

**Prevention Of Decline in Cognition After Stroke Trial (PODCAST):  
A factorial randomised controlled trial of intensive versus guideline  
lowering of blood pressure and lipids**

**Version 1.1, 12 October 2009**

Short title:	Prevention Of Decline in Cognition After Stroke Trial
Acronym:	PODCAST
Trial Registration:	ISRCTN85562386
EUDRACT:	None – No Clinical Trials Authorisation required †
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Trial Sponsor:	University of Nottingham
Funding Source:	The Stroke Association UK, Alzheimer's Society UK
Website:	<a href="http://www.podcast-trial.org/">www.podcast-trial.org/</a>

† MHRA has confirmed that the trial is not within the scope of the Clinical Trials Directive.

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**SYNOPSIS**

Title	Prevention of decline in cognition after stroke trial: a factorial randomised controlled trial of blood pressure and lipid lowering
Short title	<u>P</u> revention of <u>D</u> ecline in <u>C</u> ognition <u>A</u> fter <u>S</u> troke <u>T</u> rial (PODCAST)
Acronym	PODCAST
Chief Investigator	Professor Philip Bath
Objectives	Primary: To determine if 'intensive' blood pressure lowering therapy, and/or 'intensive' lipid lowering therapy, after stroke reduces cognitive decline and dementia. Secondary: To determine if 'intensive' blood pressure lowering therapy, and/or 'intensive' lipid lowering therapy, after stroke reduces poor quality of life, poor function, depression, stroke recurrence, vascular events, and death.
Trial Configuration	Prospective, randomised, open-label, blinded end-point, controlled, partial factorial, phase IV trial
Setting	Secondary care
Sample size estimate	Assuming overall significance $\alpha=5\%$ , power $1-\beta=90\%$ , rate of cognitive decline in 'guideline' BP group = 25% and 'intensive' BP group = 20% (absolute risk reduction 5%, relative risk reduction 20%) at 5 years, we estimate a sample size of 3,400 participants for the whole trial (start-up and main phase). The lipid factor will assume the same relative risk reduction (20 %) but will have a lower statistical power (~86 %), as it will only involve participants with ischaemic stroke (~3,060)
Number of participants	3,400 participants (1,700 per BP group, ~1,530 per lipid group), comprising a: Start-up phase: 600 participants (300 per BP group, ~270 per lipid group) Main phase: 2,800 participants (1,400 per BP group, ~1,260 per lipid group)
Eligibility criteria	Ischaemic stroke or primary intracerebral haemorrhage 3-7 months post stroke event Age >70 and normal cognition (telephone-MMSE >16), or Age 60-70 with telephone-MMSE 17-19
Description of interventions	1. BP lowering strategy: 'Intensive' group – target SBP <125 mmHg 'Guideline' group – target SBP <140 mmHg

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	<p>Treatments will use licensed BP-lowering interventions (including life style modifications and drugs)</p> <p>2. Lipid lowering strategy:                      'Intensive' group – target LDL-cholesterol &lt;2.0 mmol/l (or total cholesterol &lt;4.0 mmol/l if LDL-cholesterol cannot be calculated)                      'Guideline' group –target LDL-cholesterol &lt;3.0 mmol/l (or total cholesterol &lt;5.0 mmol/l if LDL-cholesterol cannot be calculated)                      Treatments will use licensed lipid-lowering interventions (including life-style modification and drugs)</p>
Duration of trial	<p>8 years. The proposed start date is January 2010</p> <p>Start-up phase: 3 years</p> <p>Main phase: 5 years</p>
Randomisation and blinding	<p>Randomisation over a secure internet site</p> <p>The trial is open-label with blinded end point</p>
Outcome measures	<p>Primary: Comparison of cognition (Addenbrooke's Cognitive Examination-Revised extended to include death) between 'intensive' and 'guideline' BP/lipid lowering groups</p> <p>Secondary: Other cognitive assessments; Quality of life; Vascular events; Functional outcome; Depression; Death</p>
Statistical methods	<p>Outcomes will be analysed by multiple regression, ordinal logistic regression and binary logistic regression, depending on the measure, with adjustment for baseline stratification and minimisation variables</p>

## ABBREVIATIONS

ABPM	Ambulatory Blood Pressure Monitoring
ACEII	Angiotensin Converting Enzyme Inhibitor
ACE-R	Addenbrooke's Cognitive Examination Revised
AE	Adverse Event
ALLHAT	Anti Hypertensive and Lipid Lowering Treatment to Prevent Heart Attacks Trial
ALT	Alanine transaminase
ASCOT	Anglo-Scandinavian Cardiac Outcomes Trial
AVM	Arterio-venous malformation
BHS	British Hypertension Society
BP	Blood Pressure
CADASIL	Cerebral Autosomal Dominant Arteriopathy with Subacute infarcts and Leukoencephalopathy
CI	Chief Investigator
CT	Computer axial Tomography (scan)
CRF	Case Report Form
DMC	Data Monitoring Committee
ENOS	Efficacy of Nitric Oxide in Stroke
EMA	European Medicines Agency
GCP	Good Clinical Practice
HR	Heart rate
HOT	Hypertension Optimal Treatment Trial
IQCODE	Informant Questionnaire on Cognition Decline in the Elderly
HDL	High Density Lipoprotein
LDL/LDL-c	Low Density Lipoprotein-cholesterol
MI	Myocardial Infarction
MMSE	Mini mental status examination
MRI	Magnetic Resonance Imaging
MRC	Medical Research Council
NHS	National Health Service
NICE	National Institute of Health and Clinical Excellence
NINDS	National Institute of Neurological Disorders and Stroke
OCSF	Oxford Community Stroke Project
Od	Once daily
On	At night
OAST	Optimising Analysis of Stroke Trials collaboration
OAST-Cog	Optimising Analysis of Stroke Trials-Cognition collaboration
PI	Principle Investigator
PICH	Primary Intracerebral Haemorrhage
PIN	Postal Index Number
PIS	Participant Information Sheet
PP	Pulse Pressure
PRoFESS	Prevention regime for effectively avoiding second strokes Study
PROGRESS	Perindopril pROtection aGainst REcurrent Stroke Study

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PSD	Post-Stroke Dementia
REC	Research Ethics Committee
R&D	Research and Development department
RR	Relative Risk
RRR	Relative Risk Reduction
SAE	Serious Adverse Event
SBP	Systolic Blood Pressure
SHEP	Systolic Hypertension in Elderly Program
SPARCL	Stroke Prevention by Aggressive Reduction in Cholesterol Levels
STU	Stroke Trials Unit
Syst-Eur	Systolic Hypertension in Europe Trial
t-MMSE	telephone mini mental status examination
TC	Total Cholesterol
TG	Triglycerides
TMC	Trial Management Committee
TOAST	Trial of Org 10172 in Acute Stroke Treatment Trial
TSC	Trial Steering Committee

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## **1 BACKGROUND INFORMATION AND RATIONALE**

### **1.1 INTRODUCTION**

Stroke and dementia are common, economically costly to society, and devastating to patients and their family. Hence, their combined effect is catastrophic. 30% of people develop dementia after stroke (post stroke dementia, PSD) and 50% of people with dementia have significant cerebrovascular disease, with UK annual care costs close to £30 billion. Despite this, the evidence base for the prevention of cognition decline and dementia post-stroke is negligible, perhaps because:

- People with stroke and dementia are a disadvantaged group who attract little medical interest
- Cognitive and physical disability reduces medication compliance

Elevated BP and cholesterol are common after stroke. There is good trial evidence and guideline support for blood pressure<sup>1</sup> and cholesterol<sup>2</sup> lowering treatment to prevent recurrent vascular events. As a result, most patients with a previous stroke need to receive life-style advice and have their BP lowered, and those with ischaemic stroke usually need a statin. Although BP-lowering post-stroke may reduce cognitive decline and dementia (PROGRESS, secondary outcomes<sup>3, 4</sup>) there is little evidence, so far, that lipid lowering is effective in preventing cognitive decline after stroke. Critically, it is unknown whether BP and cholesterol should be lowered intensively rather than more modestly as per guidelines.<sup>5</sup>

The PODCAST study will counter this negativity by:

- Actively seeking out people with stroke who are at risk of cognitive decline
- Aiming to reduce post stroke cognitive decline by ~20%
- Concentrating on ensuring compliance with management regimes
- Empirically testing the feasibility and applicability of therapeutic strategies for optimising BP and lipid control

The trial may offer the last opportunity to test these questions. Conclusive evidence that intensive BP/lipid lowering prevents cognitive decline would benefit patients, carers and society, and influence clinical management.

### **1.2 CURRENT MEDICAL LITERATURE**

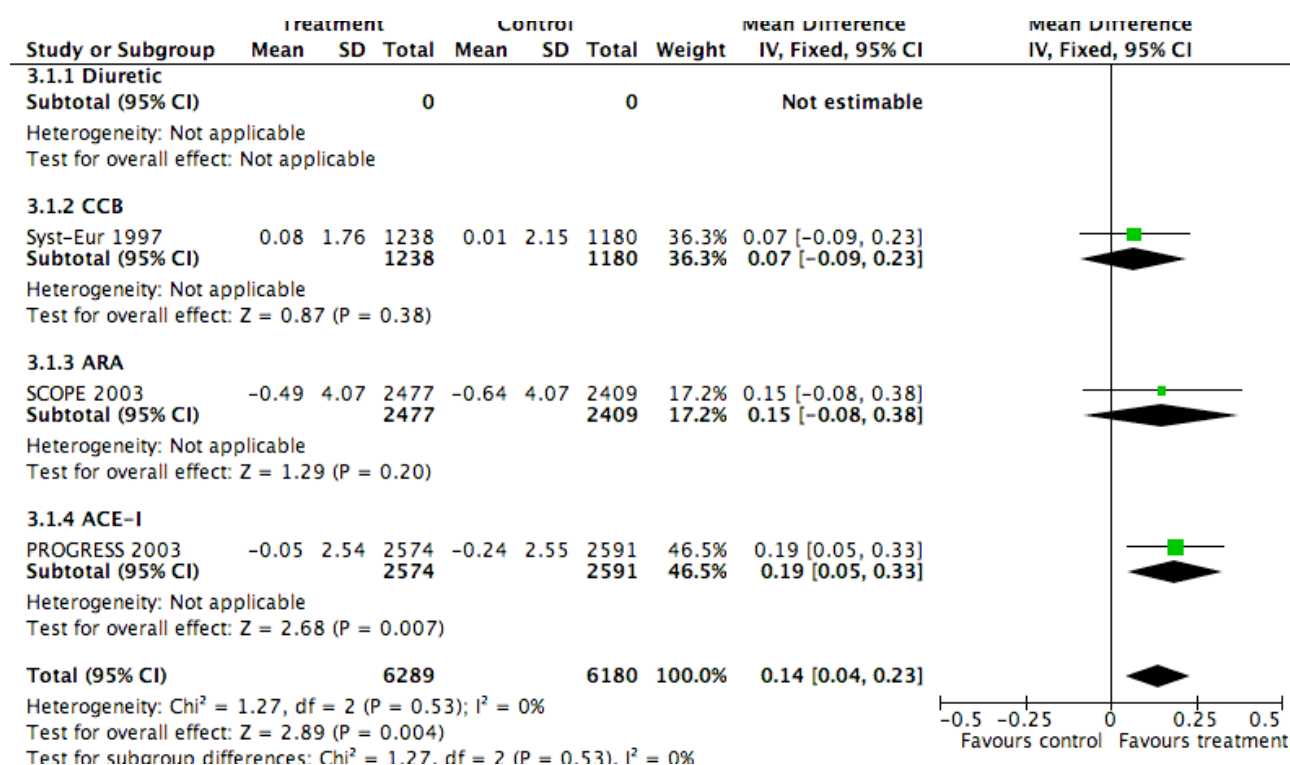
#### ***1.2.1 Blood pressure lowering***

There are no definitive strategies for preventing post-stroke cognitive decline or dementia. High BP is a risk factor for stroke recurrence, and lowering BP, not just treating hypertension, reduces recurrence and other vascular events after ischaemic stroke and PICH.<sup>1, 3</sup> Midlife high BP is associated with dementia in later life.<sup>6</sup>

