



# PAROS BULLETIN

<http://www.scri.edu.sg/index.php/2012-12-10-10-15-18/networks-paros>

VOLUME 3

ISSUE 2

MAY 2013

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**Trial  
Coordinating  
Centre:**



## PAROS EXECUTIVE COMMITTEE

[April 2013 – April 2016]

Chair: **Marcus Eng Hock ONG**

Co-Chair: **Matthew Huei-Ming MA**

Co-Chair: **Sang Do SHIN**

Co-Chair: **Hideharu TANAKA**

Member: **DOCTOR Nausheen Edwin**

Member: **FAHAD Javaid Siddiqui**

Member: **GOH E-Shaun**

Member: **KHOO Teng Chuan**

Member: **Pairoj KHRUEKARNCHANA**

Member: **Nalinas KHUNKHLAI**

Member: **Patrick Chow-In KO**

Member: **Eui Jung LEE**

Member: **Chih-Hao LIN**

Member: **Takeshi NAKAGAWA**

Member: **G Y NAROO**

Member: **NIK Hisamuddin**

Member: **Tatsuya NISHIUCHI**

Member: **OMER Ahmed Al Sakaf**

Member: **Hyun Wook RYOO**

Member: **Darin WONG**

## PAROS EXECUTIVE COMMITTEE FOR TERM 2013 – 2016

On 7 April 2013, the PAROS EXCO election for the new term took place in Khoo Teck Puat Hospital in Singapore. We are elated to see the “BIG FOUR” re-elected as chair and co-chairs for the new term.

Under their lead for the past three years, the PAROS network (7 participating countries) has grown to include Pakistan, China, Indonesia, Turkey, and Qatar as our Associate Members and had published 17 papers.

We would like to thank our EXCO members who had given much time and efforts in contributing data, organising PAROS events, and sharing their ideas, experiences, and expertise with the network.

Finally, we would like to welcome our new PAROS EXCO members on board and hope they would have a fulfilling journey with PAROS!



Dr Marcus Ong (Singapore), Chair



Dr Hideharu Tanaka (Japan),  
Co-Chair



Dr Sang Do Shin (Korea), Co-Chair



Dr Matthew Ma (Taiwan), Co-Chair

### EXCO Members (2013-2016)

Dr Eui Jung Lee	Korea
Dr Hyun Wook Ryoo	Korea
Dr Takeshi Nakagawa	Japan
Asst. Prof Tatsuya Nishiuchi	Japan
Dr Pairoj Khruekarnchana	Thailand
Dr Nalinas Khunkhlai	Thailand
Asst. Prof Patrick Chow-In Ko	Taiwan
Dr Chih-Hao Lin	Taiwan
A/Prof Nik Hisamuddin Nik AB Rahman	Malaysia
Dr Darin Wong	Malaysia
Dr Goh E-Shaun	Singapore
Dr Doctor Nausheen Edwin	Singapore
Dr Fahad Javaid Siddiqui	Singapore
Dr Khoo Teng Chuan	Singapore
Dr G Y Naroo	Dubai
Dr Omer Ahmed Al Sakaf	Dubai

### Secretariat

Singapore General Hospital



## IN THE WORKS...

# PAROS PHASE 2

*International Multi-Center Controlled Trial of Dispatcher-Assisted Cardio-Pulmonary Resuscitation Intervention Package*



Photo from Dr Ng Yih Yng

“In recent years, Dispatcher-Assisted CPR has emerged as a potentially cost-effective intervention to increase bystander CPR and survival from OHCA.”

Survival of Out-of-Hospital cardiac arrest (OHCA) patients requires a coordinated set of actions termed the “Chain of Survival.” The Chain of Survival includes immediate recognition of cardiac arrest and activation of the emergency response system, early cardiopulmonary resuscitation (CPR), rapid defibrillation, effective advanced life support and integrated post- cardiac arrest care.

Unfortunately, bystander CPR rates in Asia are generally low, and range from 1.7 to 20.6%.

