



PAROS site representatives receiving the AHA ReSS 2014 Award for International Group Collaboration to Advance Resuscitation Science [photo credit: Dr Patrick Ko]

AWARD ACCORDED TO PAROS NETWORK

The American Heart Association and Resuscitation Science Symposium have awarded the PAROS network the 2014 **Award for International Group Collaboration to Advance Resuscitation Science**.

The award was established in 2010 to recognise international collaboration among individuals over a prolonged period of time that has resulted in major contributions to fundamental or clinical science related to cardiac arrest or traumatic injury. Previous winners include:

- 2010** J-PULSE Investigators
- 2011** Australian and New Zealand Intensive Care Society (ANZICS) Clinical Trial Group
- 2012** Resuscitation Outcomes Consortium Investigators
- 2013** International Liaison Committee on Resuscitation

The PAROS network is honoured to receive the award and would like to express our sincerest appreciation to all PAROS members for their efforts and time put into the study. We are confident that with your support, the PAROS network will be able to contribute more towards the advancement of pre-hospital emergency care.

Inside this issue:

- Good Tidings 1
- TTM Updates 2
- Past Events 3 – 5
- PAROS Updates 6 - 7
- Upcoming Events 8
- Becoming One of Us 9

“The Award for International Group Collaboration to Advance Resuscitation Science recognizes international collaboration among individuals that has resulted in major contributions to fundamental or clinical science related to cardiac arrest or traumatic injury.”



PAROS chair, A/Prof Marcus Ong, with co-chair, Prof Hideharu Tanaka at the AHA ReSS award ceremony [photo credit: Dr Patrick Ko]





TARGETED TEMPERATURE MANAGEMENT MODULE (TTM)



Patient on external targeted temperature management device

The TTM module, developed in collaboration with CARES and University of Pennsylvania (UPenn), is live on the e-paros.org platform. The module allows collection of TTM information for both out-of-hospital and in-hospital cardiac arrests. The case record form and data dictionaries can be found under the "Source Documents" tab on the PAROS website:

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

Please contact Ms Shahidah at: nur.shahidah.ahmad@sgh.com.sg for account creation.

Dr Benjamin Abella from UPenn has also conducted a webinar on TTM. It can be found at the CARES website under the "Education Resources" tab.

Targeted Temperature Management (TTM) Information		
Is patient awake and able to follow commands? <input type="radio"/> Yes <input type="radio"/> No	Targeted Temperature Management (TTM) induced? <input type="radio"/> Yes <input type="radio"/> No	Where was Targeted Temperature Management (TTM) initiated in hospital? <input type="radio"/> ED <input type="radio"/> Cath Lab <input type="radio"/> ICU
Cooling method (Internal vs. External): <input type="checkbox"/> Surface <input type="checkbox"/> Intravascular <input type="checkbox"/> Intranasal <input type="checkbox"/> ECMO <input type="checkbox"/> Others: Specify <input type="text"/>	Target Temperature: <input type="radio"/> 32°C <input type="radio"/> 33°C <input type="radio"/> 34°C <input type="radio"/> 35°C <input type="radio"/> 36°C <input type="radio"/> Other: Specify <input type="text"/>	
Target temperature reached? <input type="radio"/> Yes <input type="radio"/> No	Did overshoot occur during cooling phase? <input type="radio"/> Yes <input type="radio"/> No	Did rebound hyperthermia occur (temp ≥ 37.5°C)? <input type="radio"/> Yes <input type="radio"/> No
Date and time Targeted Temperature Management (TTM) initiated in hospital: <input type="text"/> : <input type="text"/> : <input type="text"/>		Date and time target temperature reached: <input type="text"/> : <input type="text"/> : <input type="text"/>
Date and time rewarming initiated: <input type="text"/> : <input type="text"/> : <input type="text"/>		Date and time rewarming complete: <input type="text"/> : <input type="text"/> : <input type="text"/>

