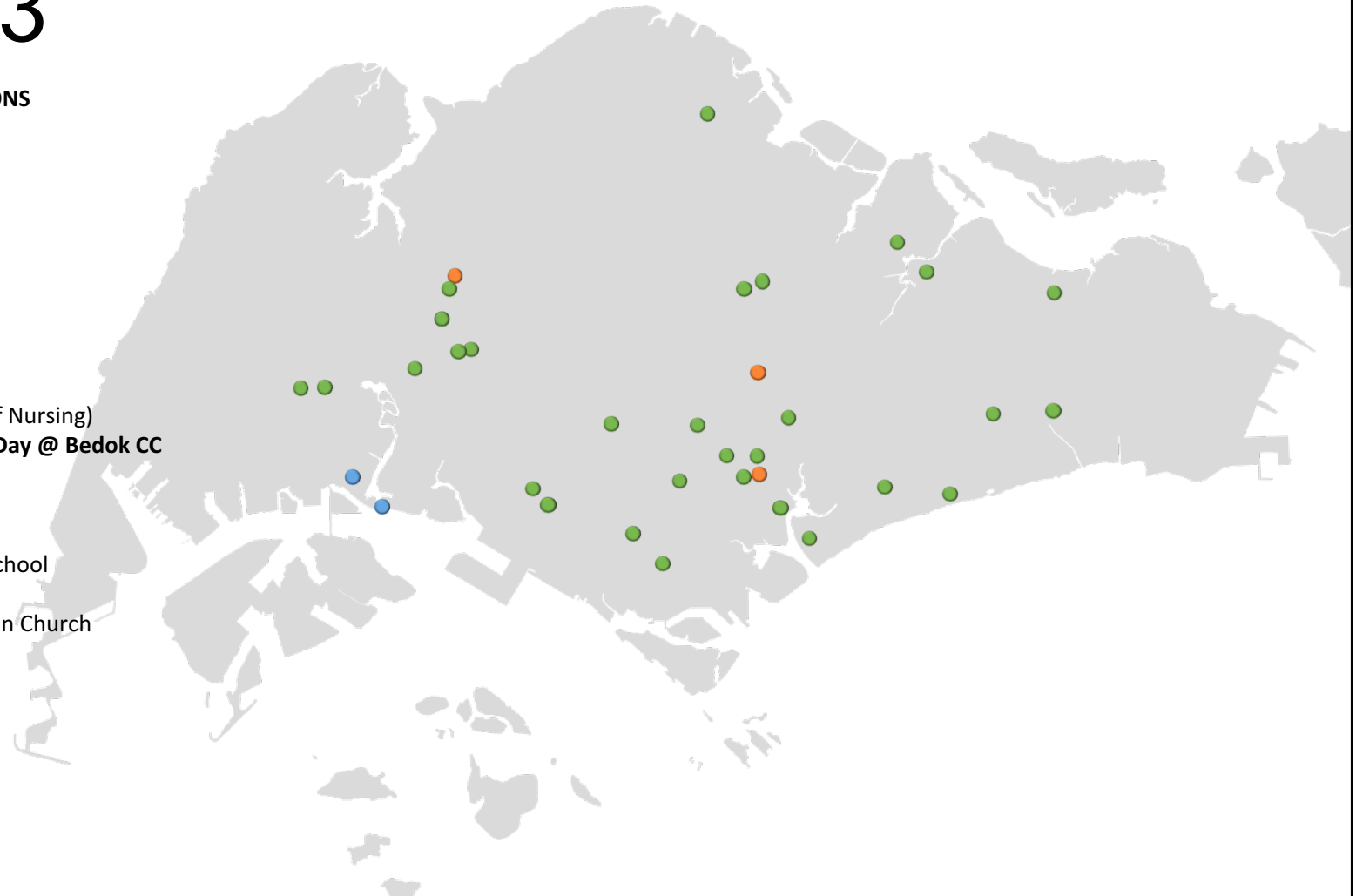
222

workplaces

2015Q3

PARTICIPATING ORGANISATIONS

- Anglo-Chinese Junior College
- Anderson Secondary School
- Farrer Park Primary School
- Hai Sing Catholic School
- Hindu Endowments Board
- ITE College Central
- ITE College East
- ITE College West
- Lianhua Primary School
- Nanyang Polytechnic (Sch. Of Nursing)
- **Red Cross – World First Aid Day @ Bedok CC**
- Red Swastika School
- St. Andrew's Junior College
- St. John Singapore (Zone 2)
- Tanjong Katong Secondary School
- Xi Shan Primary School
- Zion Bishan Bible-Presbyterian Church



