

Singapore





CI Assoc Prof Eillyne Seow
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The transfer of life support skills: an Asian perspective

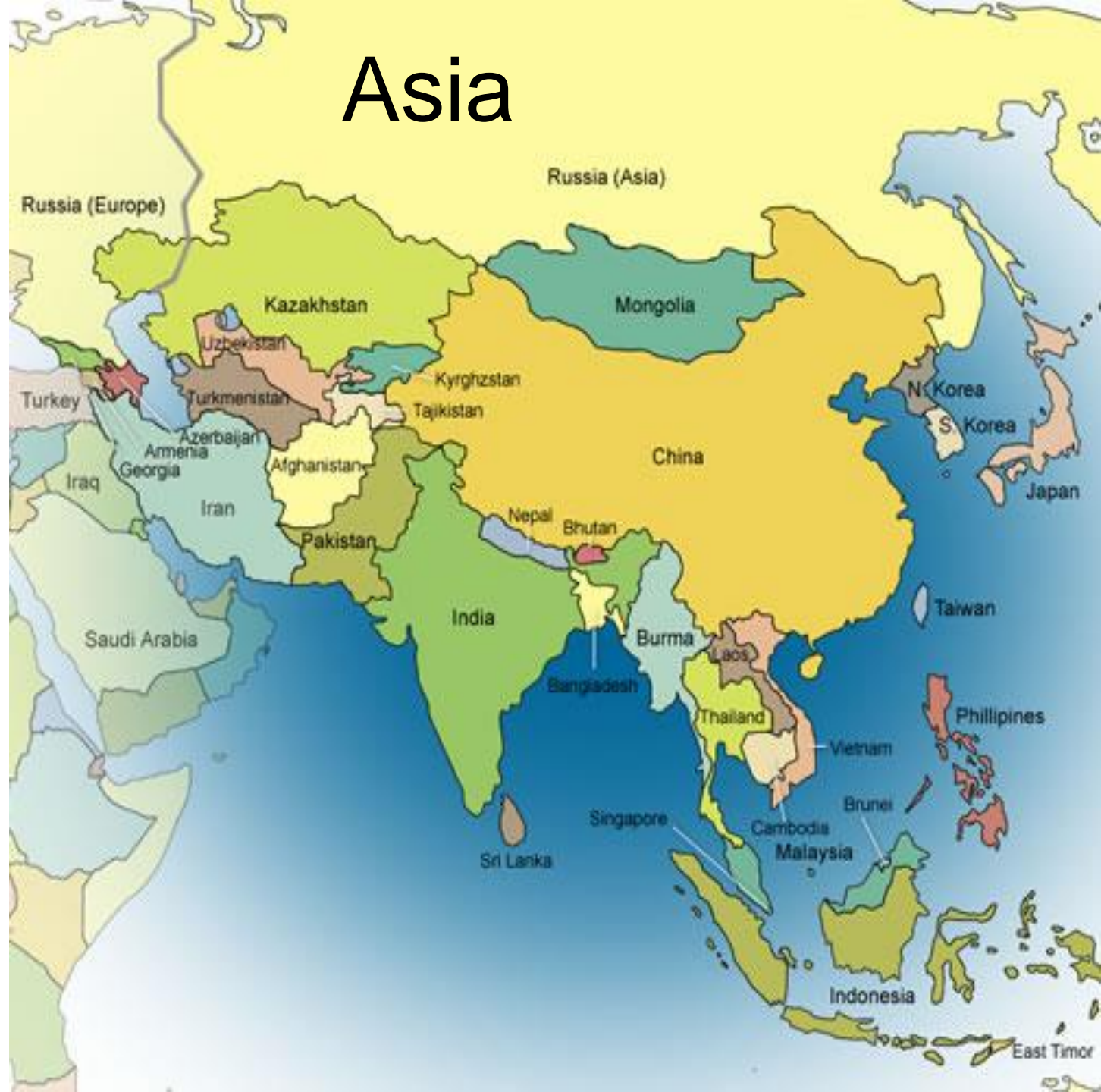


**Emergency Department
Tan Tock Seng Hospital
Singapore**



Asia

- Largest continent
- Diverse customs and cultures



Our outreach projects in S-East Asia.....*our experience*

- Cambodia
- Malaysia
- Brunei
- Thailand



Introduction

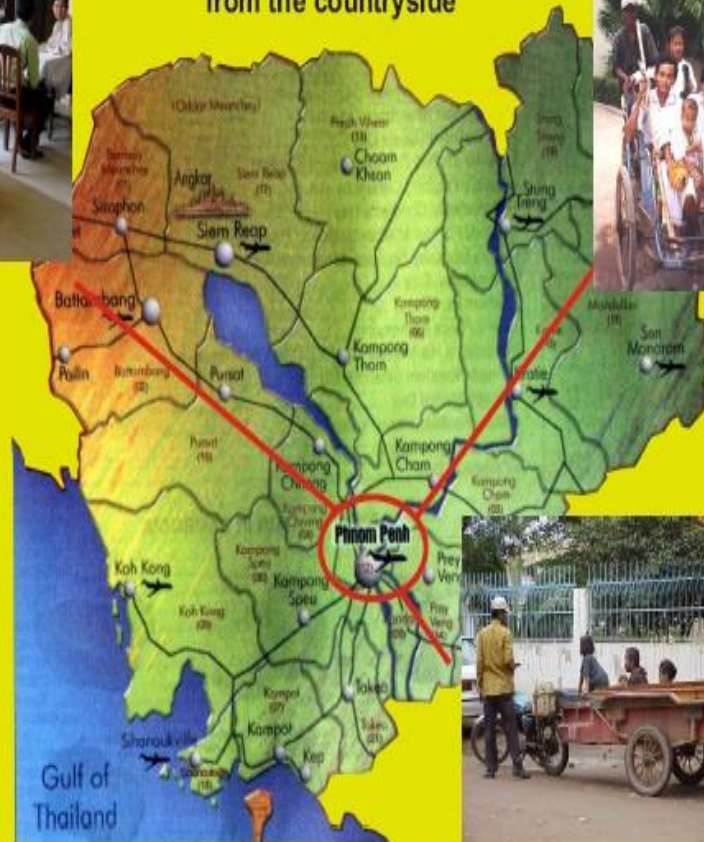
The Kingdom of Cambodia is a small, developing country in south East Asia with 12 million people, bordered by Vietnam, Laos, Thailand and the coast of Thailand. The country has gone through civil war for more than 20 years causing this nation to have one of the lowest utilization of health services in the world.