Sample of variables that the TTM module collects

Relevant Publications

1. Gräsner et al.: Postresuscitation care with mild therapeutic hypothermia and coronary intervention after out-of-hospital cardiopulmonary resuscitation: a prospective registry analysis. *Critical Care* 2011; 15:R61.
Full article: <http://www.biomedcentral.com/content/pdf/cc10035.pdf>
2. Lee BK et al. Outcome and current status of therapeutic hypothermia after out-of-hospital cardiac arrest in Korea using data from the Korea Hypothermia Network registry. *Clin Exp Emerg Med* 2014; 1(1): 19-27.
Full article: <http://ceemjournal.org/journal/view.php?number=3>
3. Yokoyama H et al. Impact of therapeutic hypothermia in the treatment of patients with out-of-hospital cardiac arrest from the J-PULSE-HYPO study registry. *Circ J.* 2011;75(5):1063-70.

The Lifeline Foundation is spearheaded by Dr Subroto Das and is a non-profit organisation, which helped pioneered Emergency Medical Services (EMS) in India. Under the Highway Rescue Project, Dr Subroto's team has provided pre-hospital trauma care for up to 1000 victims of road traffic accidents annually.

Lifeline Foundation currently operates in 5 Indian states with a network of more than 600 ambulances and 300 care centres.

It has also helped catalyse the centralised 108 ambulance system in India.

To read more about Lifeline Foundation and the Highway Rescue project, please go to:

<http://www.emsindia.in>

Opening ceremony of EMS Asia 2014 [photo credit: Ms Megan Wong]

PAST EVENTS

EMS Asia 2014- Goa, India (16 – 19 October)

The 3rd EMS Asia conference was jointly organised by Lifeline Foundation and the Asian EMS Council. The first EMS Asia conference was held in Penang, Malaysia in 2012, followed by Singapore in 2013.

The conference was held at the beautiful beachside hotel, the Bogmallo Beach Resort. 400 delegates were given the opportunity to learn from 60 international and national EMS experts in a relaxed, island-style environment. The theme of the conference was 'Learning, unlearning and relearning EMS is fun'.

Hands-on workshops such as the dispatcher, EMS medical directors, wilderness EMS, water rescue course, etc. were held on the first day of the conference.

The international faculty included several PAROS members/advisers such as A/Prof Marcus Ong, Prof Hideharu Tanaka, A/Prof Sang Do Shin, Prof Matthew Ma, A/Prof Bryan McNally, Dr Sarah Karim, etc. A/Prof Marcus was accorded the Asian EMS - Lifetime Achievement award by the organising committee of EMS Asia 2014.



Dr Subroto with the Dispatcher course faculty, A/Prof Bryan McNally and course director, Dr Ng Yih Yng



Hands-on Dispatcher CPR practice by the sea



PAST EVENTS- continued

ICEM 2014- Hong Kong (10 – 14 June)

The ICEM conferences are hosted by the International Federation for Emergency Medicine (IFEM). ICEM has traditionally been held once every 2 years. However, IFEM has decided to hold ICEM annually, starting from 2019. The next conferences will be held in:

Cape Town, South Africa – 18-21 Apr 2016

Mexico City – 5- 9 Jun 2018

Seoul, Korea – 12-15 Jun 2019

Buenos Aires, Argentina – 16-19 Jun 2020

The theme of 2014's ICEM conference was "New Era of Emergency Medicine: Old World New Practice". The conference explored the unity of traditional and modern methods of emergency care to strengthen practices and improve patient care. The conference's organising committee helped host the PAROS, Asian EMS Council, and Pan-Asian Trauma Outcomes Study (PATOS) meetings. The PAROS dinner was supported by Zoll Medical Corporation.



Dr Cai Wenwei, PAROS site PI for Zhejiang, China, doing a self-introduction at the PAROS meeting

Dr Patrick Ko (Taipei) presenting his secondary study proposal to the EXCO

PAROS dinner hosted by Zoll Medical Corporation





The Distributed Research in Emergency and Acute Medicine (DREAM) is a collaborative network initiated by the ARC NSW, Emergency Care Institute and the University of Tasmania. It is spearheaded by Dr Paul Middleton with the ultimate goal of creating cardiac and injury surveillance registries in NSW. The network also aims to improve system quality and conduct epidemiology studies. To find out more, go to: <http://www.dreamcollaboration.org>. DREAM logo from ARC NSW webpage.