In recent years, Dispatcher-Assisted CPR (DA-CPR) has emerged as a potentially cost-effective intervention to increase bystander CPR and survival from OHCA. When a bystander calls the emergency medical response number to request for help, this creates an opportunity for early identification of OHCA and provision of bystander CPR.

In PAROS 2, we aim to improve OHCA survival by increasing the bystander CPR rates in the Asia-Pacific through the implementation of DA-CPR.

Participating sites will choose between three types of intervention based on the capability of their Dispatch Centres:

- I. Basic Level DA-CPR –
  - DA-CPR protocol
  - Training program
- II. Comprehensive Level DA-CPR –
  - DA-CPR protocol
  - Training program
  - Quality measurement tool
  - Quality Improvement Program
  - Community Education Program
- III. Collection of OHCA data only

PAROS 2 will collaborate with Cardiac Arrest Registry to Enhance Survival (CARES) and the Arizona State - Save Hearts in Arizona Registry and Education (SHARE) program. PAROS 2 is expected to launch at the end of 2013.





# EMS Dispatcher Training Course

Part of the PAROS 2 implementation package includes a training program. The EMS Dispatcher course is one component of the training program.

The EMS Dispatcher course was developed in collaboration with PAROS, CARES (A/Prof Bryan McNally) and SHARE (Prof Bentley Bobrow, Micah Panczyk), and was first piloted in Korea in September 2012.

The course was subsequently launched in Singapore in April 2013. It was attended by both local and overseas dispatchers, supervisors, and EMS directors, from the Singapore Civil Defence Force (SCDF), Taiwan, Philippines, Hong Kong, Malaysia, Japan, Korea, Thailand, Indonesia, etc.

EMS experts such as Prof Bobrow, Dr Ng Yih Yng, A/Prof Bryan McNally, Dr Benjamin Leong, Prof Hideharu Tanaka, A/Prof Marcus Ong, Jerry Overton, Dr Kyoung Jun Song, and Micah Panczyk gave lectures and facilitated the 1-day course.

With the help from Laerdal (Helge Myklebust, Tonje Birkenes) and SCDF staff (Siti Zarinah, Siti Suhaila, Lelawaty Abdullah), an engaging role-play session whereby participants played the parts of dispatchers and bystanders was conducted. Participants learnt how to perform telephone CPR clearly and calmly in a fun environment. Through the role-play, participants were given the chance to understand first-hand how a caller, with no CPR skills, feels when attending to a sudden cardiac arrest patient.

The EMS experts also engaged participants in stimulating discussions on quality improvement tools, the different types of telephone-CPR protocols used in each country, how different EMS system process emergency calls, etc.

Based on the feedback from participants, most felt that the course was beneficial to their careers and also gave them ideas on how to further improve their work processes.

The EMS Dispatcher course will be conducted annually in various countries as part of the PAROS 2 initiative.

Lecture notes from the course can be downloaded from:

<http://www.scri.edu.sg/index.php/2012-12-10-10-15-18/networks-paros>

under the “**Presentations**” tab.



Dr Ng Yih Yng, course director, giving an overview on EMS



Prof Bobrow giving a lecture on "Importance of CPR, Recognition of Cardiac Arrest over the telephone"  
[Photo courtesy of Helge Myklebust]



Participants engaging in dispatcher-caller role play. [Photos courtesy of Helge Myklebust]



Group discussion on telephone CPR led by our EMS experts, Prof Tanaka (pictured in left photo, in black) and Dr Benjamin Leong (pictured in right photo, in white). [Photos courtesy of Helge Myklebust]

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Singapore General Hospital





*Participants from Day 1 of the EMS Dispatcher Course*



*Participants from Day 2 of the EMS Dispatcher Course*

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Singapore General Hospital



**What else has the  
PAROS group  
been up to?**



EMS Asia 2012 is the very first conference organised by the Asian EMS Council, in collaboration with St John Ambulance of Malaysia and Penang General Hospital. Dr Teo Aik Howe, one of the Asian EMS Council's members, was the chair of the organising committee of this event.

