



MEDIA CLIPPING



Date	09 October 2008	Section	News Bulletin
Publication	938Live	Frequency	Daily

CPR kits for the masses

Singapore has one of the lowest survival rates of people who suffer from sudden cardiac arrests outside of the hospital.

Out of the 900 cases, only 2.7 percent survive, while other countries like Sweden and the United States have attained 40 percent survival rates.

To improve the survival rate of an out of hospital heart attack, the Singapore Heart Foundation will launch the CPR 3A self-instructional kit to get more people trained in the basic skills of cardio-pulmonary resuscitation or CPR.

The bilingual CPR kit comprises resource materials like a DVD as well as a mannequin to practice individual skills like mouth-to-mouth resuscitation and chest compression on.

Professor Anantharaman from the Singapore Heart Foundation feels the user-friendly and self-directed kit will be beneficial for the public.

"Being able to practice over and over again because they can just play back the DVD in the kit and until they feel good, I've learnt well and they can always come back another day and refresh with that DVD so in that way so it provides a very superior form of training that current training methods do not provide."

Currently, only 30,000 people in Singapore are trained in CPR and training is mainly limited to healthcare providers.

Prof Anantharaman feels that with the CPR 3A kit made widely available, this will help to increase the survival rates in a cardiac emergency situation.

"In Singapore, at least two thirds of people who collapse in the out-of-hospital environment do so in the home and therefore if people at home knew how to do CPR, then we will be reaching a situation where two thirds, at least, of all persons who collapse in the out-of-hospital environment having CPR done. So our standard CPR rate will automatically go up from the current 20% to more than 60%."

These kits, priced at \$50 will be made available to the public for the first time at this weekend's Heart Fair at Jurong East Interchange.