14328

schools

419

community

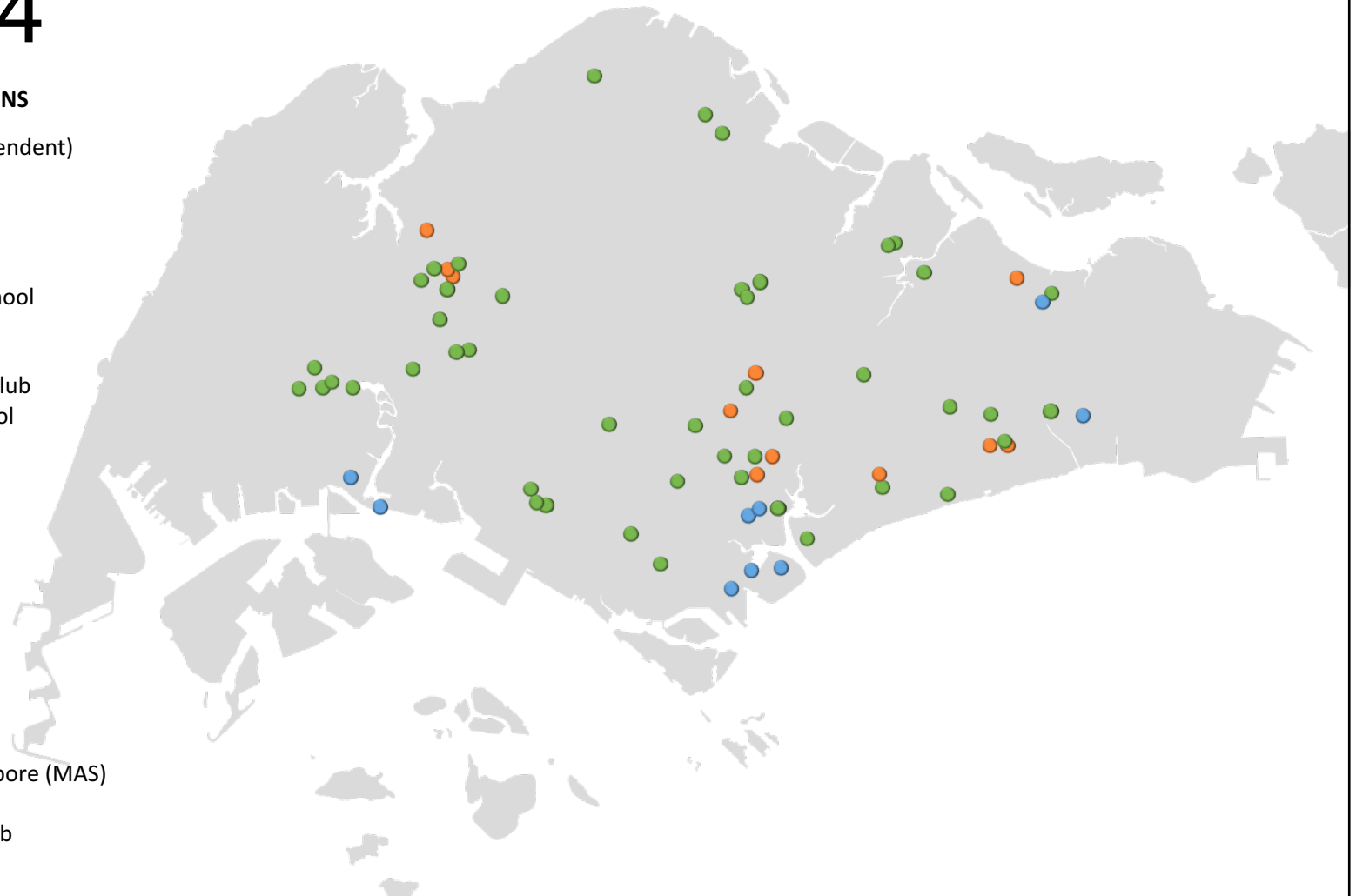
222

workplaces

2015Q4

PARTICIPATING ORGANISATIONS

- Anglo-Chinese School (Independent)
- Admiralty Secondary School
- Beatty Secondary School
- Bedok Bunga Merah RC
- Bedok Sunflower RC
- Boon Lay Garden Primary School
- Bukit Panjang Primary School
- Central Sikh Temple
- Choa Chu Kang Community Club
- Choa Chu Kang Primary School
- Damai Primary School
- DBS Asia Hub
- DBS Vickers Securities
- Gardens by the Bay
- Geylang Serai RC
- Haig Girls' School
- Huamin Primary School
- ITE College Central
- ITE College East
- ITE College West
- Jing Shan Primary School
- Monetary Authority of Singapore (MAS)
- National Design Centre
- Pasir Ris Elias Community Club
- Raffles Medical Group
- Seng Kang Primary School
- Singapore Girls Home
- Singapore Boys Home
- Southview Primary School
- St. John Singapore (Zone 4)
- Teck Whye Secondary School
- Temasek Cares CLG Limited
- Toa Payoh Methodist Church
- Xinmin Secondary School
- Yew Tee Community Club
- Yuan Ching Secondary School



