



PAROS BULLETIN

Volume 6 • Issue 1 • Jun 2016

Happenings Out Of PAROS ...

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Joining PAROS

The International Resuscitation Science Symposium 2016 & Society for Emergency Medicine in Singapore's Annual Scientific Meeting



Left: Welcome address by organising chair, A/Prof Lim Swee Han. **Right:** Opening speech by guest-of-honour, Dr Lam Pin Min.

(Photos adapted from <http://www.sems-iress2016.com/Photo>)

The International Resuscitation Science Symposium 2016 was held in conjunction with Society for Emergency Medicine in Singapore's Annual Scientific Meeting from 27-28 February at Academia on the Singapore General Hospital Campus.

The Symposium was attended by more than 600 local and overseas emergency medicine practitioners. It covers topics ranging from Pre-hospital Medicine, to Basic Life Support and Advanced Life Support, as well as Emergency Cardiac Care and Post Resuscitation Care.

At the symposium, it was announced that a new set of Singapore National Resuscitation Council guidelines will be released in April this year.

PAROS Website:

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

Trial Coordinating Centre:



Launch of the Citizen First-Responder Training Programme



Launch of Singapore's first certifiable lifesaving skills course by Deputy Prime Minister Teo.

(Photos adapted from

<http://www.bing.com/search?q=DPM+Teo+Chee+Hean+launches+national+Citizen+First+Responders+Training&form=PRLNC1&src=IE11TR&pc=LCTE>)



Participants undergoing the Citizen First Responders training programme at the Pasir Ris Sports & Recreation Centre.

(Photos adapted from <https://redcross.sg/media-centre/press-releases/359-dpm-teo-chee-hean-launches-national-citizen-first-responders-training.html>)

Singapore launched its first certifiable “Citizen First Responder Training Programme” on 17 January 2016.

The 5-hour programme offered by the Singapore Red Cross Academy consists of two main components – the Cardiopulmonary Resuscitation (CPR) + Automated External Defibrillator (AED) Course and the Citizen First Aid Course.

To know more about the programme, you may access the link,

https://srconline.redcross.sg/srcaonline.php?TW_action=disp_crs&courseId=28

PAROS members invited to present at the inaugural Dubai International Ambulance Conference 2016



Group photo after the successful conclusion of the 1st edition of Dubai International Ambulance Conference happening in conjunction with International Emergency & Catastrophe Management Exhibition & Conference.

(Photos adapted from Instagram #IECM 2016)

The Dubai International Ambulance Conference (DIAC) was held in conjunction with the International Emergency & Catastrophe Management Conference & Exhibition from 21-23 March 2016. Dr. Omer Al Sakaf, PAROS EXCO member, was one of the organisers for the DIAC.

The DIAC saw experts, specialists, doctors, and paramedics from around the world coming together to share their best practice and ideas on how to improve the way they manage and develop their local services. A few of our PAROS members, Associate Prof. Marcus Ong, Associate Prof. Sang Do Shin, Prof. Hideharu Tanaka, Assistant Prof. Hyun Wook Ryoo, Assistant Prof. Patrick Ko, Dr. Omer Al Sakaf and Dr. E-Shaun Goh were invited to speak at the conference. Dr. GY Naroo was invited to chair conference sessions 3 and 4, which focus on “EMS System” and “EMS Research System in ASIA” respectively.

Cardiology News Digital Network featuring Associate Prof. Marcus Ong & PAROS

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SPONSORED Peter L. Saltonstall, President and CEO of NORD

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Arrhythmias & EP

Initial shockable rhythm predicts survival in cardiac arrest

By: DOUG BRUNK, Cardiology News Digital Network JAN 22, 2016

AT NAEMSP 2015

VITALS

Key clinical point: Among cases of out-of-hospital cardiac arrest, initial shockable rhythm was the strongest predictor of survival.

Major finding: Out-of-hospital cardiac arrest with initial shockable rhythm and subsequent conversion to shockable rhythm independently predicted survival to hospital discharge (odds ratios of 6.10 and 2.00, respectively).