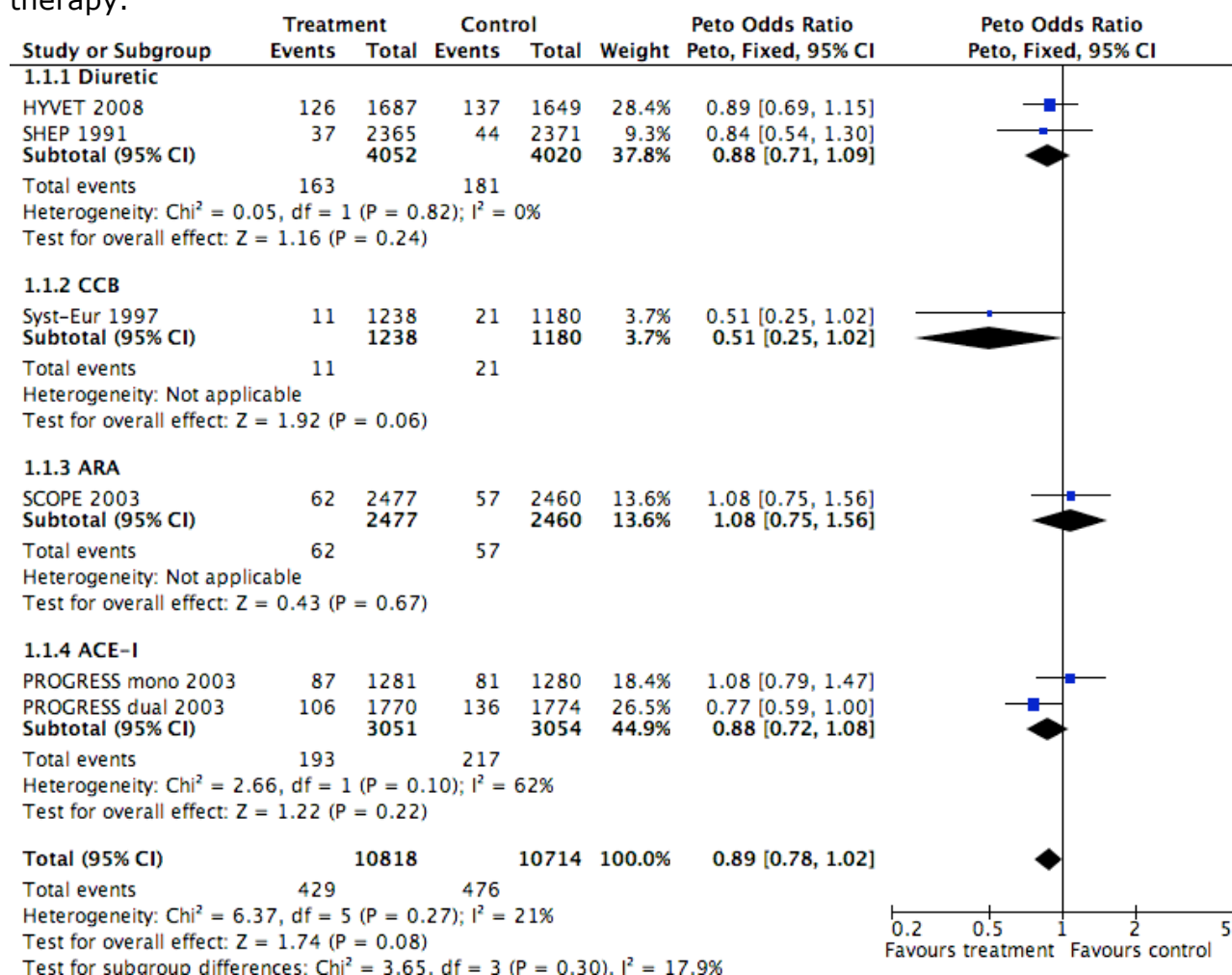
The results of those BP trials that studied cognition are confounded as:

- Cognition was only ever a secondary outcome
- Various cognitive outcome measures were used
- Most studies included patients at relatively low risk of developing cognitive decline
- Trials had relatively short follow-up (0.5-4.5 years) although observational studies suggest that treatment may be needed for >5 years

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**Figure 1:** Effect of antihypertensive agents on cognitive decline; data from 3 randomised controlled trials: Syst-Eur, SCOPE and PROGRESS (MRC Older and SHEP did not provide appropriate data for inclusion).

**Figure 2:** Effect of antihypertensive agents on all dementia; data from 5 randomised controlled trials: SHEP, Syst-Eur, SCOPE, HYVET and PROGRESS (MRC Older did not report dementia); the PROGRESS data are shown separately for dual and mono therapy.



Older trials (SHEP, MRC Older<sup>7, 8</sup>) were neutral and newer ones (Syst-Eur, SCOPE, PROGRESS<sup>4, 9, 10</sup>) positive for cognitive outcomes.<sup>11</sup> Overall, lowering BP was associated with reduced cognitive decline (weighted mean difference 0.14, 95% CI 0.04-0.23,  $p=0.004$ , 3 trials; Bath, unpublished, figure 1) and a trend to reduced dementia (RR 0.89%, 95% CI 0.77-1.04,  $p=0.13$ , figure 2).

The likely driver for reductions in cognitive impairment is the magnitude of fall in BP as the relative risk reduction (RRR) for dementia was associated with the difference in diastolic BP between active and control treatment groups ( $rs=0.95$ ,  $p=0.014$ ; Bath, unpublished); a similar relationship exists for reductions in systolic BP and secondary stroke.<sup>1</sup>

In the 2008 PROGRESS trial ( $n=20,332$ ), final cognition (MMSE 27.3 vs. 27.4) and post stroke dementia (PSD, 4.7% vs. 4.7%), as well as stroke and vascular events, did not differ between telmisartan and placebo; however, BP difference was small (3/2 mmHg) and follow-up short (2.5 years). BP lowering (indapamide with/without perindopril) was associated with trends to reduced cognitive decline (MMSE, HR 0.93, 95% CI 0.82-1.05) and dementia (HR 0.86, 95% CI 0.67-1.09) in the 2008 HYVET trial in the very elderly ( $n=3,845$ ).<sup>12</sup> Although BP difference was large (15/6 mmHg);

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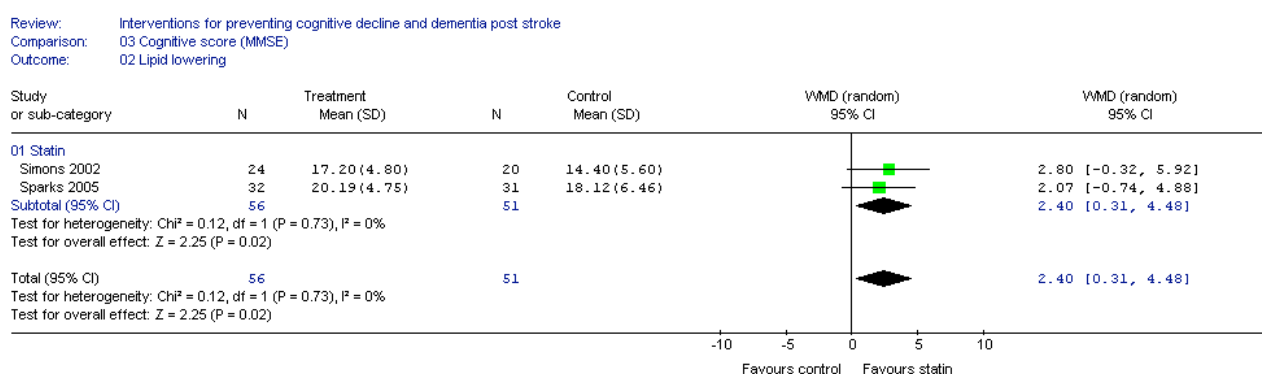
follow-up was, again, short at 2 years so that effects on cognition were probably under-estimated.

However, the intensity of lowering BP on cognition has not been studied. HOT (n=18,790) did not achieve its 5 mmHg differences in target diastolic BP (3 treatment groups).<sup>13</sup> In the PROGRESS trial, patients with previous stroke who took 2 BP agents (perindopril, indapamide) rather than 1 (perindopril) had larger reductions in BP (-12/-5 vs. -5/-3 mmHg), stroke risk (primary outcome, RRR 43% vs. 5 %) and 'all dementia' (secondary outcome, RRR 23% vs. RRR -8%), as compared with control.<sup>3, 4</sup> However, patients were not assigned randomly to dual/mono therapy so treatment intensity was not compared directly. Critically, no large antihypertensive trial has set out to assess the effect of BP lowering on cognition as the primary outcome. Intensive BP lowering may have additional benefits, e.g. improved well-being,<sup>14</sup> and appears to be safe and effective in preventing recurrence.<sup>15</sup>

### 1.2.2 Lipid lowering

High cholesterol is a risk factor for ischaemic stroke. Lowering cholesterol with a statin prevents stroke in patients with vascular disease (pravastatin, simvastatin)<sup>16</sup> or an elevated C-reactive protein (rosuvastatin), vascular events in patients with prior stroke (simvastatin),<sup>17, 18</sup> and stroke recurrence (atorvastatin).<sup>2</sup> Lowering cholesterol could reduce cognitive decline and dementia, in part by preventing stroke, but the evidence to date is limited; cross-sectional, prospective and case control studies are conflicting.<sup>19</sup> Of 3 small trials of statins in patients with Alzheimer's Disease (AD), 2 suggested efficacy<sup>20, 21</sup> (figure 3) and one found no effect (LEADe, n=600). The results of large randomised control trials have not found significant effects of statins on cognition (HPS, PROSPER);<sup>17, 22, 23</sup> however, these studies involved individuals with modest high cholesterol and low risk of developing cognitive decline. ALLHAT-LLA, ASCOT-LLA & SPARCL did not assess lipids and cognition.<sup>2, 24</sup>

**Figure 3:** Effect of statins on cognition (MMSE) in 2 small randomised controlled trials. The varied reporting of cognition/dementia (absolute score, change scores, z-scores, differing scales, qualitative results) mean that it is not possible to assess all the trials together.



### 1.3 ONGOING TRIALS

Few ongoing trials are addressing blood pressure and lipid management on cognition. A PRoFESS<sup>25</sup> sub study with detailed cognitive assessment in 600 patients will be

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published in 2009 (Chief Investigator=Ford). SPS3 is assessing anti-platelet and BP-lowering strategies (SBP<130 vs. <150 mmHg) on stroke recurrence in patients with sub-cortical infarcts (n=2,500); cognition over 3 years is a secondary outcome and patients with cortical infarcts or haemorrhage are excluded (<http://clinicaltrials.gov/ct/show/NCT00059306>).<sup>26</sup> A small statin (simvastatin) trial has recently been completed in Alzheimer's disease (CLASP, n=400) (<http://clinicaltrials.gov/ct2/show/NCT00053599>). We are not aware of ongoing BP/lipid trials aiming to prevent cognitive decline as the primary outcome.

## **2 TRIAL OBJECTIVES AND PURPOSE**

### **2.1 PURPOSE**

Develop interventions to prevent cognitive decline and dementia after stroke.

### **2.2 PRIMARY OBJECTIVE**

To determine if 'intensive' blood pressure lowering therapy, and/or 'intensive' lipid lowering therapy, after stroke reduces cognitive decline and dementia.

### **2.3 SECONDARY OBJECTIVES**

To determine if 'intensive' blood pressure lowering therapy, and/or 'intensive' lipid lowering therapy, after stroke reduces poor quality of life, poor function, depression, stroke recurrence, vascular events, and death.

## **3 TRIAL DESIGN**

### **3.1 TRIAL CONFIGURATION**

PODCAST is a multi-centre, prospective, randomised, open-label, blinded end-point, controlled, partial-factorial, phase IV trial. It will be performed in two phases: start-up and main.

The start-up phase will assess feasibility in the UK:

- Delivering the protocol
- Recruiting 30+ centres and 600 participants
- Achieving and maintaining differences in systolic BP ( $\geq 10$  mmHg) and LDL-cholesterol ( $\geq 1$  mmol/l) between the 'intensive' and 'guideline' treatment groups
- Performing clinic and telephone follow-up of outcome measures
- Assess the sensitivity of ACE-R to change
- Tolerability and safety of interventions

The main phase will assess efficacy with recruitment from both UK and international centres. Participants enrolled in the start-up phase will continue to be followed during the main phase. The trial is being discussed with other countries (including those

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taking part in the ongoing ENOS trial,<sup>27</sup> as well as France). Separate ethical review and permission will be sought in each participating country.