The Sihanouk Hospital Center of HOPE (SHCH) is a charity hospital that opened at the end of 1996 in the capital of Phnom Penh. The goal of the hospital is to provide post-graduate training for medical professionals and free high-quality health care for the poor. The staff consists of over 120

Cambodian medical professionals of which 90 are nurses. Over 5000 outpatients are seen per month. The center has multiple clinics, an ER, 11 medical beds and 13 surgical beds. In 2005 the clinics managed over 6,500 return visits for diabetes mellitus and over 17,000 HIV visits.

60% of the patient come from the countryside



Cambodian doctor

Action for Training in Emergency Care in Cambodia (ATECC)

- Feasibility study in Dec 2001
- Introductory resuscitation course in March 2002



Lectures in progress



Skills station

- Airway management
- Log roll
- BCLS
- Organisation of a resuscitation team



Staff of Sihanouk Hospital Center of HOPE, Cambodia



Aim of ATECC

- To train the staff of the Sihanouk Hospital, Centre of Hope in resuscitation courses
- To accreditate the Sihanouk Hospital, Centre of Hope to become the training centre for resuscitation courses
- To assist in the training of emergency doctors and nurses in Cambodia through the Sihanouk Hospital, Centre of Hope.

Action for Training in Emergency Care in Cambodia (ATECC)

- First BCLS provider & instructor course in Dec 2002 (trained 77 providers & 22 instructors)
- First local BCLS provider course in May 2003 (trained 15 providers)
- First ACLS provider & instructor course in Dec 2004 (trained 21 providers & 14 instructors who then trained another 25 clinicians)

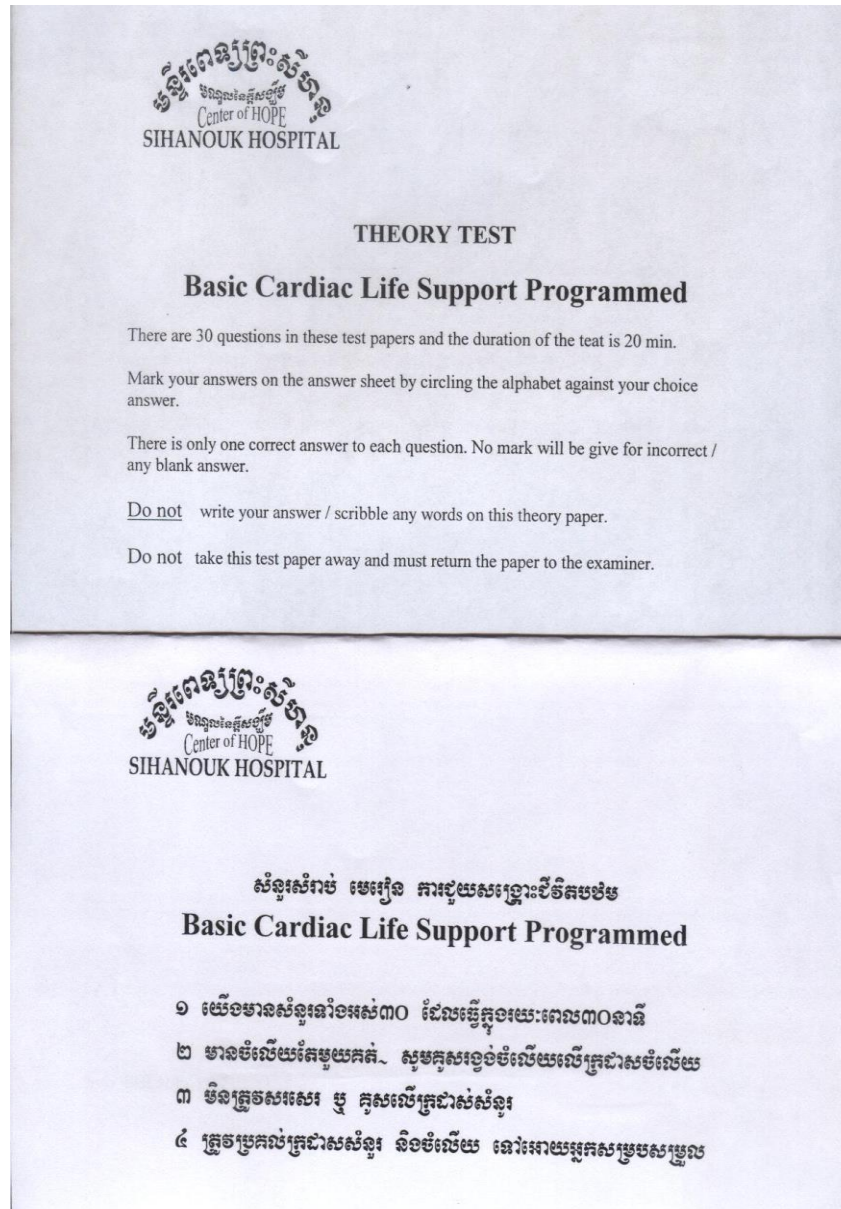
Tan Tock Seng Hospital staff training Cambodian colleagues in ACLS.



