

Insert relevant (LAS or hospital) logo



**A randomised trial of expedited transfer to a cardiac arrest centre for non-ST elevation out-of-hospital cardiac arrest.  
(ARREST)**

**PATIENT INFORMATION SHEET**

***Funded by the British Heart Foundation***

You have been given this leaflet to read and consider because you were taken to hospital after suffering a cardiac arrest. The London Ambulance Service, who treated you initially, is taking part in a research study called ARREST.

Before you decide whether or not to continue in the study it is important for you to understand why the research is being done. This information sheet explains the study and what continued participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please ask us questions if there is anything that is not clear or if you would like more information.

### **Information about the research**

The ARREST study will help doctors and paramedics decide the best treatment for patients in cardiac arrest. A cardiac arrest happens when your heart stops pumping blood to your body. Most cardiac arrests happen because of a sudden heart attack.

Some research suggests that patients who have had a cardiac arrest may benefit if we treat them in the same way that we treat heart attack patients. We treat those who have had a heart attack in specialised hospital departments known as Heart Attack Centres. The aim of this study is to determine whether patients who have had a cardiac arrest would benefit from being taken directly to a Heart Attack Centre by the ambulance service.

### **Why have I been chosen?**

Patients who have had a cardiac arrest are eligible for this important study. You were entered into the study by the paramedics who attended your cardiac arrest.

### **What has happened to me so far in the study?**

When you were entered into the study you were treated in one of two different ways. You were either transported to an emergency department, or you were transported to a Heart Attack Centre. Your medical care after this point remains unchanged. If you are unsure of which department you were taken to, you can ask one of the research team.

Patients who have had a cardiac arrest can initially be too ill to make decisions about taking part in research. A National Research Ethics Committee reviewed this study and confirmed that the trial is important enough to include patients who were unable to make a decision for themselves at the time. It may not have been possible for the paramedics to speak to those close to you to obtain consent at the time as this may have delayed your emergency treatment.

We may have already spoken to a relative, close friend or partner about your participation in the study.

We are now asking your permission to continue in the study.

**What happened if I was taken to an emergency department?**

You will have received the standard treatment for patients who have had a cardiac arrest. Your medical care is the same as the care you would have received if you were not in this study. Paramedics will have transported you to the closest emergency department. The senior doctor looking after you will have attempted to reverse the cause of your cardiac arrest. This may include a coronary angiogram (see below).

**What happened if I was taken to a Heart Attack Centre?**

You will have received the usual treatment for patients who have had a heart attack. Paramedics will have transported you as quickly as possible to a Heart Attack Centre. The medical staff that treated you will have performed a **coronary angiogram** if deemed appropriate by the receiving cardiology team (see below).

**What is a coronary angiogram?**

A coronary angiogram is a procedure which looks at the arteries (blood vessels) in your heart. This allows your doctor to identify narrowing in your arteries that may be restricting the flow of blood to your heart. During the procedure, a thin plastic tube called a catheter is guided to your heart through an artery. A special dye is injected through the catheter which clearly shows the arteries on an X-ray. If you have any narrowing to the arteries in your heart this is known as coronary artery disease. A variety of treatments are available for coronary artery disease. One of the most common is **coronary angioplasty**.

**What is coronary angioplasty?**

In coronary angioplasty a small balloon is passed through the same catheter that was used for the coronary angiogram. Once the balloon reaches the narrow section of the artery it is expanded to widen the artery. This allows blood to flow more easily. To keep the artery open, a device called a stent (a small mesh tube) is inserted. The stent is left in place to ensure the artery remains open after the balloon and catheter are removed.

**What are the risks of coronary angiogram and angioplasty?**

There is up to a 1 in 100 risk of complication. This includes bruising or bleeding at the site where the catheter goes in, damage to the heart muscle (heart attack), irregular or abnormal heartbeat (dysrhythmia), stroke, coronary artery bypass grafting (very rare), or death specifically related to the procedure (very rare: 1 in 1000).