### **3.2 TRIAL OVERVIEW**

The aim of the proposed trial is to determine if routine BP and lipid lowering therapy after stroke should be based on 'intensive' rather than 'guideline' interventions. The trial will run for 8 years with the start-up phase running for 3 years (recruitment in the first 2 years) and the main phase for a further 5 years.

The start-up phase will recruit 600 participants from 30+ UK Stroke Research Network Centres. Assuming a 'go' decision at 34 months based on start-up feasibility, as assessed by data collected from the start-up phase, the trial will seamlessly proceed into the main phase with the same design for a further 5 years. The main phase will aim to recruit a further 2,800 participants from across 100 sites internationally. Separate permission for funding from the appropriate bodies will be sought for the second phase (as done in the ENOS trial ISRCTN 99414122 with funding moving from BUPA Foundation to MRC).

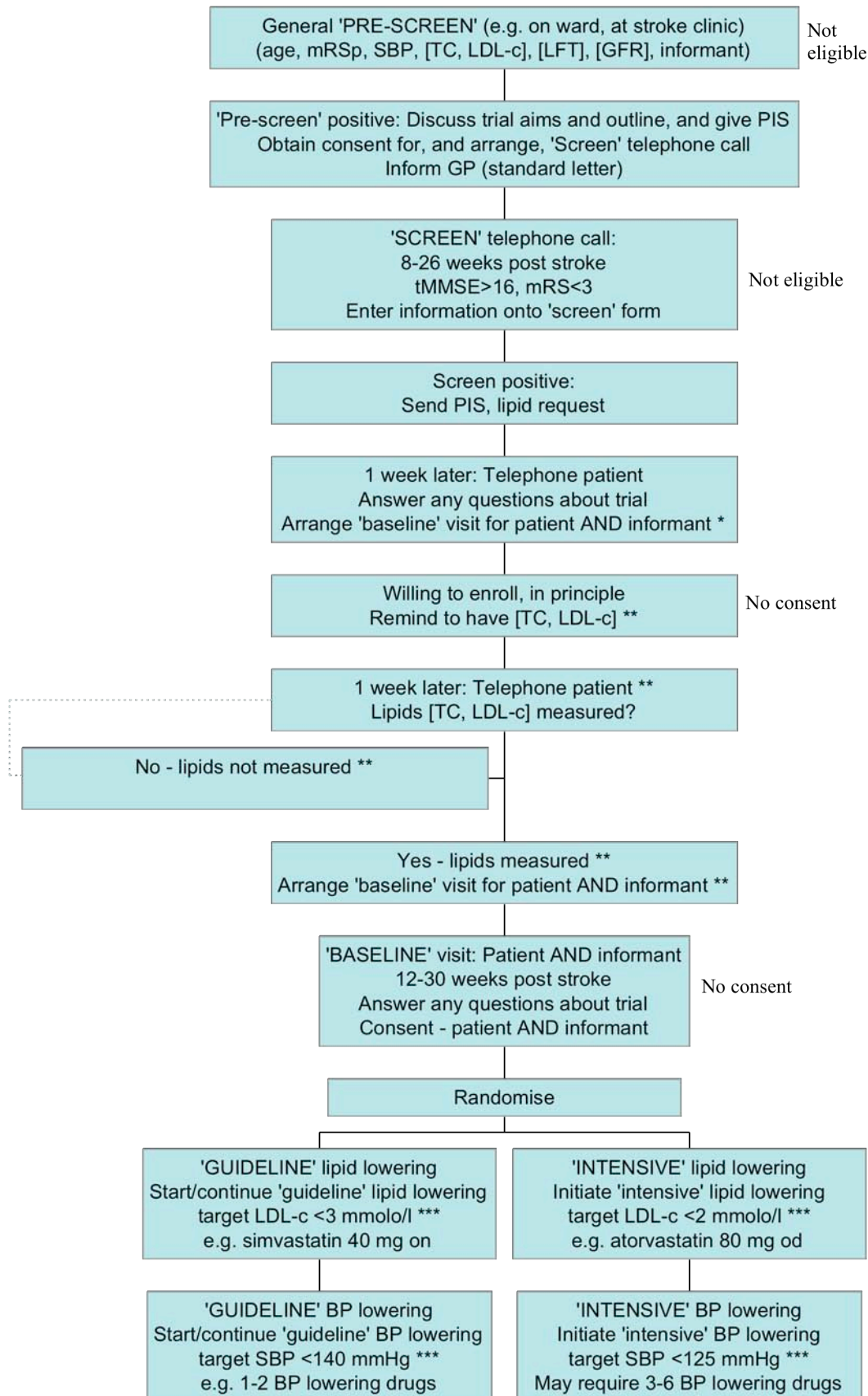
Participants with confirmed ischaemic stroke or PICH 3-7 months post event who satisfy the inclusion and exclusion criteria will be randomised to the 'intensive' or 'guideline' BP management group over a secure internet web site after informed consent is taken. Participants with an ischaemic stroke (but not PICH) will be randomised to the 'intensive' versus 'guideline' lipid-lowering arm as well.

Algorithms, which will take account of NICE stroke, hypertension, and lipid and type 2 diabetes guidelines, will aid investigators so that participants are treated as randomised. The 'intensive' BP lowering group will aim for a SBP <125 mmHg, and the 'guideline' group a SBP <140 mmHg. The 'intensive' lipid-lowering group will aim for a target LDL cholesterol <2.0 mmol/l (or total cholesterol <4.0 mmol/l if LDL-cholesterol cannot be calculated), and the 'guideline' group a target LDL-cholesterol of <3.0 mmol/l (or total cholesterol <5.0 mmol/l if LDL-cholesterol cannot be calculated). The number of drugs and/or doses in the 'intensive' group will be escalated on review at the hospital research centre; the guideline groups will be managed by their GP as per guideline recommendations.

Cognition and other outcome data will be collected at baseline and follow-up (alternating research clinic and telephone follow-ups every six months). An interim analysis will be performed at the end of the start-up phase. Separate funding will be sought to perform systematic neuro-imaging in a subset of participants. CT/MR images from the index stroke will be adjudicated using a derivative of the MRC NeuroGrid system.<sup>28</sup>

If the overall trial is positive for one or both 'intensive' interventions, then they can be implemented readily and inexpensively in the UK since the treatments are available and will be off patent.

### 3.2.1 Trial Flow Chart – actions prior to and at randomisation





Acronyms		Inclusion criteria
BP	Blood pressure	-
GFR	glomerular filtration rate	$\geq 45$ (eGFR $\geq 37$ in people of African/Afro-Caribbean origin)
LDL-c	LDL-cholesterol (fasting)	-
LFT	liver function test	ALT $\leq 60$
mRS	modified Rankin Scale	$< 3$
mRSp	pre-morbid modified Rankin Scale	$< 3$
PIS	Patient Information Sheet	-
SBP	systolic blood pressure	125-170 mmHg
TC	total cholesterol (fasting)	3-8 mmol/l
t-MMSE	telephone Mini Mental State Examination	$> 16/22$ if age $> 70$ $17-19/22$ if age $> 60$
*		Only applies to patients with primary intracerebral haemorrhage
**		Only applies to patients with prior ischaemic stroke
***		See management algorithms (Figures 5-8)

### 3.3 OUTCOME MEASURES

#### 3.3.1 Primary outcome measure

For each of BP-lowering and lipid-lowering arms, comparison between 'intensive' and 'guideline' groups, of cognition assessed using the Addenbrooke's Cognitive Examination- Revised (ACE-R)<sup>29</sup>, (a superset of the Mini-Mental State Examination, MMSE<sup>30</sup>).

#### 3.3.2 Secondary outcome measures

For each of BP-lowering and lipid-lowering arms, comparison between 'intensive' and 'guideline' groups:

1. Dementia
  - a. Using AD - NINCDS/ADRDA<sup>31</sup>, VaD - NINDS-AIREN<sup>32</sup> and Dementia-ICD-10
  - b. With/without recurrent stroke
2. Cognition
  - a. Global – MMSE, t-MMSE, TICS<sup>33</sup>
  - b. Association – trail making A/B<sup>34, 35</sup>
  - c. STROOP test<sup>35</sup>
  - d. Cognitive decline with/without recurrent stroke
  - e. Ordinal cognition (MMSE  $> 28/23-28/10-22/ < 10$ /dementia/dead)
  - f. IQCODE (by informant)<sup>36</sup>
3. Quality of life – EuroQoL<sup>37</sup>, DEMQOL (by informant)<sup>38</sup>
4. Depression (Zung)<sup>39, 40</sup>
5. Dependency (modified Rankin Scale, mRS)<sup>41, 42</sup>
6. Disability (Barthel Index, BI)<sup>42, 43</sup>

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7. Stroke recurrence
8. Myocardial infarction
9. Composite vascular events (non-fatal stroke, non-fatal MI, fatal vascular)
10. Stroke: fatal/severe non-fatal/mild/TIA/none<sup>44</sup>
11. Myocardial infarction: fatal/non-fatal/angina/none<sup>44</sup>
12. Vascular: fatal/non-fatal/none<sup>44</sup>
13. Revascularisation (heart, limb, visceral/renal) or amputation
14. New diabetes
15. New atrial fibrillation
16. Residence (home, institution), care package, informal family support
17. Blood pressure (systolic BP, diastolic BP, pulse pressure, rate-pressure product)
18. Lipids (TC, TG, HDL, calculated LDL)
19. Neuroimaging (in a subset of participants)

### **3.3.3 Safety outcome measures**

Comparison between 'intensive' and 'guideline' BP/lipid lowering groups:

1. Death
2. Falls (leading to fracture or hospitalisation)
3. Symptomatic hypotension
4. Myositis
5. SAEs

## **3.4 RANDOMISATION AND BLINDING**

### **3.4.1 Randomisation**

All participants eligible for inclusion and for whom consent has been obtained will be randomised centrally using a secure internet site in real-time. Randomisation will be performed using:

1. Stratification on stroke type (ischaemic stroke/PICH) and country
2. Minimisation on key prognostic/logistical baseline factors:
  - a. Age (<70/≥70 yrs)
  - b. Sex (female/male)
  - c. Stroke side (left/right)
  - d. Dysphasia, mild (no/yes)
  - e. ACE-R (>96/≤96)
  - f. SBP (<140/≥140 mmHg)
  - g. Total cholesterol (<5.0/≥5.0 mm)
  - h. Diabetes (diet-tablets/insulin)
  - i. Function/dependency (mRS<1/≥1)
  - j. Imaging method (CT/MR)
  - k. Brain region (subcortex/cortex)
  - l. Leukoaraiosis (no/yes)
  - m. Time since index stroke (<4/≥4 months)
  - n. Number of antihypertensive drugs (<2/≥2)
  - o. Already on a statin (no/yes)

This approach ensures concealment of allocation, minimises differences in key baseline variables, and slightly improves statistical power.<sup>45</sup>

In the event that the website cannot be accessed, participants may be randomised by telephoning one of a series of emergency telephone numbers. These participants will be randomised without stratification or minimisation.

### **3.4.2 Blinding**

PODCAST is a trial of BP and lipid management post-stroke. Hence, it is not placebo-controlled and neither participants nor investigators will be blinded to treatment. However, outcome assessment will be assessed blinded to treatment assignment.

## **3.5 DURATION OF THE TRIAL AND PARTICIPANT INVOLVEMENT**

Centre identification, national/local approvals and development of trial materials will be obtained before funding for the start-up phase commences to allow early recruitment. During the 3 year start-up phase, participants will be recruited over 2 years (300 participants per annum from 30 UKSRN sites = 1 participant/site/month) with average follow-up 2 years (minimum 1 year). The start-up phase will demonstrate the trial feasibility (protocol, centre/participant recruitment, intervention tolerability, and effects on BP and lipids, clinic and central follow-up, early safety – see section 3.2). Main phase funding will be sought at 18 months. Assuming a 'go' decision at 34 months (based on start-up feasibility and funding), the trial will seamlessly run into the main phase with centre expansion and increased recruitment rate. The trial, including both start-up and main phases, will run for 8 years. Participant involvement in the trial will range from 1-8 years depending on the time of recruitment (long follow-up is essential in trials of cognition since cognitive impairment may take many years to develop)

### **3.5.1 Timelines**

#### **3.5.1.1 Start-up phase**

Time (months)	-6-0	0-2	3-6	7-18	19-24	25-30	31-36
Protocol	<>						
Approvals	<>						
Trial materials	<>						
Site identification	<	=	>				
Funding, TSA/AS		<	=	=	=	=	>
Recruit participants		<	=	=	>		
DMC reviews			<	=	=	=	>
Feasibility reviews				<	=	=	>
Interim analysis (blinded)							<>

### 3.5.1.2 *Main phase*

Time (months)	37-42	43-48	49-54	55-60	61-66	67-72	73-78	79-84	85-90	91-96
Further site identification	<	=	=	=	>					
Funding (source to be identified)		<	=	=	=	=	>			
Recruit participants	<	=	=	=	>					
DMC reviews	<	=	=	=	=	=	=	=	>	
Final data cleaning								<	=	>
Analysis										<>

Nb; Participants enrolled in the start-up phase will continue to be followed up in the main phase.

