

Integrating EMS into the Health System

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Dept of Emergency Medicine, Singapore General Hospital

Director Health Services and Systems Research (HSSR) • education

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Division

Director, Prehospital and Emergency Research Center
(PERC) Duke NUS Medical School

PATIENTS. AT THE HEART OF ALL WE DO.



Partners in Academic Medicine



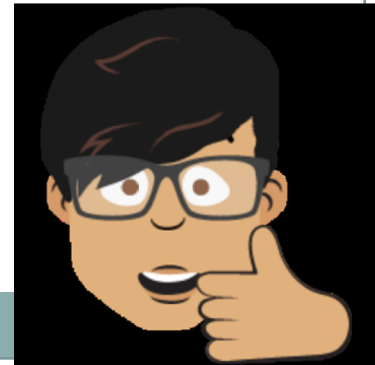
Members of the SingHealth Group



Learning Objectives



1. Understand the role of EMS within the health system
2. Use the 'Framework of Survival' as a conceptual framework to understand how EMS can impact society and outcomes
3. Explore the role of evidence and health services research to translate into implementation and impact
4. Understand the wider global health role of EMS



Clinician Practicing at SGH Department of Emergency Medicine

Scientist running a research program in Prehospital and Emergency Care

Director of Health Services Research program at Duke-NUS and Singhealth



PREMIUM

SGH doctor on mission to boost CPR training



Associate Professor Marcus Ong, 48, has pushed for more people to be trained in cardiopulmonary resuscitation, including spearheading training sessions in schools, offices, community clubs and religious organisations through the Dispatcher Assisted first Responder programme. ST PHOTO: KEVIN LIM

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Providing immediate help can raise cardiac-arrest



Started Data Science research unit at Singhealth

National EMS Medical Director, Unit for Prehospital Emergency Care (UPEC)

Chairman of Pan Asian Resuscitation Outcomes Study and Past President of Asian Association for EMS



Integrated emergency, critical and operative care for universal health coverage and protection from health emergencies¹

The Seventy-sixth World Health Assembly,

Having considered the consolidated report by the Director-General;²

Noting that emergency, critical and operative care services are an integral part of a comprehensive primary health care approach and are essential to ensure that the health needs of people are met across the life course without undue delay;

Recognizing that robust emergency, critical and operative care services are at the foundation of national health systems' ability to respond effectively to emergency events including all hazards; and to ensure the implementation of the activities required, both proactive and reactive, to minimize the danger and impact of acute public health events;

Concerned that the coronavirus disease (COVID-19) pandemic revealed pervasive gaps in capacity of emergency, critical and operative care services that resulted in significant avoidable mortality and morbidity globally;

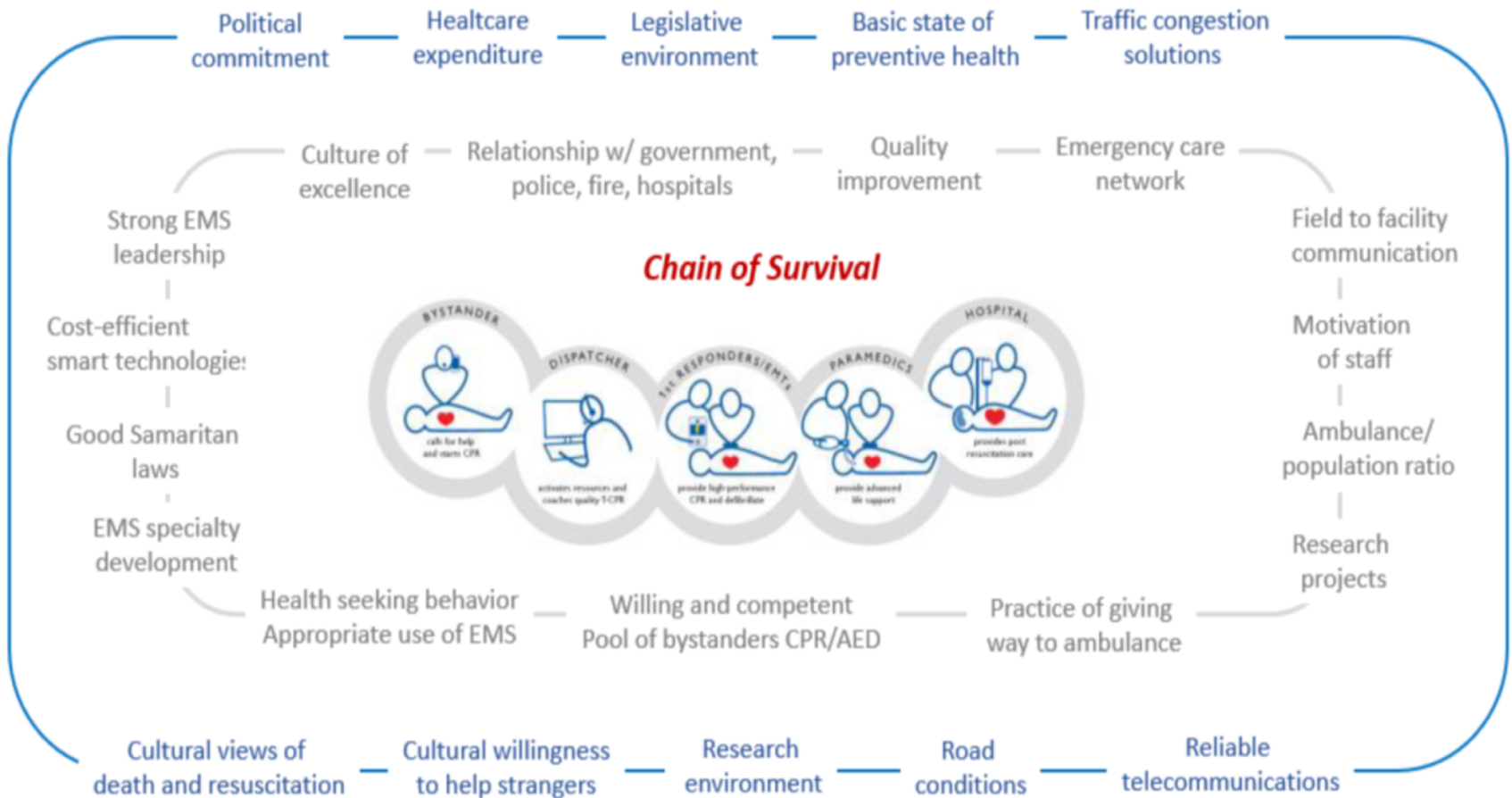
Noting that integrated people-centred service delivery requires emergency, critical and operative care services that are linked to communities through primary care and by communication, transportation, referral and counter-referral mechanisms,³ and that these components are interdependent: capacity failures in responsiveness of the emergency, critical and operative care system may result in disrupted primary care delivery and poor outcomes, while failures in primary care and social services may lead to increased use of emergency, critical and operative care services and result in delays in the appropriate provision of life-saving care;



**EMS is part of a
system.
It's about
understanding and
improving the
system!**

**It takes a system to
save a life!**

Frame of Survival for improving OHCA outcomes in developing EMS systems



Singapore: Then and Now



- **National Health Care Expenditure (Singapore) – 4.4% of GDP in 2017**
- **National Health Care Expenditure (US) - 17.7% of GDP in 2018**

	Life expectancy ⁱ	IMR(/1000) ⁱⁱ	MMR(/100,000) ⁱⁱⁱ	Estimated death due to cardiac cause ^{iv} (per 100,000)*
Korea	79.05	4.16	18	71.8
Singapore	82.14	2.32	9	126.0
Taiwan	78.32	5.18	NA	NA
Japan	82.25	2.78	10	172.2
Thailand	73.6	16.38	48	128.8
Malaysia	73.79	15.02	31	112.8
Australia	81.81	4.61	8	174.5
Turkey	72.5	23.94	23	162.7
UAE	76.51	11.94	10	50.0

ⁱ The World Factbook by CIA, available in <https://www.cia.gov/library/publications/the-world-factbook/rankorder/2102rank.html>

ⁱⁱ The World Factbook by CIA, available in <https://www.cia.gov/library/publications/the-world-factbook/fields/2091.html>

ⁱⁱⁱ Trends in maternal mortality: 1990 to 2008, World Health Organization, 2010

^{iv} Estimated deaths per 100,000 population by cause, sex and Member State, WHO, 2008

Our Public Healthcare System

Healthcare delivery is provided by the *public*, *private* and *people* sectors.

- **Primary care provision**

- 80% private GPs
- 20% Polyclinics in NHG and SingHealth

- **Secondary / Tertiary care**

- 20% private
- 80% SingHealth, NUHS, Alexandra Health, Eastern Alliance, Jurong Health & NHG.



- **Wellness care**

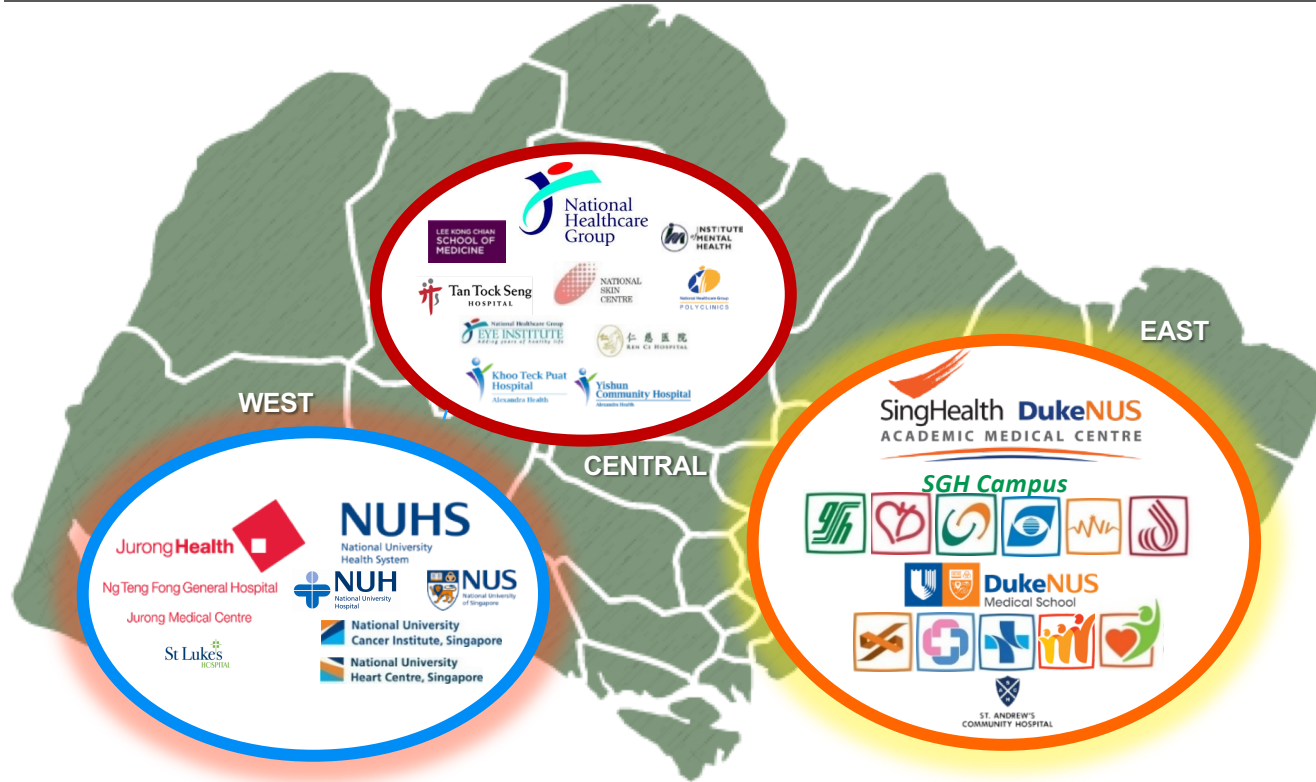
- Mainly private sector
- Some public sector involvement, e.g. HPB

- **Continuing care**

- Approx 70% by public sector, 30% by private sector
- Community hospitals, nursing homes, hospices, day care centres, renal dialysis centre

