

**RE: Canadian Resuscitation Outcomes Consortium (CanROC) Epinephrine Dose: Optimal versus Standard Evaluation Trial (CanROC EpiDOSE Trial)**

Dear <Patient's Mr/Ms Patient's First Name, Surname>

This letter is being sent to you on behalf of Sunnybrook Health Sciences Centre. We understand that this may be coming to you at a very difficult time. Please accept our apologies for this intrusion.

**Why are you receiving this letter?**

You are being given this letter as you were recently treated by Regional Emergency Medical Services (EMS) paramedics for an out-of-hospital cardiac arrest (OHCA; sudden stopping of the heart), which involved the use of standard medical procedures that are called Advanced Cardiac Life Support. At that time, you were included in a research study therefore we wish to provide you with information about the study and others, as well as contact information should you have any questions. A similar letter was provided by the EMS in the days surrounding the cardiac event however, we are sending the information again to ensure you are aware of the research you were included in and all of the details about it.

**Study information**

On the following 'Study Information Form for Survivors' you will find a detailed account of the EpiDOSE trial. Should you have further questions, please do not hesitate to contact the following or visit [www.epidose.ca](http://www.epidose.ca):

<b>Principal Investigators:</b>	<b>Dr. Paul Dorian; email: <a href="mailto:paul.dorian@unityhealth.to">paul.dorian@unityhealth.to</a>; phone: 416-864-5104</b> <b>Dr. Steve Lin; email: <a href="mailto:steve.lin@unityhealth.to">steve.lin@unityhealth.to</a>; phone 416-864-6060 x 7873</b> St. Michael's Hospital, 30 Bond Street, Toronto, ON M5B 1W8
<b>Site Investigator:</b>	<b>Dr. Sheldon Cheskes; email: <a href="mailto:sheldon.cheskes@sunnybrook.ca">sheldon.cheskes@sunnybrook.ca</a>; phone: 416-667-2200 x 0</b> Sunnybrook Centre for Prehospital Medicine, 77 Brown's Line, Suite 100, Toronto, ON M8W 3S2
<b>Research Ethics Contacts:</b>	<b>Dr. Brian J Murray (Chair); phone: 416-480-6100 x 88144</b> Sunnybrook Health Sciences Centre Research Ethics Board 2075 Bayview Avenue, Toronto, ON M4N 3M5

Again, we apologize for this intrusion. We appreciate how difficult this situation may be for you and your family. No action on your part is required unless you wish to receive additional information or discuss the study further.

With kind regards,

**Dr. Sheldon Cheskes**

Medical Director, Sunnybrook Centre for Prehospital Medicine,  
Regions of Peel and Halton  
Site Investigator, EpiDOSE Trial

**RE: Canadian Resuscitation Outcomes Consortium (CanROC) Epinephrine Dose: Optimal versus Standard Evaluation Trial (CanROC EpiDOSE Trial)**

**Study Information Form for Survivors**

<b>Principal Investigators:</b>	<b>Dr. Paul Dorian; email: <a href="mailto:paul.dorian@unityhealth.to">paul.dorian@unityhealth.to</a>; phone: 416-864-5104</b> <b>Dr. Steve Lin; email: <a href="mailto:steve.lin@unityhealth.to">steve.lin@unityhealth.to</a>; phone 416-864-6060 x 7873</b> St. Michael's Hospital, 30 Bond Street, Toronto, ON M5B 1W8
<b>Study Manager:</b>	<b>Theresa Aves; email: <a href="mailto:theresa.aves@unityhealth.to">theresa.aves@unityhealth.to</a>; phone: 416-864-6060 x 46787</b> St. Michael's Hospital, 30 Bond Street, 8-005 Bond Wing, Toronto, ON M5B 1W8
<b>Project Lead:</b>	<b>Emma O'Neil; email: <a href="mailto:emma.oneil@unityhealth.to">emma.oneil@unityhealth.to</a>; phone: 647-972-2562</b> St. Michael's Hospital, 193 Yonge Street, Toronto, ON M5B 1M4
<b>Research Ethics Contacts:</b>	<b>Dr. Brian J Murray (Chair); phone: 416-480-6100 x 88144</b> Sunnybrook Health Sciences Centre Research Ethics Board, 2075 Bayview Avenue, Toronto, ON M4N 3M5
<b>Site Investigator:</b>	<b>Dr. Sheldon Cheskes; email: <a href="mailto:sheldon.cheskes@sunnybrook.ca">sheldon.cheskes@sunnybrook.ca</a>; phone: 416-667-2200 x 0</b> Sunnybrook Centre for Prehospital Medicine, 77 Brown's Line, Suite 100, Toronto, ON M8W 3S2
<b>Study Webpage:</b>	<a href="http://www.EpiDOSE.ca">www.EpiDOSE.ca</a>
<b>Funding Source:</b>	<b>Canadian Institutes of Health Research</b>
<b>Conflicts of Interest:</b>	<b>There are no conflicts of interest to report</b>

The information outlined below is intended to provide additional details to the above letter and how it relates to the EpiDOSE trial in which you were enrolled. If you have any questions after you read this form, please ask the principal investigators, the study manager, and/or the project lead. The research program at St. Michael's Hospital has received funding to conduct this study from the Canadian Institutes of Health Research. The investigators involved however, do not receive any direct payment for patients enrolled into the trial. The grant pays for study operations including study related employment salaries and contract wages.