The conference theme was "Safety and Quality in Pre-Hospital Care". More than 50 international and local speakers made up the faculty of the conference. Many of these speakers include our PAROS members e.g. A/Prof Marcus Ong, Prof Tanaka, Dr Nishiuchi, Dr Nalinas, Dr Naroo, Dr Sarah Karim, etc. For more coverage on the EMS Asia 2012, please refer to the Asian EMS Council's webpage: <http://www.emsasia.org> under "**Past Conferences**".



*PAROS EXCO Meeting*



*Asian EMS Council Regional Chapter Meeting*



*EMS Asia 2012 Faculty Dinner*







# Autumn in Kyoto – November 2012



On 13 November 2012, the PAROS Open and EXCO meetings were held in beautiful Kyoto. The PAROS Open Meeting was chaired by Dr Tatsuya Nishiuchi from Osaka City University, Japan. The meetings were held in conjunction with the 40th Annual Meeting of the Japanese Association for Acute Medicine.

The PAROS Open Meeting was attended by more than 50 participants with educational lectures given by Prof Bentley Bobrow and A/Prof Ritu Sahni (Adjunct Associate Professor, Oregon Health & Sciences University).

Nine abstracts were selected for Oral and Poster presentations during the Open Meeting. The winners for the abstract session were:

## Oral

**1st prize:** Dr Kwangsoo Bae “Dispatcher-Assisted Bystander Cardiopulmonary Resuscitation in A Metropolitan City: A Before-And-After Population Study”

**2nd prize:** Dr Goh E-Shaun “Effect of Location of Out-Of-Hospital Cardiac Arrest on Survival Outcomes”

**3rd prize:** Mr Soh Gotoh “Effect on Chest Compressions during Traveling Curve of the Ambulance”

**Best Poster:** Nur Diana Zakaria “Implications for Public Access Defibrillation Placement by Out Of Hospital Cardiac Arrest Occurrence in Singapore”

Three of our PAROS general members also presented their study proposals. These were subsequently approved by the EXCO.

## PAROS Study Proposals

1. Dr Ng Yih Yng: “To characterize the differences in Dispatcher CPR rates amongst various PAROS countries and survey the differences amongst the Dispatchers in terms of training, operations and management practices”
2. Dr Taku Iwami: “Asian variation of bystander-initiated cardiopulmonary resuscitation for patients with out-of-hospital cardiac arrest”
3. Dr Won-Chul Cha: “The optimal field resuscitation time for survival of OHCA in ambulance-CPR system”
4. Dr Won-Chul Cha: “Developing and validating survival prediction model for Asian OHCA victims”



*PAROS EXCO Meeting at the Kyoto International Conference Centre*



*Attendees at PAROS Open Meeting*



*First prize winner, Dr Kwangsoo Bae, from Korea, of the Oral abstract session*



*A wonderful traditional Japanese dinner arranged by Prof Tanaka.*



*Mr Soh Gotoh presenting his abstract: "Effect on Chest Compressions during Traveling Curve of the Ambulance"*

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Singapore General Hospital



## 2<sup>nd</sup> EMS Asia in Singapore – April 2013



On 7 April 2013, the second EMS Asia was held at Khoo Teck Puat Hospital in Singapore, in conjunction with the Society for Emergency Medicine in Singapore Annual Scientific Conference. The conference was attended by approximately 350 participants from Singapore and all over the world (Australia, United Kingdom, Turkey, Thailand, Malaysia, China, Taiwan, Japan, Korea, Qatar, etc.). The day started off with a plenary talk by Prof Bobrow on “Seamless Community Based Approach to Increasing OHCA Survival”. This was followed by two tracks themed “System Based Approach to EMS” and “Cutting Edge Clinical Issues in EMS”. Many of our PAROS members who are renowned experts in the field of EMS gave engaging lectures such as “Dispatcher-assisted CPR: What are the barriers”, “How to set up a National Trauma System”, “Innovation in Paramedic Training”, etc.

After the morning round of lectures was the EMS Asia abstract session. More than 20 abstracts were submitted; 7 authors were selected to give oral presentations of their abstracts, 13 were selected for poster presentations.

