



# PAROS BULLETIN

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## Recent PAROS Publications ...



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

**Trial Coordinating Centre:**



Resuscitation. 2017 Feb;111:34-40. doi: 10.1016/j.resuscitation.2016.11.019. Epub 2016 Dec 5. PMID: 27923113

### **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:**

There is paucity of data examining the incidence and outcomes of young OHCA adults. 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.

Regression analysis was performed on all EMS-attended OHCA adults between the ages of 16 and 35 years in the Pan-Asian Resuscitation Outcomes Study (PAROS) registry to identify factors 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. The results of the study would be useful for planning preventive and interventional strategies, improving EMS, and guiding future research.

Am J Emerg Med. 2016 Dec;34(12):2284-2290. doi: 10.1016/j.ajem.2016.08.026.

### **Favorable neurological outcomes by early epinephrine administration within 19 minutes after EMS call for out-of-hospital cardiac arrest patients.**

Tanaka H, Takyu H, Sagisaka R, Ueta H, Shirakawa T, Kinoshi T, Takahashi H, Nakagawa T, Shimazaki S, Ong Eng Hock M.

#### **Brief:**

A total of 119 639 witnessed cardiac arrest patients from 2008 to 2012 were analysed to evaluate the time-independent effect of the early administration of epinephrine (EPI) on favorable neurological outcome (as CPC [cerebral performance category] 1-2) at 1 month in patients with out-of-hospital cardiac arrest. The study showed that early EPI administration within 19 minutes after emergency medical service call independently improved the neurological outcome compared with late EPI (24-29 minutes) administration in patients with out-of-hospital cardiac arrest.

Resuscitation. 2016 Aug;105:149-55. doi: 10.1016/j.resuscitation.2016.05.006.

### **Barriers to dispatcher-assisted cardiopulmonary resuscitation in Singapore.**

Ho AF, Sim ZJ, Shahidah N, Hao Y, Ng YY, Leong BS, Zarinah S, Teo WK, Goh GS, Jaafar H, Ong ME.

#### **Brief:**

DA-CPR is effective in increasing bystander CPR in OHCA. Singapore has recently implemented a DA-CPR program. The study aimed to characterize barriers to commencement of chest compressions by callers in Singapore.

A total of 1157 cases qualified for dispatcher CPR between July 2012 and March 2015 were analysed. Trained reviewers noted the sequential stages of the dispatcher's recognition of CPR, delivering CPR instructions and caller performing CPR. Time taken to reach these milestones was noted. Barriers were present in 37% of cases. They were associated with lower proportion of CPR started and longer delay to CPR.



**国士舘大学創立100周年記念  
東京レサシテーションアカデミー2017  
Tokyo Resuscitation Academy 2017**



Attendees at the Tokyo Resuscitation Academy 2017.  
(Photos adapted from Tokyo Resuscitation Academy facebook)

The Tokyo Resuscitation Academy 2017 organised by the Resuscitation Academy Foundation, and Research Institute of Disaster management and Emergency medical system, was held on 14-15 March 2017 at Kokushikan University. Prof. Hideharu Tanaka, PAROS Co-chair, was one of the course director for the workshop.

The main aim of the workshop is to improve Out-of-hospital Cardiac Arrest survival in Tokyo metropolitan area. Our PAROS Chair and Co-chairs, Associate Prof. Marcus Ong, Prof. Sang Do Shin and Prof. Matthew Ma were invited to speak at the workshop.



# Upcoming Event ...

## 4th National Resuscitation Conference

21-23 July 2017, St Giles Wembley Hotel , Penang

Please note that there will be a AAEMS-SEA chapter meeting on 22 July, 11am-1pm in Wembley Room 7. For more information on the conference, please access the link <http://4nrcpenang.simplesite.com/>

# THE 4<sup>TH</sup> NATIONAL RESUSCITATION CONFERENCE



*Theme: Chain of Survival – Strengthening each and every link*  
*Objective: Translating latest resuscitation guidelines into clinical practice*



**21<sup>st</sup> – 23<sup>rd</sup> July 2017 St. Giles Wembley Hotel, Penang**

### PRECONFERENCE WORKSHOP

**Date:** 21<sup>st</sup> July 2017 (8am - 12noon)  
**Venue:** Allied Healthcare Centre of Excellence (AHCOE), Penang

1. ECG Recognition Workshop
2. Out-of-Hospital Cardiac Arrest (OHCA) Dispatcher Training Workshop
3. Pre-Hospital Care (PHC) High Performance CPR Workshop
4. In-Hospital Cardiac Arrest (IHCA) High Performance CPR Workshop



Step 1: Make payment to 'Pertubuhan Resusitasi Kardiopulmonari'  
Maybank Acc: 507077310738 Reference: 4<sup>th</sup> NRC 2017  
Step 2: Register Online: <http://goo.gl/forms/gZ67oUBRW7wCsyGq1> \* QR Code for On-line registration



**CONFERENCE FEE:** EARLY BIRD **RM450** (BEFORE 31<sup>ST</sup> MARCH 2017) NORMAL **RM550**  
**\*COMBO PACKAGE:** EARLY BIRD **RM600** (BEFORE 31<sup>ST</sup> MARCH 2017) NORMAL **RM700**  
(PRECONFERENCE WORKSHOP & CONFERENCE FEE)



Submit Abstract for Poster Presentation  
(Before 31<sup>st</sup> March 2017)  
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## *Upcoming Event ...*

### **Global Resuscitation Alliance (GRA) Utstein-Style Consensus Meeting on 10-Programs/Actions recommendations for the Developing World**

1-2 Aug 2017, Academia, Singapore



#### **Meeting Brief:**

Out of Hospital Cardiac Arrest (OHCA) is a global health concern. At the Utstein Implementation meeting in Stavanger in June 2015, a 10 programs/actions recommendation were identified for better OHCA outcomes. However these 10 recommendations were more applicable for the developed world setting. PAROS recognizes that the basis to achieve optimal implementation is not the same around the world. There is a large gap in that little or no work has been done in terms of developing consensus programs/actions and recommendations for improving OHCA survival in the developing world. At the end of this project, we hope to have a set of consensus recommendations and modify the GRA 10 steps which are more applicable to the developing countries.

This meeting is supported by Laerdal Foundation. It will be a 2 day consensus meeting of 30-40 experts in the fields of Resuscitation, EMS and Global Health, with a focus on stakeholders from the developing world.

## *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](mailto: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](mailto:patricia.tay@scri.edu.sg).