

## Celebrating World Restart A Heart Day 29 September 2018

On October 16, the world will celebrate World Restart A Heart Day (WRAH) and it aims to increase cardiac arrest awareness and bystander CPR rates nationwide. This event is sponsored by the International Liaison Committee on Resuscitation (ILCOR), and supported by Resuscitation Council of Asia (RCA) and Singapore Resuscitation and First Aid Council (SRFAC). The campaign theme, All Citizens of the World can Save a Life, reinforces the idea that CPR is simple and effective and can be performed by anyone.



According to research, global bystander CPR rates vary between 5 - 80 percent and if performed immediately, can double or triple a cardiac arrest victim's chance of survival. In Singapore, 54 percent of witnessed out-of-hospital cardiac arrest received bystander CPR. Higher bystander CPR rates is important because it shares a positive relationship to higher survival rates after a cardiac arrest.

Singapore's Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of Health, Mr Amrin Amin, graced the World Heart Day by Singapore Heart Foundation (SHF) on 29 September 2018 as a guest of honor. In his speech, Mr Amrin Amin covered about WRAH as well as its objectives and the sponsors behind WRAH i.e. ILCOR, RCA and all the regional resuscitation councils. With that, Singapore has officially joined in this celebration of WRAH with the rest of the world. SHF is a non-profit charitable organization committed to promoting heart health in Singapore, and they are also a member of the Executive Committee in SRFAC.

Singapore's Ministry of Education (MOE) has been very supportive and is the key partner in developing content for the teaching of hands-only CPR and the use of AED in the Physical Education curriculum. Primary 5 students are taught to recognise the signs and symptoms of cardiac arrest, and to seek assistance immediately while Secondary 1 students are progressively trained with the practical skills since 2017. This is made possible through the collaboration between MOE and the DARE (Dispatcher-Assisted First REsponder) programme. DARE is the brainchild of the Unit for Pre-hospital Emergency Care (UPEC), which is under Ministry of Health (MOH) and the forerunner in promoting dispatcher-assisted CPR in Singapore.

In the Singapore Armed Forces (SAF), all Full-Time National Servicemen are required to acquire CPR and AED skills. The mandatory CPR and AED training in the SAF are provided by the SAF Medical Training Institute (SMTI) located in Nee Soon Camp. SMTI has produced about 20,000 CPR and AED skilled military personnel annually for Singapore since 2010.

In a collective manner SHF, MOE, SMTI and DARE has demonstrated great efforts in supporting the teaching of CPR and AED skills to young children and adults. Together with ILCOR, RCA and SRFAC, Singapore will strive towards a country with one of the highest bystander CPR rates in the world and in future, every Singaporean will possess greater awareness in identifying cases of cardiac arrest and how to overcome them.