PAST EVENTS- continued

Resus at the Park- Sydney, Australia (28 – 30 May)

The Resus at the Park was the first ever conference held by the New South Wales (NSW) Branch of the Australian Resuscitation Council (ARC). The conference was innovatively held in a theme park- Luna Park! The conference also organised a community CPR day, which offered free CPR and AED training, to encourage public to learn these important life-saving skills. Dr Paul Middleton, chair of the NSW ARC as well as the organising committee of the conference, and his team hosted a truly amazing and successful conference. International and local speakers highlighted the improvements and advances in health systems, emergency treatment and resuscitation science, and gave insights into the challenges of resuscitation in a variety of settings.



Resus at the Park conference in Luna Park



Dr Middleton sharing on the state of cardiac arrest management in NSW



Community CPR day



PAROS EXCO meeting with a lovely view of the Sydney Harbour Bridge



Travel funding was awarded to 11 PAROS members from Malaysia, Vietnam, China, Indonesia, and Philippines to attend the PAROS meeting in Goa, India.

PAROS site funding, which aims to help new PAROS sites from developing countries implement the study, was awarded to Vietnam, China, Pakistan, and Malaysia.

The abstract "Variations in Out-of-Hospital Cardiac Arrests across 7 Countries in Asia: The Pan Asian Resuscitation Outcomes Study (PAROS)" was presented at the AHA ReSS 2014 Best Original Resuscitation Science Poster Session; ICEM 2014; and SingHealth Duke-NUS Scientific Congress 2014. The abstract won the Best Oral Award: Clinical-Senior at the Duke-NUS Scientific Congress.

The database of PAROS 1 was locked and distributed to site investigators in October 2014. We would like to thank all investigators for their patience with the trial coordinating centre, as we worked to sort out issues with the database.

The abstract is as below and can be found in Circulation:
http://circ.ahajournals.org/content/130/Suppl_2/A69.abstract

Objectives: The Pan Asian Resuscitation Outcomes Study (PAROS) Clinical Research Network (CRN) includes Japan, Singapore, South Korea, Malaysia, Taiwan, Thailand, and UAE-Dubai. In this study, we aim to report the characteristics of out-of-hospital cardiac arrests (OHCA) patients and events in Asia.

Methods: This is a prospective, international, multi-center cohort study of OHCA across the Asia-Pacific including data from January 2009 to December 2012. We used a standardised taxonomy and case record form to collect common variables. Data were provided via an online electronic data capture (EDC) system or exported data from national registries. Cases included all OHCA presenting to emergency medical services (EMS) and Emergency Departments. Primary outcome was survival to hospital discharge or survived to 30 days post cardiac arrest.

Results: A total of 66,786 cases from January 2009 to December 2012 were included, of which 40,463 cases were presumed cardiac etiology and resuscitated by EMS. The mean age varied from 49.7 (UAE) to 71.7 (Japan). The proportion of males ranged from 57.9 (Japan) to 82.7 (UAE). Proportion of unwitnessed arrests ranged from 26.4% (Thailand) to 67.9% (Taiwan). Presenting rhythm ventricular fibrillation (VF) ranged from 4.1% (Malaysia) to 19.8% (UAE). Bystander cardiopulmonary resuscitation (CPR) rates varied from 10.5% (UAE) to 42.4% (Korea), however < 1.0% of all these arrests received bystander defibrillation. For arrests that were witnessed and VF, the survival rate to hospital discharge varied from no reported survivors to 31.2%. Overall survival to hospital discharge varied from 1.3% to 8.9%.

Conclusion: Characteristics and outcomes of OHCA patients vary widely across Asia. This variation may be related to patient and system differences across countries.



