



National Resuscitation Council

Instructors' Update 2009

Programme:

2:00 pm onwards: Registration of Instructors

2:30 pm: Welcome by Chairman, NRC -- Prof V. Anantharaman

2:35 pm: Update on 1-man CPR guidelines – Ms Michelle Lew

2:50 pm: New 2-hour Citizen CPR program – Prof V. Anantharaman

3:05 pm: New Community CPR+AED training program – Prof V. Anantharaman

3:20 pm: Update on Paeds CPR / AED guidelines – Dr Gene Ong

3:35 pm: Panel Discussion

3:50 pm: Tea Break

4:20 pm: Introduce CPR 3-A Kit – A/Prof Terrance Chua Siang Jin

4:50 pm: Introduction to Mechanical CPR and rationale (5 minutes)

The Thumper (10 min) – Dr Kenneth Heng Wei Jian

The Autopulse device (10 min) – A/Prof Marcus Ong Eng Hock

The LUCAS device (10 min) – Dr Keith Ho Weng Hoe

5:25 pm: Panel Discussion

5:40 pm: Closing Address



Prof V. Anantharaman
Chairman
National Resuscitation Council

Key Activities

- Instructors' Handbook & Guidelines
- Instructor Training Centres
- Advisory on Mouth-to-Mouth Ventilation
- Citizen CPR and AED Programs
- Implementing CPR / AED in the community
 - NRC efforts
 - What else has happened

**NATIONAL RESUSCITATION
COUNCIL**

SINGAPORE



Instructor's Handbook

Name

NRIC No.

NRC Advisory 3 May 2008

- 31/03/08 – AHA advisory on Compression-only CPR
- 31/03/08 – 02/04 08 -- ERC and UKRC advisories
- **03/04/08 – NRC Advisory**
- No evidence that compression-only CPR better than good quality 30:2 CPR
- Good Quality 30:2 CPR to be taught to public / HCW
- CPR practice in Singapore to be guided by good evidence, proper education and high standards of training – not fear and less-than-optimal research



NRC will promote practices that are safest, cost-effective, easy-to-implement and that will best ensure survival of our community citizens

Guidelines for Instructors

1. Refer to Handbook
2. CI & IT Certificates
3. Criteria for Directors of Training Centres
4. Criteria for ITs and ITCs
5. Criteria for CI of ITCs
6. Continuing as CI of an IT program

CI and IT Certificates

- From 01/04/2008 NRC issued CI and IT certificates
- From 01/04/2009 an individual only needs to apply once – cert valid in all TCs / ITCs

Criteria for Directors of TCs

- Directors need not be instructors or CIs

Criteria for CIs of ITCs

- For existing ITCs – Regular CI of provider course + regular IT for ≥ 1 year before designation as CI of ITC
- Moratorium of 2 years (01/04/2009 to 31/03/2011) for new ITCs to exempt from rule of teaching as IT ≥ 1 yr
- CI of new ITC needs to be regular CI of provider course + complete 1 x trainee IT attachment in accredited ITC before applying to be CI of new ITC

Continuing as CI of an ITC

- CI of ≥ 1 ITC / annum

Criteria for ITs of ITCs

- An Instructor needs to complete 1 x attachment as IT in an existing accredited ITC

Meeting with ITCs (03/03/09)

- TCs to train more instructors to run courses
- To create ITC for Paeds / LSCN courses
- Current ITCs to help TCs establish new ITCs
- Following ITCs agreed to open up more IT courses: SGH, TTSH, CGH, Academic
- Auditors to be CIs / ITs

Meeting with ITCs (03/03/09)

- Revised guidelines for ITCs / ITs
- New Community-based courses to be called “Citizen” courses
- “Citizen” courses could be taught by Community Centres / groups or existing accredited TCs
- Special accreditation criteria and system for TCs teaching “Citizen” courses.
- Simpler, shorter programs for Community CPR+AED
- BCLS and Defib committees of NRC will develop and push these programs into the community

Meeting with AED Distributors – 25/03/2009

- Asked AED vendors to emphasize that good quality CPR must go hand-in-hand with AED training and not just sell AEDs
- NRC sets up Register of AED distributors
- Distributors to include AED cabinet + lights + siren in quote and promote easy public accessibility
- Follow local Singapore AED protocols
- Follow NRC AED implementation guidelines
- Annual Update to NRC

NRC's AED Implementation Guidelines

- Program Co-ordinator
 - Medical Protocol
- } To provide supervision and coordination
- Roles of Trained Emergency responders
 - Emergency Response Plan Activation
 - Location of AEDs in the Facility
 - Post-Incident Procedures
 - Quality Assurance
 - Basic maintenance
 - Recommended sign-posting
 - Report on use of AEDs



FOR EMERGENCY USE ONLY

A white AED unit on a white stand. Above the unit is a sign with 'AED AED' and two red hearts with lightning bolts. The unit's door is open, revealing a yellow AED unit with 'LIFEPAK EMERGENCY DEFIBRILLATOR' printed on it. To the right of the unit is a large blue panel with white text and seven numbered steps, each with a small photograph illustrating the step.