Public Healthcare Delivery Network

3 Regional Health Systems including 2 Tertiary Centres of Excellence



EMS and the Care of Patients Across the Continuum



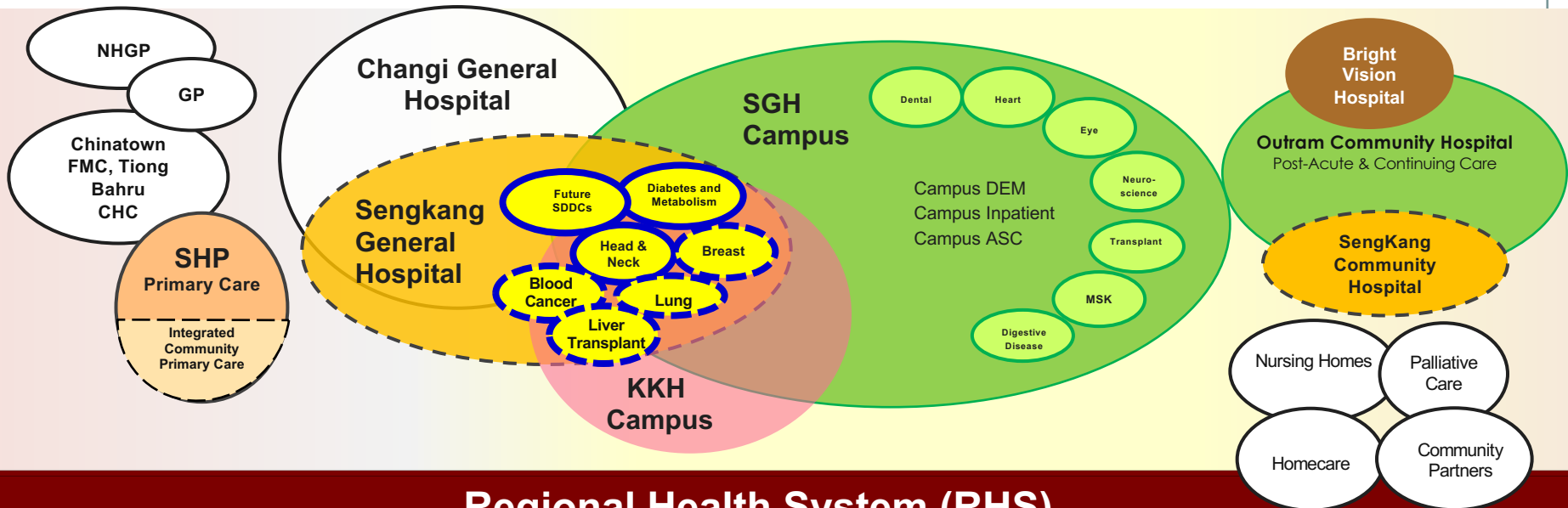
EMS

Community / Primary

Acute / Secondary

Tertiary / Quaternary

Intermediate / Long Term



Regional Health System (RHS)





* Collaboration with Pearl's Hill Care Home

Undergirding Enablers

Case Management | Operations | HR | Finance | IT | Education and Research Infrastructure



Multi-Agencies involved in EMS

Ministry of Home Affairs 	Ministry of Health 	Ministry of Education 	Ministry of Defence 
SCDF CDA & PAD	Hospitals ED, UPEC, NRC, NFAC, IAN	NYP and ITE	SAF, SMTI and Medical Centres
<ul style="list-style-type: none"> • Provision of EMS • Training and continuous education for Paramedics and EMTs • Community training 	<ul style="list-style-type: none"> • Medical oversight • Oversight of ambulances & MTS • Accreditation of PEC professionals • Coordinating agency (UPEC) • EMT training 	<ul style="list-style-type: none"> • Academic training for Paramedics • Continuing education for prehospital care professionals 	<ul style="list-style-type: none"> • Primary training site for EMTs and Paramedics vocational training • Largest employer of Paramedics and EMTs

We have come very far!



- ◆ 1917: A Motor Ambulance was acquired by the Hospitals Board
- ◆ 1928: An ambulance service for accident cases was established under the Fire Brigade
- ◆ 1977: Integrated both central ambulance and trauma ambulance service into one single-tier system manned by nurses and midwives from Ministry of Health
- ◆ 1998: Singapore Civil Defence Force officially took over the emergency ambulance service with trained paramedics

Singapore EMS

- Area 719 km²
- Urban / Suburban
- Population 5.47 mil
- Multi-racial/cultural/religion
- Currently **80** Emergency Ambulances
- **191,468 EMS calls in 2019**
- Total about **300** Active Paramedics



UPEC- Who are we?



- In 2013, the **Unit for Pre-hospital Emergency Care (UPEC)** was established by the Ministry Of Health Singapore, comprising EM physicians & nurses, EMS professionals and healthcare administrators, to
 - coordinate, monitor and implement the various PEC strategies
 - provide clinical and operational oversight
 - assist in various operational PEC initiatives, such as quality audit for dispatch triage system, training and standards for PEC personnel, ambulance audits, etc.

Areas of Focus

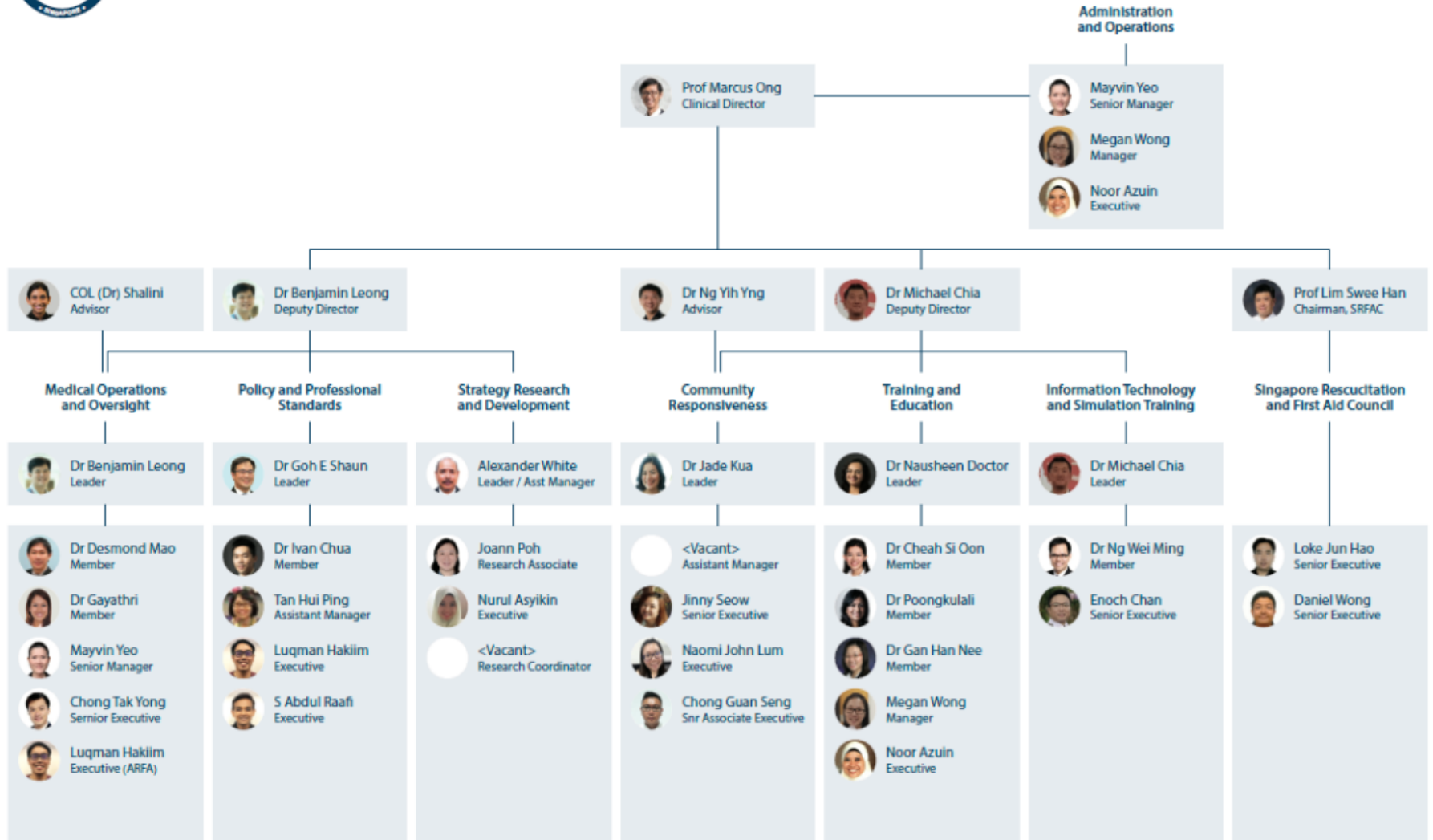


- Medical operations and oversight
- Training and Education
- Professional Standards
- Community Responsiveness
- Information Technology
- Policy, Research and Development





UNIT FOR PRE-HOSPITAL EMERGENCY CARE / ORGANISATION CHART



Singapore Healthcare Landscape

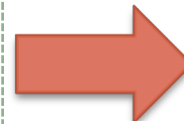
Key Challenges

1. Rapid Ageing of the Population
2. Increasing Burden of Chronic Diseases
3. Rising Cost of Healthcare
4. Limited Health Workforce and Competing Demands
5. Challenges from COVID-19

