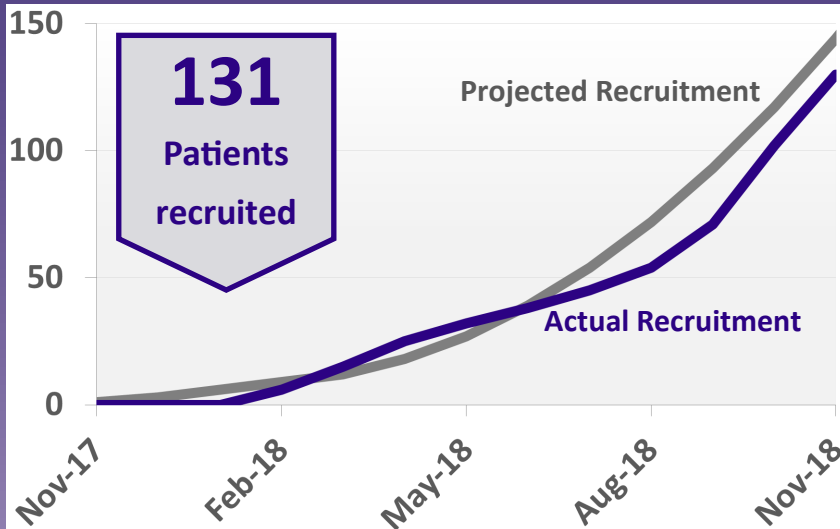


# The ARREST Newsletter

## Recruitment update



Welcome to the December edition of the ARREST newsletter. November was a great month for recruitment, with 28 patients enrolled in the trial.

Thank you for your continued support and hard work on the trial. We wish you a Merry Christmas and a happy start to 2019!



## A day in the life: ARREST at St George's Hospital

We spoke to Vennessa Sookhoo and Bryn Francis from St George's Hospital to find out more about their experiences of ARREST so far.

**How do you locate ARREST patients once they have been delivered to St George's?**

We cross-check the data supplied by the Research Paramedics with our hospital database.

**Have there been any challenges when approaching patients for consent?**

When patient's capacity is limited or their prognosis is poor, it can be difficult or inappropriate to approach their family. In these cases, we have found that it is particularly important to liaise with the teams directly looking after the patients, and to check in regularly to assess if there have been any changes in their situation.



We have also found that it is important to provide professional consultees with plenty of information and time to consider their decision.

**How has data collection been so far?**

We have found that the information needed is often stored on different systems, such as notes and electronic charting, so we have to use a number of sources in order to collect all the data required.

**How would you summarise your experience of working on ARREST?**

We have enjoyed working on ARREST so far, and look forward to receiving more patients!

# Meet our new Research Paramedics

Adam Smith, Anthony Lampard, and Desiree Papadopoulos (pictured from left to right) have recently started work as the ARREST Research Paramedic team. We caught up with them to get to know them and welcome them to the team.



## Q Could you tell us a bit about your background?

**Adam:** I trained as a Paramedic at St George's in London and have been working for the London Ambulance Service (LAS) ever since. I also teach on an undergraduate paramedic programme and recently completed my MSc.

**Anthony:** I joined the LAS in 2016, and have spent the last year working as a Fast Response Unit Paramedic in Hackney.

**Desiree:** I joined the LAS in 1999, having previously worked in the gemstone and jewellery industry. I gained Paramedic status in 2003. I joined the 999 Emergency Operations Centre in 2013 and became a Clinical Hub manager in 2014.

## Q What is your favourite thing to do when you're not working?

**Adam:** For me, nothing beats a holiday – whether it's relaxing on a beach or throwing myself down a snowy mountain! At home, I enjoy cooking, spending time with my friends and family, and watching live music.

**Anthony:** I enjoy watching and playing rugby and look forward to seeing England win the World Cup in Japan next year.

**Desiree:** When I am not at work, I enjoy days out in London at exhibitions, museums and parks.

## Q What will your role in ARREST be?

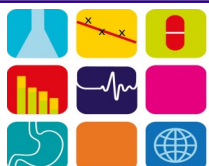
**Adam:** I am a Paramedic Research Fellow, responsible for the day-to-day running of the trial within LAS. This includes oversight of paramedic training, patient recruitment (and soon consenting), and liaising with hospitals. I will also be reviewing any incidents and monitoring our performance against our targets.

**Anthony:** I will be one of ARREST's Research Paramedics, ensuring the smooth running of the trial at the pre-hospital stage.

**Desiree:** I am also a Research Paramedic, working on ARREST one day per week.

## Q How will you work with our hospitals?

**Adam:** We are currently liaising with Research Nurses at the hospitals to track patient progress, and will soon also be contacting the Direct Care Teams to arrange suitable times to visit patients in hospital in order to gain consent. Our interaction with the hospital teams is really important for the success of ARREST and we are really looking forward to building up some strong working relationships!



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