**3.5.1.3 Participant measures**

Time (months)	Pre-screen	Screen	0	1	2	3	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96
Inclusion	+		+																			
Consent	+		+																			
Randomise			+																			
CT/MR scan	††									<	‡	>										
Clinic																						
BP	+		+	(+)	(+)	(+)	+		+		+		+		+		+		+		+	+
ABPM ‡			+				+		+													
Lipids	+		+			(+)	+		+		+		+		+		+		+		+	+
Cognition	+		+				+		+		+		+		+		+		+		+	+
Stroke, MI							+		+		+		+		+		+		+		+	+
SAEs			+	(+)	(+)	(+)	+		+		+		+		+		+		+		+	+
Informant			+				+		+		+		+		+		+		+		+	+
Telephone																						
Cognition		+	+					+		+		+		+		+		+		+		+
Stroke, MI								+		+		+		+		+		+		+		
SAEs						+		+		+		+		+		+		+		+		

ABPM: Ambulatory Blood Pressure Monitoring; BP: blood pressure; MI: myocardial infarction; SAEs: serious adverse events

†† Clinical scan for index stroke; ‡ In participating centres and patients at 24-36 months; (+) In intensive groups only

Telephone cognition scores will also be used in clinic at baseline and end of trial to calibrate them against clinic-only measures

## **3.6 SELECTION AND WITHDRAWAL OF PARTICIPANTS**

### **3.6.1 Recruitment**

Participants will be recruited from hospital-based stroke services. The initial approach will be from a member of the participant's usual care team (which may include the investigator and/or research nurses). The investigator or their nominee, e.g. from the usual care team (including research team), will inform the participant about the trial and a participant information sheet will be provided. Initial consent will be taken from participants at this point of contact for telephone assessment of cognition (telephone-mini mental status examination) and function (modified Rankin scale) at 8-26 weeks post-stroke.

On the basis of these assessments of cognition and function, if the participant is eligible and interested, a participant information sheet will again be posted to the participant; a blood test request form (for lipid measurement) will also be posted for those participants whose index stroke was of ischemic type. Participants will be contacted a week later to assess their views about participating in the trial and answer any questions about the trial.

If they have agreed, participants with ischemic stroke will be asked to have the blood test (for lipids) done at their GP surgery (with the posted blood test form). All participants and their informant (consultee) will be booked to come to the research clinic for further discussion, and if agreeable, enrolment and randomisation into the study.

### **3.6.2 Inclusion criteria**

1. Age >70 years and telephone-MMSE >16; or age >60 years and telephone-MMSE 17-19
2. Functionally independent (mRS 0-2)
3. Ischaemic stroke (any cortical OCSP/TOAST type) or primary intracerebral haemorrhage (cortical or basal ganglia)
4. 3-7 months post-event (to allow cognitive,<sup>46</sup> neurological, BP and lipid<sup>47</sup> stabilisation, but avoid attrition)
5. Systolic BP 125-170 mm Hg
6. Total cholesterol 3-8 mmol/l
7. Presence of an informant: partner, sibling, child, friend (for IQCODE/DEMqoL)
8. Capacity and willingness to give consent

### **3.6.3 Exclusion criteria**

1. Participants not meeting inclusion criteria
2. Subarachnoid haemorrhage
3. Secondary intracranial haemorrhage (trauma, AVM, cavernoma)
4. Posterior circulation ischaemic stroke
5. Posterior circulation haemorrhage

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6. No CT/MRI within 10 days of index stroke
7. Inability to give consent or do study measures, e.g. severe dysphasia, weakness of dominant arm
8. Profound deafness
9. Severe hypertension (systolic BP>170 mmHg)
10. Definite need for 'intensive' BP control
11. Severe hypercholesterolemia (TC>8 mmol/l)
12. Definite need for, or demonstrated intolerance of, 'high intensity' statin
13. Definite need for a cholinesterase inhibitor
14. Familial stroke associated with dementia, e.g. CADASIL
15. Chronic renal failure: eGFR<45 (or eGFR<37 in people of African/Afro-Caribbean origin)
16. Liver disease, ALT>60 U/l
17. Ongoing participation in trials involving drug (including CTIMP trials) and/or devices.
18. Any serious medical comorbidity (e.g. active malignancy) such that the life expectancy is <24 months
19. Clinically unstable at the time of enrolment
20. Dementia

### **3.6.4 Informed consent**

All participants must have capacity and be willing and able to provide written informed consent. Participants will be screened for potential recruitment during their initial presentation to the hospital stroke service (see 3.2.1). A patient information sheet will be provided explaining the study. Informed consent will be taken at this point of contact for conducting subsequent:

- (i) telephone assessment of cognition (telephone-mini mental status examination)
- (ii) telephone assessment of function (modified Rankin scale)
- (iii) blood test for lipids

This telephone-based assessment will be done at 8-26 weeks after the stroke. On the basis of this assessment, if participants are eligible and interested, a participant information sheet will be posted.

Participants will be contacted a week later to assess their views and answer questions about the trial. All participants and their informant will be booked to come to the research clinic and, if agreeable, for enrolment and randomisation into the study. In the research clinic the investigator will further explain the details of the trial and answer any questions that the participant has concerning trial participation.

The principal investigators and trial doctors of the research team will decide if participants have the capacity to give consent at baseline. Principal investigators and trial doctors taking consent will have had training in the requirements of the Mental Capacity Act. Other research staff/nurses involved will also have some training in assessing capacity. Participants will be asked the following series of questions to assess their understanding of the trial before taking consent.

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1. What is the trial aiming to achieve? (Answer: if intensive treatment of high blood pressure and lipids will prevent cognitive decline)
2. What are the two groups of intervention? (Answer: intensive and standard care)
3. How long will treatment be continued? (Answer: 1-8 years)

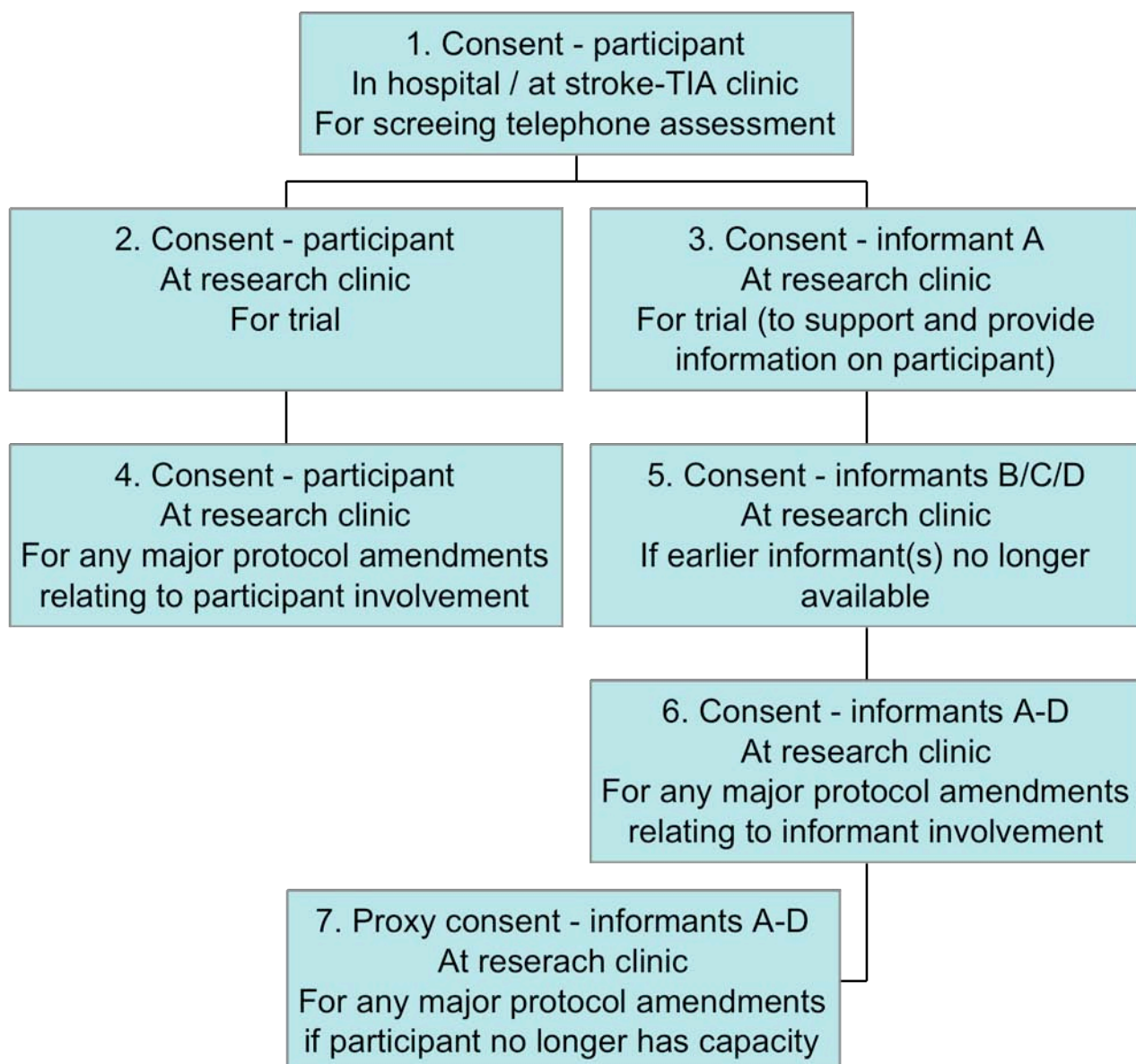
Potential participants who answer all the 3 questions correctly will be enrolled into the study. These questions will be asked at every clinic visit and telephone follow-up to assess participant's capacity to maintain consent during the trial. A signed and dated informed consent will then be taken before the participant is recruited into the trial.

Informed consent will be collected from each participant before they undergo any interventions (including physical examination and history taking) related to the trial. Signed consent forms will be kept by the Participant and Investigator, and in the participant's hospital records. The GP will be informed if the participant agrees to join the trial.

As assessment of cognitive impairment is one of the objectives of the trial, it is inevitable that some participants will lose the capacity to maintain consent for the trial. All participants will be asked at enrolment, if they would agree to continue in the study, should they lose the capacity to maintain consent during the study period. For such participants, proxy consent to continue in the study will be obtained from the informant (relative/friend), who will be made aware of the participant's wishes at enrolment as in Figure 4. Similarly, if an informant can no longer fulfil their role (e.g. through death, or loss of capacity), then another informant will need to be consented. For this reason, two or more potential informants should be identified at baseline.

If needed, the usual hospital interpreter and translator services may be used to assist with discussion of the trial, the participant information sheets, and consent forms. But consent forms and information sheets will not be available printed in other languages since it will not be possible to do telephone or clinic outcome assessments in other languages. It will be explained to the potential participant that entry into the trial is entirely voluntary and that routine treatment and care will not be affected by their decision. It will also be explained that they can withdraw at any time but attempts will be made to avoid this occurrence. Withdrawal may comprise either withdrawal from treatment but with continuing follow-up, or withdrawal from both treatment and follow-up. In the event of withdrawal, it will be explained that existing data cannot be erased; consent to use this data in the final analyses will be sought, where appropriate.

Should there be any major amendments to the protocol that might affect the continued participation in the trial by a participant and/or informant, consent will be obtained using an amended Consent form approved by the Research Ethics Committee, which will be signed by the participant and/or informant.



**Figure 4.** Algorithm for seeking consent from the participant and original informant, from one or more further informants if the earlier ones are no longer available, and from the participant and/or informant for major protocol changes.