Stresses on Our Resources



People

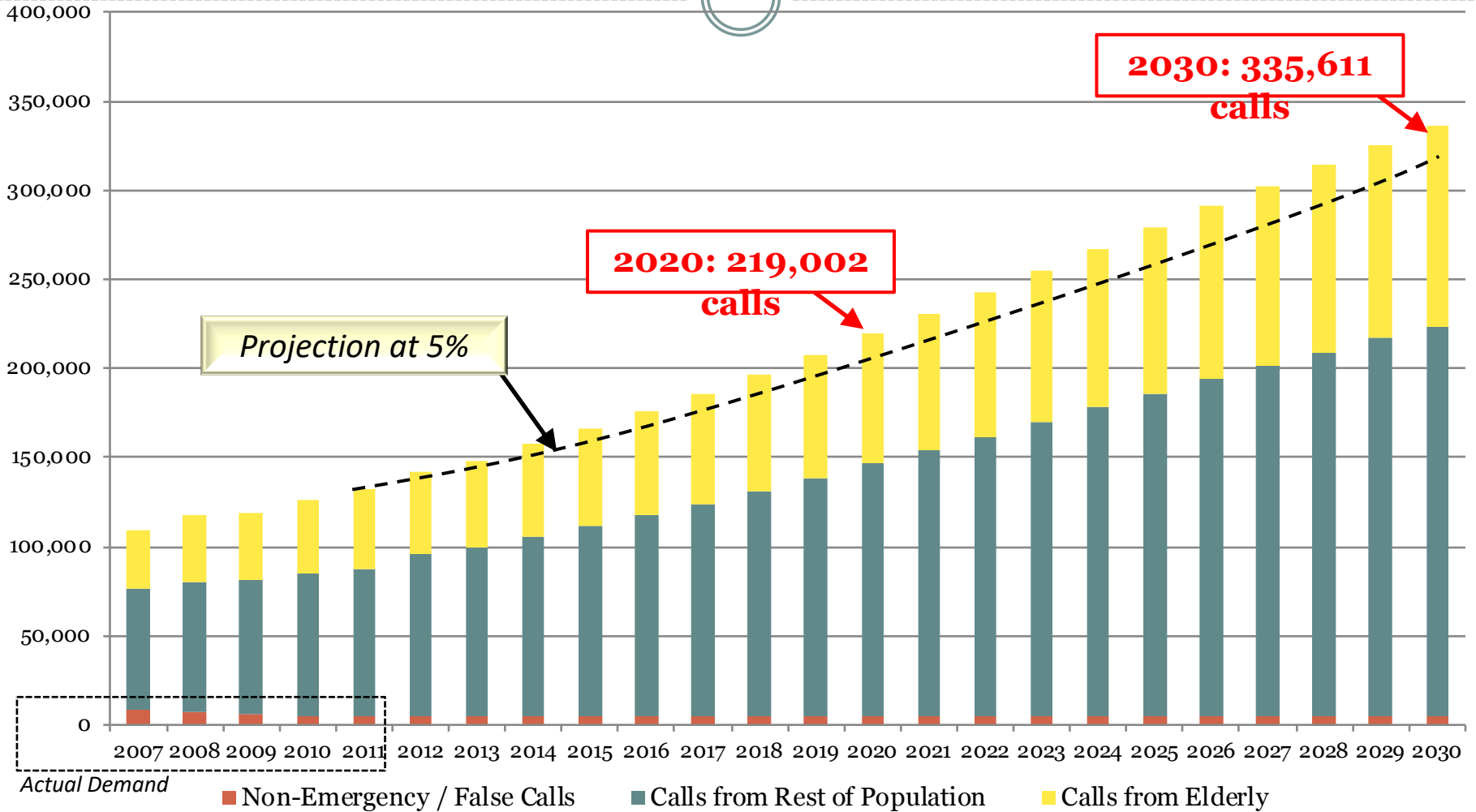


Space

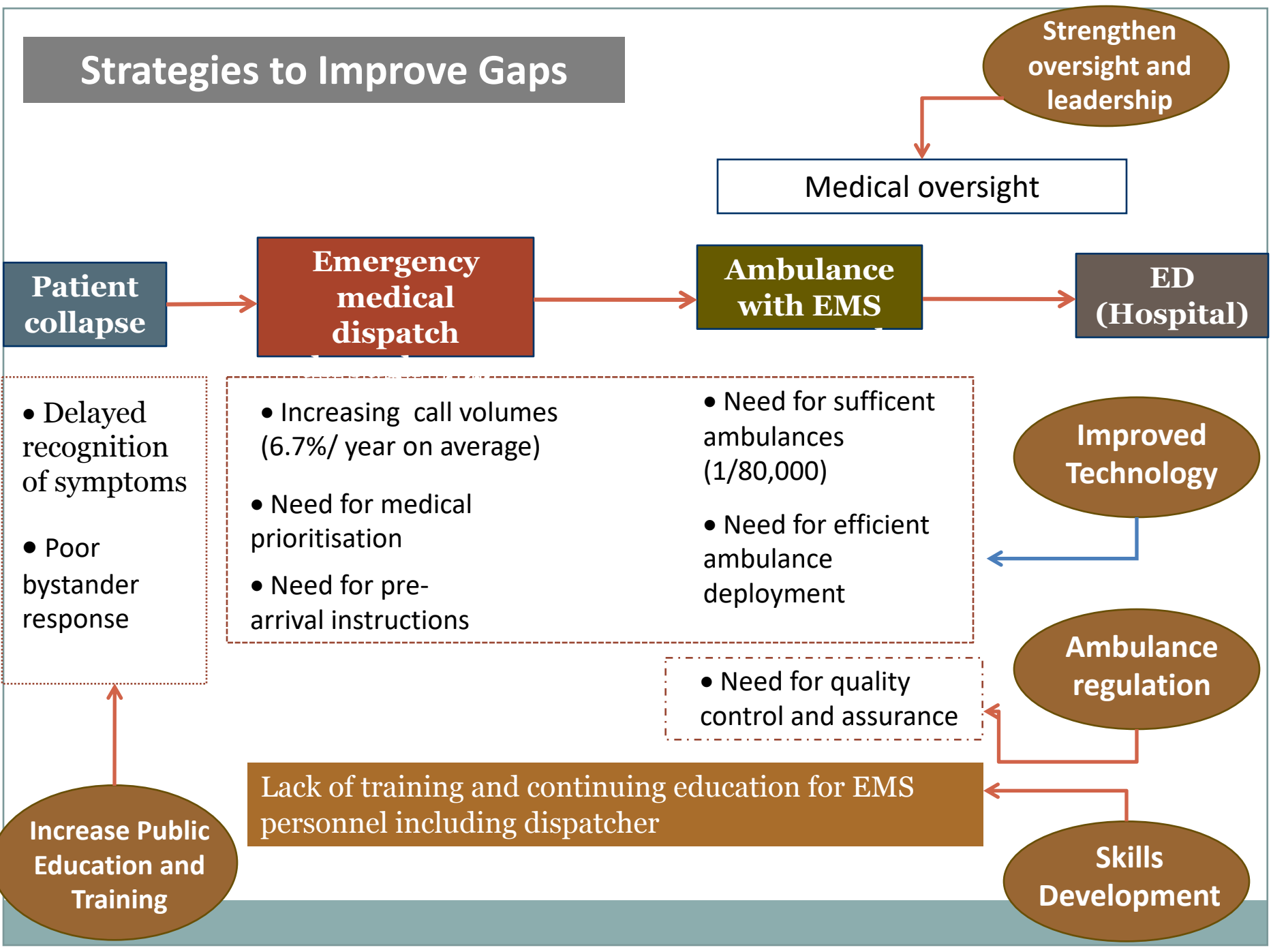


Money

Projected EMS Demand



Strategies to Improve Gaps



Patient collapse

Emergency medical dispatch

Ambulance with EMS

ED (Hospital)

Medical oversight

Strengthen oversight and leadership

Improved Technology

Ambulance regulation

Skills Development

Increase Public Education and Training

Lack of training and continuing education for EMS personnel including dispatcher

- Delayed recognition of symptoms
- Poor bystander response

- Increasing call volumes (6.7%/ year on average)
- Need for medical prioritisation
- Need for pre-arrival instructions

- Need for sufficient ambulances (1/80,000)
- Need for efficient ambulance deployment

- Need for quality control and assurance

3 Important Shifts for the Future

Beyond Hospital to Community

So Singaporeans can receive care in the community and nearer to home

Beyond Quality to Value

To give every Singaporean the best value, whilst keeping our system sustainable

Beyond Healthcare to Health

To help and support Singaporeans to live healthier lives

Better *Health* • Better *Care* • Better *Life*

PARAMEDIC TRAINING & EDUCATION

The Singapore Armed Forces (SAF) works closely with the Singapore Civil Defence Force (SCDF) and the Ministry of Health (MOH) to equip both SAF and SCDF medical personnel with professional skills and knowledge relevant for peacetime training and operations. The National Paramedic Training and Education Roadmap, leverages the four thrusts of SkillsFuture initiative and provides career paramedics with many pathways to success, regardless of their educational background.

Who are Paramedics?

- Allied Health Professionals
- First responders to the injured and sick
- Operate with a crew comprising a medic and a transporter, and in pre-hospital setting, often with limited resources



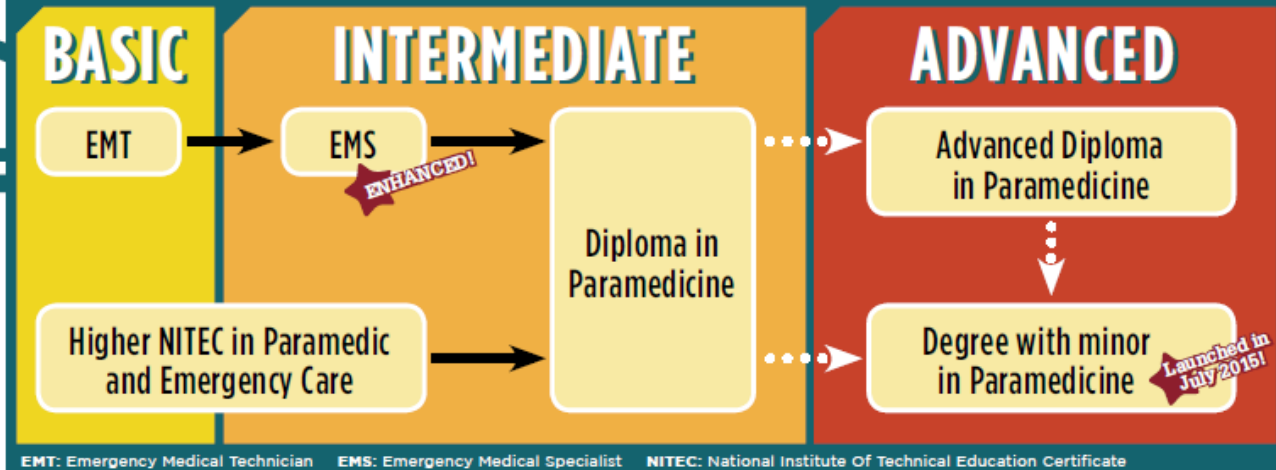
Paramedic Professional Standards Committee

Industry stakeholders	SAF and SCDF
Regulatory bodies	Unit for Prehospital Emergency Care (UPEC), Ministry of Education (MOE) and Workforce Developmental Agency (WDA)
Training educational providers	Institute of Technical Education (ITE), Nanyang Polytechnic (NYP) and SIM University

Looks at defining training competencies for Prehospital Emergency Care providers

THE NATIONAL PARAMEDIC TRAINING AND EDUCATION ROADMAP

The multi-agency Paramedic Professional Standards Committee, together with various paramedic training stakeholders, established this roadmap that allows paramedics to make well-informed choices about opportunities for career development.



Milestones of Paramedic training in Singapore

1996
The Defence and Home Affairs Ministries collaborated with the Justice Institute of British Columbia (JIBC) to launch the Paramedic Training Programme in Singapore. SAF became the national institution responsible for all Paramedic training

1998
The first local Paramedic Matriculation course was conducted at the School of Military Medicine (SAF) to a group of SAF and SCDF medics

1998-2009
SAF and SCDF continued to send operational paramedics to JIBC for enhanced training



2008
ITE starts the Higher NITEC in Paramedic and Emergency Care Programme



2009
SAF Paramedic course gains JIBC accreditation for medic and paramedic training



2011
NYP starts the Advanced Diploma in Paramedicine course



2012
SAF and JIBC co-develop the Diploma in Health Sciences (Emergency Medical Services) and Primary Care Paramedic Programme

¹ The four key thrusts of SkillsFuture are: (i) help individuals make well-informed choices in education, training and careers, (ii) develop an integrated high-quality system of education and training that responds to constantly evolving needs, (iii) promote employer recognition and career development based on skills and mastery and (iv) foster a culture that supports and celebrates lifelong learning.

Professionalisation

Oversight

Training

**We need to train the next generation of
Prehospital Emergency Care professionals!**



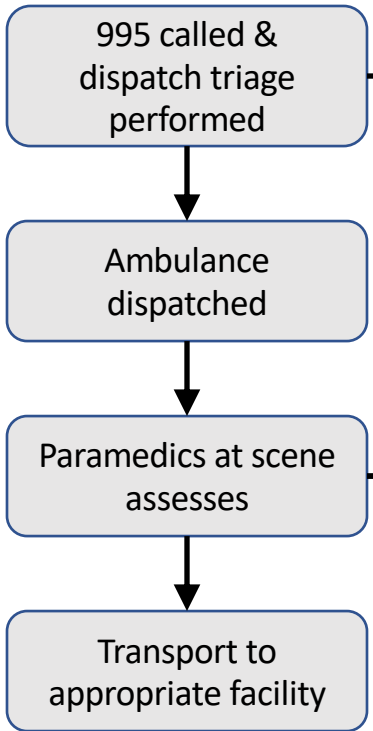
- **Critical Care Paramedics**
- **Clinical Experts (upcoming)**
- **Community Paramedic Clinicians**