Cambodian BCLS trained staff training other Cambodians in BCLS.



English is the medium of instruction but...



Publicity

Highlights

- 384,329 Patient Visits to Date
- Inlt Visitors- Drs. Cardon, Drake
- Patient Stories-Teamwork Saves Touch's Life

- Fond Farewell to Laboratory Manager Angela Wade
- Employees of the Month- Mr. Mony Mao and Nurse In Many
- Three Months at Brown University for HIV Physician

Sihanouk Hospital Center of HOPE

Phnom Penh, Cambodia

Newsletter #51 2002

Former Congressman Chet Atkins & Colleagues Impressed by Care and Training



Graham Gumley, Casey Atkins, Larrie Warren, Barrett Thornton, Ronnie Kotler, Mike Thornton, Loung Ung, and Chet Atkins after their hospital tour.

Former Congressman Chet Atkins and colleagues Mike Thornton, Susan Schechter, and Ronnie Kotler, all from Massachusetts, Dr. Gumley's home state, visited the hospital during their investigative tour of Cambodia. The group came with Loung Ung and Larrie Warren from Vietnam Veterans of America Foundation.

After seeing the compassionate care for the poor at the hospital and the investment in training we are making to build national capacity, the group was moved to comment: "Your work, capabilities, and dedication are impressive." "What incredible and extraordinary work; it's inspiring."

This collaborative visit illustrates the strength of our partnerships with respected organizations in Cambodia to meet the needs of the very poorest in Cambodia.



Suzanne Gumley translating for Susan Schechter and Ronnie Kotler as they kindly visit with May Him after surgery for a bowel obstruction.

Singaporean Team Bring Advanced Cardiac Life Support Techniques to Cambodia

A team of specialists skilled in training Advanced Cardiac Life Support (ACLS) provided lectures to our medical personnel and hands-on training that will save many lives. Led by department head Dr. Eilayne Seow, Drs. Ghee Hian Lim and Wilson Chong, and nurse officers Loh Oh Hieng and Sullimah Sarimah from the Emergency Department of the Tan Tock Seng Hospital in Singapore conducted introductory courses on Basic and Advanced Cardiac Life Support, and Trauma Life Support.

To assist in this vital emergency resuscitation training, we are very grateful to Laerdal Singapore Pte. Ltd. who donated valuable mannequins for the team to give to the hospital. Close to 40 medical participants eagerly attended the four-day course, especially zealous to master the hands-on training.



Dr. Wilson Chong (far right) watches on as Dr. Ros Seliaveth practices using the resuscitation mannequin while other SHCH staff look on.

Through this cooperative relationship with the Tan Tock Seng Emergency Department, the Sihanouk Hospital Center of HOPE will become a national training center for Advanced Cardiac Life Support.

Innovative HIV Community Issues Workshop

"People don't want to sell food to me."
 "Others hate us and don't want to talk to us or won't let their children play with ours."
 "I've been kicked out of many places to live because people don't want to rent a house to someone with AIDS."

These were issues vigorously discussed by participants at a recent community forum on HIV, TB,

Sihanouk Hospital Center of HOPE

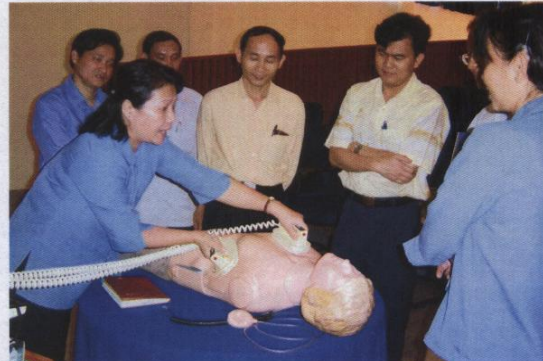


Phnom Penh, Cambodia

Newsletter # 65 2005

SHCH Hosts the First ACLS Training Course in Cambodia

"I was so impressed by the staff's eagerness to learn," Dr. Gregory Cham Wai Ming, Senior ACLS Instructor.



be shocked, has a simulated pulse, and creates heart rhythms on a monitor. The team trained over 21 doctors and nurses. Fourteen of our senior doctors who accomplished high marks were chosen to do a few days of instructor training. Later that week the newly appointed Cambodian instructors trained another 25 members of our staff. A total of 46 people took the difficult training course. With the help of these visiting professionals, SHCH is becoming a national center for emergency medical instruction.

International Breast Cancer Symposium at SHCH

Dr. Cornelia Häner, Surgeon from SHCH, organized a "Symposium of Breast Cancer Diagnosis and Treatment" assisted by Dr. Gerhard Stauch, pathologist from Aurich, Germany and technical advisor of SHCH's pathology program. Dr. Stauch has tirelessly supported the pathology program at our hospital and encouraged a well known Thai pathologist, Dr. Pichet Sampatanukul, who specializes in pathology of breast cancer to present a lecture at the symposium. Local specialists from Preah Bat Norodom Sihanouk Hospital, the Surgical Director Professor Dr. Kheang Yana, Oncologist Dr. Eav Sokha, Pathologist Dr. Didier Monchy of Pasteur Institute and Dr. Chhut Serey Vatana, Lead Physician and Pathologist from SHCH, spoke at the Symposium. The attendees included medical professionals from our hospital, trainees of the surgical postgraduate program (CES) and medical professionals from other hospitals in Phnom Penh. Breast Cancer is a disease with a high incidence among Cambodian women and is often detected



Action for Training in Emergency Care in Cambodia (ATECC)

- First Modified Trauma Life Support Course in Dec 2006
- Cambodian doctors in Singapore in 2005, 2007 and 2008.
- Teaching trip in Jan 2008

Teaching trip in Jan 2008 – revision

...wrapping it up





Close relationship between anaesthesia community of Singapore and Malaysia.