**INTRODUCTION**

The investigators in association with the Regional Emergency Medical Services (EMS) and Fire Services are conducting a research study to determine how to best treat out-of-hospital cardiac arrests (OHCAs). EMS providers treat cardiac arrest (sudden stopping of the heart) by administering shocks with an external defibrillator and performing cardiopulmonary resuscitation (CPR) which includes chest compressions and helping a person to breathe. As part of Advanced Cardiac Life Support (ACLS), different drugs such as epinephrine may be administered in addition to shocks and CPR in order to increase blood flow to the heart to improve its chances of restarting.

**WHY IS THIS STUDY BEING DONE?**

Though epinephrine has been used in Advanced Cardiac Life Support for decades, there is limited proof that the current standard dose of epinephrine is effective at improving survival out of the hospital. Some research has suggested that epinephrine may even be harmful at higher doses though there is not enough good quality research to conclude this. This study is being conducted

in order to evaluate the effects of different doses of epinephrine including a low total dose and a standard total dose during treatment of out-of-hospital cardiac arrest.

*Our goal is to determine whether intravenous administration of a low total dose of epinephrine (up to 2mg) compared to a standard total dose of epinephrine (up to 6mg) will improve survival to hospital discharge following an OHCA.*

## DESCRIPTION OF THE STUDY

It is anticipated that 3790 people across Canada (Vancouver, Ottawa and Greater Toronto Area) will be included in this study. The entire study is expected to take about 5 years to complete.

This study is a single blinded randomized controlled trial where included individuals are randomly assigned to one of two treatment groups. This means that you were assigned by chance to receive either a low total dose of epinephrine or a standard total dose of epinephrine. Neither you nor the investigators know which treatment group was assigned. This is referred to as “blinding” which is done to minimize bias in the study outcomes and maximize the validity of the results.

## WHAT WILL HAPPEN DURING THIS STUDY?

In order to evaluate the different total doses of epinephrine for cardiac arrest, we will be analyzing data that paramedics and hospitals collect surrounding the cardiac arrest.

The information that we have collected about you includes:

1. Basic information about you including your age and sex
2. Information surrounding the cardiac arrest such as whether or not it was seen by someone, who performed CPR, how many defibrillator shocks were given and what other drugs may have been used during treatment
3. Hospital information such as the unit of admission, length of stay and type of location you were discharged to (e.g. home or other care centre)
4. Post-discharge information such as re-hospitalizations and procedures

There is additional information we wish to collect for the study that relates to your experience in the months following your hospital discharge. We wish to collect this information to gain a better understanding of long-term outcomes after receiving treatment with different total doses of epinephrine. With your permission, we would like to conduct a short telephone interview to obtain information about your current emotional, physical and neurological status. **If you would like to take part in the interview, we ask that you please contact us by phone 416-864-6060 x 46787 or email ([epidose@unityhealth.to](mailto:epidose@unityhealth.to)) as soon as possible upon receiving this letter. You will be compensated for the interview with a gift card of \$50 of your choosing.** At the time of the interview, we will ask what kind of gift card you would like and will confirm your mailing address so that we can send it to you.

If you choose to take part in the interview, a study staff member from St. Michael's Hospital (the Study Coordinating Centre) will administer a set of questionnaires by phone. The interview will be arranged at a date and time that is convenient for you. It is expected the questionnaires will take about 15 minutes to complete. The questionnaires are commonly used in studies related to cardiac arrest and include the Modified Rankin Scale, the Health Utility Index and the Hospital Anxiety and Depression Scale. If you wish to review the questionnaires, they are available on our website at [www.epidose.ca](http://www.epidose.ca). If you choose to participate in the interview, your participation will

last as long as it takes to perform the interview. This is a onetime study interview with no additional study visits.

Together with similar data from almost 4000 other patients we will learn about how a low total dose or a standard total dose of epinephrine may be beneficial for survival out of the hospital, after cardiac arrest. These data are collected from several sources including the Ambulance Call Report (ACR) that was filled out by your paramedics as well as administrative databases including the Discharge Abstract Database (DAD) and the National Ambulatory Care Reporting System Metadata (NACRS). Details of the treatment performed will be attached to the ACR and included in your clinical file in the hospital database. Data collected for the study will be stored up to 25 years.

Data from these sources are entered into a web-based data entry system (a computer program) hosted at St. Michael's Hospital. All personal information including name, date of birth, healthcare number are removed or blocked out and replaced with a unique study number, which you have already been assigned. This information is confidential so that no one can gain specific information about you personally. Although all of your data are kept confidential, medical records such as the Ambulance Call Report may be accessed by the study staff, Sunnybrook Health Sciences Centre, and/or by government regulatory authorities (e.g. Health Canada). Such access will be used only for the purpose of verifying the authenticity and accuracy of the information collected for the study. The results of this study may be presented at conferences and may be published in scientific journals. Results will be published about the study population as a whole; neither your name nor your identifying information will be used.

