

Checklist: 30 day follow up

Before the first patient is randomized at each site: identify the outcome assessor/follow-up examiner. **IMPORTANT! This person should be totally blinded for the temperature intervention and should therefore not have been involved in the acute care of the patient.** Also contact the follow-up coordinating team in Lund (gisela.lilja@med.lu.se) for the test forms and instructions that will be used in the TTM2

- **At time of randomization:** an automatic e-mail will be sent to the outcome assessor/follow-up examiner at each site.
- **Within 1-2 weeks from randomization:** further information should be given to the outcome assessor/follow-up examiner by a contact person at each site e.g. a research nurse.

This information includes:

- If the patient is still alive or dead
- If alive;
 - Patient information; name, randomization code, id-number, address, telephone number and date of randomization.
 - Provide alternative contact details to a family member/friend
 - Note if informed consent has been obtained yet or not
 - Other important information (since the outcome assessor can't look into medical files) e.g. if there is severe brain damage, if the patient is still admitted, if they are able to speak the local language etc.
- **After this information:** the staff responsible for the logistics (that may be the outcome assessor themselves) should find a time-point for the 30 days follow-up (± 2 days) and send a letter to the patient with further information (an example of a letter is presented below). We recommend that this letter is sent approximately 14 days before the telephone call.

Important! The patient or a relative should be able to contact you to provide an alternative telephone number, time-point (or source of information) if needed.

- **Before 30 days:** if the contact person or research nurse becomes aware of any changes in the patients' status e.g. the patient dies, is discharged, or if informed consent is obtained, the outcome assessor/follow-up examiner should be informed as soon as possible.
- **At 30 days:** The outcome assessor/follow up examiner assess the patient's current outcome according to the mRS and the GOSE. For further instructions on administration and scoring please see the **TTM2 outcome follow-up manual**.

If the patient can't participate in the telephone interview the outcome can be obtained by e.g. visiting the patient at the ward if still admitted, by a telephone interview with a family member, or by information obtained from a health care professional caring for the patient.

- **At the time of the telephone call:** remind the patient that there will be a 6 months face-to-face follow up visit. Also make sure the patient/relative/informant understand that their answers are very valuable and that their participation is important and very appreciated

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Dnr

Dear XXX

You recently had a cardiac arrest and were then included in the TTM2 trial

It is soon time for the first follow up in this study, which will take place at 30 days after your cardiac arrest. You will receive a telephone call where you will be asked questions on how you currently manage to perform your usual activities, and if you experience any remaining symptoms or problems.

It is important that the examiner NOT KNOW what type of temperature intervention you have received. It is therefore important that you DON'T reveal any information you may have on this to me.

You will receive the telephone call:

XXX-weekday the XXX-date of XXX-month XXX-year at XXX-time at XXX-telephone number

IF you have any further questions, or if you like to change time or telephone number please call 046-173705, or send an e-mail to gisela.lilja@skane.se

Best regards

Gisela Lilja - Occupational therapist

Before the telephone follow-up it is important that:

- *You sit comfortable*
- *Use any hearing aids you might have*
- *Avoid background noise*