Data source: An analysis of 5,356 OHCA cases with initial shockable rhythm and 33,974 cases with initial nonshockable rhythm collected by the Pan-Asian Resuscitation Outcomes Study (PAROS) registry.

Disclosures: Dr. Ong reported having no financial disclosures.

Cardiology News Digital Network article featuring Associate Prof. Marcus Ong & PAROS

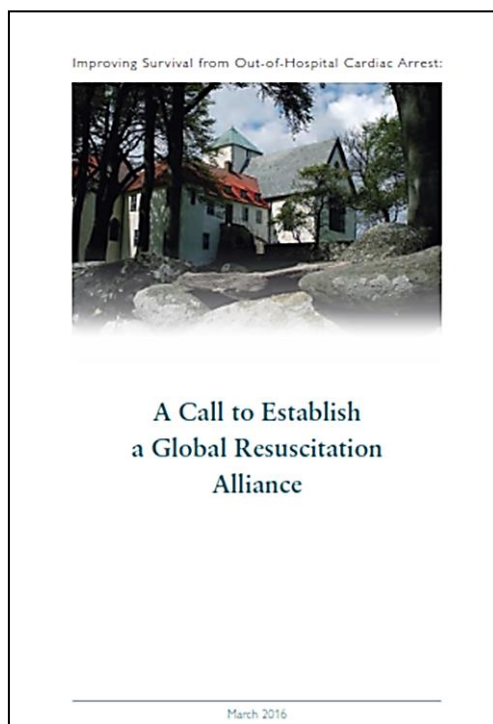
PAROS chairman, Associate Prof. Marcus Ong, and the PAROS team were being featured in a Cardiology News Digital Network article by Doug Brunk on 22 January 2016.

The article titled “Initial shockable rhythm predicts survival in cardiac arrest” talks about the retrospective analysis of the out-of-hospital cardiac arrest (OHCA) cases collected by the PAROS registry during 2009-2012. It was reported that OHCA with initial shockable rhythm and subsequent conversion to shockable rhythm independently predicted survival to hospital discharge with an odds ratios of 6.10 and 2.00 respectively.

To read the article, you may access the link,

<http://www.ecardiologynews.com/specialty-focus/arrhythmias-electrophysiology/single-article-page/initial-shockable-rhythm-predicts-survival-in-cardiac-arrest/5c98d1d00a8aca9f6756dcd29fa3882c.html>

Improving Survival from Out-of-Hospital Cardiac Arrest: A Call to Establish a Global Resuscitation Alliance



The report summarising the meeting at Utstein Abbey near Stavanger, Norway

On June 6-7, 2015, a group of 36 Emergency Medical Services (EMS) leaders met at the Utstein Abbey near Stavanger, Norway, to discuss how to increase community cardiac arrest survival and how to achieve implementation of best practices. A report calling for the establishment of a Global Resuscitation Alliance (GRA) was later released in March 2016. PAROS chairman, Associate Prof. Marcus Ong and PAROS co-chair, Associate Prof. Sang Do Shin were part of this initiative and also one of the authors of the report.

The GRA served as a means to expand internationally the reach and utility of the Resuscitation Academy concept developed in King County, Seattle beginning in 2008. The GRA will promote the 10-steps strategy to improve cardiac arrest survival.

To read the report, you may access the link,
<http://www.resuscitationacademy.com/wp-content/uploads/2016/03/A-Call-to-Establish-a-Global-Resuscitation-Alliance1.pdf>

Ten Steps to Improve Cardiac Arrest Survival

1. Establish a cardiac arrest registry
2. Begin Telephone-CPR with ongoing training and QI
3. Begin high-performance EMS CPR with ongoing training and QI
4. Begin rapid dispatch
5. Measure professional resuscitation using the defibrillator recording (and voice if possible)
6. Begin an AED program for first responders, including police officers, guards, and other security personnel
7. Use smart technologies to extend CPR and public access defibrillation programs to notify volunteer bystanders who can respond to nearby arrest to provide early CPR and defibrillation
8. Make CPR and AED training mandatory in schools and the community
9. Work toward accountability – submit annual reports to the community
10. Work toward a culture of excellence

Recent PAROS Publications ...