**How was my treatment decided?**

Half of the patients in the study are taken to an emergency department and half are taken to a Heart Attack Centre. This was chosen at random by a computer rather than by a doctor or paramedic. This is called randomisation. Randomisation makes the study scientifically strong. You had a 50% (or 1 in 2) chance of being placed in either group.

**What will happen to me as part of the study?**

If you agree to continue in the study, we will follow how your recovery progresses over the next 12 months.

This means that we will record some of the data that is collected as part of your normal care during your stay in hospital. This will include information about how long you spent in hospital, what treatments you required and how well you recovered.

You will be contacted 3 months after your admission for a short health assessment. This will not require you to come into the hospital.

We will access your hospital records to gather information on your health for up to one year after your admission.

**Will extra blood samples be collected?**

No. The blood samples that are taken as part of your normal care are all that will be taken.

**Will any other tests be done?**

No. The tests that you receive as part of your normal care at hospital are all you will receive.

**Do I have to take part?**

You do not have to agree to take part. If, as is your right, you choose not to participate in any aspect further of the study any, it will not affect the treatment or care that you receive in any way.

If you decide to continue in the study you will be asked to sign a consent form. You will be given this information sheet to keep together with a copy of the signed consent form.

It is important to know that you are free to withdraw at any time. You do not need to give a reason if you choose to withdraw. If you decide to withdraw, it will not affect the treatment or care you receive. We will continue to collect information remotely about your overall health unless you write to us specifically to request that we do not.

**What are the possible risks and benefits of continuing to take part?**

The risks from you continuing in the trial are small. Receiving a phone call from a researcher could be upsetting. Our trained research staff can talk to you about any such feelings and can offer to put you in contact with professional services if required.

Participating in this study will help us to determine the best urgent care for patients who have had a cardiac arrest.

**Will my taking part in this study be kept confidential?**

Yes. All the information about your participation in this study will be kept confidential. The study is being run by the Clinical Trials Unit at the London School of Hygiene and Tropical Medicine. They are responsible for analysing the data and may need to look at parts of your medical records. You will be allocated a unique study number which will be used on data taken outside of the hospital. The Clinical Trials Unit at London School of Hygiene and Tropical Medicine may be sent a copy of your consent form to make sure it has been completed correctly.

**What if relevant new information becomes available?**

Sometimes during the course of a research study, new information becomes available about the treatment that is being studied. If this happens, a member of the research team will tell you about it and discuss whether you want to continue with the study. If the study is stopped for any other reason you will be told why.

**Who has reviewed the study?**

An independent Research Ethics Committee (REC) has approved this research. The study has been reviewed and approved by National Research Ethics Service (NRES) Committee London – South East.

**What will happen to the results of the research study?**

The results will be published in a reputable medical journal. Nothing that could link your information to you personally will be used in any reports or publications.

**Who is organising and funding the study?**

The study is being run in collaboration between King's College London, Guy's and St Thomas' NHS Foundation Trust, London School of Hygiene and Tropical Medicine and the London Ambulance Service. The study is funded by a charity called the British Heart Foundation.

**Who do I speak to if a problem arises?**

If you wish to complain, or have any concerns about any aspect of the way you have been approached or treated by members of staff due to your participation in the research, the National Health Service or King's College London complaints mechanisms are available to you. Please ask a member of the research team if you would like more information on this.

In the unlikely event that you are harmed by taking part in this study, compensation may be available.

If you suspect that the harm is the result of the Sponsor's (King's College London) or the hospital's negligence then you may be able to claim compensation. After discussing with your research doctor, please make the claim in writing to Professor Simon Redwood, the Chief Investigator for the research based at King's College London. The Chief Investigator will pass the claim to the Sponsor's Insurers, via the Sponsor's office. You may have to bear the costs of the legal action, and you should consult a lawyer about this.

Professor Simon Redwood  
King's College London  
The Rayne Institute  
4th Floor, Lambeth Wing  
St Thomas' Hospital  
London SE1 7EH

**How to contact the researchers**

The researchers conducting this study can be contacted using the following details:

*Insert research paramedic contact details*

*Insert contact details of local PI, research nurses*