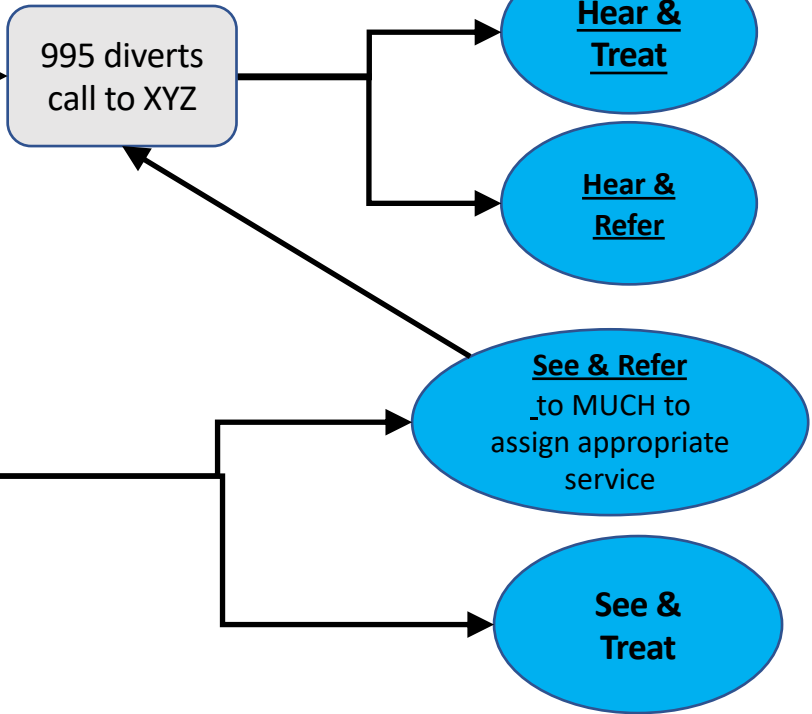


Alternative Care Service Pathways when someone calls 995

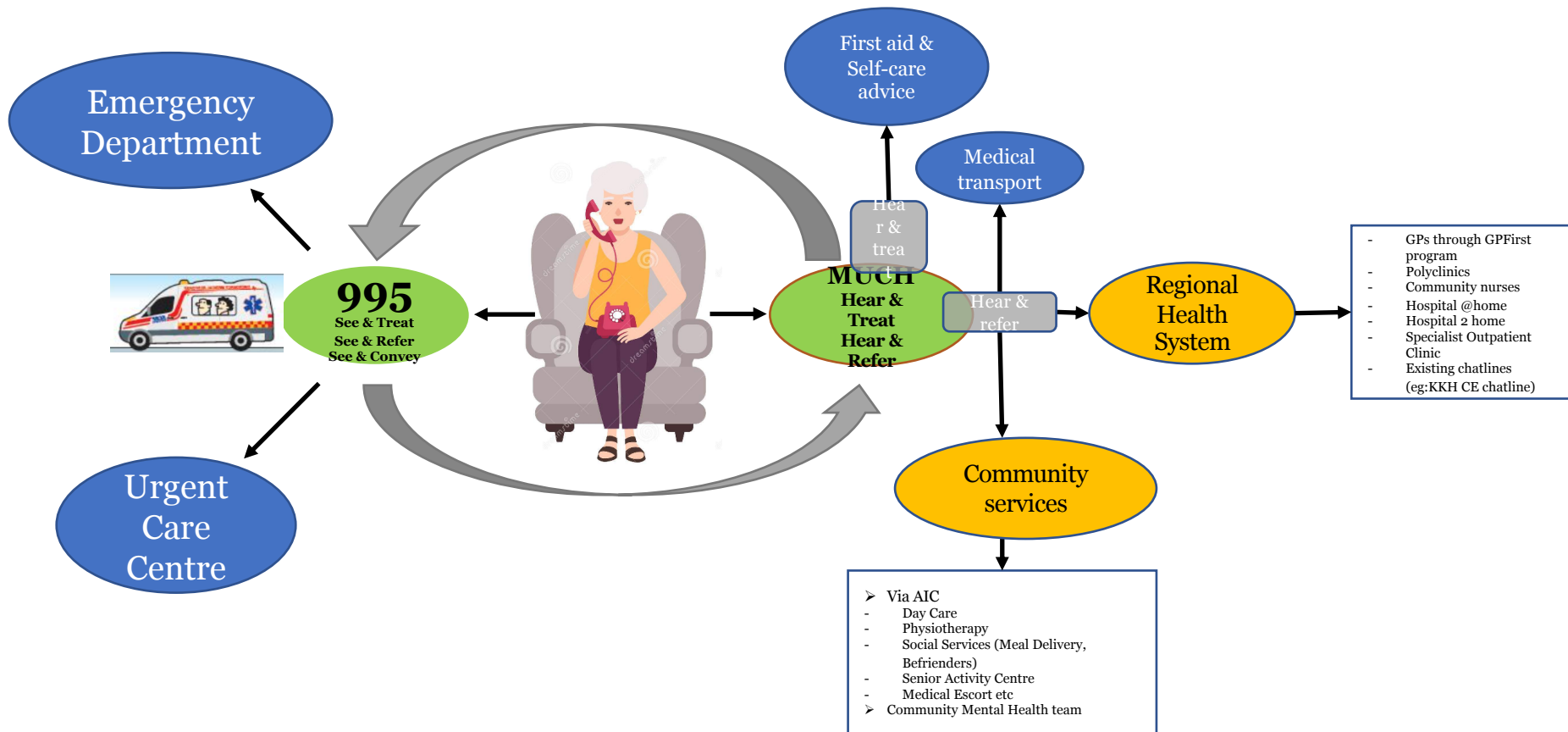
Traditional linear pathway



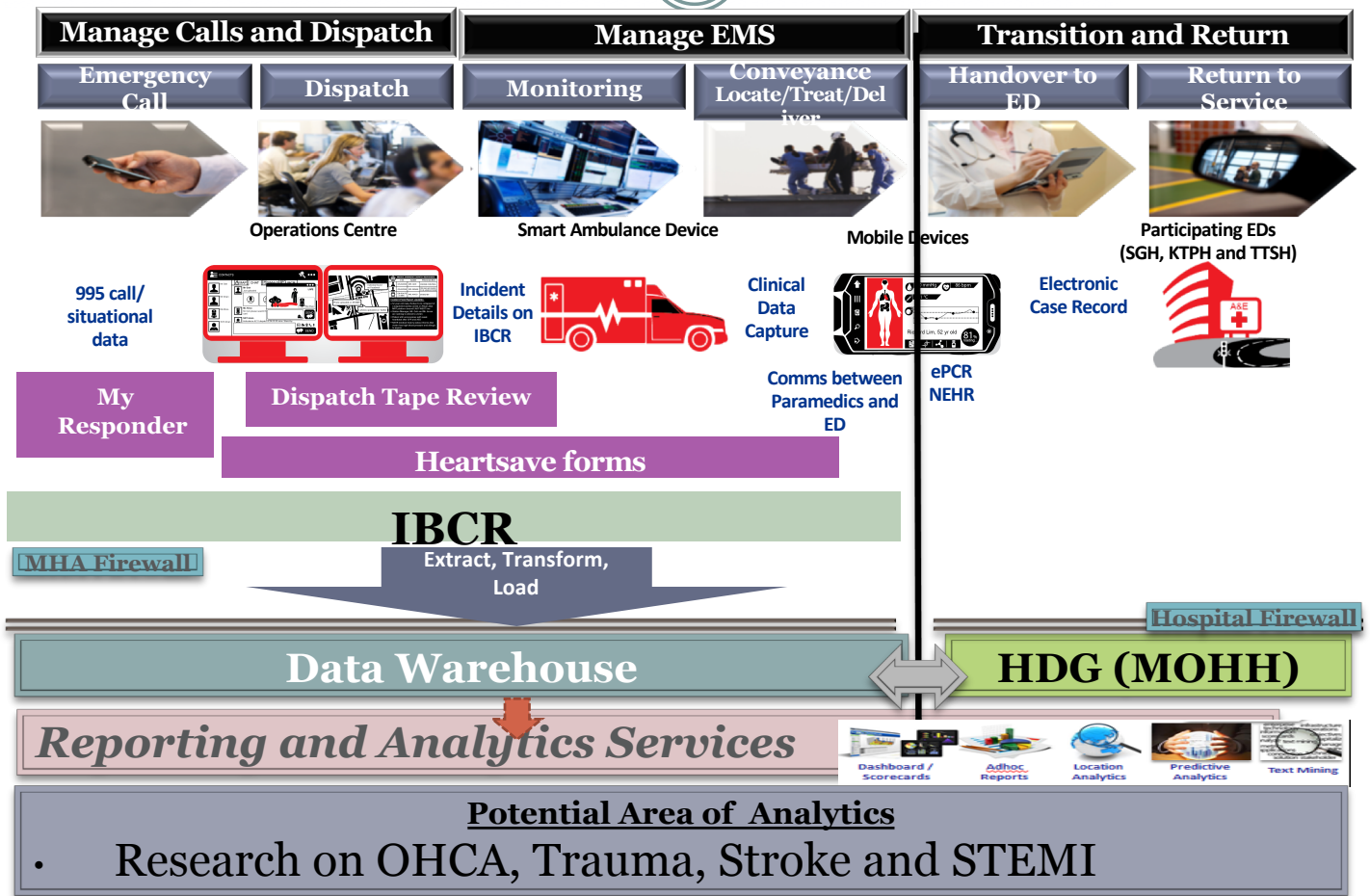
Pre-hospital conveyance and services pathways



For Singapore: Medical Urgent Care Helpline (MUCH)



