

# The ARREST Newsletter

Issue 1, February 2018

The ARREST trial is live

The ARREST trial **opened for recruitment in the catchment areas of St Thomas' and King's College Hospitals on Monday, 15th January 2018**. A huge thank you to all who made this possible. We are especially grateful to all the local site staff who facilitated the opening of the trial at their centres. We look forward to opening the remaining sites soon. Please see the following page for a detailed look at the progress of site set-up.

## Background of the ARREST trial

The aim of ARREST is to determine the best post-resuscitation care pathway for cardiac arrest patients without ST-segment elevation. It will recruit 860 patients, with 430 in each arm. Patients in the treatment arm will be go to a heart attack centre and patients in the control arm will be taken to the closest emergency department.

A pilot trial was conducted between November 2014 and March 2016 which enrolled 40 patients. No safety concerns were identified, and the feasibility of a large scale trial was confirmed. A paper summarising the results was published in 2017 (Patterson et al, Resuscitation, 2017).

The ARREST trial is funded by the British Heart Foundation, and sponsored by King's College London. The Chief Investigator is Simon Redwood, and the Clinical Lead is Tiffany Patterson. The trial is working in close partnership with the London Ambulance Service.

## Meet the LAS Research Paramedics

Johanna Hughes and Helen Werts are Research Paramedics working on the ARREST trial for the London Ambulance Service. Their role is to liaise with the designated hospital staff when trial patients are received at their site, and then track the patient's progress once in hospital. They are responsible for gaining surviving trial patients' consent for follow-up, where possible.

Johanna and Helen will be in frequent contact with all the sites throughout the trial.



Johanna Hughes and Helen Werts, LAS Research Paramedics

## Contact us

The ARREST trial is managed by the Clinical Trials Unit (CTU) at the London School of Hygiene and Tropical Medicine. The CTU is responsible for the day to day running of the trial as well as ensuring the trial operates according to the research ethics approval. If you have any questions about the trial, do not hesitate to get in touch.

### ARREST Trial CTU Team:

Addi Perkins, Trial Manager

Steven Robertson, Senior Data Manager

Richard Evans, Senior Manager of the CTU

Lauren Jerome, Trial Assistant

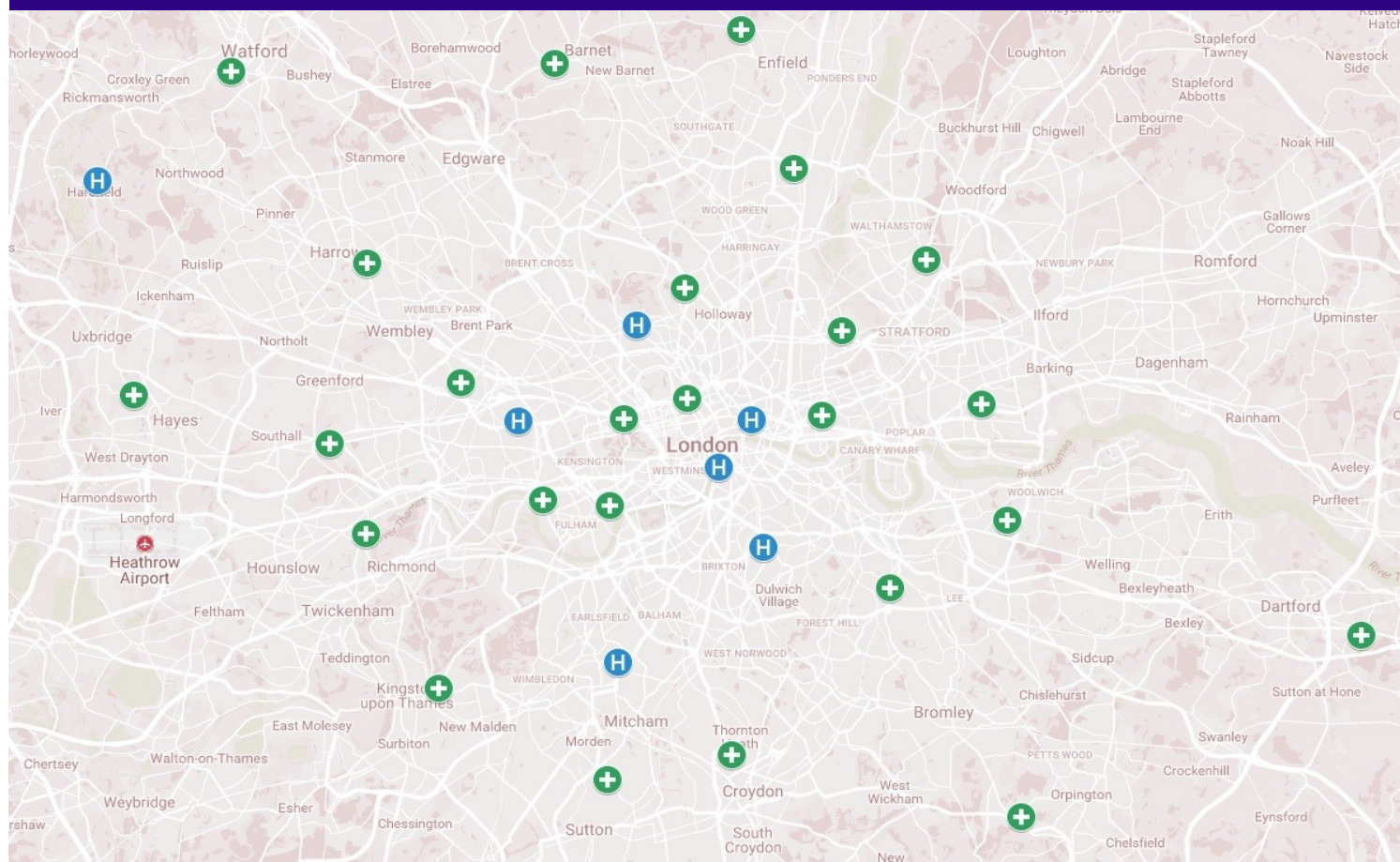
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# ARREST site set-up update