18893

schools

802

community

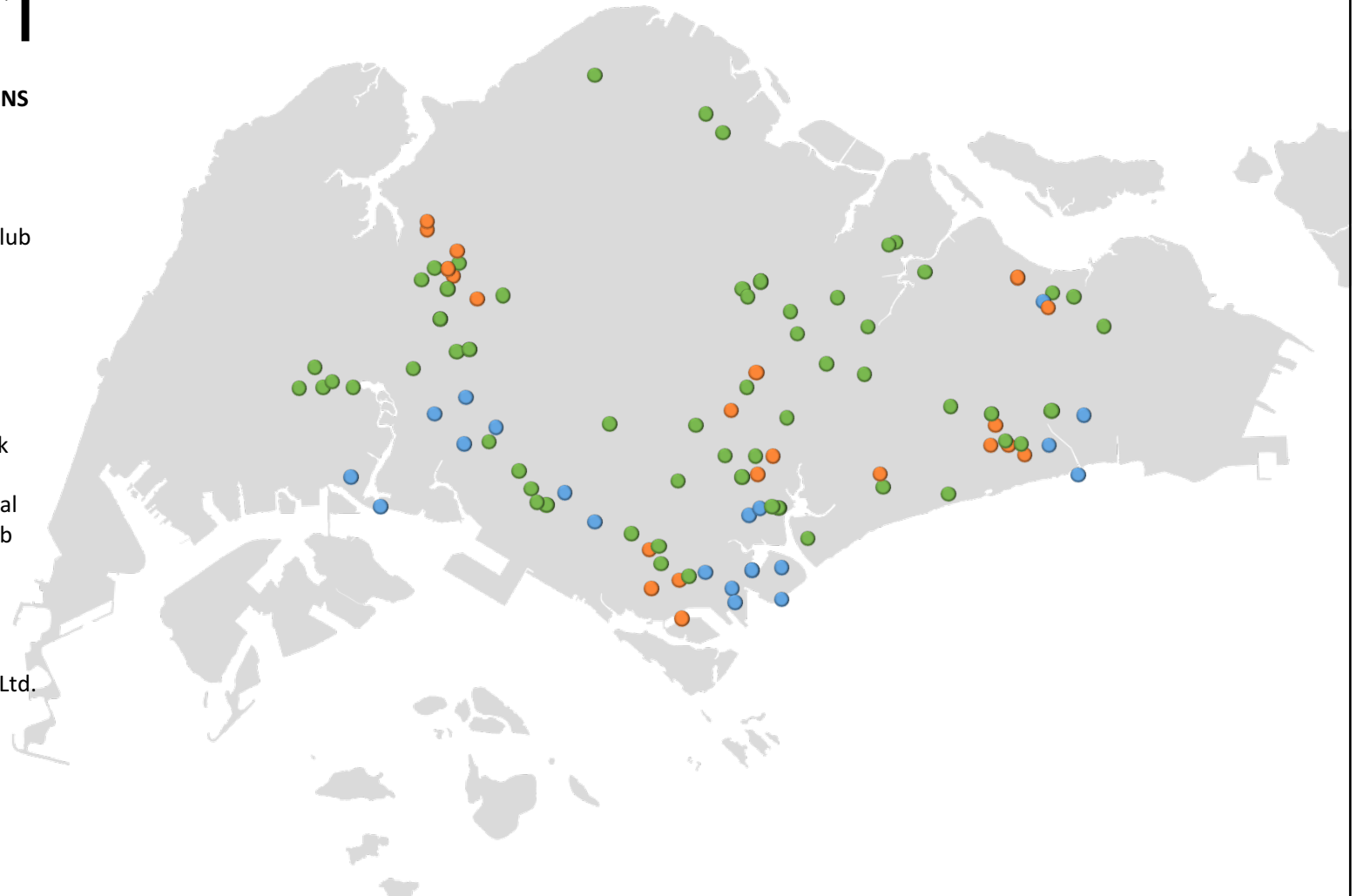
514

workplaces

2016Q1

PARTICIPATING ORGANISATIONS

- CDAC @ Bedok
- CDAC @ Redhill
- CDAC @ Yew Tee
- Choa Chu Kang Community Club
- Church of Divine Mercy
- DBS Vickers Securities
- Farrer Park Primary School
- Gan Eng Seng School
- Health Promotion Board
- ITE College Central
- Moral Home for the Aged Sick
- New Town Secondary School
- Ng Teng Fong General Hospital
- Pasir Ris Elias Community Club
- Pasir Ris Primary School
- Pei Tong Primary School
- Radin Mas Community Club
- Red Swastika School
- Shell Eastern Petroleum Pte. Ltd.
- St. Anthony's Primary School
- The Elitist
- Xinmin Secondary School
- Zhonghua Primary School



