



PAROS BULLETIN

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Past Events Highlights ...

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PAROS Website:
<http://www.scri.edu.sg/scri/index.php/clinical-research-networks/pan-asian-resuscitation-outcomes-paros-clinical-research-network>

**Trial Coordinating
Centre:**



EMS ASIA 2016

The 4th Asian EMS Conference

24-26 August 2016. The-K Hotel Seoul, Seoul, Korea



Opening Remarks by Prof. Tanaka



Welcome reception for the delegates



Participants at the PAROS Meeting



Sharing by Mr. Vimal M from PAROS, India

The 4th EMS Asia Conference co-hosted by the Asian Association for EMS (AAEMS) and the Korean Society of Emergency Medicine (KSEM) was held at the K-Hotel Seoul, Seoul, Korea, on August 24-26, 2016. The conference themed "Pan-Asian Collaboration for Excellence in Pre-Hospital Care", aims to bring researchers, clinicians and other healthcare professionals together to share and discuss the latest developments and to extend professional networks with Asia's leading and prominent experts.

The conference's organising committee also helped host the PAROS, Asian EMS Council, and Pan-Asian Trauma Outcomes Study (PATOS) meetings.

Things to note from the PAROS EXCO meeting:

- the gap between the submission of the pre and post-intervention datasets should not be too long.
- at least 2-3 years of post-intervention data should be given.
- manuscripts must be produced within 2 years upon approval of study proposal (subjected to availability of cleaned dataset).
- The EXCO reserves the right to withdraw the study or re-assign the study to another member, if the 2-year deadline is not met.
- updates to the e-PAROS system in the next 1-2 months.
 - addition of DA-CPR report
 - disabling of the DA-CPR form if the arrest is witnessed by EMS/private ambulance
- Utstein 10-step strategy was designed for developed rather than developing communities. A more basic 10-step strategy should be designed for developing communities.

PAROS Resuscitation Academy Workshop

29 September – 1 October 2016. The Academia, Singapore



Opening of the PAROS Resuscitation Academy Workshop by Singapore MP A/Prof Fatimah Lateef



Sharing by faculty from Seattle, Mr. Mike Helbock (right) and Mr. Norm Nedell (left)



Participants and faculty members of the PAROS Resuscitation Academy Workshop

Pan-Asian Resuscitation Outcome Study (PAROS) Clinical Research Network in collaboration with the Singapore Ministry of Health, Singapore Civil Defence Force, SingHealth and Unit for Pre-hospital Emergency Care (UPEC) held its first Resuscitation Academy (RA) Workshop in Singapore from 29 September to 1 October 2016.

The main workshop was conducted on 29 & 30 September 2016 at the Academia. The RA workshop is a 2-day course designed to help EMS leaders and healthcare policy makers improve cardiac arrest survival in their communities. The RA workshop is dynamic and engaging and includes didactic lectures, demonstrations, hands-on breakout sessions, etc. Faculty of the RA Workshop in Singapore includes both local and overseas experts (Seattle).

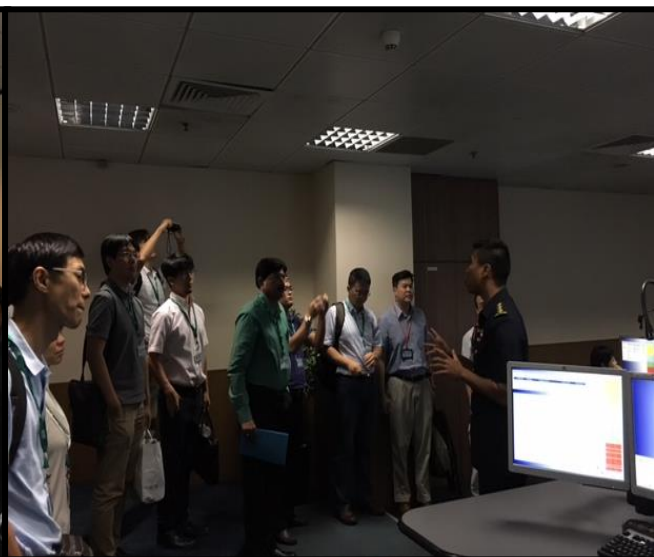
On 1 October 2016 a RA's 10-Step Recommendations meeting was organised for the PAROS members at the Singapore Civil Defence Force (SCDF) Headquarters. Overseas PAROS members also had a tour around the SCDF Headquarters.



Scenario practical session



PAROS work group discussion at SCDF Headquarters



PAROS members touring SCDF Headquarters



PAROS members getting excited over the SCDF's red scorpion and ambulance

PAROS Dispatcher Training Course in Thailand

14 – 15 December 2016. Rajavithi Hospital, Bangkok, Thailand.



Opening of the PAROS Dispatcher Training Course by Dr Pairoj.



Sharing by faculty, A/Prof Marcus Ong.



Participants and faculty members at the Dispatcher Training Course

14-15 December 2016 sees the first Dispatcher Training Course being conducted in Thailand. The course is organised by the Pan-Asia Resuscitation Outcome Study (PAROS) Clinical Research Network together with the Department of Emergency Medicine and Narenthorn EMS Center at Rajavithi Hospital, Bangkok, Thailand and supported by the research funding from the Laerdal Foundation.