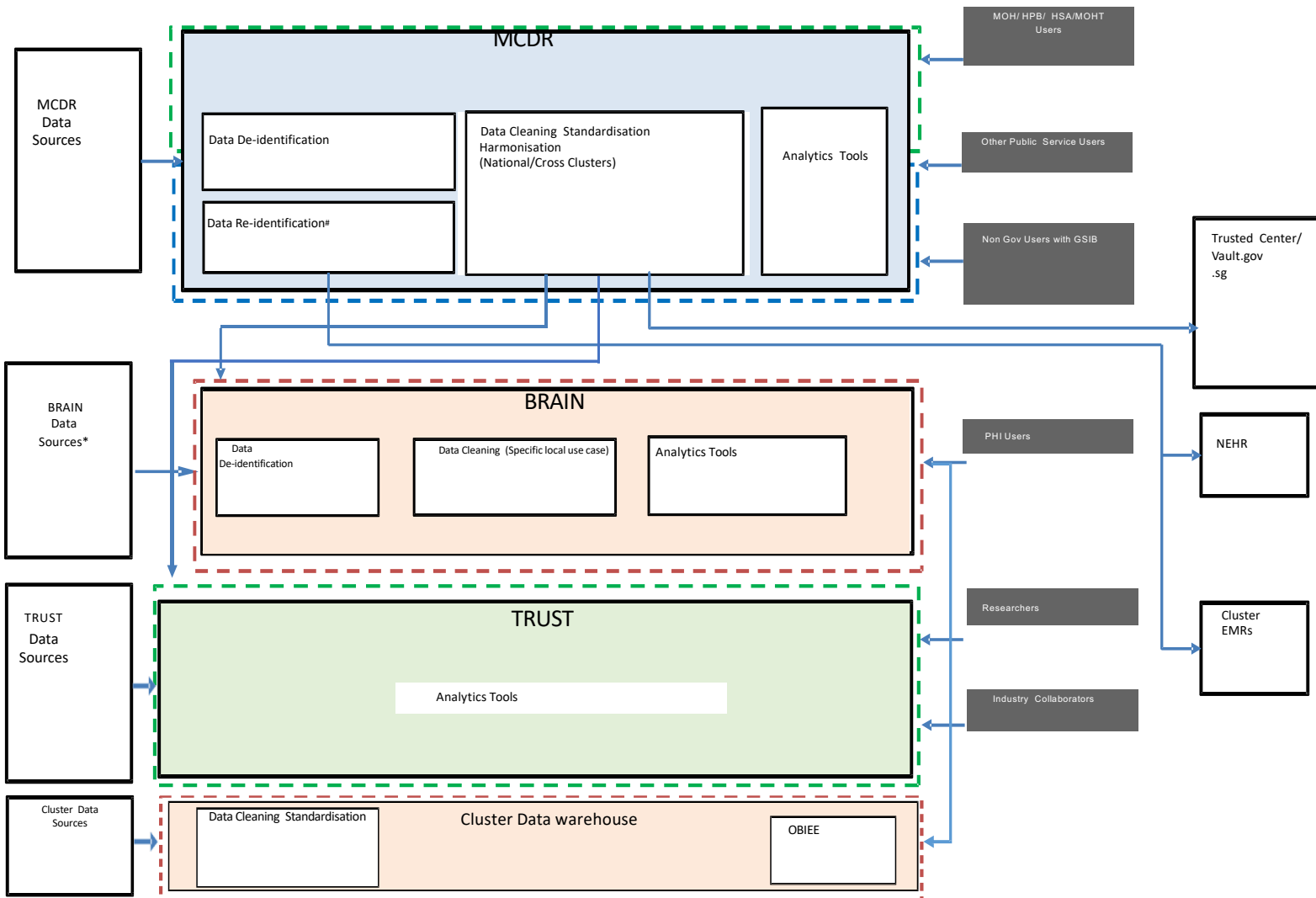
PEC IT Blueprint and Analytics



OMNII

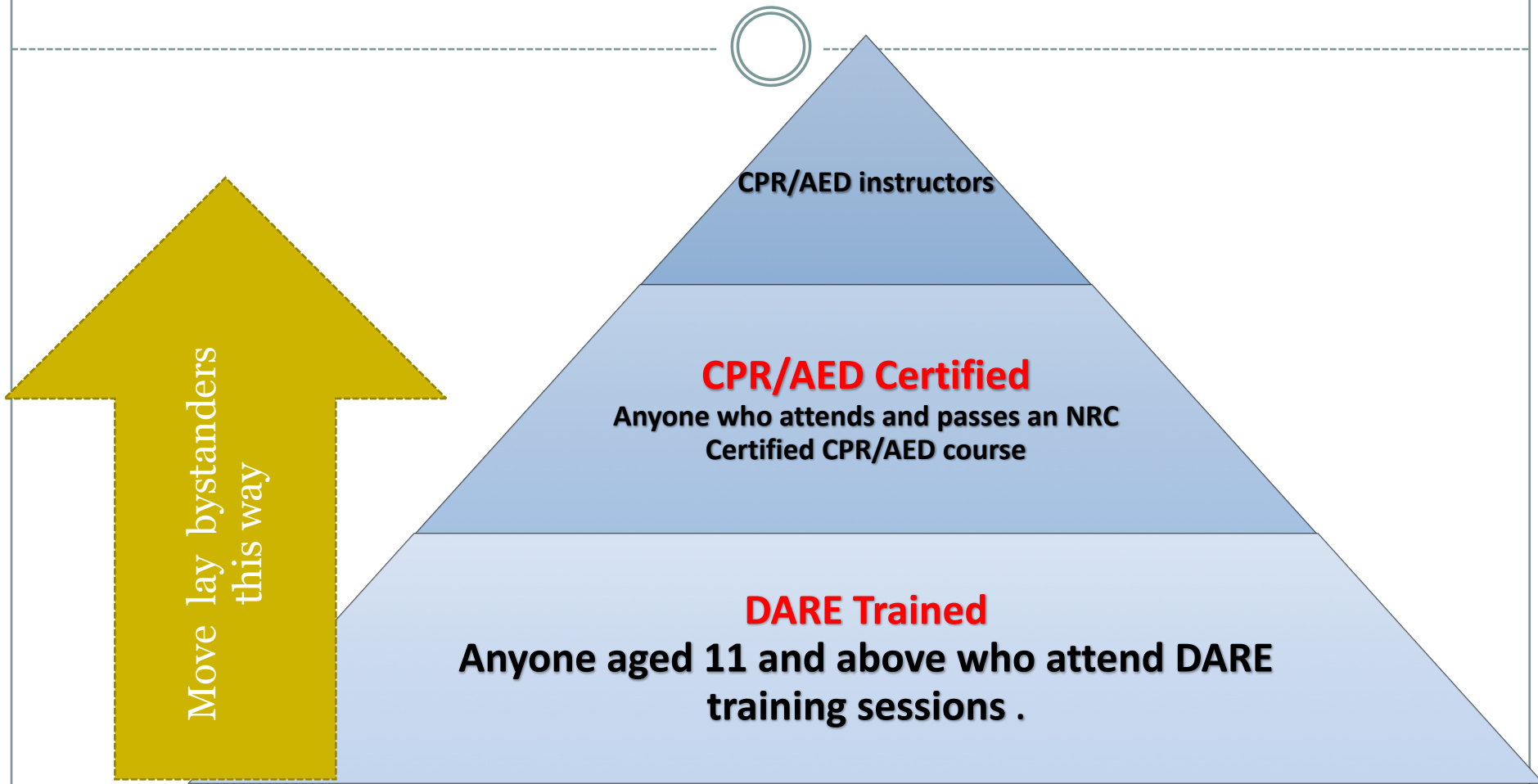


MOH Analytics Framework – High Level Overall Analytics Architecture



*Relevant data sources for specific bilateral & cluster specific use cases
 # BRAIN & TRUST will have to submit re-identification data requests to MCDR when there is a need to re-identify data originating from MCDR
 High Level Overall Analytics Architecture updated as of Jan 2021.

Pyramid of First Responder Preparedness



DARE Aware: Everyone becomes aware of what we teach in DARE through social media, traditional media, or by word of mouth.



1

Dial 995 and send your geo-location at the same time



2

Sign up as a volunteer responder



3

Know where the nearest AED is located





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» 国人对新加坡社会看法改善

咨询公司对新加坡公民和永久居民展开调查,让他们选最能形容新加坡社会的词汇。结果显示,与3年前相比,国人眼中的新加坡社会较正面,是享有“教育机会”、“和平”及“安全”的国家。本地新闻B2

» 希腊第2轮纾困投票通过

希腊国会从前晚就新纾困方案的第2轮投票进行辩论,一直讨论到昨天凌晨,终于以大比数顺利通过。当国会就纾困方案进行辩论时,约9000民众在国会外聚集,反对进一步财政紧缩。世界新闻B4

» 金秀贤同父异母妹妹沾光被批

韩国歌手金珠娜发行为韩剧献唱的插曲,自曝是“金秀贤同父异母妹妹”搏版面,间接曝光金秀贤歌手老爸金忠勋23年前疑“偷吃”往事,被网友狠批。娱乐B12



协助更多心脏病发者 救命App使用率待提高

苏文琪

通知公众就近协助疑似心脏病发者的手机应用软件,已推出超过3个月,用户使用率仍有待提高,以帮助更多患者,增加对方的存活机会。

民防部队于今年4月17日推出的“myResponder”应用软件,至今的下载量约2500次。该软件可指出设有自动心脏除颤器(AED)最靠近的地点,也可用于通知用户附近有心脏病发者。

当局接获疑似心脏病发个案的通报后,会立刻用软件通知在事发地点400公尺内的用户。只有已注册为“社区急救员”的700多名用户才会接到通知。

过去3个月,民防部队共发出约1000则急救通知,当中六成确为心脏病发个案。不

过,仅不到5%的通知获公众回应。45起获回应个案中,有15起确为心脏骤停个案。

民防部队总医务官黄毅堂医生上校说,即使没有接受过急救训练,公众还是可以注册为急救员。接获通知时,他们可帮忙取来最靠近的自动心脏除颤器,或在民防接线员的指导下为患者进行心外按摩,或协助指引救护人员到事发地点。

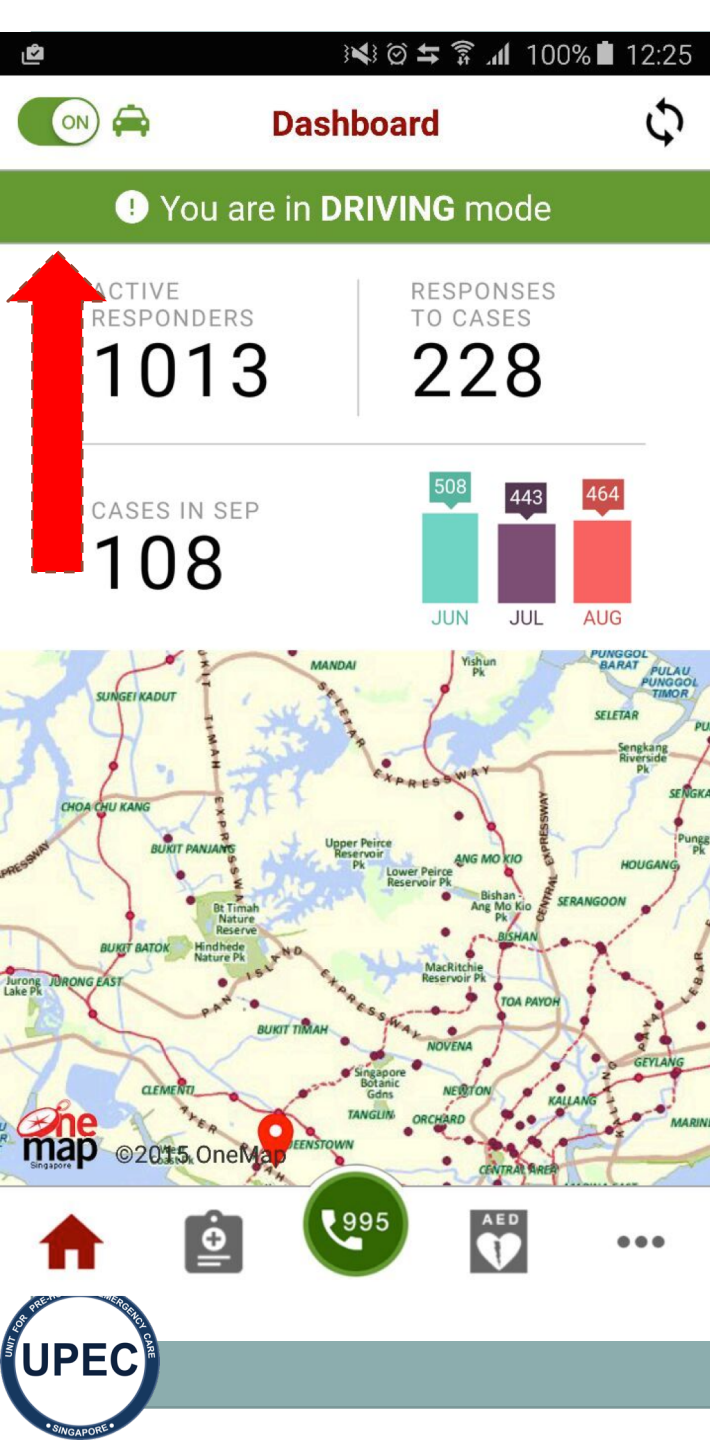
他说:“心脏骤停的情况下,每一秒都非常重要,有人及时介入帮忙,将增加患者的存活机会。”

另外,软件现虽以处理心脏骤停个案为主,用户仍可借由软件通知民防部队其他紧急事故,当局会通过定位技术得知通报者的位置。

目前获回应个案中,未有心脏病发者成功存活,但获援助的其他患者都从中受益。



邻里主动应急计划志愿者彭秀翠(左)和拉詹在接获“myResponder”应用软件的通知后,能赶在救护车之前到场,及时为患者提供援助。(周柏荣摄)



SINGAPORE

Automated External Defibrillators installed on 100 SMRT taxis

The initiative is part of a three-year pilot programme called SMRT-Temasek Cares AED on Wheels, which aims to increase the availability of AEDs within the community.

POSTED: 27 Nov 2015 21:43 UPDATED: 27 Nov 2015 23:59

VIDEOS PHOTOS



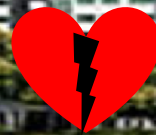
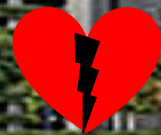
Public Housing AED Program: 70% of cardiac arrest cases occur in the 10,000 public housing estates!



Artist's Impression



Govt
housing
20
-
40
Floors!



Dispatcher-Assisted First Responder Programme (DARE)



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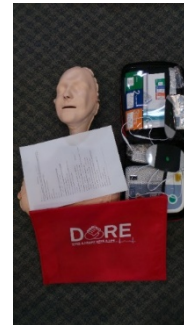
HOME B8

LEARN CPR? THEY'RE ALL EARS

You are never too young to learn how to save lives.

Pupils at St Anthony's Primary School proved just that yesterday when they learnt how to administer

cardiopulmonary resuscitation (CPR) and use an automated external defibrillator. About 2,300 students have attended this life-saving programme so far.



