

THE LINK

Issue 3 / April 2023

SAY “HELLO” TO THE CO-INVESTIGATOR, MR ALEXANDER WHITE



In 2015, the first phase of Singapore’s multi-pronged intervention to improve the community response to out-of-hospital cardiac arrest (OHCA) began. Now, the next phase of the project is planned to launch later in the year, & it will feature the next generation CPRcard™

which will enable our EMS dispatch centre to see compression data in real-time during an emergency. Among the benefits we expect to see from this new feature is increased & informed teamwork with the community responder, more confidence in being able to overcome doubts or questions during the response and, for researchers, they’ll have better insight into the early response to an OHCA case which can inform what system-wide improvements may be required. While all of this is important & fascinating, what primarily motivates Alexander is the prospect of saving more lives that are stricken by cardiac arrest.

People have always been at the heart of what motivates Alexander. His career began in public health, specifically in the field of chronic diseases. He was initially responsible for government policy approaches to minimizing death & disability associated with cardiovascular disease (CVD) & was part of the collective effort that saw CVD drop down from the leading cause of death in his state (in the U.S.) & stroke dropping even further in that ranking. This was a collective achievement Alexander recalls with a deep sense of satisfaction.

His work in Singapore has much of the same sense of fulfilment as he aligns with a talented set of ED physicians & other colleague here set on improving the rate & quality of survival among victims of cardiac arrest.

PROGRESS ON TCPRLINK PROJECT TIMELINE

March

1. An **online survey** was administered on 31st March to the myResponders and collected over 1,000 responses. The short 10-minutes survey aimed to learn (1) their experience as a myResponder, (2) their confidence in performing CPR and AED, and (3) their opinion on a proposed new system which may enhance their CPR performance. The link will remain open to continue receiving more responses from the myResponders.

2. A new **study protocol** is in development based on the new sample size calculation by the research workgroup.

April

1. **Training package for the Train-the-Trainer (TTT)** were reviewed on 17th April. Training dates in August were identified to train the nurse dispatchers in Singapore.

2. The **recruitment of myResponders** is on hold until progresses are made with other project matters.

WORKGROUP UPDATES

Development of Technology

- A proposal on TCPRLink system and data ownership was made.
- Proceeding to link the TCPRLink app to the myResponder 1.0 according to timeline.

Training & Equipping myResponder Volunteers

- The purchase order for the CPRcards is in progress.
- Planning a work plan workshop to detail out the workflow for recruitment until ready-state of the myResponders.

Training & Implementation within SCDF

- There would be 2 runs of the 2-day TTT course in late August for the nurse dispatchers. The script protocol is under review.

Research, Protocols, Data & Analysis

- Prepared a randomization list to be assigned during the clinical trial.

UPCOMING EVENTS / MEETINGS

Tuesday, 2nd May

Work Plan Workshop by Training & Equipping myResponders Workgroup
08:30 – 12:00 Hrs Singapore
Academia in SGH

Friday, 5th May

UPEC-VCPD Meeting
10:00 – 11:00 Hrs Singapore
Zoom

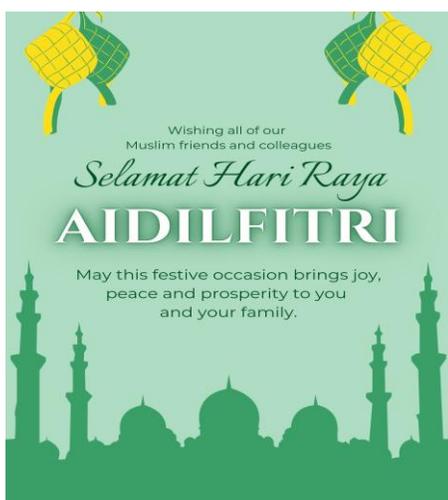
Steering Committee Meeting
16:00 – 17:00 Hrs Singapore
Zoom

Wednesday, 10th May

Training & Equipping MyResponders Workgroup
15:00 – 16:00 Hrs Singapore
Zoom

Monday, 15th May

Training & Implementation within SCDF Workgroup
15:00 – 16:00 Hrs Singapore
Zoom



A MYRESPONDER'S POINT OF VIEW

Mr Venod Kesavan, 36, is no stranger to the community of CPR/AED instructors and life savers. He had been a freelance trainer for the past few years, imparting his knowledge and skills in CPR/AED and First Aid to the general lay people. He is also a registered myResponder since the app was first launched in 2015. Let's hear more of his experiences and stories in an interview with him!

Why do you register yourself as a myResponder?

Being a trainer, I get to have a better insight to the importance of early intervention during cardiac arrest and its impact on the victim's chances of survival.

How was your first experience attending to a cardiac arrest case like?

My first case was at a condominium unit belonging to an expat family. I was initially apprehensive about responding to the activation as I felt it was going to take quite a bit of convincing before the security guards let me enter. But I still responded as I knew the traffic gridlock in the area would delay SCDF resources. The guards were initially reluctant to permit entry, until the rescue biker (RB) arrived. I went up to the unit with the RB and took over the CPR from the victim's son while the RB used the AED on him. Having the RB present with me helped allay fears that I might have if I was alone.



Figure 1 Mr Kesavan (centre) conducting a CPR/AED class.

Any cardiac arrest case you attended that left the most impact?

Every case has its own peculiarities that leave its own impact but I'd say the one that affected me the most was when I had to administer CPR on a child who had been involved in a road traffic accident.

What motivates you to help and save lives?

Although I knew the theoretical impact of early intervention, the greatest motivation is seeing the increase in OHCA survival rates in Singapore.

Do you have any advice to everyone out there about saving lives?

A few minutes from our life could make a difference in the victim having his/her life back. The 995 dispatcher will be there to guide you through so do not be afraid if you are unsure on what to do. Just need you to dare to make a difference!

Keen to contribute content or subscribe to the newsletter? [Contact Us!](#)

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