### **WHAT ARE THE RISKS OF THE STUDY**

Epinephrine is the standard drug used in cardiac arrest. Patient safety is carefully monitored and recorded for any complications of study treatments. There are no anticipated additional risks in the low dose group compared to the standard dose group. Epinephrine may cause adverse effects, including inflammation at the injection site if the drug is given into the skin, worsening of heart rhythm disturbances, or reduced circulation to certain organs such as the heart or brain though these events can occur even in the absence of epinephrine injection.

During the interview, there may be questions that make you feel uncomfortable or that you do not wish you answer. You may refuse to answer the questions or end the interview at any time if you experience discomfort.

### **WHAT ARE THE BENEFITS OF THE STUDY?**

You may or may not receive any direct benefits from being in this study. However, results from this study could further medical or scientific knowledge in the area of cardiac arrest research and help those who may suffer a cardiac arrest in the future.

### **ALTERNATIVES TO PARTICIPATION**

Participation in the telephone interview is completely voluntary. Whether or not you decide to take part, it will not affect the care you currently receive or will receive in the future

## **PRIVACY AND CONFIDENTIALITY**

The research team only collects information they need for this study. The study data will be collected from the ACR, DAD and NACRS databases. All persons involved in the study (the study staff) and the Data Coordinating Centre (the Applied Health Research Centre at St. Michael's Hospital) are committed to respecting your privacy. The study staff and the Data Coordinating Centre will make every effort to keep all personal health information private and confidential in accordance with all applicable privacy legislations, including the Personal Health Information Protection Act of Ontario.

Authorized representatives of the following organizations may look at your original (identifiable) study records at the site where these records are held, to check that the information collected for the study is correct and follows proper laws and guidelines:

- The Sunnybrook Health Sciences Centre Research Ethics Board to oversee the ethical conduct of research at this location

If the results of this study are published, your identity will remain confidential. It is expected that the information collected during this study will be used in analyses and will be published/presented to the scientific community at meetings and in journals. Even though the likelihood that someone may identify you from the study data is very small, it can never be completely eliminated.

## **WHAT ARE THE COSTS?**

Participation in this study will not result in any costs to you.

## **WHERE CAN I GET MORE INFORMATION?**

A description of this clinical trial is available on <http://www.ClinicalTrials.gov> (NCT03826524) and a dedicated study website: [www.epidose.ca](http://www.epidose.ca). These sites will not include any identifying information about you. Any results from this study will be summarized on both sites or published in a confidential manner. If you wish to be directly informed of the study results upon completion, please contact [epidose@unityhealth.to](mailto:epidose@unityhealth.to).

## **RESEARCH ETHICS BOARD CONTACT**

If you have any questions regarding your rights as a research participant, you may contact the Sunnybrook Health Sciences Centre Research Ethics Board by phone at 416-480-6100 x 88144.

## **STUDY CONTACTS**

If you have any questions about this study or would like speak to the investigators, please do not hesitate to contact:

**Dr. Paul Dorian** by email at [paul.dorian@unityhealth.to](mailto:paul.dorian@unityhealth.to) or by phone at 416-864-5104 or  
**Dr. Steve Lin** by email at [steve.lin@unityhealth.to](mailto:steve.lin@unityhealth.to) or by phone at 416-864-6060 x 7873 (lead investigators), OR

**Dr. Sheldon Cheskes** by email at [sheldon.cheskes@sunnybrook.ca](mailto:sheldon.cheskes@sunnybrook.ca) or by phone at 416-667-2200 x 0 (local site investigator)

**Collection of Information for Research Purposes for the EpiDOSE Trial**

I acknowledge that the research study outlined above has been adequately described and that any questions that I have asked have been answered to my satisfaction. I have been informed that my health information and related data will be used for the research study.

I know that I may ask now, or in the future, any questions I have about the research study and data collection. I have been assured that records relating to me and my care will be kept confidential and that no information will be released or printed that would disclose my personal identity without my permission unless required by law. I have been given sufficient time to read and understand the above information. Choosing to withdraw my information will not affect the care I currently receive or will receive in the future.

**I would like to keep my information in the study including continued data collection (please check the appropriate box and initial to indicate your decision)\*:**

Yes  \_\_\_\_\_ (Initials)      No  \_\_\_\_\_ (Initials)

**I would like to participate in the telephone interview portion of the study (please check the appropriate box and initial to indicate your decision):**

Yes  \_\_\_\_\_ (Initials)      No  \_\_\_\_\_ (Initials)

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\*By selecting "no" you choose to withdraw from the study. This means that information about you that transpired up to the date and time withdrawal will be collected to maintain the scientific integrity of the study, but no further information will be collected unless required by government regulatory authorities (e.g. Health Canada)