PEARL is a research study involving people who are brought to the emergency department in cardiac arrest. PEARL will study the difference between treatment options for a specific group of patients who have an out-of-hospital cardiac arrest (the heart suddenly stops beating). This study aims to answer the question: Does an early heart catheterization improve survival in this group of patients?

“The PEARL Study will tell us when cardiac catheterization should be done after a cardiac arrest and CPR,” says David Seder, M.D. “This is a crucial question in resuscitation science, and Maine Medical Center is proud to be on the leading edge of this important research area.”

Because patients cannot give informed consent to be part of the study, MMC is currently conducting community outreach, including a survey, to let the public know we are interested in doing this study and to seek the public’s opinion.

If the study is conducted at MMC, patients who are brought to the hospital in cardiac arrest due to heart disease, but do not have certain findings on their ECG test, can take part in the study. Patients who selected for the study will be randomly assigned to either Group 1 or Group 2.

Both groups will be treated with the standard post-arrest treatment. This includes cooling of the body which can protect the brain from injury caused by cardiac arrest.

- Group 1 will have heart catheterization right away.
- Group 2 will have standard medical treatment which may include heart catheterization. The medical team will decide if this is best for the patient.

To be involved in a research study the Federal Drug Administration requires patients to give informed consent. Informed consent means that the patient understands the risk and benefits of taking part.

Continued on back
**Healthcare Heroes Recognized by MMC Colleague**

Family Birth Center nurses Stacy Lamore and Hinda Uthmaan received recognition as Healthcare Heroes earlier this month.

Healthcare Heroes nominations usually come from members of the Maine community who are patients or loved ones of patients. This recognition stands out because it was provided by a Maine Medical Center employee, Sarah Stern of the Philanthropy Department, who welcomed baby Caroline at the Family Birth Center in August of 2014.

Here’s what Sarah had to say about Hinda’s care:

“Thank you for your help and taking such good care of my daughter and me. You immediately made me feel like you were a friend — not a stranger — taking care of me after my Cesarean. You allowed me to rest and heal — I felt incredibly taken care of during my time at MMC. I’ll never forget what support you were to me and my family during our stay.”

And to Stacy, she wrote: “Thank you so much for your guidance and support during my stay. Being a mother is such a wonderful experience, but there are so many unknowns! You were so reassuring and calming. Thank you for being such an incredible resource; you were such a huge help.”

Do you or a loved one want to recognize a caregiver? Submit a Healthcare Hero at fundraising.mmc.org/healthcareHeroes.

---

**“PEARL Study” From front**

in the study and then chooses to be part of it. Patients who arrive in the emergency department during cardiac arrest are not able to give informed consent because they are unconscious. A family member or legal representative may give consent for the patient. If they cannot be reached, patients can still take part in the study under what is called an Exception from Informed Consent for Emergency Research. In this case, the patient’s medical team can decide if the patient should be in the research study.

“We believe the trial results will lead to new therapeutic options for desperately ill patients, and improve the chances that a patient suffering from cardiac arrest will make it home to their loved ones,” says Dr. Seder.

If you do not want to take part in the study, you may request a bracelet to wear indicating that you decline to be part of the study.

To take the survey and learn more about the PEARL study, visit mmc.org/PEARL. To get a bracelet or if you have questions about the PEARL study, please contact the research team at 207-662-2066 or PEARL@mmc.org.