### 3.6.5 Informant (Consultee)

Availability of a informant (partner, sibling, child, friend) for the participant is a key inclusion criterion in the trial, as informant questionnaires (IQCODE/DEMQOL) can give vital information about the participant's cognition. Since some participants may develop cognitive decline and lose the ability to give information or maintain consent during the trial, participants will be asked to identify more than one informant in case the first one becomes unable to perform their role due to any reason. It will be the aim to continue with a single informant as far as possible.



### **3.6.6 Expected duration of participant participation**

Trial participation will range from 1- 8 years depending on the time of recruitment. Long follow-up is essential in trials of cognition since cognitive impairment may take many years to develop.

### **3.6.7 Removal of participants from therapy or assessments**

Participants may leave the trial for a variety of reasons, as detailed below. It should be noted that abrupt termination of trial treatment could affect the participant's safety (e.g. hypertensive rebound) and administration of alternative treatment should be considered.

#### **3.6.7.1 Withdrawal of consent**

Participation in the trial is voluntary and participants are free to withdraw from the trial at any stage without giving a reason. However, if a participant wishes to withdraw (or the informant (relative/friend), if the participant has lost capacity to maintain consent), they will be requested to at least permit primary outcome data to be collected, ideally at the end of the follow-up period, ensuring that enough data are recorded to support the planned analysis. Participants won't be accepted as lost to follow-up unless all attempted contacts have been fruitless, including: phone calls, letters, visits to their home, contact with their next of kin, and contact with their GP. Participants will be made aware (via the information sheet and consent form) that should they withdraw, the data collected up to the date of withdrawal cannot be erased and will be used in the final analysis.

#### **3.6.7.2 Clinical need**

The participant's primary physician is not blinded to treatment allocation and may remove, change or add to treatment if they feel this is clinically indicated (e.g. for reasons of safety or new information becoming available on the trial medication or condition being treated).

#### **3.6.7.3 Failure of participant to adhere to protocol requirements**

The Principal Investigator may remove the participant from the trial if they fail to adhere to the protocol through **protocol violations** and/or **protocol deviations**, and will be reported to the Chief Investigator of the trial centre.

##### **3.6.7.3.1 Protocol Violation**

A **protocol violation** is a deviation from the trial protocol where a participant is enrolled in spite of not fulfilling all the inclusion and exclusion criteria, or where deviations from the protocol could affect the trial delivery or interpretation significantly.

The following baseline measures constitute a 'protocol violation':

- Participant <60 years of age

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- Telephone MMSE score  $\leq 16$
- Telephone MMSE score  $\geq 20$  if aged between 60-70
- No index stroke
- Randomisations  $< 3$  months or  $> 7$  months from onset of index stroke
- Failure to obtain consent or assent of participant
- Participant with mRS  $> 2$
- Failure to identify haemorrhagic stroke
- Participant enrolled with *known* severe concomitant illness
- Participant enrolled with *known* intracranial pathology other than stroke
- Participant involved at time of randomisation in another medicinal and/or devices clinical trial
- No brain imaging during index stroke event
- No capacity to consent for the trial
- Failure to meet the systolic BP inclusion criteria
- Absence of an informant: partner, sibling, child, friend (for IQCODE/DEMQOL)
- Failure to meet the total cholesterol inclusion criteria

The following practice during the trial constitutes a 'protocol violation':

- Participant never receives 'intensive' BP lowering therapy when randomised to this
- Participant never receives 'intensive' lipid lowering therapy when randomised to this
- Failure to complete SAEs where appropriate
- Annual clinic/telephone assessments are not performed

These lists of protocol violations will be updated, as necessary, in a Working Practice Document which will be uploaded and available on the trial website.

### **3.6.7.3.2 Protocol Deviation**

A **protocol deviation** is a minor deviation from the protocol that affects the conduct of the trial in a minor way. This includes any deviation from the trial protocol that is not listed as a protocol violation.

The following practice during the trial constitute a 'protocol deviation'

- Participant has no cranial imaging if they have another stroke
- Clinic or telephone assessments done outside the specified time by more than 30 days.
- Participant is not fully compliant with randomised treatment

These lists of protocol deviations will be updated, as necessary, in a working practice document which will be uploaded and available on the trial website.

## **3.7 TRIAL TREATMENT AND REGIMEN**

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The trial will assess management strategies ('intensive' vs. 'guideline'), not particular drugs. Algorithms taking account of NICE guidelines relating to Stroke (CG68), Hypertension (CG34), Lipids (CG67) and type 2 diabetes (CG66) will aid investigators in treatment decision-making so that participants are treated as randomised. All participants will receive lifestyle advice. Medications for participants randomised to the guideline groups will be prescribed by the GP as per the current national/international guidelines. Medications for participants in the intensive groups will be initiated by either the local investigator or GP (following advice from the local investigator), and continued by the GP.

Blood pressure and lipid levels will be monitored by the research team. Participants in the intensive blood pressure group will attend the research clinic at one, two and three months after randomisation. Participants in the intensive lipid group will attend the research clinic at three months; blood test forms for lipids should be given to the participant at the previous clinic visit so that they can have a blood test at their GP 2-3 weeks before their next research clinic visit so that results are available. The research clinic staff will then prescribe dose/drug escalation/weaning based on the BP/lipid algorithms; GPs should continue this treatment. A member of the PODCAST international coordinating centre staff will monitor (using the trial database, and unblinded to therapy) achieved BP and lipid levels in individual participants, and suggest changes to the local investigator/GP to ensure that BP/lipid levels are appropriate for the participant's randomised management group. Further, all participants randomised to the intensive BP/lipid groups will have regular central telephone reminders to reinforce treatment assignment.

### **3.7.1 BP lowering strategy**

Antihypertensive drugs will be chosen according to the NICE/BHS 'A (B)/CD' guideline (CG34) where:<sup>48</sup>

- A = angiotensin converting enzyme inhibitor (ACE-inhibitor, e.g. lisinopril 5-20 mg od, perindopril 2-8 mg od, ramipril 1.25-5 mg bd) or angiotensin receptor antagonist (ARA, e.g. losartan 25-100 mg od, candesartan 8-32 mg od)
- B =  $\beta$ -receptor antagonist (e.g. atenolol 25-100 mg od, bisoprolol 5-20 mg od)
- C = calcium channel blocker (e.g. amlodipine 5-10 mg od, nifedipine LA 30-60 mg od, diltiazem, verapamil SR)
- D = diuretic (e.g. bendroflumethiazide 2.5 mg od, hydrochlorothiazide 12.5 mg od)

Participants should be started on either (provided there are no contraindications):

- An 'A' drug, with subsequent addition of a 'C' then 'D' drug (as required); or
- A 'C' drug, with subsequent addition of an 'A' then 'D' drug (as required)

Additional drugs may be added from other classes:

- Potassium sparing diuretics (e.g. spironolactone 12.5-100 mg od,<sup>49</sup> amiloride 5-20 mg od)
- $\alpha$ -receptor antagonists (e.g. doxazosin XL 4-16 mg od)
- Centrally acting drugs (e.g. moxonidine 200-600  $\mu$ g daily in divided doses)
- 'B' drugs (e.g. atenolol 25-100 mg od)

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A detailed computer based algorithm as described in Section 3.7.1.3 for managing BP will be provided to investigators. The algorithm will be updated, as necessary and based on new information about blood pressure management, will be provided to investigators as a working practice document on the trial website. Investigators may choose to increase the dose of existing drugs (although this can be associated with adverse events and only moderate further reductions in BP) or add drugs from additional classes. 'Long acting' drugs should be chosen in preference to those which need twice/thrice daily dosing.

The composition of antihypertensive agents will vary between participants since the drugs are often used for other indications (e.g. 'A'/'B' post MI) and have contraindications (e.g. avoid 'A' in bilateral renal artery stenosis, avoid 'B' in asthma). The aim is to maintain a difference in SBP >10 mmHg between the randomised treatment groups of 'intensive' versus 'guideline' BP management.

All participants should receive life-style advice (salt restriction) at baseline.

### **3.7.1.1 'Intensive' BP treatment group**

The target is a systolic BP (SBP) of <125 mmHg. Participants will receive repeat advice on salt restriction at each visit. They will be followed up in the research clinic to monitor BP at one, two, three and six months after randomisation, and thereafter annually. The research clinic staff will prescribe medications as per the 'intensive BP-lowering' treatment algorithm, and recommend to the general practitioner that this medication be continued unless there is a medical reason to change medication.

At the baseline research clinic, and unless the systolic BP is <125 mmHg (average of 3 measurements), participants should, ideally, be started on, or switched to, dual BP lowering medications according to NICE/BHS guidance – see algorithm (Figure 5). The algorithm should then be followed at following research clinics. The algorithm will be updated, as new information becomes available on BP management, as a working practice document and mounted on the trial website.

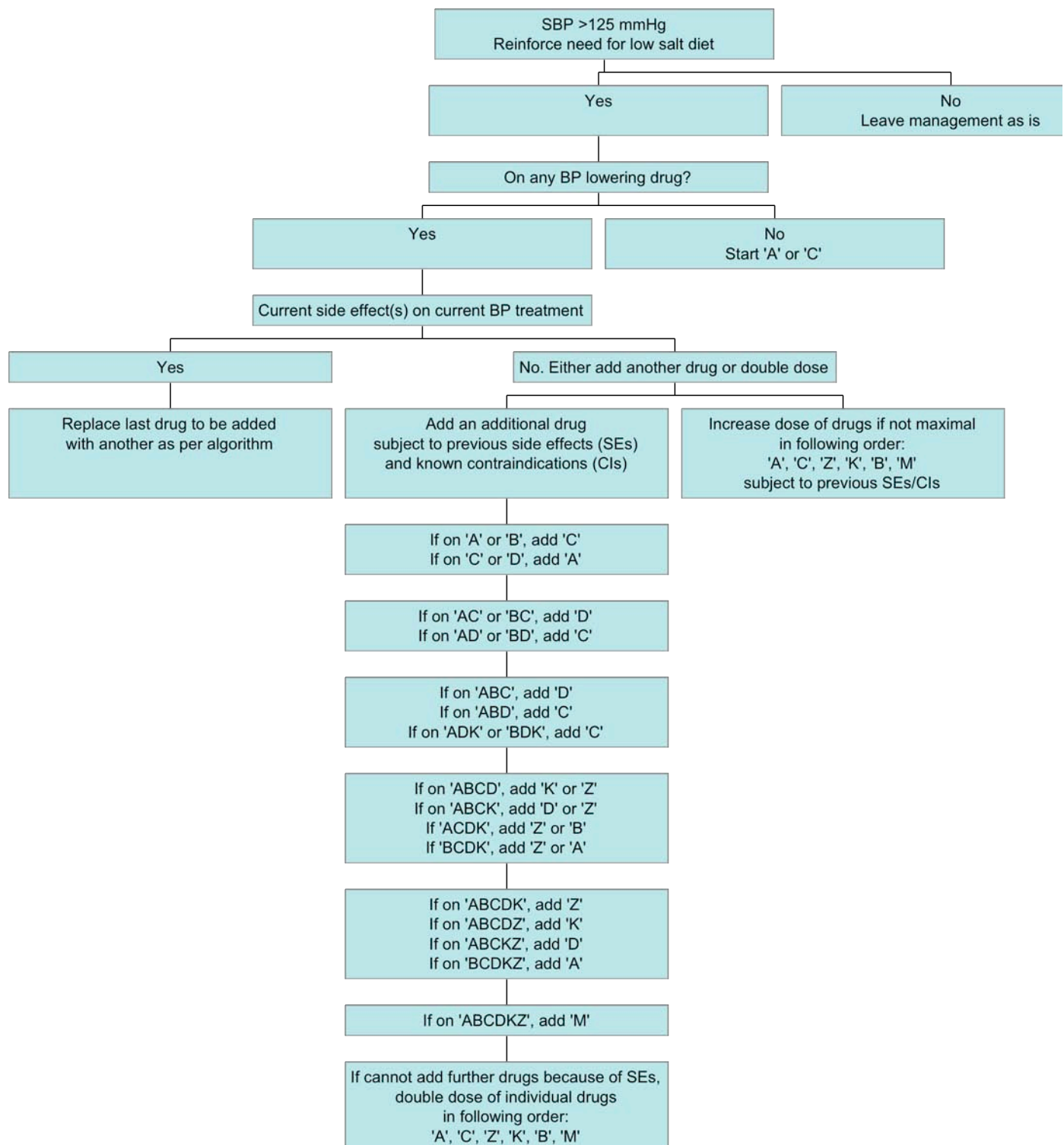
Rapid escalation and continuing intensive maintenance treatment is vital to ensure that a long-term difference in SBP of at least 10 mmHg is present between the treatment groups. Drugs will be weaned down if participants develop symptomatic hypotension. A member of the International Coordinating Centre staff will monitor (unblinded to therapy) BP for individual participants as recorded on the trial database in individual participants, and suggest changes to the local investigator and/or GP to ensure that BP levels are appropriate for participant's randomisation.

