

## ARREST is up and running

### The first ARREST patient was recruited on 2 February 2018



Congratulations to the whole ARREST community for achieving this important milestone. The first patient was delivered to St Thomas' Hospital. Particular thanks to the Advanced Paramedic Practitioners at the London Ambulance Service who recruited the first patients.

In total, **6 patients were recruited by the London Ambulance Service to ARREST in February**. This is an excellent start to the next two years of recruitment. Patients have been delivered to St Thomas' Hospital (1 patient), King's College Hospital (2 patients), St George's Hospital (2 patients) and University Hospital Lewisham (1 patient). Thank you to all at the LAS and local hospital staff for helping ARREST get off to a successful start.

### Patients in Emergency Departments

To ensure that patients are not enrolled in another trial, paramedics are trained to inform hospital staff that a patient is in ARREST. However, it does not mean that they should be treated any differently.

### Please treat patients in the ARREST trial as you would treat any other patients.

We will be distributing posters reinforcing this to all EDs this week. Please post these in your EDs and circulate this information with your colleagues so that all local staff are aware of the trial.

If you have any further questions about managing patients in the ARREST trial, please contact the ARREST CTU ([alexander.perkins@LSHTM.ac.uk](mailto:alexander.perkins@LSHTM.ac.uk)).

### ARREST Consent Procedure

The consent procedure for ARREST is centralised through the LAS research paramedics Johanna Hughes ([Johanna.Hughes@lond-amb.nhs.uk](mailto:Johanna.Hughes@lond-amb.nhs.uk)) and Helen Werts ([Helen.Werts@lond-amb.nhs.uk](mailto:Helen.Werts@lond-amb.nhs.uk)).

If a patient is delivered to your hospital, Johanna or Helen will contact you to confirm that the patient is there. They will then work to determine the best time to seek patient or consultee consent. This will be after the initial emergency has passed.

If a patient dies before consent can be sought, a member of the patients family **should not be contacted** and non-identifiable data may be collected only.

### ARREST recruitment update



Please note that this graph shows projected recruitment up until the end of February 2019. The full recruitment period will run until October 2020.

The target for the end of February was six patients for the month, and nine in total. We succeeded in recruiting six patients in February but were three short of the overall target of nine. We need to recruit 15 patients to reach the target of 24 by the end of March

To achieve this goal we are opening new sites across London. LAS are also working to expand the number of paramedics trained in the trial intervention. Between these two measures we are looking forward to a successful month of recruiting for ARREST.

# ARREST Trial Steering Committee

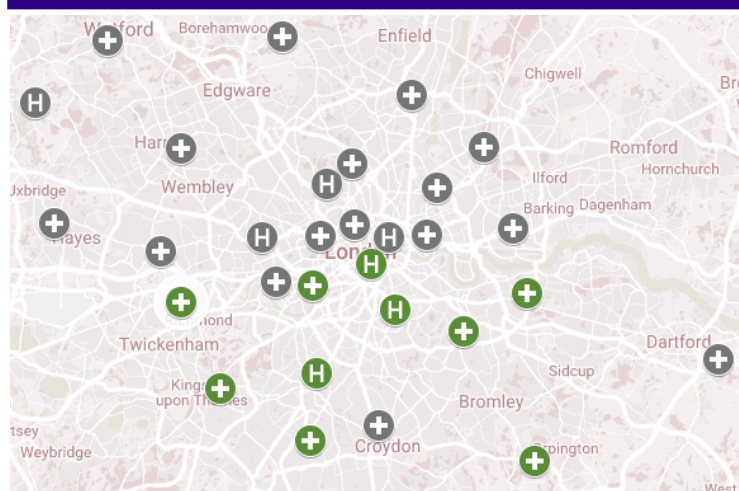
The ARREST Trial Steering Committee has now met twice. The role of the TSC is to provide overall supervision, monitor the progress of the trial against agreed targets, and ensure the trial is conducted safely and ethically.

The independent chair of the TSC is Dr Mark De Belder from the James Cook University Hospital. The independent members are Dr Dawn Adamson from University Hospital Coventry, Dr Lucy Blows from Royal Sussex County Hospital and Prof Nick Curzen at University Hospital Southampton. Garth Crooks and Michael Connor are the independent patient representatives.

Representatives from the project management group are Prof Simon Redwood (St Thomas' Hospital, Chief Investigator), Dr Tiffany Patterson (St Thomas' Hospital, Clinical Lead), and Mr Mark Whitbread (LAS representative).

Alexander Perkins, Richard Evans, Tim Clayton and Rosemary Knight are sit as observers from the ARREST CTU. Mrs Karen Wilson is an observer and cardiovascular research matron from St Thomas'. Dr Shannon Amoils is an observer from the British Heart Foundation, which funds the trial.

## ARREST site set-up update



Map of London showing open sites in green. Heart attack centres are marked with an H and emergency departments are marked with a +.

### Meet the CTU team: Lucy Collier



I have been working at the LSHTM CTU for almost 5 months as a trials assistant, helping out with ARREST. I assist with document preparation and supplies.

I'm currently in my gap year and will be going on to study biology at university in the autumn.

### Contact the ARREST CTU

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Website: <http://arrest.LSHTM.ac.uk>

	Hospital Name	Status
South London	Croydon University Hospital (ED)	Opening March 2018
	King's College Hospital (HAC and ED)	Open
	Kingston Hospital (ED)	Open
	Princess Royal University Hospital (ED)	Open
	QE Hospital, Woolwich (ED)	Open
	St George's Hospital (HAC and ED)	Open
	St Helier Hospital (ED)	Open
	St Thomas' Hospital (HAC and ED)	Open
	University Hospital Lewisham (ED)	Open
North West London	Charing Cross Hospital (ED)	Opening early 2018
	Chelsea & Westminster Hospital (ED)	Open
	Ealing Hospital (ED)	Set-up starts March 2018
	Hammersmith Hospital (HAC)	Opening early 2018
	Harefield Hospital (HAC)	Opening mid 2018
	Hillingdon Hospital (ED)	Set-up starts March 2018
	Northwick Park Hospital (ED)	Set-up starts March 2018
	St Mary's Hospital (ED)	Opening early 2018
West Middlesex Hospital (ED)	Open	
North Thames	Barnet Hospital (ED)	Opening mid 2018
	Homerton University Hospital (ED)	Set-up starts March 2018
	Newham University Hospital (ED)	Opening early 2018
	North Middlesex Hospital (ED)	Set-up starts 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 starts March 2018
	Whipps Cross Hospital (ED)	Opening early 2018
	Whittington Hospital (ED)	Set-up starts March 2018
	<b>Kent, Surrey and Sussex</b> Darent Valley Hospital (ED)	Set-up starts March 2018