To all authors,



PAROS Main Paper has been Published!

[Resuscitation](#). 2015 Nov;96:100-8. doi: 10.1016/j.resuscitation.2015.07.026. Epub 2015 Jul 30.

Outcomes for out-of-hospital cardiac arrests across 7 countries in Asia: The Pan Asian Resuscitation Outcomes Study (PAROS).

[Ong ME](#), [Shin SD](#), [De Souza NN](#), [Tanaka H](#), [Nishiuchi T](#), [Song KJ](#), [Ko PC](#), [Leong BS](#), [Khunkhlai N](#), [Naroo GY](#), [Sarah AK](#), [Ng YY](#), [Li WY](#), [Ma MH](#); [PAROS Clinical Research Network](#).

Other PAROS Publications...

1.

[Resuscitation](#). 2016 May;102:116-21. doi: 10.1016/j.resuscitation.2016.03.002. Epub 2016 Mar 9.

Associations between gender and cardiac arrest outcomes in Pan-Asian out-of-hospital cardiac arrest patients.

[Ng YY](#), [Wah W](#), [Liu N](#), [Zhou SA](#), [Ho AF](#), [Pek PP](#), [Shin SD](#), [Tanaka H](#), [Khunkhlai N](#), [Lin CH](#), [Wong KD](#), [Cai WW](#), [Ong ME](#); [PAROS Clinical Research Network](#).

2.

[Resuscitation](#). 2016 May;102:85-93. doi: 10.1016/j.resuscitation.2016.02.014. Epub 2016 Mar 2.

A before-after interventional trial of dispatcher-assisted cardiopulmonary resuscitation for out-of-hospital cardiac arrests in Singapore.

[Harjanto S](#), [Na MX](#), [Hao Y](#), [Ng YY](#), [Doctor N](#), [Goh ES](#), [Leong BS](#), [Gan HN](#), [Chia MY](#), [Tham LP](#), [Cheah SO](#), [Shahidah N](#), [Ong ME](#); [PAROS study group](#).

3.

[CMAJ](#). 2016 Apr 5;188(6):399-400. doi: 10.1503/cmaj.151044. Epub 2016 Jan 18.

High-rise residential resuscitation: scaling the challenge.

[Mao DR](#), [Ong ME](#).

4.

[Br Med Bull](#). 2016 Mar 31. pii: ldw011. [Epub ahead of print]

Public access defibrillation: improving accessibility and outcomes.

[Mao RD](#), [Ong ME](#).

5.

[Prehosp Emerg Care](#). 2016 Feb 6:1-8. [Epub ahead of print]

Temporal Trends in Outcomes after Out-of-Hospital Cardiac Arrests Witnessed by Emergency Medical Services in Japan: A Population-Based Study.

[Kajino K](#), [Kitamura T](#), [Kiyohara K](#), [Iwami T](#), [Daya M](#), [Hock Ong ME](#), [Shimazu T](#), [Sadamitsu D](#).

6.

[J Formos Med Assoc](#). 2015 Nov 17. pii: S0929-6646(15)00341-1. doi: 10.1016/j.jfma.2015.10.003. [Epub ahead of print]

Variation of current protocols for managing out-of-hospital cardiac arrest in prehospital settings among Asian countries.

[Lin CH](#), [Ng YY](#), [Chiang WC](#), [Karim SA](#), [Shin SD](#), [Tanaka H](#), [Nishiuchi T](#), [Kajino K](#), [Khunkhlai N](#), [Ma MH](#), [Ong ME](#).

Past Events Highlights ...



ACEM 2015 registration.
(Photos adapted from
<http://www.acem2015.org/>)



ACEM 2015 opening.
(Photos adapted from
<http://www.acem2015.org/>)

The 8th Asian Conference for Emergency Medicine (ACEM 2015) was held at the Taipei International Convention Center, Taipei, Taiwan, on November 7-10, 2015. The conference themed "Confront Challenges, Innovate Tomorrow", covers topics like how EMS response to the scales and types of challenges we face every day, the international EMS regulations and the latest medical technologies and materials that innovate our practice for the future.

