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## The Results of the PARAMEDIC 2 Clinical Trial

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### **Background**

Concern about adrenaline (known as epinephrine in the USA) as a treatment for out-of-hospital cardiac arrest led to the International Liaison Committee on Resuscitation and other international organisations to call for a placebo-controlled trial to see if adrenaline is safe and effective to use as a treatment.

### **Trial**

A randomised double blind trial involving 8014 out-of-hospital cardiac arrest patients was run over four years in five National Health Ambulance Trust areas in the United Kingdom with paramedics administering adrenaline or saline placebo along with standard CPR techniques. The trial was co-ordinated by the Clinical Trials Unit of the Medical School of the University of Warwick. Professor Gavin Perkins was the Chief Investigator. The primary outcome was the rate of survival to 30 days post-arrest. A secondary outcome included the rate of survival until hospital discharge with favourable neurologic outcome (on the modified Rankin scale)

### **Results**

At 30 days 3.2% in the adrenaline group and 2.4% in the placebo group were alive. There was no significant difference in the proportion of patients who survived with favourable outcomes in each group. At the time of hospital discharge, however, severe neurologic impairment had occurred in 31% of the patients in the adrenaline group as against only 17.8% in the placebo group.

### **Conclusion**

In adults with out-of-hospital cardiac arrest whilst the use of adrenaline resulted in a slightly higher rate of 30-day survival those receiving such treatment resulted in nearly twice the rate of survivors with severe neurologic impairment.



John Long is a retired Senior Police Officer and Past Commonwealth Secretary of the Royal Life Saving Society worldwide and is an international director of The Lifesaving Foundation. He is an RLSS Commonwealth Vice President, RLSS UK Life Governor, International Life Saving Knight, and is Patron of the Rashtriya Life Saving Society of India. He has been involved in lifesaving for over 50 years. He is the 2015 recipient of the International Ireland Medal. John is a Member of the Paramedic 2 Adrenalin Trial Management Committee.