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<b>Headline</b>	公众可通过手机应用 学习救护心脏骤停者, The public can learn to rescue people having a cardiac arrest through a mobile app		
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### 公众可通过手机应用 学习救护心脏骤停者

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过去五年, 医院外心脏骤停患者的存活率几乎翻倍, 从12%增加至21%, 速成先遣急救员培训计划再接再厉推出手机应用, 让公众通过手机轻松学习心肺复苏术和使用自动心脏除颤器, 希望到了2030年, 我国可以有100万名先遣急救员。

内政部兼卫生部高级政务次长安宁阿敏昨天在速成先遣急救员培训计划 (DARE) 应用的推介仪式上致辞时说, 新加坡每年

发生超过2300起心脏骤停事件, 其中有七成发生在住宅区, 所以大家应该学习心肺复苏术和使用自动心脏除颤器 (AED), 因为需要拯救的生命随时可能是我们所爱的人。

他说: “大多数的的心脏骤停事件发生在我们认识的人身上, 这表示我们无论做为家人、朋友、邻居或旁观者, 都有可能碰到心脏骤停的病患。”

DARE计划组长柯碧辉医生受访时说, 经过五年的努力, 国人对心脏骤停的急救意识大大提升, 在医院以外心脏骤停患者的存活率过去五年从12%增加至21%。目前DARE已经培训超过7万5000人成为先遣急救员

(first responders), 目标是在2030年懂得应对心脏骤停的人数可以达到100万。

同时也是什脚幼医院急诊科部门顾问医生的柯碧辉说: “我觉得每个人都可以为心脏骤停的病患提供援助……有些人认为小孩子和老人可能不够力气, 但其实只要你懂得怎么做, 就可以出一份力, 例如你可以帮忙打995, 或找出AED的所在地等。”

公众即日起可在手机下载DARE应用, 应用附上视频让人们跟随指示学习心肺复苏术, 并提供关键信息让大家应对突发心脏骤停事件。公众也可到DARE面簿专页和网站了解更多详情。

DARE手机应用的其中一个功能是指出附近的自动心脏除颤器 (AED) 位置。(林国明摄)

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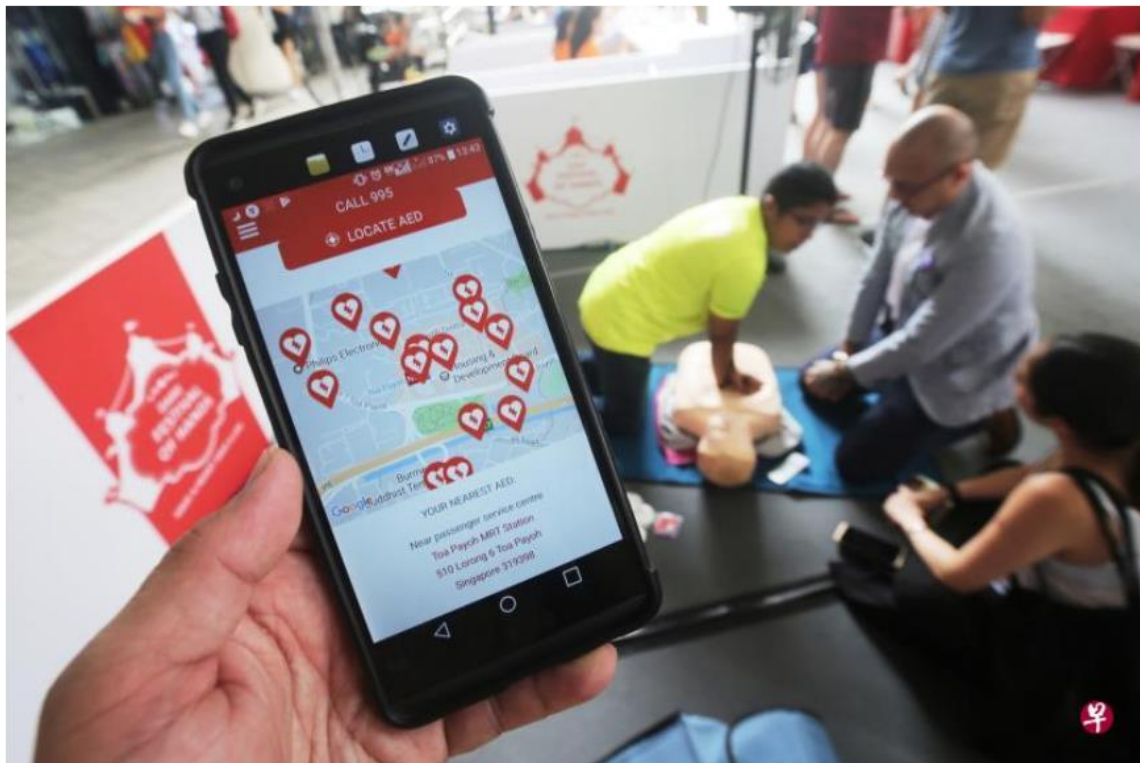
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# 公众可通过手机应用 学习救护心脏骤停者