Introduction made in 2000 and offer of assistance given over dinner to Dr Ng SH, head, anaesthetist at Penang General Hospital



CPR instructor courses

- 24 – 26 July 2001 , Ministry of Health , State of Penang
- 24 – 26 June 2004 , Hospital Kuala Lumpur for government hospitals
- 14 – 15 March 2007, Anaesthetic and Intensive Care Service, Ministry of Health , Malaysia in collaboration with the Malaysian Society of Anaesthesiologist
- 21 – 23 March 2008, Hospital Pulau Pinang & Penang CPR Society

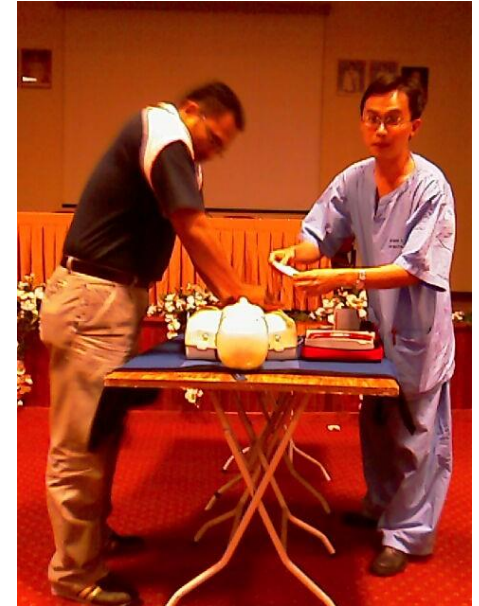
Guests-of-Honour for the 14 – 15 March 2007 ACLS instructor course



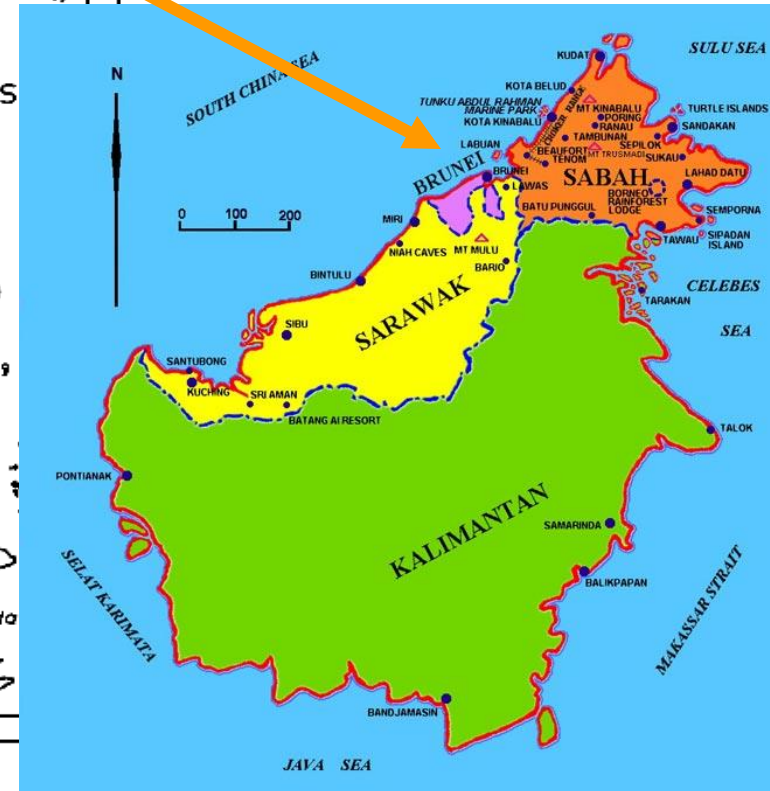
14 – 15 March 2007 ACLS instructor class



21 – 23 March 2008, Hospital Pulau Pinang & Penang CPR Society...there was a mix of Malaysian and Singaporean instructors.



Brunei Darussalam (population about 350,000 in 5,270 sq km)



Brunei...1st emergency physician



Guest of Honour for the 1st National Advanced Cardiac Life Support and Life Support Course for Nurses (Provider and Instructor) in Brunei – Minister of Health, Brunei



Publicity

Ministry looks to establish Health Emergency Response Unit

By Za'im Zaini

THE Ministry of Health hopes to establish a Health Emergency Response Unit with the objective of strengthening its response capability and improving response time. This would enable the Ministry of Health through its hospitals, health centres and personnel to lessen the impact on health in times of national disasters.

This was stated by Minister of Health Pehin Dato Hj Suyoi bin Hj Osman during the opening of the "1st National Advanced Cardiac Life Support (ACLS) Provider and Instructors Course for Doctors and Nurses" yesterday at the Penghayatan Hall of the Civil Service Institute in Rimba, Gadong.

The ACLS course is being organised by the Medical Services Department through its Critical Care and Accident and Emergency sections.