7 STEPS IN USING AED

- 1** Hello! Hello! Are You OK?
- 2** Call Ambulance 995
Get AED
- 3** Do CPR
- 4** Apply AED
Continue CPR
- 5** Press to SHOCK
Stand Clear
- 6** Continue CPR
Check Pulse
- 7** If no pulse:
Continue CPR
Continue use of AED

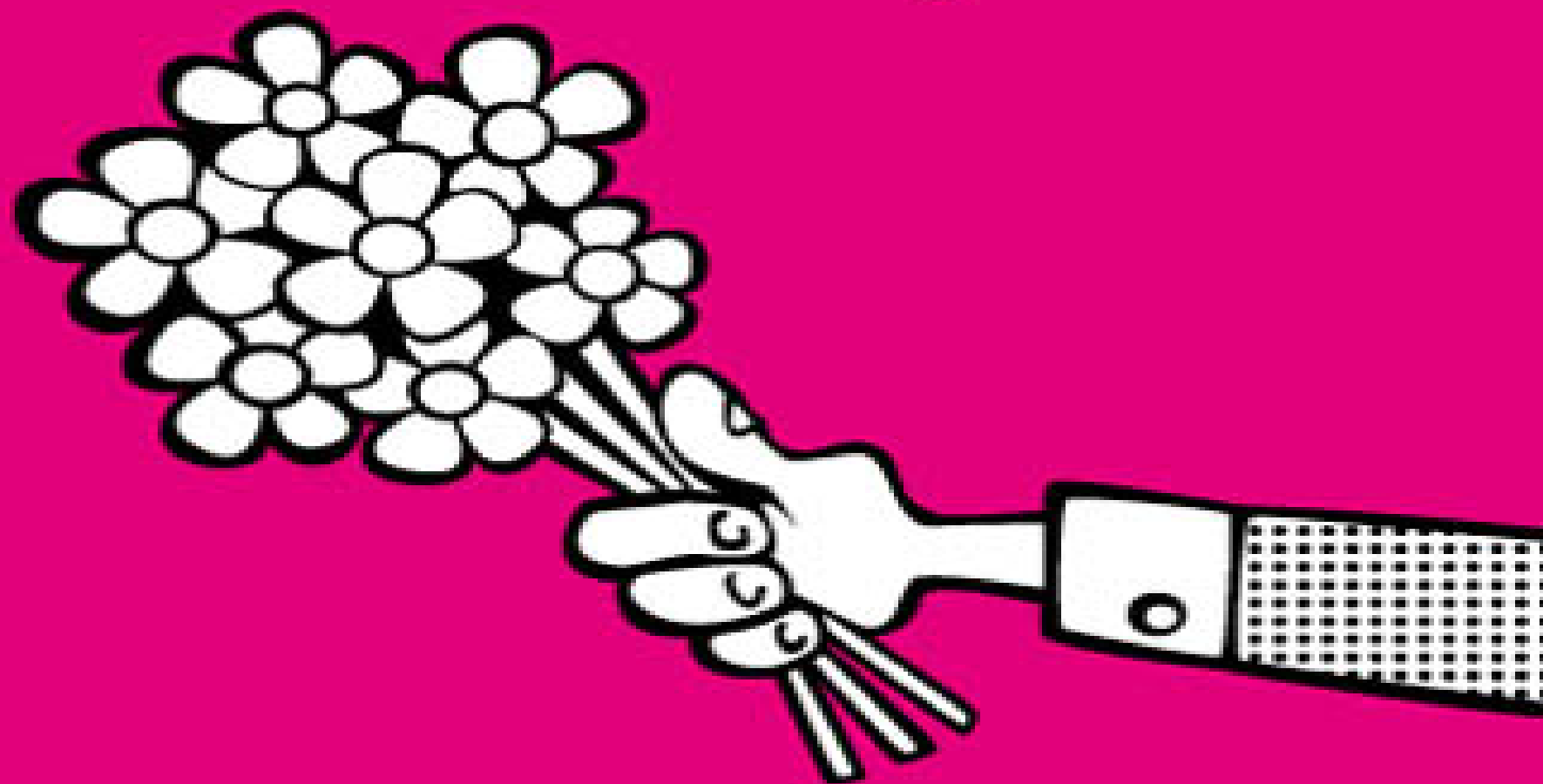
Implementing CPR + AED in the Community

- 12 / 01 / 08: Launch in Commercial Installations (with NFEC)
- 30 / 07 / 08: CPR+AED Workshop for Commercial Organisations (with NFEC)
- 30 / 10 / 08: Citizen CPR+AED program
- 09 / 11 / 08: Residential Citizen CPR TOT (Jalan Kayu Constituency)
- 30 / 11 / 08: Residential Community CPR+AED Launch (Henderson Constituency)

What else has happened

1. CPR 3-A Kit – launched by Singapore Heart Foundation – October 2008
2. AEDs deployed in Parkway, Ngee Ann City, Wisma Atria, Vivo City, Four Seasons Hotel, Anderson Secondary School, Sports Halls, Suntec Singapore
3. Changi Airport intends to implement an AED program

thank you



so much

Help for the Heart in Kim Keat 15/03/09

RESIDENTS in Kim Keat will now have help close at hand should they suffer a cardiac arrest. For the first time, an AED has been installed at a home for the aged and made accessible to those in the same neighbourhood. To ensure that the device is used properly, training in the use of the defibrillator and CPR has been provided to staff of the Adventist Home for the Elders, at Block 195 Kim Keat Avenue, as well as to volunteers and resident committee members in the area.



Speaking at the event marking the installation of the device yesterday, Member of Parliament (Bishan- Toa Payoh GRC) Josephine Teo praised the community partnership. She urged more to attend the training in future: “All these will go a long way in helping to save more lives.”

In recent years, an increasing number of AEDs have been installed in public places such as schools and shopping centres. When used together with CPR, an AED is seen as an important step in the chain of survival, especially in the initial stages of a heart attack.