### **3.7.1.2 'Guideline' BP treatment group**

The target systolic BP for the 'guideline' BP group is <140 mmHg (NICE CG 34). Participants will receive advice on salt restriction at baseline. Drug therapy will typically include an 'A' and/or 'D' agent.<sup>3</sup> Monitoring and treatment for this group will occur in general practice to reflect current community-based practice based on national/international guidelines.

### **3.7.1.3      *BP Treatment Algorithms***

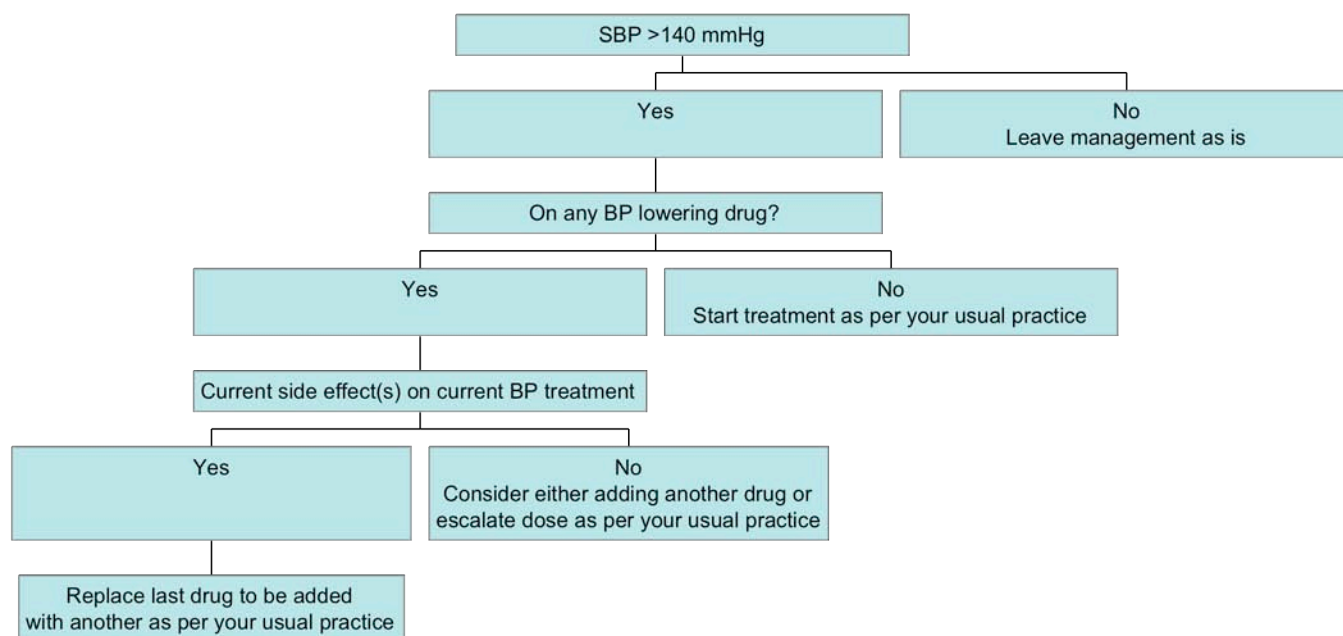
### 3.7.1.3.1 **Intensive BP treatment algorithm – to be used in management phase of trial**



**Figure 5:** Intensive BP Treatment Algorithm

### 3.7.1.3.2 **Guideline BP Treatment Algorithm – to be used in management phase of trial**

Algorithm for 'GUIDELINE' blood pressure lowering. To be used during management phase



**Figure 6:** Guideline BP Treatment Algorithm

### 3.7.1.3.3 **Legend for blood pressure lowering algorithms**

- A: angiotensin converting enzyme inhibitor (ACE-I), e.g.  
perindopril 2 mg od (range 2, 4, 8 mg od)  
ramipril 2.5 mg od (range 1.25, 2.5, 5, 10 mg od)
- A: angiotensin receptor antagonist (ARA/ARB), e.g.  
losartan 50 mg od (range 25, 50, 100 mg od)
- B:  $\beta$ -receptor antagonist ( $\beta$ -RA), e.g.  
atenolol 50 mg od (range 25, 50, 100 mg od)  
bisoprolol 10 mg od (range 5, 10, 20 mg od)
- C: calcium channel blocker (CCB), e.g.  
amlodipine 5 mg od (range 5, 10 mg od)  
nifedipine MR/LA 20 or 30 mg od (range 20, 30, 40, 60 mg od)
- D: diuretic, e.g.  
bendroflumethiazide 2.5 mg od (max 2.5 mg od)  
frusemide 40 mg od (range 20, 40, 80 mg od)
- M: centrally active drug, e.g.  
moxonidine 200  $\mu$ g od (range 200, 400, 600  $\mu$ g od)
- K: potassium-sparing diuretic, e.g.  
spironolactone 25 mg od (range 12.5 mg to 200 mg daily)  
amiloride 10 mg od (range 5-20mg od)
- Z: alpha-receptor antagonist, e.g.  
doxazosin MR/XL 4 mg od (then 8 mg od, max 16 mg od)

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### **3.7.1.3.4 Notes for blood pressure lowering for use in PODCAST trial**

The following advice will be kept updated as a Working Practice Document on the trial website:

- Antihypertensive drugs should be chosen according to the NICE/BHS 'A (B)/CD' guideline (CG34).<sup>48</sup>
- Start drugs at medium, not high, dose, as given in the algorithm. The dose should be increased 2-4 weeks later for additional BP effect although side effects become more prominent as doses tend to the maximum.
- Start with the lowest dose in very elderly patients or those with heart failure.
- Alternatives to the suggested drugs listed above may be used according to local practice and formulary availability.
- Consider escalating drug doses in between trial visits so as to accelerate control of blood pressure, i.e. write prescriptions with 2-4 weeks of one dose then with 2-4 weeks at the next dose up.
- Always treat clinical dehydration/hypovolaemia before adding drugs or increasing doses so as to avoid significant hypotension.
- If 'A' or 'K' drugs are added, check renal function (U&E/BUN) after 1 week.
- If eGFR <45 (<37 in people of African/Afro-Caribbean origin) after addition of 'A', stop 'A' and use alternative algorithm strategy.
- If potassium >5.5 mmol/l after addition of 'A' or 'K', stop this and use alternative algorithm strategy.
- If sodium <130 mmol/l after addition of 'D', stop it and use alternative algorithm strategy.
- Specific drug classes may be indicated according to the presence of co-morbidities:
  - Post myocardial infarction – consider 'A' and/or 'B'
  - Diabetes mellitus – consider 'A'
- Specific drug classes are contra-indicated in the presence of known co-morbidities:
  - Asthma – avoid 'B'
  - Renal artery stenosis (bilateral if 2 kidneys, unilateral if 1 kidney) – avoid 'A'
- Consider referring compliant patients with uncontrolled/partially controlled high BP (i.e. SBP>160 on 3 or more BP lowering agents) to a specialist Hypertension clinic for specific investigation of secondary causes.
- If cough or angioedema develops on ACE-I, switch to angiotensin receptor antagonist (ARA), e.g. losartan.
- If bronchospasm develops on 'B', switch to another drug class as per management algorithm.
- Significant postural hypotension, which may be symptomatic, may occur if adding 'A' to 'D'.
- Do not use rate limiting 'C' (verapamil) with 'B' (β-RA).
- Only wean down drugs/doses because of symptoms, not because of BP levels.
- If uncertain, always check in the hospital/community/national drugs formulary regarding doses, indications and contra-indications.

### **3.7.1.4 Blood pressure measurement**

As a central aim of this trial is to ascertain the effect of lowering blood pressure immediately post stroke, it is vital that BP is measured in an accurate, reproducible,

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unbiased, and validated manner. Measurements made using routine ward/clinic mercury or aneroid sphygmomanometers, or most semi-automatic devices, are not sufficient in these respects.

All BP measurements should be performed using a validated automated blood pressure monitor, e.g. Omron 705CP or 705CP II. These devices have been validated by the British Hypertension Society,<sup>50</sup> in contrast to some other automated devices which have not been found to be accurate or reliable, and were used in the recent positive ASCOT hypertension trial involving 20,000 patients.<sup>51</sup> Baseline and follow-up systolic and diastolic blood pressure and heart rate data are taken in triplicate (3 measurements taken in rapid succession) in the non-paretic arm with the participant sitting and readings entered on the baseline form. BP and heart rate readings should be printed out using the monitor printer and attached to the BP 'print-out' sheet. The times of last antihypertensive drug ingestion and BP measurement will be recorded on the clinic forms. Two BP monitors will be supplied to each centre and should only be used for participants in the PODCAST trial. BP monitors will be checked by staff from the PODCAST International Coordinating Centre during site visits; if broken or inaccurate, the monitor will be recalibrated or replaced.

#### **3.7.1.5      *Ambulatory blood pressure monitoring (ABPM)***

In centres with the necessary ambulatory blood pressure monitoring equipment (e.g. SpaceLabs 90207), participants will have 24 hour ABPM<sup>52</sup> performed at recruitment and on treatment at 6 and 18 months. ABPM data will provide detailed information on:

- BP and heart rate (HR) levels on treatment
- BP and HR profile over 24 hours (peak and trough effects)
- BP and HR variation (standard deviation)

ABPM data will be printed out and faxed to the PODCAST International Coordinating Centre. Other haemodynamic variables are also related to stroke and recurrence and these will be derived from BP and HR:<sup>53, 54</sup>

- Pulse pressure (PP)                      = Systolic BP – diastolic BP
- Mean arterial pressure (MAP)        = Diastolic BP + (PP / 3)
- Pulse pressure index (PPI)          = PP / MAP
- Rate-pressure product (RPP)        = Systolic BP x HR

Data will be analysed with adjustment for baseline measurements.

#### **3.7.1.6      *Treatment of sustained severe high BP***

If participants develop severe high BP (systolic BP >160 mmHg), treatment should be increased as per the BP algorithm.

#### **3.7.1.7      *Treatment of sustained low/low normal BP***

If participants develop symptomatic hypotension, treatment should be weaned down as per the BP algorithm. This will normally involve stopping the last added drug (i.e. 'last in/first out').

### **3.7.2 Lipid lowering strategy (ischaemic stroke only)**

Lipid lowering agents will include statins and ezetimibe, e.g. as per UK NICE guidelines.<sup>55-57</sup> Only participants with an ischaemic stroke will be included in the lipid lowering arm since statins may be associated with intracerebral haemorrhage<sup>58</sup> due to mild antiplatelet properties. The aim is to maintain a difference in LDL-cholesterol >1.0 mmol/l between the treatment groups.

#### **3.7.2.1 'Intensive' lipid treatment group**

The target is a LDL-cholesterol (LDL-c) of <2.0 mmol/l (or total cholesterol <4.0 mmol/l if LDL-cholesterol cannot be calculated, e.g. because of high triglyceride levels). Participants will receive repeat advice to take a plant stanol/sterol (as a spread or drink) as part of meals. They will be reviewed in the research clinic at 3 and 6 months, and thereafter annually. The research clinic staff will prescribe medications as per the 'intensive lipids' treatment algorithm (Figure 7), and recommend to the general practitioner that this medication be continued unless there is a medical reason to change medication.

At the baseline research clinic, and unless the LDL-cholesterol is <2.0 mmol/l, participants should, ideally, be started on, or switched to, a 'high intensity' statin (e.g. atorvastatin 80 mg,<sup>2, 55</sup> rosuvastatin 40mg<sup>55, 57</sup>) – see algorithm (Figure 7). Ezetimibe (10 mg od<sup>56</sup>) should be added at subsequent clinics if the LDL-cholesterol >2.0 (or total cholesterol >4.0 mmol/l if LDL-cholesterol cannot be calculated). The algorithm should then be followed at following research clinics. The algorithm will be updated, as new information becomes available on lipid management, as a working practice document and mounted on the trial website.