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文 / 涂健强 摄影 / 林国明

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过去五年，医院外心脏骤停患者的存活率几乎翻倍，从12%增加至21%，速成先遣急救员培训计划再接再厉推出手机应用，让公众通过手机轻松学习心肺复苏术和使用自动心脏除颤器，希望到了2030年，我国可以有100万名先遣急救员。

内政部兼卫生部高级政务次长安宁阿敏昨天在速成先遣急救员培训计划（DARE）应用的推介仪式上致辞时说，新加坡每年发生超过2300起心脏骤停事件，其中有七成发生在住宅区，所以大家应该学习心肺复苏术和使用自动心脏除颤器（AED），因为需要拯救的生命随时可能是我们所爱的人。

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DARE计划组长柯碧辉医生受访时说，经过五年的努力，国人对心脏骤停的急救意识大大提升，在医院以外心脏骤停患者的存活率过去五年从12%增加至21%。目前DARE已经培训超过7万5000人成为先遣急救员（first responders），目标是在2030年懂得应对心脏骤停的人数可以达到100万。

同时也是竹脚妇幼医院急诊科部门顾问医生的柯碧辉说：“我觉得每个人都可以为心脏骤停的病患提供援助……有些人认为小孩子和老人可能不够力气，但其实只要你懂得怎么做，就可以出一份力，例如你可以帮忙打995，或找出AED的所在地等。”

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## Translated Text

### **The public can learn to rescue people having a cardiac arrest through a mobile app**

#### **By Thor Kean Keong**

In the past five years, the survival rate of out-of-hospital cardiac arrest cases has almost doubled, from 12% to 21%. The Dispatcher-Assisted first Responder (DARE) has launched a mobile application, allowing the public to easily learn CPR and the use of an automated external defibrillator (AED) through their phone. By 2030, the programme hopes to reach 1 million first responders.

Speaking at the launch ceremony of the DARE mobile application, Senior Parliamentary Secretary for the Ministry of Home Affairs and Ministry of Health, Mr Amrin Amin, said yesterday that there were more than 2,300 cardiac arrests in Singapore each year, of which 70% occurs in residential areas. Thus, everyone should learn CPR and how to use an AED because we never know when we need to use this skill to save the life of a loved one.

He said: "Most of the sudden cardiac arrest cases happen to people we know. This means that anyone of us - family, friends, neighbours or bystanders - may potentially encounter a cardiac arrest victim."

Dr Jade Kua, Programme Director of DARE, said in an interview that after five years of hard work, people's awareness of first aid for sudden cardiac arrest has increased significantly. The survival rate of patients with cardiac arrest outside the hospital has increased from 12% to 21% in the past five years. At present, DARE has trained more than 75,000 people to be first responders. The goal is to reach 1 million first responders by 2030

Dr Kua also said: "I think everyone can provide assistance for patients with cardiac arrest... Some people think that children and the elderly may not have enough strength, but in fact, as long as you know how to do it, you can make a contribution. For example, you can help call 995 or locate where the AED is."

The public can download the DARE app on mobile phones from now on. The application includes a video for people to follow instructions on how to perform CPR and provides key information for everyone to deal with sudden cardiac arrest. The public can also visit the DARE Facebook page and website for more details.