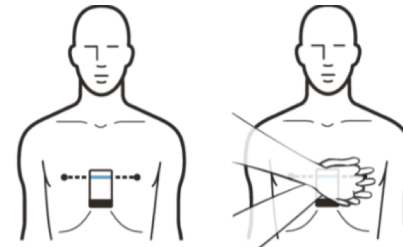
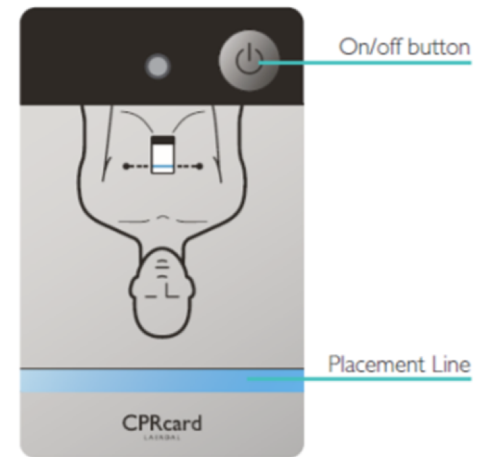
5-YEAR NATIONAL COMMUNITY EMERGENCY AND RESILIENCE (NCER) ROADMAP

Projects	Publicity & Awareness / Education	Training	Community Responsiveness & Resources	Technology	Research & Data Analytics	Policy & Legislation
Project 1	<p>Awareness Engagement – Storytelling at National Library Board (Partner: National Library Board)</p> <ul style="list-style-type: none"> Kick-started 2 sessions in Dec 2021 To continue conducting storytelling sessions at NLB 	<p>DARE training for NSmen during In-Camp Training (Partner: SAF)</p> <p>Spoken to SAF. SAF has agreed to explore the feasibility. Will follow up with SAF to conduct a few good training & subsequently seek SAF's buy-in on TTT model.</p>	<p>Optimize the number of AEDs to cover whole Singapore (Partner: SCDF)</p> <p>The guidelines for optimal AED placement in Singapore, is currently being finalized. Thereafter, it will be shared with the stakeholders.</p>	<p>Increase Social Media presence (Tik Tok & LinkedIn) – To raise awareness on DARE & CPR AED</p> <p>Tik-Tok to engage the younger population while using LinkedIn to reach out to the corporate community.</p>	<p>Conduct census-related surveys : Proportion of Singapore population trained in CPR+AED/First Aid (HPB)</p> <p>UPEC has provided CPR/AED questions to HPB through MOH, for inclusion in National Population Health survey 2021. Results have not been shared.</p>	<p>Good Samaritan law</p> <p>One of the reasons that bystanders are not willing to perform CPR on a stranger, is the fear of being sued for inadvertently causing death or injuries.</p> <p>To propose introducing Good Samaritan Legislation in Singapore.</p>
Project 2	<p>Cardiac Arrest Survivors & Supporters Club (Partner: SHF & SCDF)</p> <p>Aims to provide information, care and support to cardiac arrest survivors, their caregivers & families as well as volunteers responders. It will also comprise advocates and community activists of cardiac arrest support.</p> <p>SHF has agreed to partner while SCDF is still considering. This club is envisioned to sit under and supported administratively by SHF, with steering committee led by lay persons and advised by experts from the stakeholders.</p>	<p>Provision of DARE Training to post-secondary schools and Institutes of Higher Learning (Partners: MOE, IHLs)</p> <p>(i) DARE moved a notch higher with MOE's introduction of CPR/AED refresher for Sec 3. Thus, MOE rejected proposal to train post-secondary in DARE, e.g. JCs.</p> <p>(ii) IHLs have autonomy to decide on program & curriculum. Polys cited issues of not having enough qualified people to conduct DARE.</p> <p>(iii) NUS & SUSS will be organizing DARE TTT for their students.</p>			<p>National Registry of Electronic Certificates for Life-saving courses (Partner: SRFAC)</p> <p>To centrally issue certificates of life-saving courses, via national digital platform, Singpass</p> <p>Facilitate tracking of the status of certificates</p> <p>Allow tracking of the number of people who have been trained/certified in Singapore</p> <p>SRFAC will be proposing specifications and parameters to GovTech for further discussion.</p>	<p>Forming a Workgroup that is made up of the stakeholders of NCER Roadmap and to meet regularly for coordination, progress update and discussion on issues.</p> <p>(Partner: MINDEF, MHA, MOH, MOE, SHF, SCDF, SRFAC)</p> <p>To seek endorsement from DS</p>
Project 3	<p>CPR Race at Singapore Science Centre for visitors (Partner – Singapore Science Centre)</p> <p>There will be a CPR Race station at Science Centre from 08 to 10 Apr 2022. If it works out well, we will find opportunity to conduct such activities at Science Centre for the visitors.</p>	<p>To train NIE students in DARE TTT (Partners: NIE, MOE)</p> <p>UPEC's DARE Training Team will be having a meeting with NIE's Associate Dean on 22 Mar 2022 to discuss further on this initiative.</p>				
Project 4	<p>Events – School competition in CPR & AED (Partner: MOE & SHF)</p> <p>SHF and MOE have agreed to partner UPEC for this project.</p> <p>Students will be tested on their knowledge of CPR & AED/cardiac arrest and CPR & AED practical skills.</p>	<p>Revamping of annual fire drills to incorporate medical emergency basics, such as CPR & AED (Partner: SCDF)</p> <p>SCDF will keep in view UPEC's proposal for SCDF to engage building managers to organize life-saving courses and promote myResponder app when arranging fire drills as there are no fire drills currently.</p>			<p>Legend:</p> <p>Green Box: To be actively handled by UPEC Light Blue Box : Farming out to partners</p> <p>Black Font colour : With progress White Font colour : Have not yet kick-started</p>	
Project 5	<p>Enhancing DARE program with optional add-on component - Child & Infant CPR & AED Awareness</p> <p>Re-purposing contents for Child & Infant CPR/AED</p>				<p>Please refer to appendices in slide pages 12 to 26 for more details of the 5-year NCER Roadmap projects.</p>	

The CPRcard™



- Personal credit card size device
- Assists with land-marking
- Provides visual rate and depth range of compressions
- Collects data re: quality of chest compressions

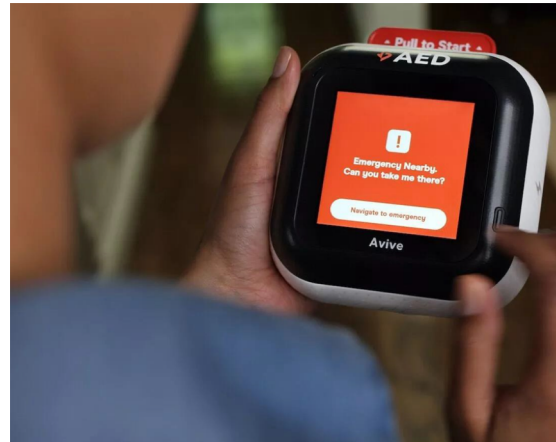


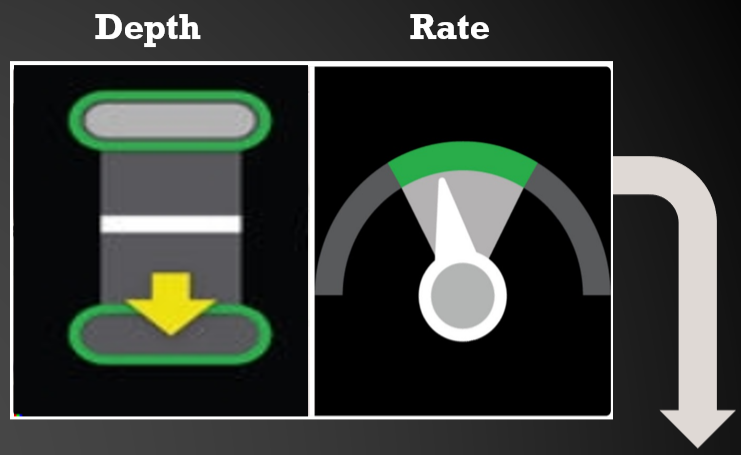
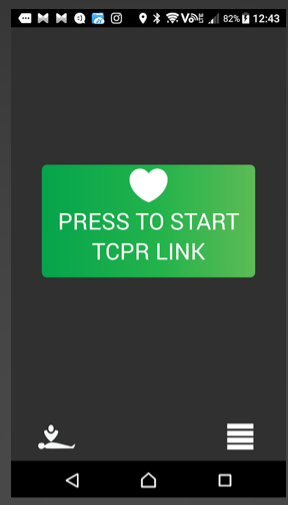
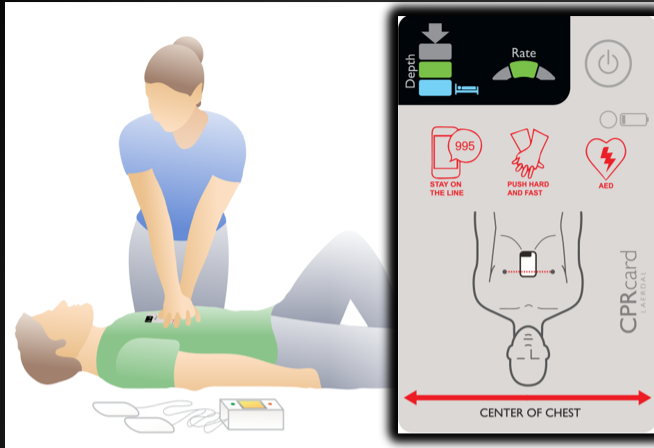




Personal or Home Access Defibrillation

- Next gen defibs
 - Rebirth of the home AED?
 - Miniaturization
 - Improved affordability
 - IoT connectivity