25532

schools

956

community

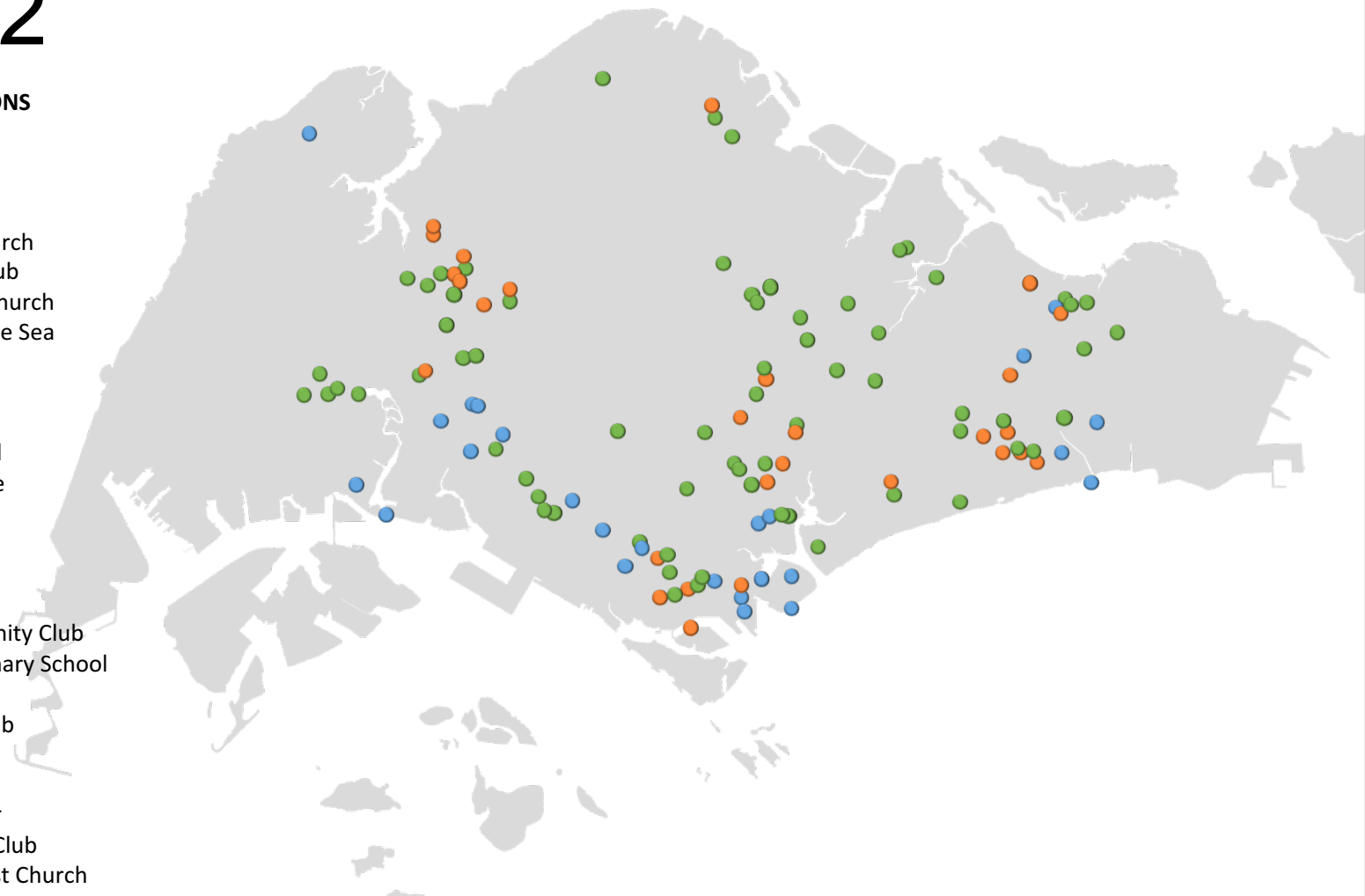
888

workplaces

2016Q2

PARTICIPATING ORGANISATIONS

- Alliance Healthcare
- Anderson Primary School
- Bossini
- Bukit Batok Presbyterian Church
- Bukit Panjang Community Club
- Chapel of the Resurrection Church
- Church of Our Lady Star of the Sea
- Concord Primary School
- DUKE NUS Medical School
- East Coast Primary School
- East Spring Secondary School
- Fei Yue Senior Activity Centre
- Innovative Diagnostic
- InVivos Pte. Ltd.
- ITE College Central
- ITE College West
- Kampong Chai Chee Community Club
- Kuo Chuan Presbyterian Primary School
- Loyang Primary School
- Pasir Ris Elias Community Club
- Radin Mas Primary School
- Sports SG
- St. Joseph's Institution Junior
- Tampines West Community Club
- Telok Ayer Chinese Methodist Church
- Zhonghua Primary School