Rapid escalation and continuing intensive maintenance treatment is vital to ensure that a long-term difference in LDL-c of at least 1.0 mmol/l (or TC of at least 1.0 mmol/l) is present between the treatment groups. Drugs will be weaned down if participants develop symptoms. A member of the International Coordinating Centre staff will monitor (unblinded to therapy) LDL-c (or TC) for individual participants as recorded on the trial database in individual participants, and suggest changes to the local investigator and/or GP to ensure that BP levels are appropriate for participant's randomisation.

#### **3.7.2.2 'Guideline' lipid treatment group**

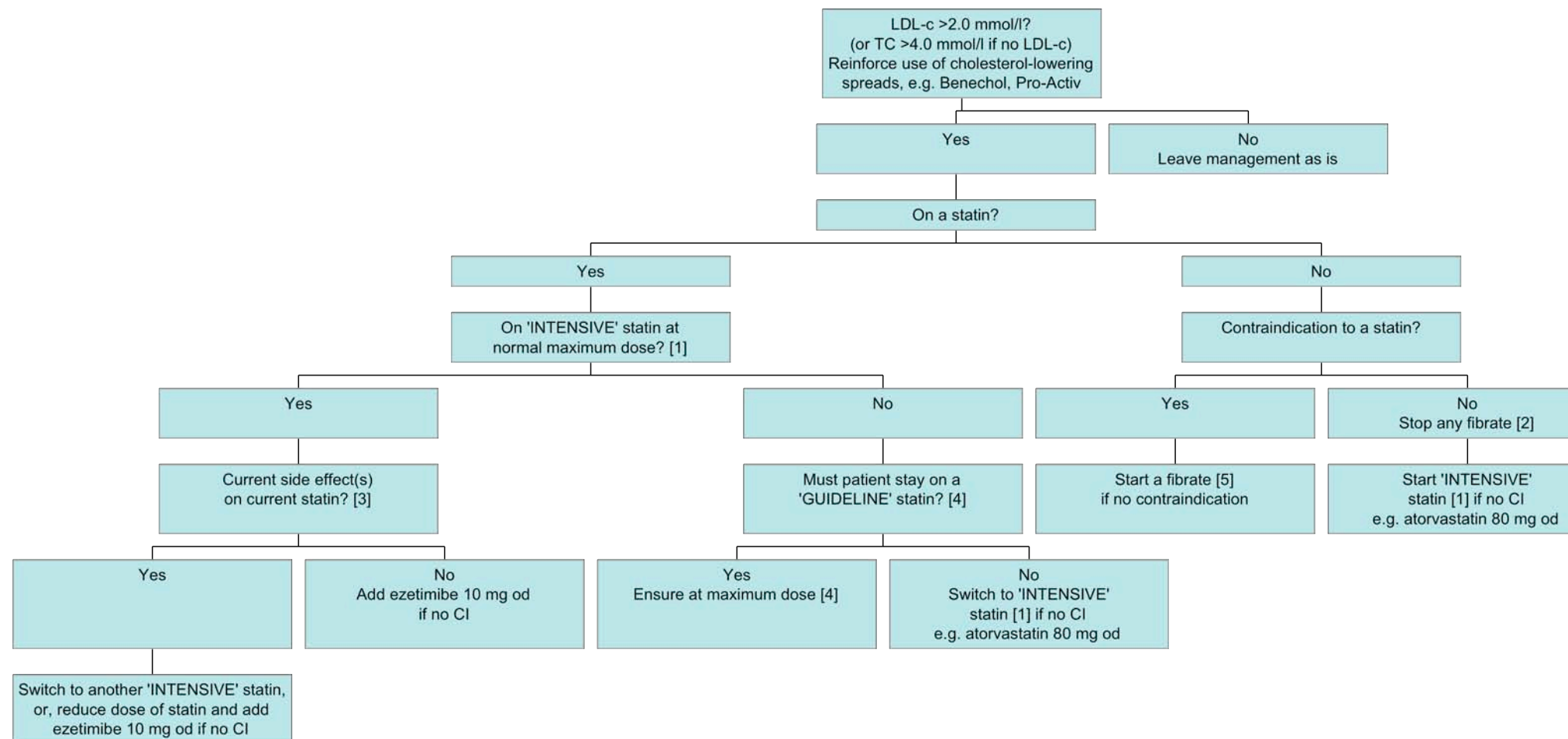
The target LDL-cholesterol for the 'guideline' lipid group is < 3.0 mmol/l (or total cholesterol <5.0 mmol/l if LDL-cholesterol cannot be calculated). Participants will receive advice to take a plant stanol/sterol spread on bread at baseline. Drug therapy will typically comprise a 'guideline' statin, e.g. simvastatin 40 mg on,<sup>17</sup> pravastatin 40 mg on, fluvastatin 40 mg on - see NICE lipid guideline CG 67, 2008.<sup>55</sup> Monitoring and treatment for this group will occur in general practice to reflect current community-based practice based on national/international guidelines.

#### **3.7.2.3 Treatment Algorithms**

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### 3.7.2.3.1 Intensive Lipid Treatment Algorithm – to be used in management phase of trial

Algorithm for 'INTENSIVE' cholesterol lowering. To be used during management phase



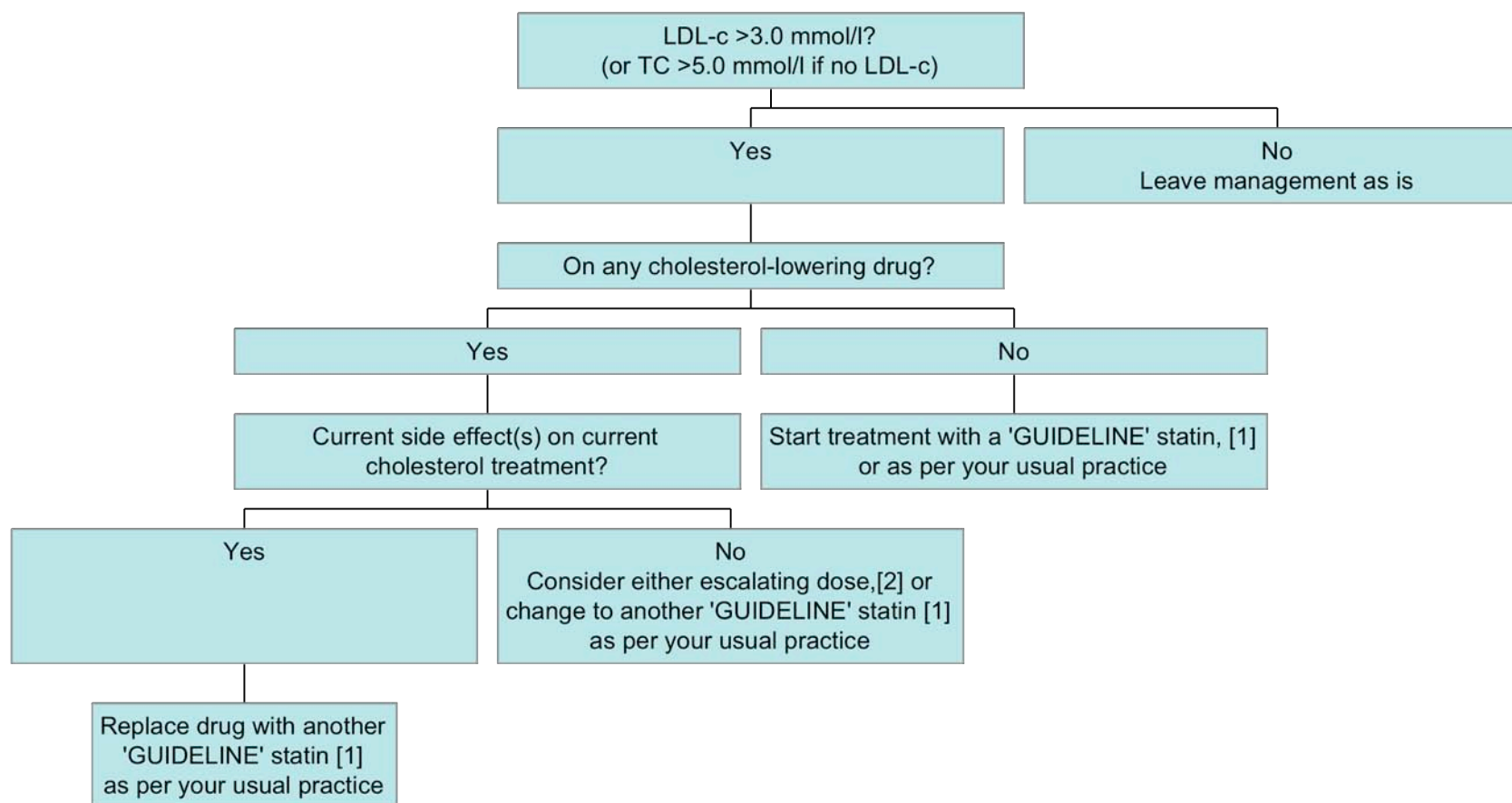
**Figure 7:** Intensive Lipid Treatment Algorithm

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1. 'Intensive' statins: atorvastatin, rosuvastatin.
2. Taking statins and fibrates together can cause rhabdomyolysis.
3. Main statin side effects include myositis, liver dysfunction (rarely hepatitis), rash, and hypersensitivity reactions (including angioedema and anaphylaxis).
4. 'Guideline' statins: simvastatin, pravastatin, fluvastatin
5. Fibrates include bezafibrate, ciprofibrate, fenofibrate, and gemfibrozil ( gemfibrozil should not be used with a statin).
6. Bile acid sequestrant resins (cholestyramine, colestipol) or tablets (colesevelam) may be used with statins/fibrates.
7. Nicotinic acid (as a slow-release preparation to limit side effects) or acipimox may be used with statins/fibrates

### 3.7.2.3.2 Guideline Lipid Treatment Algorithm – to be used in management phase of trial

Algorithm for 'GUIDELINE' cholesterol lowering. To be used during management phase



**Figure 8 :** Guideline Lipid Treatment Algorithm

1. Guideline statins: simvastatin, pravastatin, fluvastatin

2. Simvastatin and fluvastatin may each be taken at 80 mg on; pravastatin should not be used at 80 mg (max dose 40 mg)

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### **3.7.2.4 Lipid measurement**

Fasting lipids will be measured at an (provisionally) accredited Clinical Biochemistry laboratory proximal to the recruiting hospital and GP. Fasting should be performed overnight and measurements should be made at least 1 month after the last change in lipid lowering therapy. Lipid measurement will utilise standard techniques and comprise:

- Total cholesterol
- Triglyceride
- HDL cholesterol
- LDL cholesterol (calculated)

### **3.7.3 Other secondary vascular prophylaxis**

All participants with stroke should receive standard life style advice and rehabilitation (as per NICE CG 68, 2008),<sup>59</sup> including:

- Diet – calorie, salt, alcohol
- Exercise
- Smoking cessation
- Rehabilitation (e.g. physiotherapy, occupational therapy, speech & language therapy, as required)
- Psychological assessment and therapy

All participants with ischaemic stroke should receive standard secondary prophylaxis (as per NICE CG 68, 2008),<sup>59</sup> including:

- Oral anticoagulation, if a cardioembolic source of stroke is suspected
- Antiplatelet agents (e.g. combined aspirin 50-81 mg od and dipyridamole MR 200 mg bd)
- Carotid endarterectomy for ipsilateral severe internal carotid artery stenosis

All concomitant treatments will be documented on the CRF and also in the participant's medical record, including any changes to these treatments.

### **3.7.4 Monitoring interventions**

A member of the National Coordinating Centre staff will monitor recorded BP and lipids in individual participants, unblinded to therapy, and suggest dose/drug escalation/weaning based on the BP/lipid algorithms to the local investigator/GP for the intensive BP and lipid groups. Their aim will be to ensure that BP/lipid levels are appropriate for the participant's randomisation.

The Trial Management Committee will monitor BP and lipid levels, and treatment crossovers, for each treatment group, i.e. unblinded to therapy. The TMC will report to the Trial Steering Committee at least 4 monthly on the magnitude of separation in BP and lipid levels between the treatment groups. The DMC will also report to TSC on their observations of separation in BP and lipid levels between the treatment groups. [Note: It is acceptable for trialists to un-blind themselves to surrogate outcomes such as BP to ensure that trial protocols are working, as done in HOT<sup>60, 61</sup> and MRC ENOS.<sup>27</sup>]

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### **3.7.5 Blood Biomarkers and Pharmacogenetics Substudy**

Tertiary questions in PODCAST include assessing the effects of the interventions on blood biomarkers, and by participant's genotype. These blood measures are optional. Centres who wish to participate in the blood biomarker study should have appropriate storage facilities including access to a centrifuge and freezer.