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

For the ACEM 2015 speaker's slide, you may access the link
http://www.acem2015.org/sci_program.html



A/Prof Matthew Ma, PAROS Co-chair, one of the plenary speaker at the conference.
(Photos adapted from <http://www.acem2015.org/>)



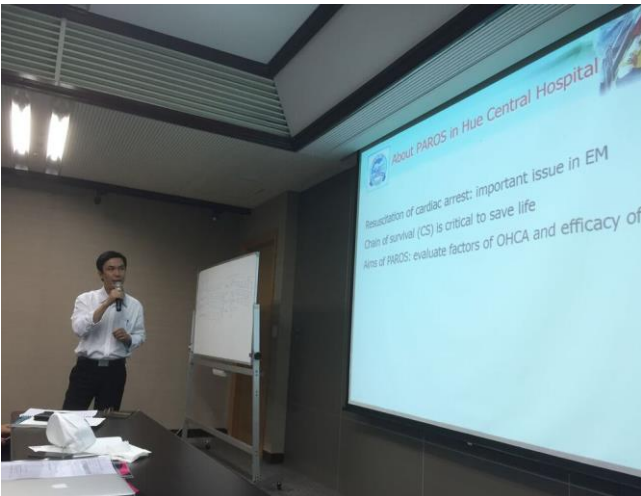
A/Prof Marcus Ong, PAROS Chair, sharing about PAROS at the conference.
(Photos adapted from <http://www.acem2015.org/>)



Dr Moon giving an introduction to the upcoming EMS Asia 2016 in Seoul, Korea



PAROS updates by associate country member, Pakistan (Dr Ahras Hussain)



PAROS updates by associate country member, Vietnam (Dr Hoang Trong Ai Quoc)



Celebration at the Asian EMS night

Upcoming Event ...



EMS ASIA 2016

The 4th Asian EMS Conference



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

Schedule of PAROS/PATOS/AAEMS/AEMSC Meetings

24 August 2016, Wednesday, K Hotel Seoul

- 0700 – 0800: Asian EMS Council meeting (*EXCO members only*)
- 0800 – 0900: Asian Association for EMS general meeting (*Open to all AAEMS members*)
- 0900 – 1030: Pan-Asian Trauma Outcomes Study meeting
- 1030 – 1040: Break
- 1040 – 1230: Pan-Asian Resuscitation Outcomes Study Open/ EXCO meeting
- 1230: Lunch (*please proceed to Four Season room for lunch*)

25 August 2016, Thursday, K Hotel Seoul

- 0700 – 0900: AAEMS Committee Meetings 1-4 (*committee members will be contacted individually*)

26 August 2016, Friday, K Hotel Seoul

- 0700 – 0900: AAEMS Committee Meetings 5-8 (*committee members will be contacted individually*)
- 11:00 – 11:30hrs: Awards Ceremony (*Asian EMS Awards will be presented during this ceremony*)

For more information about the conference, please go to:

<http://www.emsasia2016.org/>

Announcement ...

Introducing the New PAROS Network Coordinator

Let us welcome our new PAROS network coordinator, Patricia Tay from Singapore Clinical Research Institute. Patricia will be gradually taking over network coordination from Maeve with Maeve moving on to take up new roles in her career.

A little about Patricia Tay ...

“Hi, I am Patricia, the new Network Coordinator for PAROS.

To give you a glimpse into my background: prior to joining SCRI, I was doing my graduate study in the Department of Physiology, National University of Singapore. I spent my graduate years hunting down novel drug targets in the area of Nasopharyngeal Carcinoma.

Year 2013 is the year I decided to put my laboratory coat to storage and embark on this new journey as a clinical research network associate at SCRI. This is my 3rd year into the job and I am delighted to join the PAROS family and look forward to working closely with all of you.



Joining PAROS ...



To become one of us, please go to:

<http://www.scri.edu.sg/scri/index.php/membersparos> 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.