PAROS UPDATES



One of the main aims of PAROS 2 is to increase bystander CPR rate through the implementation of dispatcher-assisted CPR. In Singapore, one of the initiatives launched to achieve this aim was the Dispatcher-Assisted first REsponder – **DARE** program. The initiative is led by the Unit for Prehospital Emergency Care (UPEC), Singapore General Hospital, and funded by the Ministry of Health, Singapore. DARE has developed a 1-hour hands-on CPR learning session, instead of the traditional 4-hour session, where participants learnt to dial the centralised dispatch number in Singapore, 995. They were also taught to stay on the line with the dispatcher, listen to directions for performing CPR, and how to use a PAD. The program has been implemented in primary and secondary schools, as well as junior colleges; more than 2000 students have been trained since the program was launched in April 2014. A/Prof Marcus Ong, medical director of UPEC, and Dr Jade Kua, program director of DARE, head the initiative. The program will be rolled out into the community, e.g. workplaces, religious organisations, etc. For more information about DARE, follow them on Instagram: @daretosave_sg or search for their Facebook page: Dispatcher-Assisted first REsponder – DARE. *[Dare logo taken from DARE Facebook page; screenshot of DARE video from mysghonline's Youtube page.]*



Watch a short clip of the training video used in the program at:
<http://youtu.be/KrxxLyxy1vs>



UPCOMING EVENTS

Dear PAROS Members,
Please mark your calendar!

PAROS-CHINA 2015

27- 29 March 2015, Hangzhou, Zhejiang, China

27 March: PAROS, PATOS, and Asian EMS Council Meetings

28 March: Main conference

29 March: Main conference + EMS Medical Directors workshop

Target audience: Local participants

Conference Themes: EMS, Emergency Medicine, Disaster Management, Trauma

Venue: Zhejiang hotel

Travel funding is available for PAROS members from developing countries. Please download application form from PAROS website,

<http://www.scri.edu.sg/index.php/2012-12-10-10-15-18/networks-paros>, under the "Source Documents" tab. Closing date is **9 January 2015**



[photo credit: <http://travelguidance.blogspot.sg>]

ASIAN CONFERENCE FOR EMERGENCY MEDICINE 2015

7- 10 November 2015, Taipei, Taiwan

Venue: Taipei International Convention Centre

PAROS/PATOS/Asian EMS Council Meetings will be held during the conference. Asian EMS Council will be holding their next EXCO election at this meeting.

Abstract submission is now opened and will close on 30 March 2015.

Please go to: <http://www.acem2015.org> for more updates on the conference.



[photo credit:
<http://www.taipei-101.com.tw>]



We would like to welcome Prof TV Ramakrishnan as site PI for PAROS-India. Prof Ramakrishnan will help lead and coordinate the implementation of PAROS study in India. Representatives from Sundaram Medical Foundation and Manipal Health Enterprises have signed up as PAROS associate members.



[photo credit:
<http://conference.emsasia.org/>]

Prof TV Ramakrishnan

Professor and Head
Department of Emergency Medicine
Sri Ramachandra Medical College and Research Institute

Prof Ramakrishnan currently heads the department of emergency medicine of Sri Ramachandra Medical College and Research Institute, a 1500-bed University Teaching Hospital in Chennai, India. He was also the past president of Society for Emergency Medicine India in 2006 and a Board member of the Asian Society for Emergency Medicine.

To become one of us, please go to:

<http://www.scri.edu.sg/index.php/membersparos> to download the registration form. Kindly submit the completed form to paros.secretariat@yahoo.com.

PAROS members who would like to feature updates from their sites in the PAROS newsletter, kindly write to Ms Maeve Pek, PAROS secretariat, at pek.pin.pin@sgh.com.sg.

Here's wishing all PAROS members a wonderful Christmas season and a Happy New Year! Thank you for your dedication to improve prehospital emergency care in Asia-Pacific. We trust that the coming years will be equally fruitful for the PAROS network!



HAPPY 2015!

