

SAMPLE Case Report: Would you DARE to save a life?

Name of Program and location

DARE (Dispatcher-Assisted first REsponder) program

Brief Summary

The DARE (Dispatcher-Assisted first REsponder) program in Singapore was rolled out in 2014 with the aim to encourage more people to perform cardiopulmonary resuscitation (CPR) and use an automated external defibrillator (AED) when they encounter cardiac arrest victims.

Problem to be solved/ background

Immediate CPR and defibrillation are the most critical therapies for patients in cardiac arrest with ventricular fibrillation, and the AED shock should be delivered within the first few minutes of arrest. However, lack of training and confidence in resuscitation have been barriers to bystander CPR and AED usage, leading to inadvertent delays.

Description of program

Unlike a 4-hour CPR and AED certification course, the DARE programme is a simplified 1-hour hands-on session. The curriculum comprises both a scenario-based video followed by a hands-on practice sequence. Participants will learn to dial 995, stay on the line with the medical dispatcher, perform CPR as directed, and use an AED with voice prompts.

Result

Since the launch of the programme in April 2014, we have observed a steady increase in the national bystander CPR rate from 42.8% in 2013 to 54.1% in 2015 and bystander AED rates from 2.5% in 2013 to 4.1% in 2015. This has resulted in an improved Utstein survival rate from 15.2% in 2013 to 21.3% in 2015. The overall survival rates also improved from 4.2% in 2013 to 5.3% in 2015, with the age-adjusted survival rates being 7.3% in 2015. A big contributor to improved survival has been the DARE programme.

Challenges

The challenge ahead is to extend the coverage of the DARE programme to rest of the community in order to further improve bystander CPR and AED rates.

Additional plans

As part of national initiatives, other projects have been initiated, including a national AED registry, dispatcher assisted CPR program and the MyResponder phone app which alerts registered users within 400m of cardiac arrest victim to respond and initiate resuscitation in order to improve the survival rate of Out-of-Hospital Cardiac Arrest (OHCA). The app also indicates where the nearest AED is located, and has also involved volunteer taxi drivers equipped with AEDs.

URL of the program

More information on the DARE programme is available at <http://www.myheart.org.sg/article/heart-safe-singapore/dare-programme/about/682>