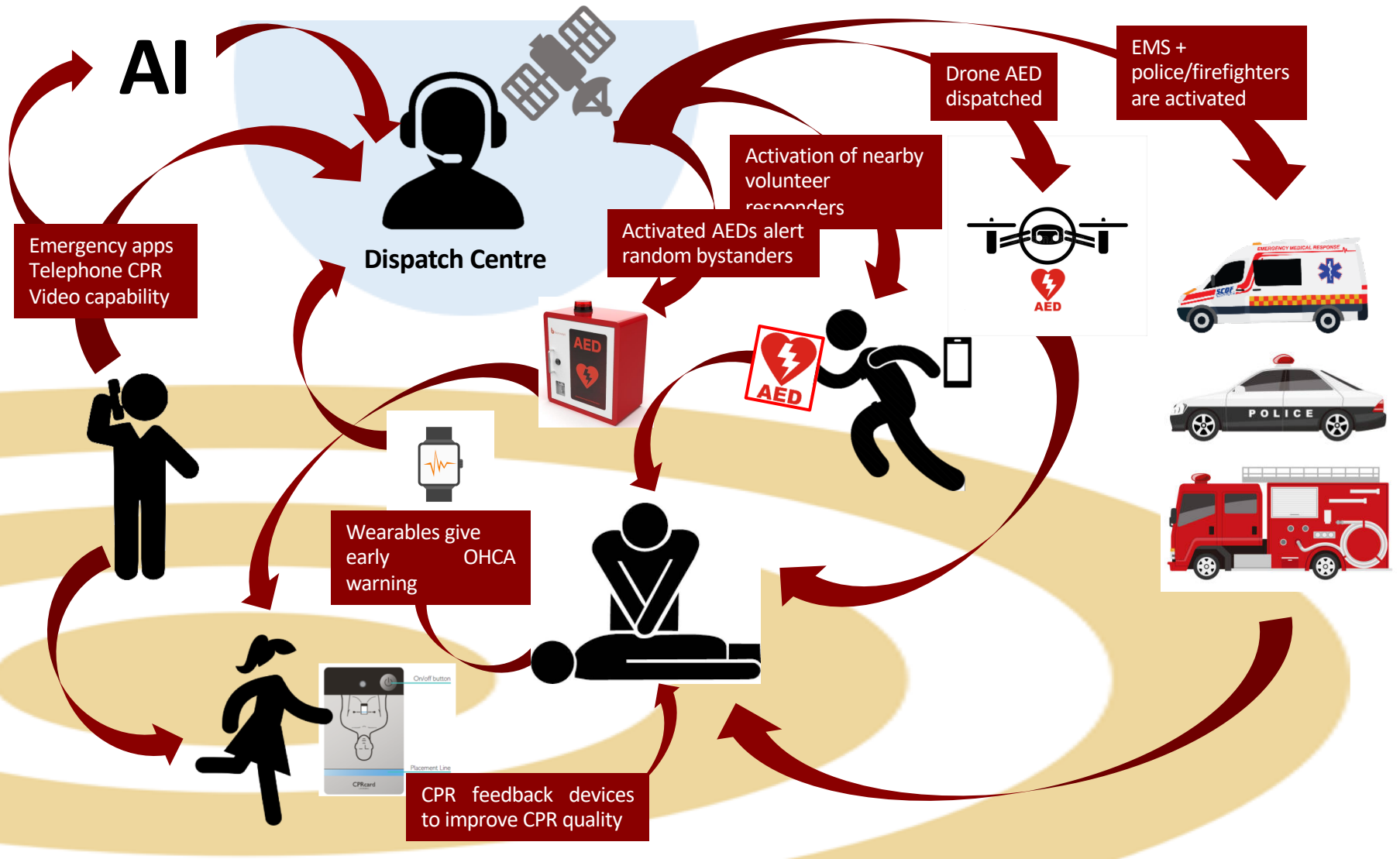


Compression telemetry to dispatcher

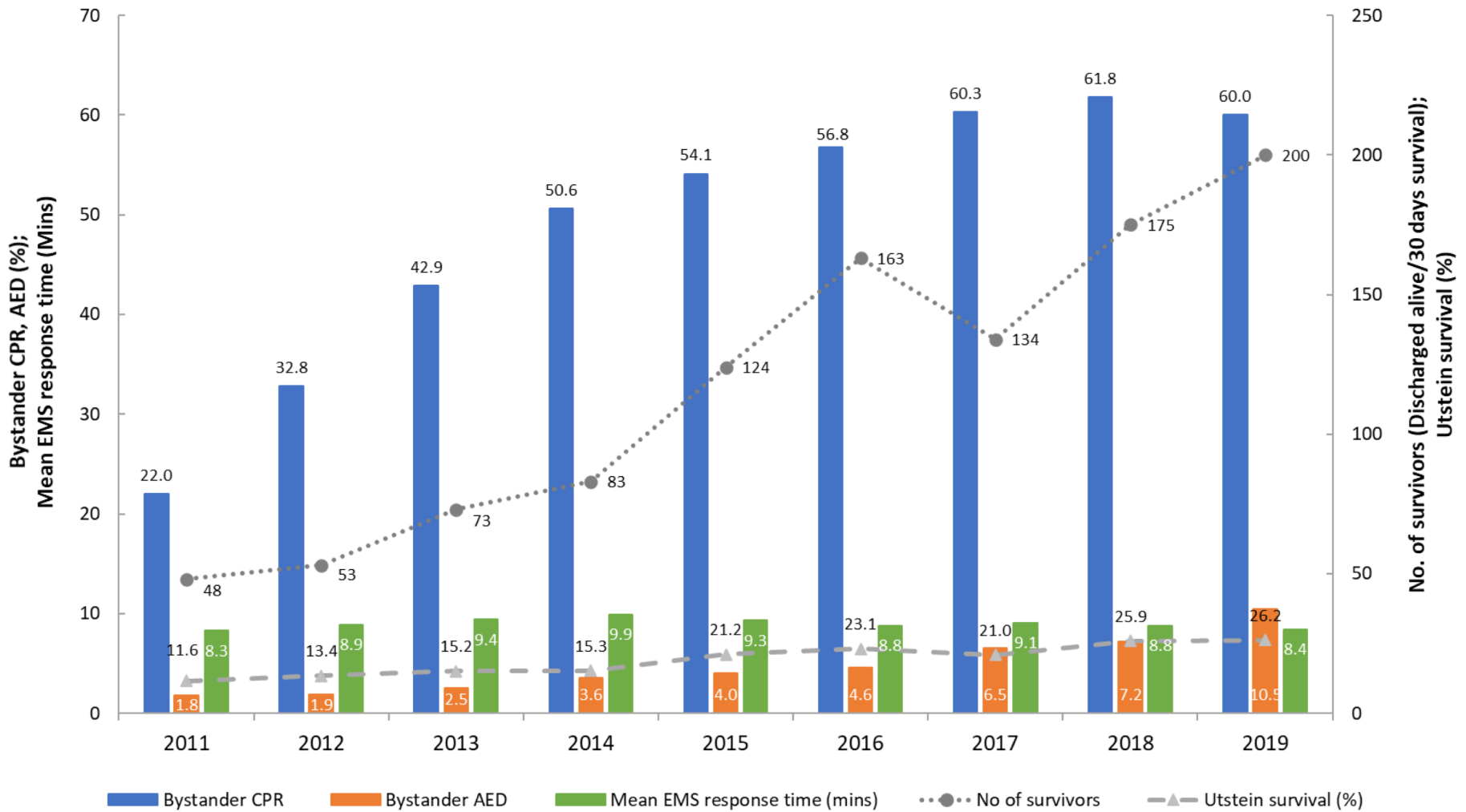
“You’re doing great...push harder... ambulance is on the way.”

DA-CPR coaching to reinforce quality compressions





Overview



Pre-Hospital and Emergency Research Center (PERC)

To be a centre of
excellence in
pre-hospital care
and emergency
medicine, while
improving lives
through
emergency
medical services
research.



Lead PI



Prof Marcus ONG



Theme IV: Global Resuscitation Alliance

Disseminate best practice for Cardiac Arrest management through
the Global Resuscitation Alliance

Community



995



Ambulance



Hospital



Theme II: Future Ready SMART Community interventions

Develop and Implement Future Ready SMART Community interventions to improve the quality of CPR (increase optimal compressions (rate/depth) by 20%)

Theme III: Future Ready Ambulance based interventions

Increase number of neurologically intact survivors by 20% through a bundle of Future Ready Ambulance based interventions

Theme I: Data Science and AI Driven Clinical Policies

Build a Data Science Platform to support AI Driven Clinical Policies

Future-Ready Interventions for Survival after Cardiac Arrest (FRISCA):
From Quantity to Quality Survivorship

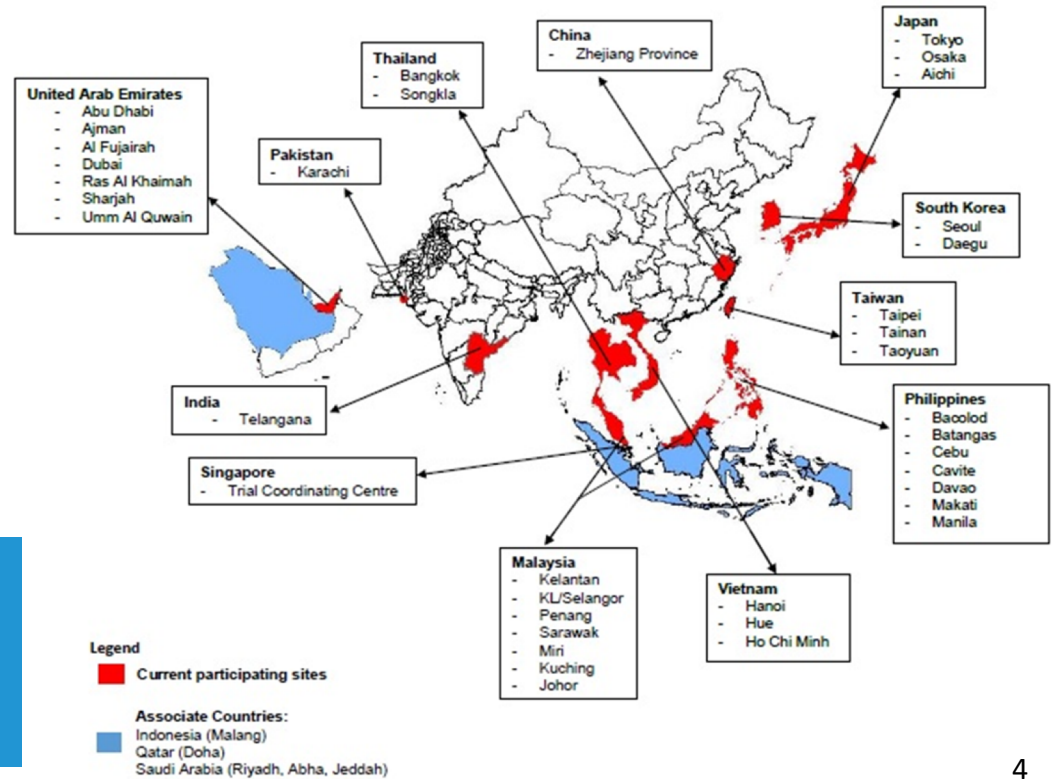
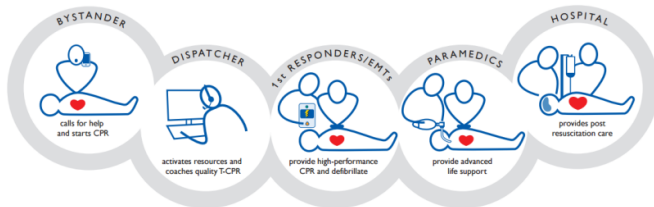
Global Health Programs: Resuscitation Academy Asia

TEMASEK
FOUNDATION



PAROS/GRA : Development of an Assessment tool for Developing Pre-Hospital Emergency Care systems in collaboration with the GRA

