

THE IST-3 TIMES

July 2007



RECRUITMENT AT 23rd July 2007

NUMBER OF PATIENTS RECRUITED

UK	13
Norway	1
Poland	0
Italy	3
Canada	0
Belgium	0
Austria	0
Australia	1
Sweden	3

Total 21

TOTAL NUMBER OF PATIENTS RECRUITED TO DATE:

857

NUMBER OF CENTRES PER COUNTRY

UK:	26
Sweden:	9
Poland:	5
Norway:	10
Italy :	12
India :	1
Canada:	1
Belgium:	3
Austria:	1
Australia:	20

EDITORIAL

Professor Richard Lindley, Co-Chief Investigator

As many of our northern hemisphere centres are enjoying the quieter summer holiday period, spare a thought for those in Australia who are putting up with some typical Aussie flooding rains and some untypical very cold temperatures – Sydney recorded 50cm of rain last month and frosty nights in July!! We hope that despite the holiday period, you continue to actively recruit eligible patients for the trial.



NICE Approves rt-PA

The big news in the United Kingdom is that the National Institute for Health and Clinical Excellence has recently released Guidance supporting the use of rt-PA according to the licensed indication to be used by trained stroke physicians in experienced stroke centres. The Guidance specifically mentions the licensed age limits for adults of between 18 and 80 years of age and IST-3 and ECASS-III are listed in the Recommendations for Further Research. Although ECASS-III will help estimate treatment effects beyond the 3 hour time window, only IST-3 will add new data on those over 80 years of age. We at IST-3 hope that this guidance will encourage all appropriate stroke centres to offer a thrombolysis service and join the IST-3 group specifically for the 3-6 hour patients and those over 80 years of age. The Guidance is available for download at <http://www.nice.org.uk/>.

Experts define uncertainties regarding thrombolysis therapy

Maaiké Dirks¹ and colleagues have recently published a Delphi study to refine the inclusion and exclusion criteria for stroke thrombolysis. Interestingly, the panel of 31 experts failed to reach consensus on six items, including the maximum time to treatment, patient age and blood pressure reduction. The authors singled out IST-3 in particular as an ongoing trial that will help resolve these uncertainties.

¹ Dirks M, Niessen LW, Koudstaal PJ, Franke CL, van Oostenbrugge RJ, Dippel DWJ et al. Intravenous thrombolysis in acute ischaemic stroke: from trial exclusion criteria to clinical contraindications. An International Delphi study. *J Neurol Neurosurg Psychiatry* 2007; 78: 685-689

2007 UK Stroke Forum Conference

The second UK Stroke Forum conference will be held in Harrogate from 4-6th December and the deadline for early bird registration has been extended to 31st July. The abstract deadline is 5th September and more information is available at http://www.ukstrokeforum.org/events/uk_stroke_forum_conference/call_for_abstr_acts/index.html

ACCESS TO WEB BASED TRAINING & CERTIFICATION IN NIHSS

Some of you may be aware that URL (web address) for the NIHSS training website has moved. The site can be directly accessed via the IST-3 website (www.ist3.com). Alternatively you can access the site by using the email below:-

<http://www.professionaleducationcenter.americanheart.org/ihtml/application/student/interface.heart/index.htm>

We **highly recommend** that any new members of staff who join the trial who are not already trained in NIHSS should access this site to obtain their certification.

**THE IST-3
CO-ORDINATING CENTRE**

**Neurosciences Trials Unit,
Western General Hospital,
Edinburgh, Scotland,
EH4 2XU**

**Telephone:
++44 (0) 131 537 2793**

**Fax:
++44 (0) 131 332 5150**

**Email:
Ist3@skull.dcn.ed.ac.uk**

**Website:
www.ist3.com**

**Co Chief Investigators:
Prof Peter Sandercock**

Prof Richard Lindley

**Imaging PI:
Prof Joanna Wardlaw**

**Trial Co-ordinator:
Karen Innes**

**Centre Co-ordinator:
Alison Clark**

**IST-3 Data Manager:
Pam Linksted**

**Trial Programmers:
Vera Soosay
David Buchanan**

**Statistician:
Dr Steff Lewis**

**Trial Support Team:
Sheila Grant**

Janie Hunter

Anne Fraser

Anne Williamson

IST-3 Trial - The Canberra Hospital

The Canberra Hospital has recruited 8 pts to the IST-3 trial since going live in July, 2005.

The ability to randomise on-line is very convenient and the tool is user friendly.

Our Emergency Department colleagues have been very proactive in identifying suitable patients to the Stroke Team. Our Imaging colleagues have continued to provide timely CT scans.

The low recruitment numbers are due to delayed presentation to hospital or waking from sleep with symptoms.

Isabel Harvey,
Stroke Liaison Nurse
The Canberra Hospital.



FIRST RANDOMISATION

Our thanks and congratulations to these centres in randomising their first patients:-

Dr John Paterson and all the team from Scarborough Hospital, Scarborough, UK.

Dr Khalid Rashed and all the team from Yeovil Hospital, Yeovil, UK.

Professor Francesco Lemolo and all the team from R. Guzzardi Hospital, Vittoria, Italy.



NEW CENTRES

Our thanks and congratulations go to the following centres for all their hard work in getting through the start-up procedures and are now ready to start randomising:

- Dr David Sandler and the teams at the Birmingham Heartlands Hospital & Solihull Hospital, Birmingham UK
- Dr Erwig Van Buggenhout and the team at AZ Sint-Blasius, Dendermonde, Belgium

Congratulations!