The 2-day Dispatcher Training Course attended by emergency physicians, emergency nurses, paramedics and emergency medical dispatchers, aims to provide the dispatcher with recommended guidelines to effectively deliver pre-arrival emergency telephone instructions to the caller, including CPR.



A/Prof Marcus & Geraldine giving a demonstration of the Telephone CPR Practice



Participants practicing hard at the practice session



A/Prof Marcus & Geraldine guiding the participants at the Telephone CPR Practice Session



Geraldine briefing the task for the Cardiac Arrest QI Breakout Session



Participants sharing their comments for the dispatcher call

A little about the Thailand EMS System...

- Article contributed by Dr Jirapong, PAROS Thailand

Emergency medical services (EMS) in Thailand have been established for more than 20 years. The EMS in Thailand is provided by either the government, private or voluntary organisations. However, EMS are remain an area that needs reorganization to be one unified system and easily accessible everytime, everywhere with a good standard for the country.

The pre-hospital care was provided by voluntary rescue team without any medical standards until 1989, Bangkok and some provincial hospitals have set up their own EMS and thereafter led to the establishment of a division called the “Narenthorn EMS Center” under the Ministry of Public Health for the nationwide hospital-based EMS system in 2003. Since then, the Narenthorn EMS Center has started more intention to standardise the pre-hospital care of Thailand.

In 2008, the Emergency Medical Act was established to coordinate, regulate different emergency care by various public and private organizations, and improve the emergency medical care in any circumstance. Following to the Emergency Medical Act, the National Institute of Emergency Medical Service (NIEMS) has been established to help coordinate and regulate the emergency medical care to all walks of life everytime, everywhere in Thailand.



ALS ambulance, Narenthorn EMS Centre, Rajavithi Hospital

Recent PAROS Publications ...



[Resuscitation](#). 2016 Dec 3. pii: S0300-9572(16)30562-7. doi: 10.1016/j.resuscitation.2016.11.019. [Epub ahead of print]

Characteristics and outcomes of young adults who suffered an out-of-hospital cardiac arrest (OHCA).

[Chia MY](#), [Lu QS](#), [Rahman NH](#), [Doctor NE](#), [Nishiuchi T](#), [Leong BS](#), [Tham LP](#), [Goh ES](#), [Tiah L](#), [Monsomboon A](#), [Ong ME](#); [PAROS Clinical Research Network](#).

Brief:
OHCA among young adults are not uncommon. The aim of this study is to determine the outcomes and characteristics of young adults who suffered an OHCA and identify factors that are associated with favourable neurologic outcomes. First arrest rhythms of VF/VT/unknown shockable rhythm, cardiac etiology, bystander-witnessed arrest, and bystander CPR were associated with favourable neurological outcomes.

[Am J Emerg Med](#). 2016 Oct 25. pii: S0735-6757(16)30738-0. doi: 10.1016/j.ajem.2016.10.042. [Epub ahead of print]

Conversion to shockable rhythms during resuscitation and survival for out-of-hospital cardiac arrest.

[Wah W](#), [Wai KL](#), [Pek PP](#), [Ho AF](#), [Alsakaf O](#), [Chia MY](#), [Noor JM](#), [Kajino K](#), [De Souza NN](#), [Ong ME](#); [PAROS Investigators](#).

Collaborators (4): [Khruerkarnchana P](#), [Tham LP](#), [Leong BS](#), [Tiah L](#).

Brief:
In OHCA, the prognostic influence of conversion to shockable rhythms during resuscitation for initially non-shockable rhythms remains unknown. This retrospective analysis of all OHCA cases collected from the PAROS registry in 7 Asia countries between 2009-12 showed that initial shockable rhythm was the strongest predictor for survival. The conversion to subsequent shockable rhythm significantly improved post-arrest survival and neurological outcomes. Overall, this study demonstrates the importance of early resuscitation efforts even for initially non-shockable rhythms which has prognostic implications and selection of subsequent post-resuscitation therapy.

Happenings Out Of PAROS ...

Singapore: More trained in life-saving skills



Participants learning about CPR from Community Emergency Response Team member at a community event.

(Photos adapted from the Straits Times, 4 Oct 2016)

According to the National Resuscitation Council Singapore, about 84,000 people were trained in cardiopulmonary resuscitation (CPR) last year, nearly thrice as many as the 32,000 in 2008. This is partly the result of more schools, community centers and companies teaching CPR, as well as the Singapore Armed Forces teaching CPR to its recruits.

One initiative that has encouraged more people to sign up for CPR courses is the Dispatcher-Assisted first Responder (Dare) programme piloted in 2014. Nearly 36,000 students and teachers from more than 70 schools have taken part in the programme by the Unit for Pre-hospital Emergency Care at the Ministry of Health.

Joining PAROS ...



To become one of us, please go to:

<http://www.scri.edu.sg/crn/pan-asian-resuscitation-outcomes-study-paros-clinical-research-network-crn/members/> to download the registration form. Kindly submit the completed form to paros.secretariat@yahoo.com.

If you have any feedback or would like to feature updates on OHCA, pre-hospital emergency care, EMS, etc. from your country in the PAROS Bulletin, kindly write to Ms Patricia Tay, PAROS secretariat, at patricia.tay@scri.edu.sg.

A large, glowing, 3D-style number '2017' set against a dark blue background with bokeh light effects. The numbers are white with a blue glow and a bright light source at the bottom, creating a lens flare effect.

Happy New Year