Pehin Hj Suyoi, who was the guest of honour at yesterday's opening ceremony, said that Brunei Darussalam has established the National Disaster Council.

Among the functions of the council are to develop a strategic policy framework for the effective management of disasters in Brunei, and to ensure that the Sultanate's emergency preparedness is in line with those of regional and international agencies, the Minister of Health said.

"The challenge that all of us in the field of emergency cardiac care face is to decrease morbidity and mortality from cardiovascular diseases," Pehin Hj Suyoi said.

Prevention is the first step in any effort to controlling the morbidity and mortality for cardiovascular disease. Practising a prudent lifestyle that encourages a balanced approach to nutrition and exercise are events that must start in childhood, he added.

He went on to say that the Ministry of Health has adopted a multi-pronged approach to address this issue by implementing various programmes to encourage people to adopt a healthy lifestyle. Among them are the 'Healthy Heart' and 'Healthy Mukim' programmes.

Meanwhile, the minister highlighted that coronary heart disease was the second most common cause of death in Brunei after cancer.

Coronary heart disease accounted for about 21 per cent of all deaths in 2005. For the last five years (2001-2005), there has been about 700 hospital admissions per year for heart attacks and other ischemic heart diseases, he said.

Earlier, Dr Ang Swee Hui, the co-chairman of the course, said that a team of eight instructors from Tan Tock Seng Hospital was invited to conduct the ACLS course in Brunei.

The team is being led by Associate Professor Eillyne Seow, senior consultant and head of Emergency Department at Tan Tock Seng Hospital. Also in the team is Dr Tham Kum Ying, chairperson of the Tan Tock Seng Hospital Life Support Committee, which oversees the basic and advanced cardiac life support training for doctors and nurses at the hospital.

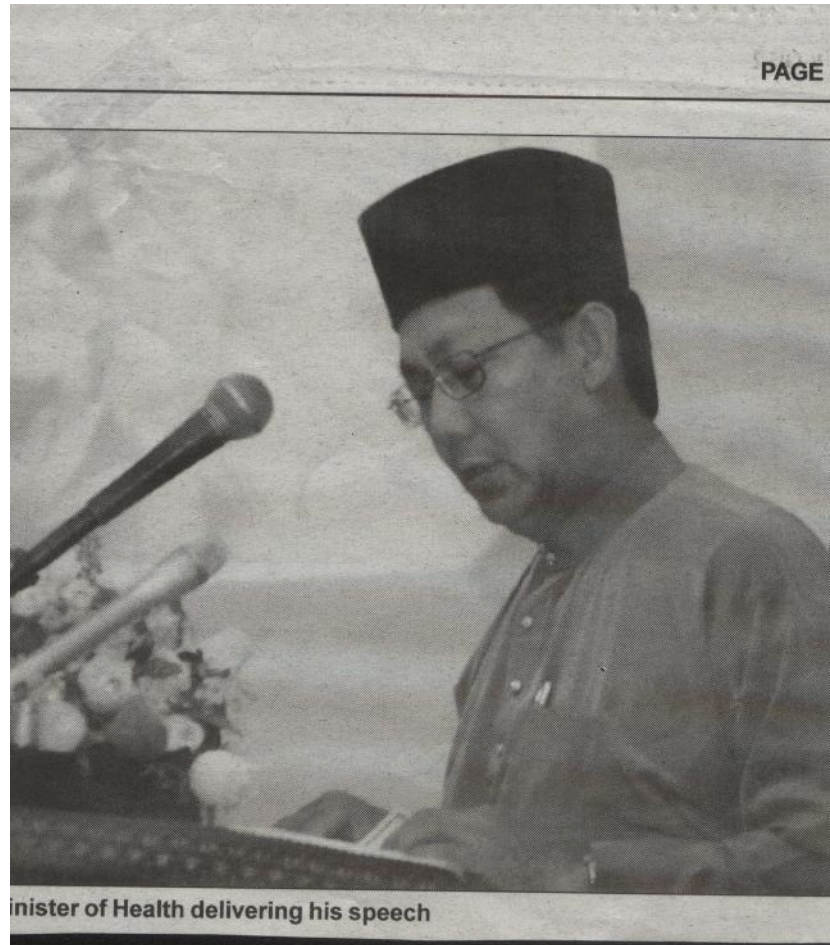
Over the next two to three days, participants will put their skills to the test in a series of simulated clinical scenarios, where they will be able to practise essential skills individually, as part of a team and as a team leader.

Upon successful completion of the course, selected candidates will undergo the instructor course so that they can facilitate future ACLS courses.

Among those who attended the opening ceremony yesterday were Deputy Minister of Health Pehin Dato Hj Awang Hazair bin Hj Abdullah and Mr Joseph Koh, the Singaporean High Commissioner.



Among those who attended yesterday's launching of the 1st National Advanced Cardiac Life Support (ACLS) Provider and Instructors Course for Doctors and Nurses



PAGE

Minister of Health delivering his speech

Health providers get CPR training

**Khairunnisa Ibrahim and
Shafiyi Azahari**
BANDAR SERI BEGAWAN

HEALTH authorities are taking steps to ensure that healthcare professionals and interested individuals are armed with the knowledge and skills necessary to administer rapid emergency response in sudden cardiac arrest and other health crises.



**Health Minister: Pehin Dato Hj
Suyoi**

The Ministry of Health organised Brunei's first ever National Advanced Cardiac Life Support Provider and Instructor Course for Doctors and Nurses.

This is in recognition of the fact that knowledge of emergency response actions is vital in life-threatening situations and can often increase a victim's chances for survival.