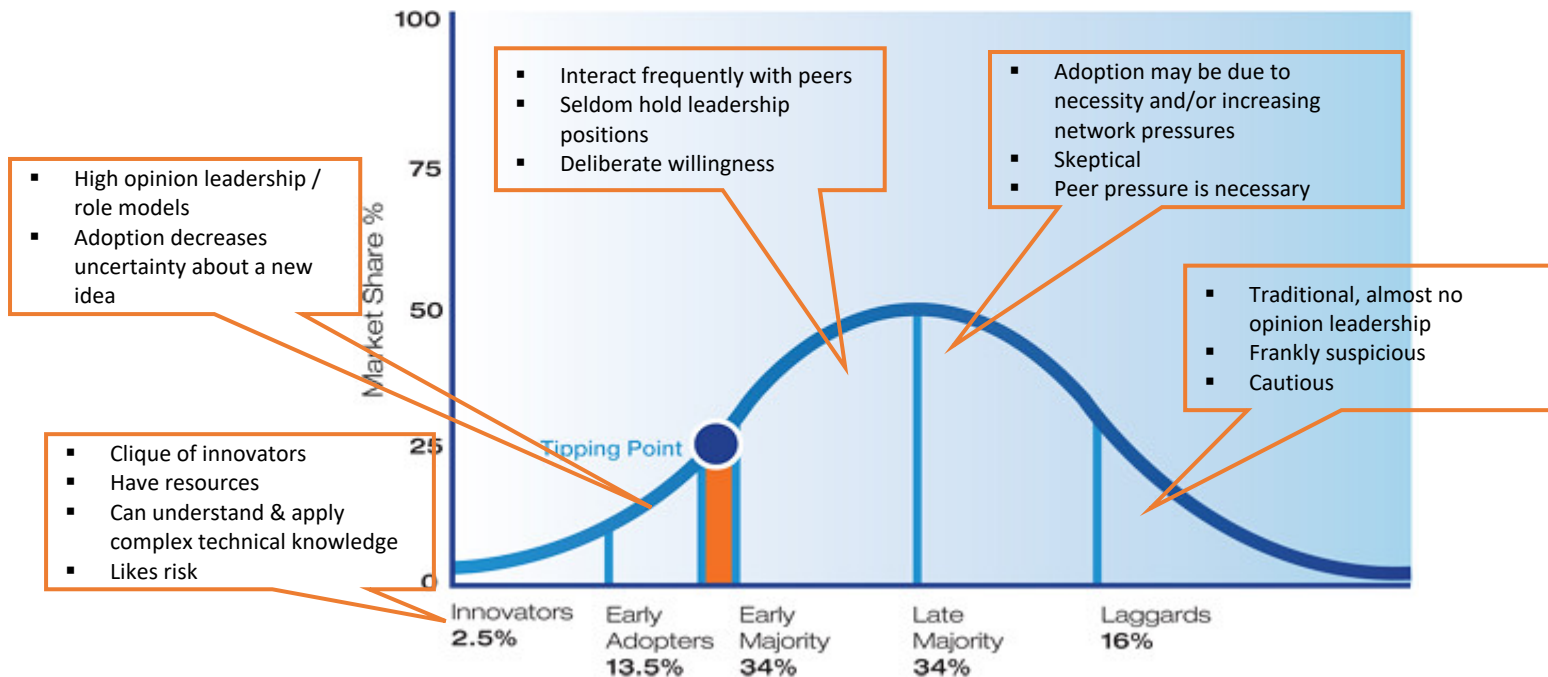
Pan Asian Resuscitation Outcomes Study



Global
Resuscitation
Alliance



How does change occur: Innovation adoption curve

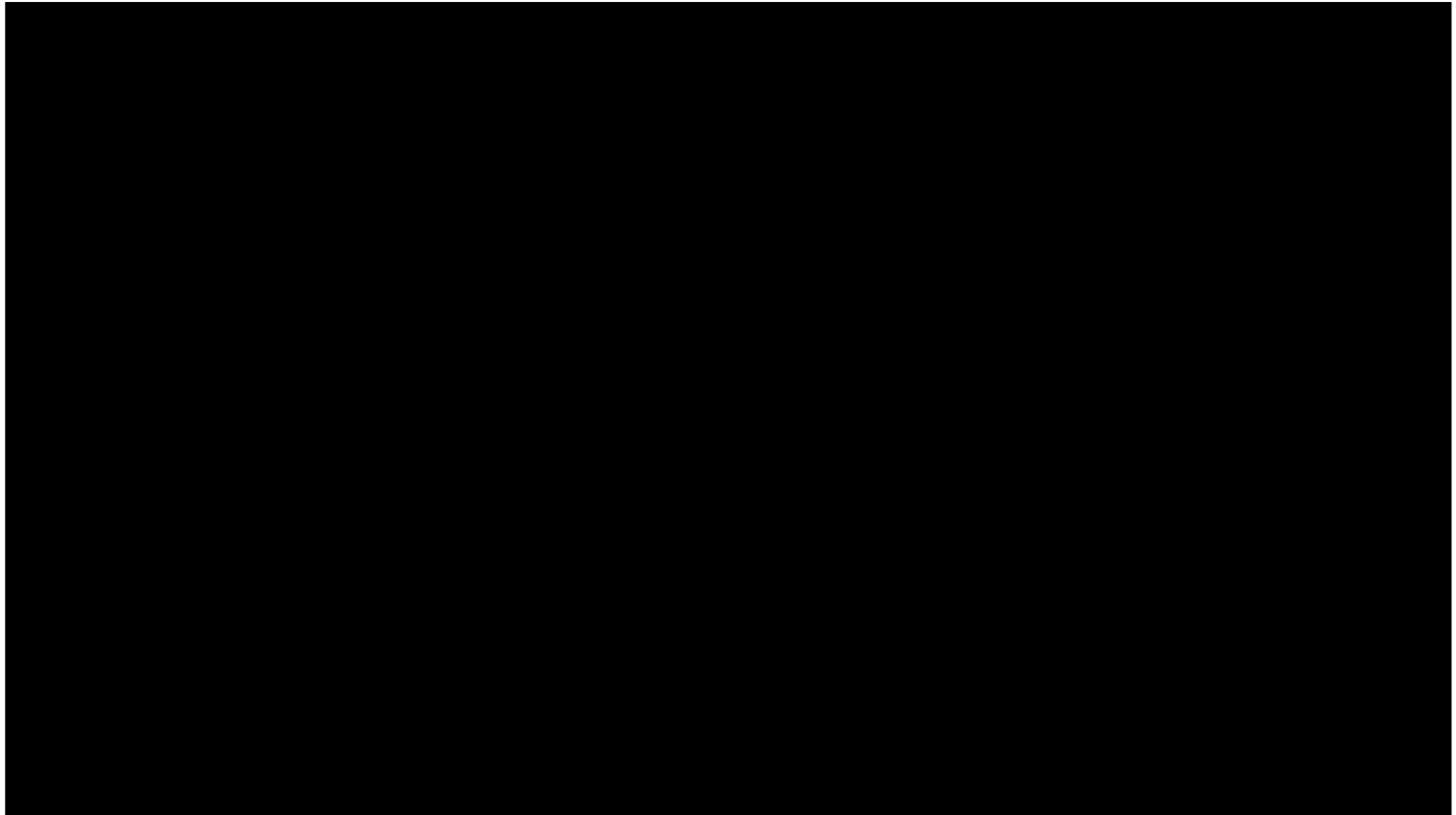


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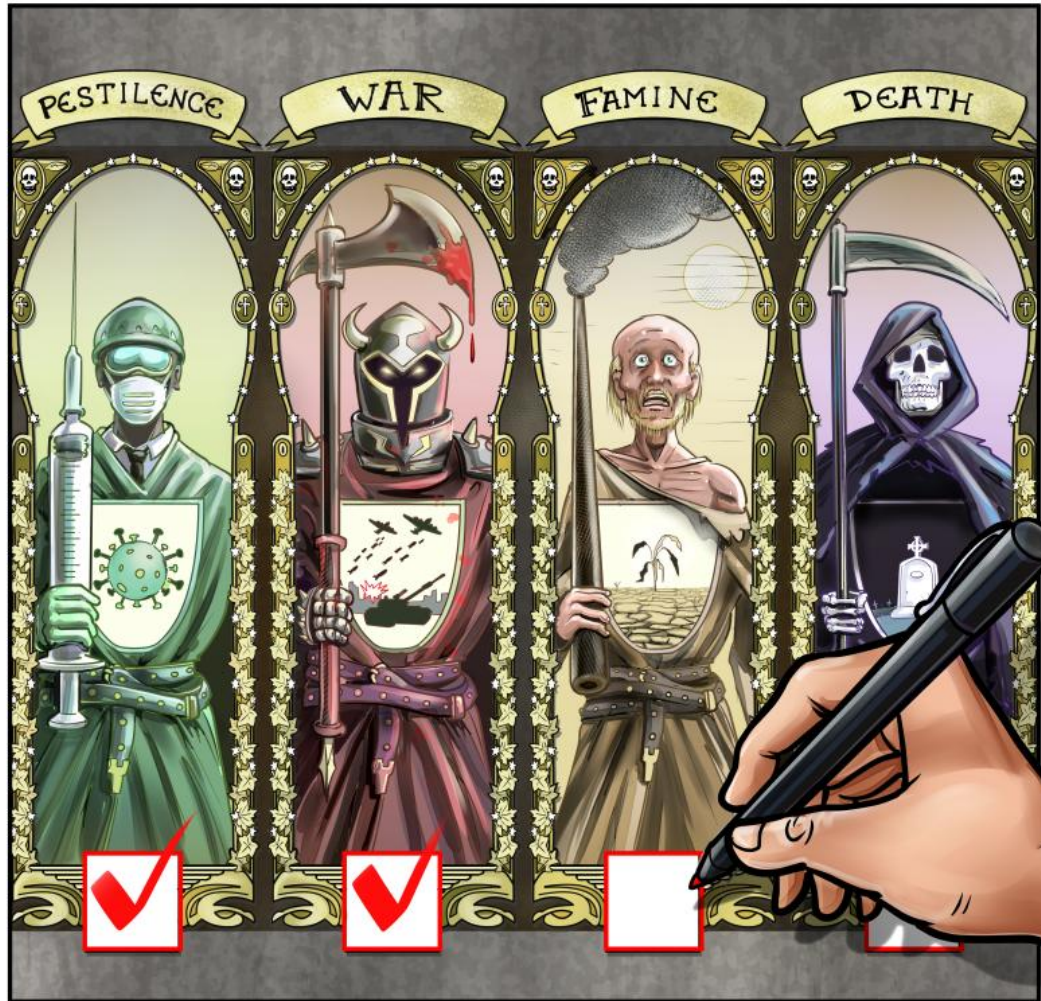
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Slide adapted from Dr Asheley Skinner

Restricted, Non-Sensitive



THE FOUR HORSEMEN OF THE APOCALYPSE

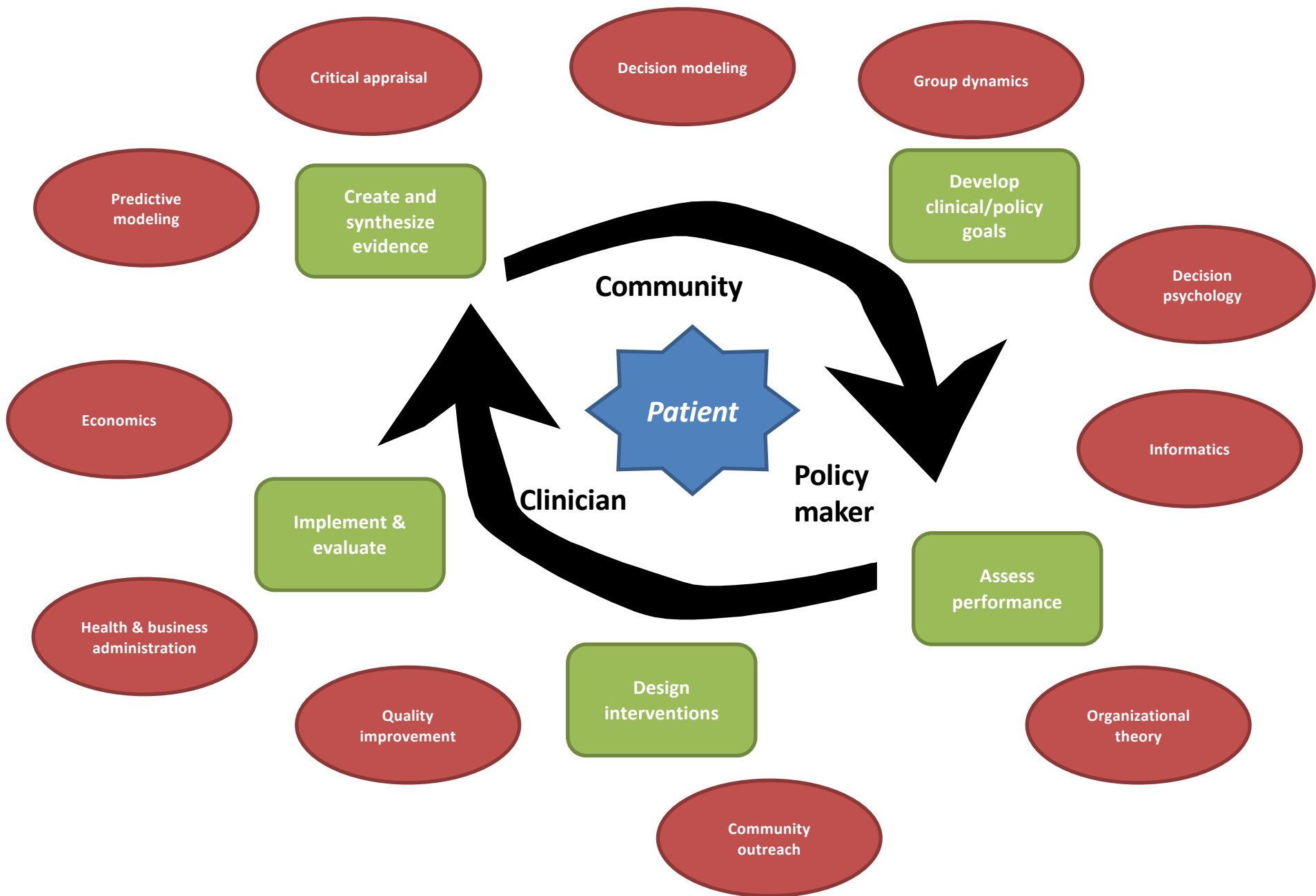


Pandemics
Drugs

Trauma
Mental
health

Inequities
Climate change
Disasters

Aging Tsunami
Non-communicable disease
Infant mortality



Let's save lives together!



**Research/Data should
drive/impact policy!**

Pre-hospital Emergency Care

5 Year Plan (2009 – 2014)

5 Year Plan (2018 – 2022)

Next 5-Year Plan for Pre-hospital Emergency Care 2023 - 2027