The winners for the abstract session were:

### Oral

**1st prize:** Dr Eui Jung Lee “Outcome of Mild therapeutic Hypothermia in Out-of-hospital Cardiac Arrest: A Nationwide retrospective Analysis”

**2nd prize:** Prof Hideharu Tanaka “Dispatcher Assist CPR instruction –Is it effective? Five year nationwide analysis in Japan”

**3rd prize:** Dr Kim Joo Yeong “Modified Minimally Interrupted Cardiac Resuscitation Protocol and Outcomes after Out-of-Hospital Cardiac Arrest in a Metropolitan City; a Preliminary Report”

### Poster

**1st prize:** Mr Takahiro Hara “Effectiveness of Chest-compression only CPR Manikin for School Environment”

**2nd prize:** Dr Marrie Vyne C. Shakya “Burden of Road Traffic Crash in the Philippines”

**3rd prize:** Dr Joy Quah “National Population Based Survey on the Prevalence of First Aid, Cardiopulmonary Resuscitation And Automated External Defibrillator Skills In Singapore”

Two of our PAROS members also presented their study proposals. These were subsequently approved by the EXCO.

### PAROS Study Proposals

1. Dr Michael Chia: “Characteristics and Outcomes of Young Adults who suffered an Out-of-Hospital Cardiac Arrest (OHCA)”
2. Dr Sang Do Shin: “Place-Provider Matrix and Time Interval to Initiation of Cardiopulmonary Resuscitation and Defibrillation After Out-of-hospital Cardiac Arrest”
3. Dr Sang Do Shin: “Resuscitation Time Interval at the Scene and Outcomes after Out-of-hospital Cardiac Arrest in PAROS Communities”

At the conference, Asian EMS Council conferred its very first Asian EMS Awards (supported by Lifeline Foundation) to individuals/ institutions with significant contributions (e.g. influencing policy changes, innovations in EMS, etc.) to the development of EMS in Asia. Three awards were given at this ceremony. They were:

1. Asian EMS Lifetime Achievement Award- conferred to Prof V. Anantharaman from Singapore
2. Asian EMS Individual Achievement Award- conferred to Prof Hideharu Tanaka from Japan
3. Asian EMS Institutional Achievement Award – conferred to ANGELS from India

PAROS and Asian EMS Council also held their second EXCO election for the new term.

After a long day of meetings and lectures, PAROS members and EMS Asia faculty were in for a sumptuous treat at a seafood restaurant (supported by PhysioControl) at Singapore Flyer. After a fulfilling dinner, members took a ride on private capsules on the Singapore Flyer (supported by VidaCare) to enjoy the beautiful night scene of Singapore.



A/Prof Marcus Ong welcomed participants to EMS Asia 2013.



It was a full-house for the EMS Asia tracks.



Plenary talk by Prof Bobrow



“Research for Paramedics” lecture by Dr Patrick Ko from Taiwan

#### Secretariat

Singapore General Hospital





Our poster judges hard at work.  
From left: Dr Kuo Chan-Wei from Taiwan, Dr Nalinas Khunkhlai from Thailand, Dr Bryan McNally from USA



First prize winner of the EMS Asia Oral abstract session, Dr Eui Jung Lee from Korea, presenting his abstract.



First prize winner of the EMS Asia Poster abstract session, Mr Takahiro Hara from Japan, receiving his award.



Dr Subroto Das from India giving an introduction to the inaugural Asian EMS awards.

The Asian EMS awardees.  
2<sup>nd</sup> from right: Prof V. Anantharaman, 3<sup>rd</sup> from right: ANGELS representative, 4<sup>th</sup> from right: Prof Hideharu Tanaka



Group photo with the EMS Asia faculty, PAROS members, and guests after a scrumptious dinner at Singapore Flyer Secretariat



# UPCOMING EVENTS



Photo from Dr Bryan McNally

## KOREA- 20- 23 August 2013

- 20 Aug – Asian EMS Council East Asia Chapter meeting
- 21 Aug – PATOS, PAROS and Asian EMS Council meetings and dinner
- 22 Aug – EMS Dispatcher Course/ Korean Council of EMS Physicians Summer Symposium workshops
- 23 Aug - Korean Council of EMS Physicians Summer Symposium