Minister of Health Pehin Orang Kaya Indera Pahlawan Dato Seri Setia Haji Suyoi bin Haji Osman said coronary heart disease was the second most common cause of death in the country, accounting for about 21 per cent of all deaths last year.

Most heart diseases are preventable, however, and cardio pulmonary resuscitation or CPR can often reduce the morbidity and mortality from such conditions.

"A healthcare professional or a by-stander who is adequately trained in CPR would be able to increase the chances for survival of a patient with cardiac arrest," he said.

Pehin Dato Suyoi also emphasised the importance of getting the patient early access to emergency medical care, early defibrillation – the use of electric therapy to revive a cardiac arrest patient – and advanced cardiac life support in enhancing the patient's chances of survival.

These actions make up the stages of emergency response, dubbed the Chain of Survival by the American Heart Association, and should be strengthened and supported by healthcare providers in Brunei.

Eight senior and experienced physicians and nurses from the Tan Tock Seng Hospital in Singapore have been invited to conduct the course, said the chairperson of the organising committee, Dr Ang Swee Hui.

Course participants, comprising selected doctors and nurses from various fields from the Ministry of Health, the armed forces, Gleneagles JPMC and the Panaga Health Centre, would form the frontline team that would be called upon to provide "initial treatments to patients with cardiac arrest or other cardiopulmonary emergencies", Dr Ang said.

The course involves simulated and realistic clinical scenarios, where participants would be encouraged to actively participate in the activities and practise essential skills.

Dr Ang said after acquiring the necessary skills and knowledge, successful participants would have the chance to proceed to the instructor course where they would be trained to be an instructor for future programs.

The Brunei Times

1st National Advanced Cardiac Life Support and Life Support Course for Nurses (Provider and Instructor) in Brunei – students, instructors, guests



Provider & Instructor courses

- 1st National Advanced Cardiac Life Support and Life Support Course for Nurses (Provider and Instructor) ...28 Oct to 3 Nov 2006



Provider & Instructor courses

- 2nd course in Jan 2007
- 3rd course in May 2007
- 4th course in Nov 2007

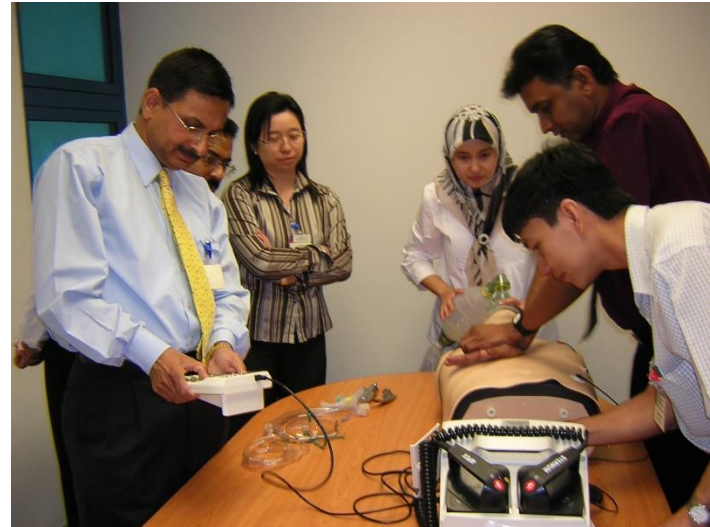
ACLS & LSCN Instructor Course: 7 Steps in Learning and Teaching Psychomotor Skills

21 - 22 November 2007



Instructor &
moderator
for 2nd & 4th
courses

Bruneian doctors training Bruneian doctors.



Brunei's ACLS instructors





Meetings

- 19 – 21 April 2006, Asian-Australian EM symposium
- 2 –4 July 2007, Thai-Australian EM Collaborative
- 18 – 22 Feb 2008, 8th ASM of Thai Association of EM

Australian friends



Point person in Thailand...Dr Pairoj



Thai Emergency Physicians' Programme in Singapore

- 14 – 26 January 2007
- 3 – 14 March 2008

COURSE Tan Tock Seng HOSPITAL | a community of care | A member of National Healthcare Group
LEADING JOURNALS OF HEALTHCARE

Advance Trauma Life Support Course

Date : 13 – 14 March 2008
Time : 7.30am – 6.00pm
Venue : Conference Room 2

Uncertainty over Thai move to suspend exchange programme

Training course for doctors goes ahead here; envoy unsure if future plans affected

By NIRMAL GHOSH
Thailand Correspondent
IN BANGKOK
& LEE HUI CHIEH
IN SINGAPORE

UNCERTAINTY prevailed yesterday after Thailand's decision to suspend a bilateral cooperation programme with Singapore.

On Tuesday, the country also cancelled an invitation to Singapore Foreign Minister George Yeo to visit Bangkok. Mr Yeo had been invited to attend a meeting on the programme.

The government in Bangkok

said the moves were made because it was upset that Singapore Deputy Prime Minister S. Jayakumar had met former Thai premier Thaksin Shinawatra.

But key Thai government figures also sought to play down the significance of the decision, which was seen by analysts as a souring of bilateral relations.

Uncertainty also stemmed from the fact that a training course for 48 Thai doctors appeared to be going ahead as scheduled in Singapore under the exchange programme.

In fact, the first group of 24 emergency doctors arrived in Singapore on Sunday and began training at Tan Tock Seng Hospital (TTSH) on Monday. The others are expected to arrive today as planned and stay until Jan 26.

A delegation of Singaporeans hosted by Thailand's Ministry of Education has also been in the country since Monday and is due to wind up its visit tomorrow.

A source said there was no indication that the visit would be abruptly terminated.

