CPR 3A (Anyone, Anytime, Anywhere) Enrichment Programme

FACT SHEET

BACKGROUND

In Singapore, heart diseases and stroke combined is the No.1 killer, accounting for 1 in 3 deaths. Every year, approximately 2,400 people in Singapore develop an acute heart attack. In addition, at least 1,000 people collapse in the out-of-hospital environment from sudden cardiac arrest. Of these about 2.7% survive currently.

Many of these lives could be saved by training community members in cardiopulmonary resuscitation (CPR), especially since most sudden cardiac arrests occur out of hospital. CPR training is limited to mostly healthcare providers. This has prompted repeated calls from Singaporean doctors to extend CPR training to the public.

ABOUT HEART SAFE SINGAPORE

Heart Safe Singapore, launched by the Singapore Heart Foundation (SHF), endeavours to improve the overall out-of-hospital heart attack rates in Singapore by creating an environment for more effective use of CPR and Automated External Defibrillator (AED) in the community.

To achieve its Heart Safe mission, SHF has launched a couple of initiatives including:

- **CPR 3A (Anyone, Anytime, Anywhere) Programme**
  The CPR 3A Programme is an initiative to get more people to be trained in CPR using a heuristic self-instructional kit.

- **CPR+AED Certification Course**
  The CPR+AED Certification @ SHF will equip Singaporeans with the necessary life saving skills to respond in cardiac emergencies. It provides participants with up-to-date knowledge and skills to perform CPR and use AED effectively and safely.

- **Heart4Life**
  Heart4Life is a handy tool to keep track of your heart health. It features an overview of how to do CPR, assesses your heart risk and even has a CPR mode for emergency situations. Available for iPhones and Android phones.

ABOUT CPR 3A (ANYONE, ANYTIME, ANYWHERE) PROGRAMME

1. **What is the CPR 3A Kit?**

   The CPR 3A Kit is a bilingual, user-friendly and time-saving heuristic device that aims to teach the core skills of CPR.
The CPR 3A Kit contains everything that is necessary for a cost-effective, self-directed educational experience that can be completed within 30 minutes.

The CPR 3A Kit comprises of:
(a) CPR Learning Manikin
(b) CPR Skills Practice DVD.
(c) Spare lungs (3)
(d) Manikin Wipes (2)
(e) Resource Materials

2. **What is the unique selling proposition of the CPR 3A Programme?**

**The Multiplier effect: More CPR-enabled Singaporeans**

The CPR 3A Kit enables participants to learn AND share their acquired CPR life-saving know-how with family members. Through this transfer of knowledge from 1st tier participants to the 2nd tier group (such as siblings, parents or even grandparents), the Foundation hopes to duplicate the multiplier effect seen in Denmark and other parts of the world.

In Singapore, there are about 30,000 people trained in CPR every year and even fewer people trained in AEDs. **The CPR 3A Programme will dramatically reach more number of people trained in CPR than the conventional or the traditional methods of training.**

**Confidence in performing Quality CPR**

Practice makes perfect. Participants of CPR 3A Programme will be able to refresh their life-saving skills by practicing on the CPR 3A Kit as often as desired.

**Hands-on Skill Practice**

CPR 3A Kit is designed to maximise the amount of hands-on skill practice time. During the 30-minute programme, participants practice as much as 25 minutes.

**Core Skill Focus**

In the CPR 3A Programme, only core CPR skills are taught. Participants focus on the most essential information. Additional information about child CPR, choking and AED use is included on the DVD.

**Practice-while-watching**

The practice-while-watching format provides participants with real-time information on the performance of each skill. The participant can look at the video and make corrections based on immediate visual and auditory feedback.
Peer-reviewed information

The information in the CPR 3A Kit is reviewed by medical professionals with expertise in cardiology and emergency medicine. The CPR 3A Kit is supported by the Singapore National Resuscitation Council.

4. **How is CPR 3A training delivered?**

   **Facilitated session**

   CPR 3A Programme can be offered as a group activity such as a school or corporate or grassroots organisation programme. Trained facilitators will provide coaching and guidance to the participants. The duration of the enrichment is 1.5 hours depending on the number of participants involved.

   **Self-learning environment**

   CPR 3A Kit is designed to be used by an individual. Everything that is needed to learn CPR is contained in the CPR 3A Learning Kit. The DVD is the instructor and will guide the user through the steps of inflating the manikin to learning the core skills of CPR.

5. **What is the cost of the CPR 3A Programme?**

   Corporations, communities and organisations can adopt this programme for S$60 (**before GST**) per person. Considering the multiplier effect of using the CPR 3A Kit and the sustainability of CPR training, this is a very reasonable investment that can help save lives.

   The cost fee for school will have a subsidized rate of $30 for students and $45 for teachers (**before GST**) per person.

6. **Who do I contact for further enquiries?**

   For enquiries on corporation/grassroot participation:
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