## Tokyo, Japan- 21- 25 October 2013

- 21 Oct – EMS Leaders & Medical Directors Workshop and Dinner
- 22 Oct – EMS Dispatcher Course & PAROS meeting/ dinner
- 23 Oct – ACEM main conference, Asian EMS Council meeting/dinner
- 24-25 Oct – ACEM main conference 2013

## Goa, India- 16 - 19 October 2014

- 16-17 Oct – Pre-conference workshops
  - 18 -19 Oct – EMS Asia 2014 main conference
- Please go to <http://www.conference.emsasia.org/> for updates on the conference



Photo from Dr Subroto Das





# Becoming One of Us

As a progressive network, we are constantly seeking opportunities to grow. We offer two types of registration: (1) General Member and (2) Guest. As a General Member (only offered to PAROS participating countries), you will receive updates from PAROS and you will be able to contribute data and propose studies at PAROS events; if you are from a non-participating country, or would only like to be in our mailing list, you are most welcome to join PAROS as a guest. You may also download an electronic copy of the registration form: <http://www.scri.edu.sg/index.php/membersparos>



- PAROS participating countries**
- |           |          |
|-----------|----------|
| Korea     | Japan    |
| Singapore | Malaysia |
| Thailand  | Taiwan   |
|           | UAE      |

**Mission**  
To improve outcomes from pre-hospital and emergency care across the Asia-Pacific by promoting high quality research into resuscitation

**Vision**  
Improving outcomes from pre-hospital and emergency care across the Asia-Pacific

**Website**  
<http://www.scri.edu.sg/index.php/paros-clinical-research-network>



Singapore Clinical Research Institute (based in Singapore)

**SCRI's Support in PAROS**  
*PAROS EXCO member, Industry Liaison Person:*  
 Khoo Teng Chuan  
*PAROS EXCO member, Network Biostatistician:*  
 Fahad Javid Siddiqui  
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<b>APPLICATION TO PAROS</b> (You may select more than one option)		<input type="checkbox"/> General Member* <input type="checkbox"/> Site Principal Investigator (PI)* <input type="checkbox"/> Data Personnel/Study Coordinator* <input type="checkbox"/> Guest (in the mailing list for PAROS updates)
* Applicable only if you are from one of the PAROS participating countries - Japan, Korea, Malaysia, Singapore, Taiwan, Thailand		
<b>REGISTRANT DETAILS (please provide full details)</b>		<b>Instructions:</b> Please complete this form and submit it to the Network Secretariat at <a href="mailto:paros.secretariat@yahoo.com">paros.secretariat@yahoo.com</a> . You will receive a confirmation once we have processed your application.  If you are applying as a Site PI, upon confirmation of application outcome, please let us have your CV for our retention.
Country	_____	
Full name	_____	
Position	_____	
Department	_____	
Institution	_____	
Office Mailing Address	_____	
Email Address	_____	
Contact No. (Office)	_____	
Contact No. (Mobile)	_____	
Skype Contact (if available)	_____	
Fax No.	_____	
<b>SITE INFORMATION (only applicable to Site PI)</b>		
Country	_____	
State	_____	
City/EMS District	_____	
Population Size of City/State	_____	
<b>PRE-HOSPITAL INFORMATION (only applicable to Site PI)</b>		
No. of EMS Systems in City/State	_____	
Competency of Basic Life Support	_____	<input type="checkbox"/> First Responder <input type="checkbox"/> EMT-Intermediate <input type="checkbox"/> Others, please specify: _____
Competency: Advanced Life Support	_____	<input type="checkbox"/> EMT-Paramedic <input type="checkbox"/> Physician-led <input type="checkbox"/> Nurse-led <input type="checkbox"/> Others, please specify: _____
No. of EMS Personnel in City/State	_____	
No. of Ambulance Vehicles in City/State	_____	
<b>EMERGENCY DEPARTMENT INFORMATION (only applicable to Site PI)</b>		
No. of Acute Hospitals in City/State	_____	
No. of Tertiary Hospitals in City/State	_____	