

# Sedation, Temperature and Pressure After Cardiac Arrest and Resuscitation- STEPCARE Trial

ACTRN12623001057673

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Status	RECRUITING
Sponsor	Region Skane
Enrollment	3,500 participants

## Plain Language Summary

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When someone is resuscitated from a cardiac arrest outside of hospital and remains unconscious in the ICU, the decisions made about their treatment in the hours that follow can significantly affect brain recovery. The STEPCARE trial is a large international study testing three interconnected treatment strategies simultaneously: how deeply patients should be sedated, whether active cooling devices or just medications should be used to prevent fever, and what blood pressure target best protects the brain.

Participants who have been resuscitated from cardiac arrest and remain unconscious will be randomly assigned to different combinations of these three treatment approaches. The goal is to identify the combination of sedation, temperature control, and blood pressure management most likely to improve survival and neurological recovery.

You may be eligible if you are 18 or older, had an out-of-hospital cardiac arrest for a non-traumatic reason, have had stable return of circulation, remain unconscious and are eligible for full intensive care. The trial is run across multiple international sites including Australia and is coordinated by Region Skane, Sweden.

## Key Eligibility Criteria

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### Inclusion (5)

- Out-of-hospital cardiac arrest of non-traumatic origin
- A minimum of 20 minutes without chest compressions (20 minutes of spontaneous circulation without the need for chest compressions is called "stable return of spontaneous circulation (ROSC)")
- Unconsciousness defined as not being able to obey verbal commands (FOUR-score motor response of <4) or being intubated and sedated because of agitation after sustained ROSC
- Eligible for intensive care without restrictions or limitations
- Inclusion within 4 hours of ROSC (240 minutes from ROSC or 220 minutes from stable ROSC)

### Exclusion (4)

- On extracorporeal membrane oxygenation (ECMO) prior to randomization
- Pregnancy
- Suspected or confirmed intracranial hemorrhage
- Previously randomized in the STEPCARE trial

## Locations (17 total)

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Concord Repatriation Hospital - Concord, NSW,QLD,VIC, Australia  
John Hunter Hospital - New Lambton, NSW,QLD,VIC, Australia  
Nepean Hospital - Kingswood, NSW,QLD,VIC, Australia  
... and 14 more locations

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623001057673>

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