31439

schools

1341

community

1063

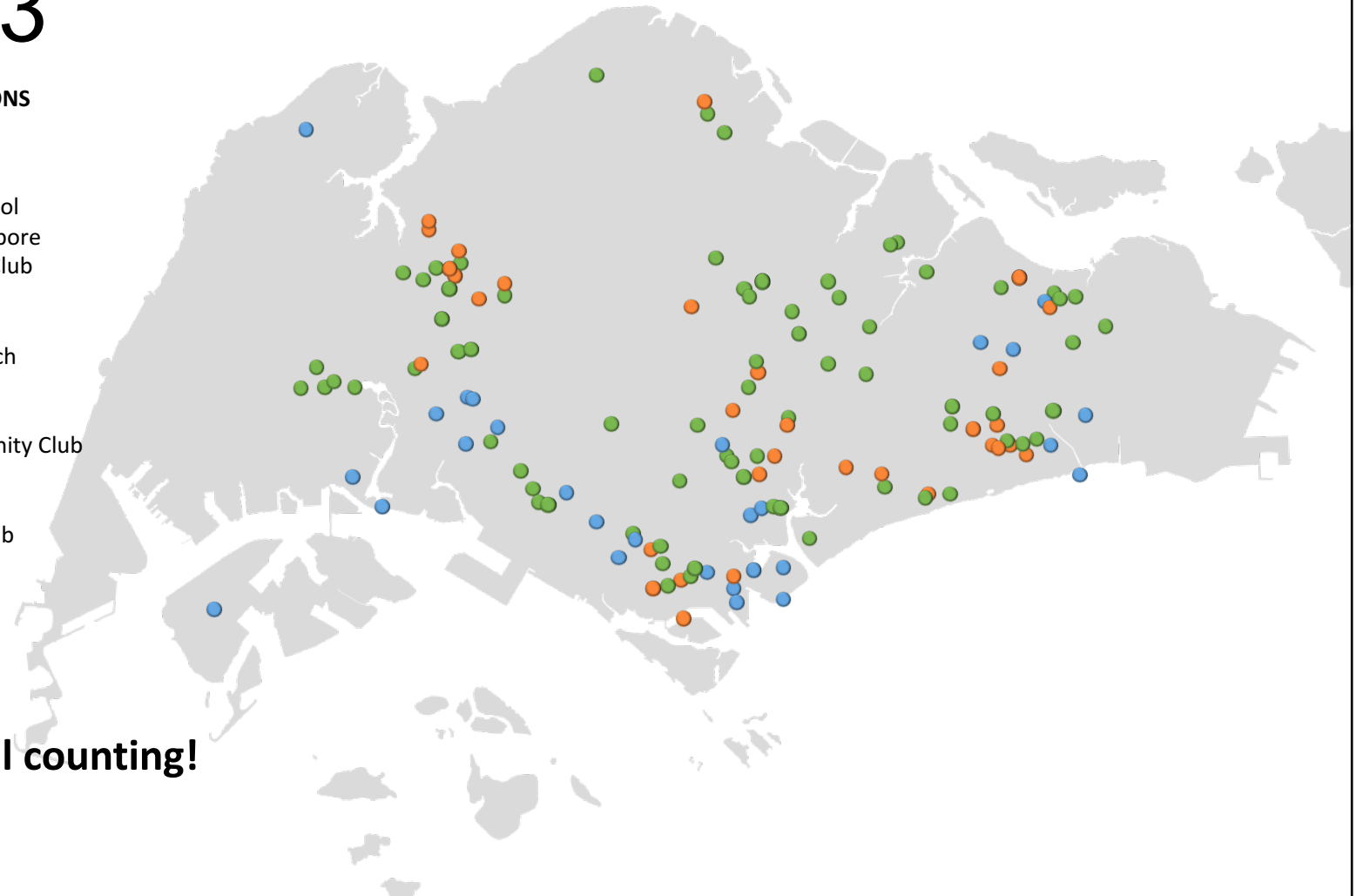
workplaces

2016Q3

PARTICIPATING ORGANISATIONS

- Anglo-Chinese Junior College
- Bedok RC
- Bedok South Secondary School
- Cerebral Palsy Alliance Singapore
- Choa Chu Kang Community Club
- Damai Primary School
- DUKE NUS Medical School
- Geylang Evangelic Free Church
- Hougang Secondary School
- ITE College Central
- Kampong Chai Chee Community Club
- Marina Terrace RC
- Mayflower Secondary School
- Pasir Ris Elias Community Club
- Radin Mas Community Club
- Ren Ci Community Hospital
- SCDF 2nd Division HQ
- **SembCorp @ Jurong Island**
- St. John Singapore (Zone 8)
- Tao Nan School

... and we are still counting!



32122

schools

1509

community

1368

workplaces

do you...

D  **RE** ?

SAVE A HEART SAVE A LIFE 