"It would make little sense to stop this particular programme in mid-stream; they are not even in Bangkok, they are in the provinces", the source familiar with the arrangements

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further info
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affected.

Meanwh

General Surayud Chulanont said yesterday his country's move had been "appropriate".

The premier, appointed by the military in October 2006, said Thailand's MFA had earlier informed the Government of Singapore about its sensitivity over Mr Thaksin.

he did not believe the measure taken by the foreign ministry was excessive and saw bilateral relations between Singapore and Thailand as remaining sound.

"Contact via diplomatic channels between the two countries carries on as usual, without any problem," he said.

"Our bilateral relations are strong and it is our right to express dissatisfaction," Gen Winai said.

"It is not a big deal and has nothing to do with our overall ties."

Thailand's Finance Minister Pridiyathorn Devakula told The Straits Times yesterday that "diplomatic ties do not concern the overall economic picture".

"Our treatment to Singaporean investors would not be biased."



48名来自泰国的
医生将于本月15日至
26日分两批前来
我国参加高级创伤
急救课程。(陈生医
院提供)

**48名泰国医生
分批来我国参加
高级创伤急救课程**

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Politics during the
1st course in 2007



THE THAI DOCTORS displaying their certificates of attendance at the end of the training programme.

PHOTO: ASHLEIGH SIM

S'pore trains Thai doctors

The programme, the first time Singapore is helping to train Thai doctors, goes ahead despite souring of bilateral relations

► Nur Dianah Suhaimi

FOR the past three years, Thai doctor Nalinas Khunkhlai, 26, has been training to be one of Thailand's first Accident & Emergency (A&E) specialists.

But being first has its problems. There are no senior specialists to teach her the standard procedures for handling trauma cases or to supervise her clinical attachment.

So for the past week, Dr Nalinas has been training in Singapore, together with 47 other Thai doctors.

This is the first time Singapore is helping to train Thai doctors.

The programme includes advanced trauma life support training at Tan Tock Seng Hospital and a two-day clinical attachment.

Said Dr Nalinas: "We learnt so much here. Not only do we learn how to treat the patients, but also how to share this knowledge with our colleagues back in Thailand."

The Ministry of Foreign Affairs (MFA) and five commercial sponsors are paying for the training – about \$700 per trainee – and the cost of the doctors' stay in Singapore.

'(Singapore and Thailand) are very close friends. And just like teeth and tongue or husband and wife, sometimes there will be quarrels. But I don't think it will last that long.'

– DR PAIROJ KHRUEKARNCHANA, programme coordinator

Tan Tock Seng Hospital's head of emergency medicine, Associate Professor Eillyne Seow, said the total bill is around \$180,000.

There are plans to conduct similar programmes for Thai doctors until the country has enough expertise to conduct the training itself, she said.

Said Prof Seow: "Many Singaporeans travel to Thailand for holiday or business. So Thailand's A&E expertise will benefit us too."

The training programme went ahead as scheduled despite the souring of bilateral relations between Singapore and Thailand.

Last Tuesday, the Thai government, as part of its response to its former premier Thaksin Shinawatra's recent visit to Singapore, cancelled an invitation to Foreign Minister George Yeo to visit Bangkok. It also suspended the Singapore-Thailand Civil Service Exchange Programme (CSEP).

The Thai doctors here for A&E training arrived here in two batches – on Monday and Thursday.

They were not worried that the diplomatic tension would cause their visit to be cut short or cancelled. They were too busy studying for their course.

Said the programme coordinator, Dr Pairoj Khruengkarnchana: "(Singapore and Thailand) are very close friends. And just like teeth and tongue or husband and wife, sometimes there will be quarrels. But I don't think it will last that long."

ndianah@sph.com.sg

First group of Thai doctors



Guest-of-honour to the 2nd course – Thai Ambassador of Singapore



2nd group of Thai doctors at ATLS



Transfer of life support skills.....*the ingredients to.....*

- Starting a programme
- Running one
- Wrapping it up

- Common threads
- Slight differences

FUNNYINSIDE.COM



Guidelines in these life support programmes.

- Singapore National Resuscitation guidelines introduced and used.
- We support adaptation to local environment or development of local ones



"It's not that complicated. Just give the man a haircut.
It ain't brain surgery."

Starting a life support programme

- The introduction is important if one intends to start such a programme.

The 介绍人 (jeh shao ren) or 'introducer' is important ..*his status, his credibility, his standing.*

- Interaction between host community and ourselves is key.
- Political sensitivity is required.

Funding.....to start a life support programme.

- Hospital supports with unrecorded leave
- Host , hospital or team pays for trip
- No honorarium
- creative use...eg cannabalise old manikins to make one, raise funds for training equipment
- Support from colleagues required
- Industry
- Foundations – Lee, Laerdal
- Government agencies

From Lee , Laerdal foundations and Laerdal
S-E Asia, Philips and Tan Tock Seng Hospital



Plans

- Start dates can slip.
- Requests may not be concrete occasionally...read between the lines
- Numbers may grow...*overwhelming enthusiasm*
- Training ground can change
- Programme schedule may be rearranged

Logistics

Different set of problems when course

- Not in Singapore
site and equipment
- In Singapore
students' arrival and movements

Running a life support programme

- Check training site, AV equipment
- Study students' list and their backgrounds
- ?enough skills stations , if not what is the alternative schedule
- Any official programme? Need to re-schedule?
- Consider bringing back-up equipment