Map of London showing sites in ARREST. Heart attack centres are marked as  and emergency departments are marked as 

Hospital Name	Status
<b>South London</b>	
Croydon University Hospital (ED)	Opening February 2018
King's College Hospital (HAC and ED)	Opened 15 January 2018
Kingston Hospital (ED)	Opened 15 January 2018
Princess Royal University Hospital (ED)	Opened 18 January 2018
Queen Elizabeth Hospital, Woolwich (ED)	Opening 6 February 2018
St George's Hospital (HAC and ED)	Opening February 2018
St Helier Hospital (ED)	Scheduling SIV
St Thomas' Hospital (HAC and ED)	Opened 15 January 2018
University Hospital Lewisham (ED)	Opening 6 February 2018
<b>North West London</b>	
Central Middlesex Hospital (ED)	Set-up to start March 2018
Charing Cross Hospital (ED)	Opening early 2018
Chelsea & Westminster Hospital (ED)	Opening February 2018
Ealing Hospital (ED)	Set-up to start March 2018
Hammersmith Hospital (HAC)	Opening early 2018
Harefield Hospital (HAC)	Opening mid 2018
Hillingdon Hospital (ED)	Set-up to start March 2018

Hospital Name	Status
<b>North West London (continued)</b>	
Northwick Park Hospital (ED)	Set-up to start March 2018
St Mary's Hospital (ED)	Opening early 2018
West Middlesex Hospital (ED)	Opened 15 January 2018
<b>North Thames</b>	
Barnet Hospital (ED)	Opening mid 2018
Chase Farm Hospital (ED)	Opening mid 2018
Homerton University Hospital (ED)	Set-up to start March 2018
Newham University Hospital (ED)	Opening early 2018
North Middlesex Hospital (ED)	Set-up to start March 2018
Royal Free Hospital (HAC and ED)	Opening mid 2018
Royal London Hospital (ED)	Opening early 2018
St Bartholomew's Hospital (HAC)	Opening early 2018
University College Hospital (ED)	Opening early 2018
Watford General Hospital (ED)	Set-up to start March 2018
Whipps Cross Hospital (ED)	Opening early 2018
Whittington Hospital (ED)	Set-up to start March 2018
<b>Kent, Surrey and Sussex</b>	
Darent Valley Hospital (ED)	Set-up to start March 2018