Running a life support programme

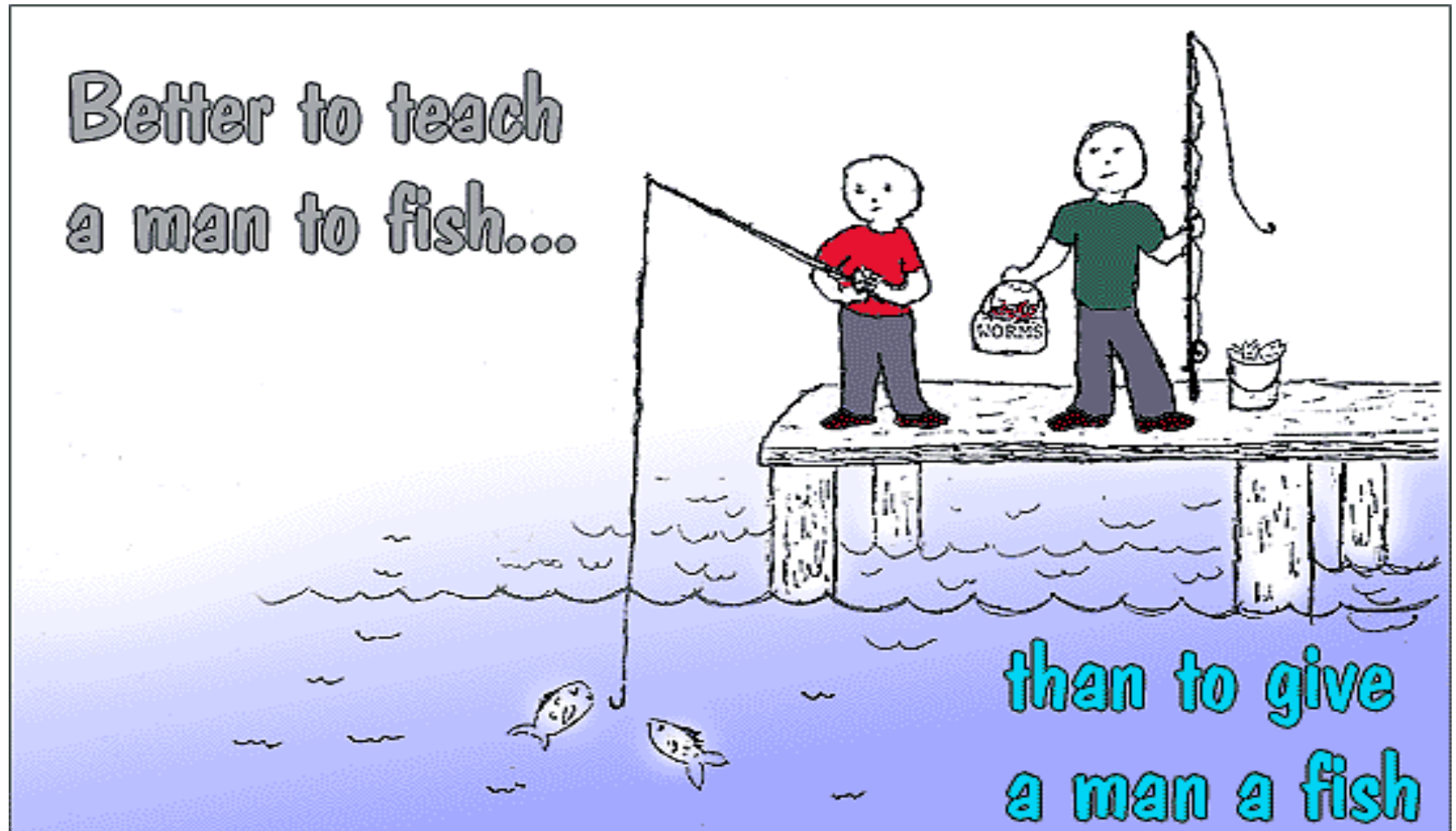
- Back to basics.....use flip-charts, role plays....improvise.. ***thinking on our feet***
- Number of students can be more than expected...oversubscribed... ***be flexible***
- Enthusiastic students.....questions can seem aggressive...curious... ***stay in good humour***
- Apprehensive about tests...mature students... ***Asian concept of 'face'..afraid of failing***

Photo-taking especially in group



Wrapping up a life support programme.....

- From the beginning our aim has always been for our friends to achieve independence.



To get invited again.....

The first programme must be

- Fun
- Of value
- Interactive
- Talk-of-the town
- Achieve objectives



Outreach projects

十年树木, 百年树人



Outreach projects...

In giving, we received more than we gave.



Asian hospitality.. food and karaoke

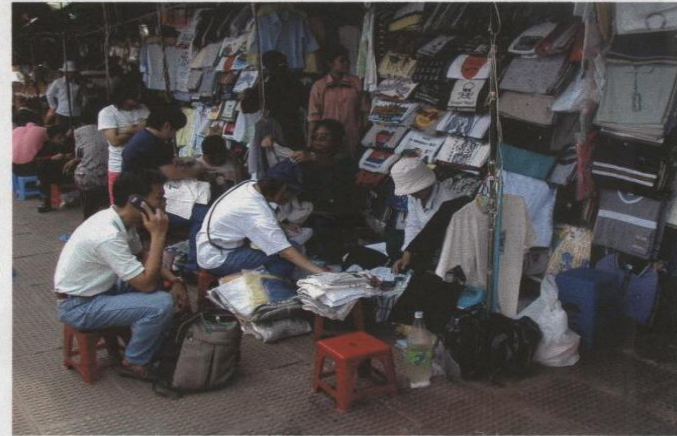


Extra-curricular activities

The “cyclo”-fastest in Cambodia



Checking for better deals elsewhere



Thank you