Blood samples will be taken at baseline (4 ml into EDTA, 8 ml clotted). If it is not possible to take a blood sample at enrolment, both clotted (8 ml) and EDTA (4 ml) samples will be taken at the next feasible follow-up clinic visit. Clotted (serum) samples should be centrifuged prior to freezing; the EDTA samples should be frozen without centrifugation. Blood samples should be anonymised (identifiable by the centre number, participant trial number, participant initials, and date of sample) and stored locally in a freezer at -20°C (or lower if possible at -60°C to -80°C) and accounted for using the Blood Sample Freezer Log. The PODCAST International Coordinating Centre at Nottingham will arrange transfer of blood samples to Nottingham UK, for analysis. Blood samples will be destroyed once analysis is completed, this being dependent on the trial's completion date. Samples will not be sold to third parties.

#### **3.7.5.1 Soluble markers of outcome and efficacy**

The exact identity of blood biomarkers will depend on developing knowledge on what may most usefully be measured. Examples include markers of vasomotor activity, lipid metabolism, thrombosis and inflammation.

#### **3.7.5.2 Genetic studies**

The exact identity of genetic markers will depend on developing knowledge of what may most usefully be measured. Examples include genes related to Apo-E, mechanism of action of drugs, lipid metabolism, thrombosis and inflammation. However, genetic methodology is evolving rapidly and it is not possible presently to say what approaches will be used.

The consent form will allow the participant to opt-in to the genetic substudy. Participants may continue in the overall trial, even if they elect not to consent to the genetics substudy. The participant may request destruction of the genetic samples at any time after consent and prior to creation of an anonymised database.

### **3.7.6 Neuroimaging Substudy**

Cerebral white matter lesions (WML) have been associated with cognitive impairment in demented and non demented elderly subjects. Whether lesion progression parallels this decline over time and whether treatment can modify this is less clear.

Separate funding is being sought to perform systematic neuro-imaging in a subset of participants. All participants will be invited to take part in the imaging sub study. All

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participants will have a base line scan (done as part of routine clinical care at or soon after the index stroke), and is an inclusion criteria for the study. Participants will have an additional scan, as part of the imaging substudy at the end of 3 years. An MRI scan of the brain will be the preferred imaging method for the additional scan, as it is more informative of cognitive change. However, where MRI cannot be performed, a CT scan of the brain will be done. A typical x-ray dose for a CT brain scan is 1.5 msv, but due to variation in protocols, machines and patient size, this may reach 5mSv per scan.

The consent form will allow the participant to opt-in to the neuro-imaging substudy. Participants may continue in the overall trial, even if they elect not to consent to the neuro-imaging substudy.

### **3.8 STATISTICS**

A medical statistician will support the TSC with analyses. An interim analysis will be done during the start-up phase to demonstrate feasibility of the trial, recruitment of centres and participants, whether sufficient on-treatment differences in BP and lipids are obtained and maintained, and whether cognition is being assessed satisfactorily. Interim analysis of cognitive measures and vascular events during the start-up phase will be blinded to treatment assignment.

#### **3.8.1 Minimisation of bias**

As the trial is based on management strategies, placebo-control is not relevant. Sources of bias will be minimised with:

- Central randomisation/concealment of allocation/data registration with real-time validation using an internet-based database
- Blinded telephone/clinic assessment of cognitive/vascular outcomes
- Blinded central adjudication of cognition/dementia and vascular events
- Assessment of participant recall of treatment groups ('intensive', 'standard') at end of trial
- Exclusion of participants enrolled in other drug trials
- Analysis by intention-to-treat with adjustment for stratification/minimisation factors, number of BP-lowering treatments and use of ezetimibe

#### **3.8.2 Methods of analysis**

##### **3.8.2.1 Primary outcome**

Comparison of cognition (ACE-R extended to include death) between 'intensive' and 'guideline' BP/lipid lowering groups. The proportion of participants with cognitive impairment or who have died will be compared between the treatment groups, as done previously for MMSE (a subset of ACE-R).<sup>4, 17</sup>

Analyses will be adjusted for baseline stratification variables:

- Stroke type (ischaemic stroke, PICH)
- Country

And minimisation variables:

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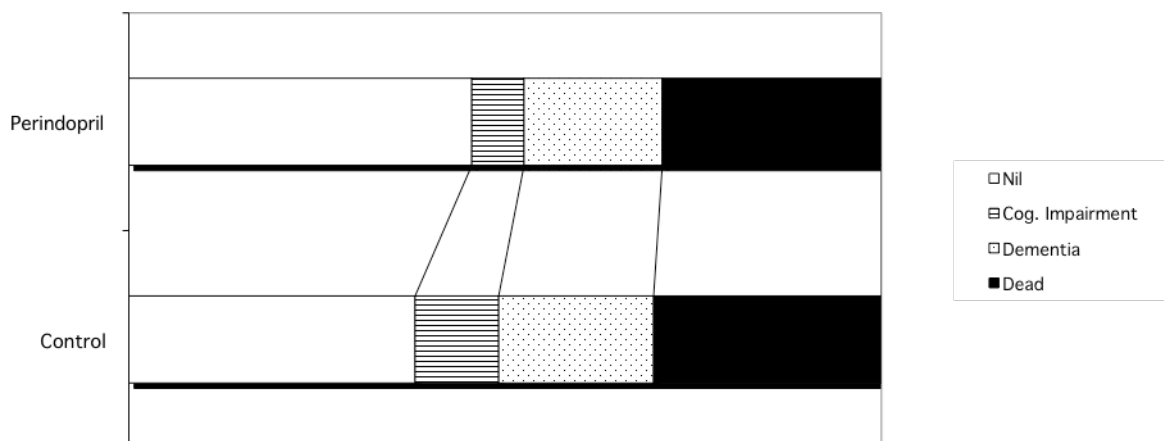
- Age (<70/≥70 yrs)
- Sex (female/male)
- Race-ethnicity (white/non-white)
- Stroke side (left/right)
- Dysphasia (no/yes)
- ACE-R (>96/≤96)
- SBP (<140/≥140 mmHg)
- Number of antihypertensive drugs (<2/≥2)
- Total cholesterol (<5.0/≥5.0 mmol/l)
- Already on a statin (no/yes)
- Diabetes (diet-tablets/insulin)
- Function/dependency (mRS<1/≥1)
- Stroke prior to index event (no/yes)
- Imaging method for index stroke (CT/MR)
- Brain region on imaging (subcortex/cortex)
- Leukoaraiosis on imaging (no/yes)
- Time since index stroke (<4/≥4 months)

### 3.8.2.2 Analysis of cognition data

Analyses based on binary outcomes are likely to be sub-optimal since dichotomisation of ordered categorical or continuous data is statistically inefficient, as seen in the 'Optimising Analysis of Stroke Trials' collaboration for functional outcome after stroke.<sup>62-64</sup>

As a result, we are comparing, in the 'Optimising Analysis of Stroke Trials-Cog' collaboration (OAST-Cog), ordinal and binary approaches using individual patient data from existing vascular trials where cognition was recorded; if this shows that ordinal approaches are statistically more efficient, we will change the analysis of cognition to use such an approach. Figure 9 illustrates how an ordered categorical scale may be created from cognition data.

**Figure 9:** Ordinal cognition scale using data from PROGRESS.<sup>21, 65</sup> 2000 patients without cognitive impairment (of the total ~3,300 patients) have been removed from each treatment group to make the illustration of cognition more clear. Perindopril-based BP lowering shifted patients from dementia/dead to no or some cognitive dysfunction (Mann-Whitney U,  $p=0.021$ , Bath P, unpublished).



Methods of analysing cognition vary considerably. The OAST-Cog project will use existing BP/cholesterol-cognition trial data to optimise statistical approaches (as we did with stroke<sup>62-64</sup>) with comparison of:

- Gradient<sup>65</sup>
- Mean cognition<sup>8, 20, 21</sup>
- Median cognition
- Mean change in cognition<sup>7, 8, 10, 22, 66</sup>
- Ordinal cognitive score (figure 9)

Analysis of the primary outcome will use the optimum approach once this has been identified. Additionally, techniques will be compared for dealing with participants who die:

- Assign ACE-R score=-1
- Use last cognition score carried forward
- Calculate gradient of cognition scores,<sup>65</sup> assuming both linear and curvilinear models
- Create an ordered categorical scale from data on cognition, dementia and death (figure 9)

Dementia will be analysed as:

- Proportions<sup>4</sup>
- As part or an ordered categorical scale (figure 9)

Differential dropouts will also be assessed.<sup>67</sup>

### **3.8.2.3 Other outcomes**

Secondary and safety outcomes will be analysed using multiple regression, ordinal logistic regression or binary logistic regression, depending on the type of data. Where possible, dichotomous outcomes will be converted into ordinal outcomes (as in figure 9). Analyses will be adjusted for the covariates as listed in section 3.8.2.1 since this approach increases statistical power<sup>64</sup> and is recommended by EMEA ('Points to consider').<sup>68</sup>

## **3.8.3 Sample size and justification**

### **3.8.3.1 Start-up phase**

Recruitment of 600 participants (300/BP group, ~270/statin group) will be sufficient to demonstrate adequacy in recruitment of centres and participants, whether sufficient on-treatment differences in BP and lipids can be obtained and maintained, and whether cognition can be assessed satisfactorily. No formal sample size calculation is relevant to this part of the trial.

### **3.8.3.2 Main phase**

Currently, ACE-R will be analysed as combined cognitive impairment or death using logistic regression; however the intention is to change this to an approach which optimises statistical power, depending on the results of the OAST-Cog study (as

discussed in section 3.8.2.2). The whole trial (start-up + main phases) will need a sample size of 3,400 (1,700 per group) post-stroke participants, assuming:

- Significance,  $\alpha = 5\%$
- Power  $(1-\beta) = 90\%$
- Rate of cognitive impairment or death in guideline' BP group = 25% at 5 years (main trial, average length of follow-up 4 years) [34]
- Rate of cognitive impairment or death in 'intensive' BP group = 20%, i.e. absolute risk reduction (ARR) = 5% (number-needed-to-treat = 25), relative risk reduction (RRR) = 20%
- Losses to follow-up = 3%

Hence, 765 participants ( $0.225 \times 3,400$ ) will need to develop cognitive impairment or die. The sample size allows a smaller but clinically worthwhile decline in cognitive decline to be identified with 80% power, i.e. ARR = 4.5% (RRR 18%). Since there are less existing data on the effect of cholesterol lowering on cognition, the statin factor will assume the same RRR (20%) but have less power (~86%) since it will only involve participants with ischaemic stroke (~3,060).

Changing from a binary to ordinal analysis of the primary outcome may allow for a reduction in sample size of up to 30%, as seen in the 'Optimising Analysis of Stroke Trials' collaboration for functional outcome after stroke.<sup>62-64</sup> Providing ordinal analysis appears to be more efficient than binary analysis for cognition data, the trial will be re-sized according to the method of Whitehead.<sup>69</sup> Any such change will be performed prior to database lock, blinded to treatment, and defined explicitly in the Statistical Analysis Plan.

### **3.8.4 Definition of populations analysed**

#### **3.8.4.1 Safety Set**

All randomised participants.

#### **3.8.4.2 Full Analysis Set (FAS)**

All participants in the Safety Set, and who took at least one treatment dose, and for whom at least one post-baseline assessment of the primary endpoint (ACE-R and vital status) is available. Participants in the FAS will be defined prior to database lock.

#### **3.8.4.3 Per Protocol Set (PPS)**

All participants in the Full Analysis Set, and who are deemed to have no **protocol violations** (i.e. no severe deviations that might have interfered with the objectives of the trial). Participants in the PPS will be defined prior to database lock.

#### **3.8.4.4 Analyses**

Efficacy will be assessed using the **Full Analysis Set**; secondary analyses will also assess efficacy in the **Per Protocol Set**. Safety summaries will be performed on the **Safety Set**. Major protocol deviations will lead to exclusion of a participant from the **Per Protocol Set**.

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### **3.8.5 Health economic analysis**

The impact of 'intensive' BP and lipid lowering on quality of life will be assessed using the EuroQoL. A full health-economic analysis will be performed as part of the trial and will cover measurement of service use, including costs of dementia/cognitive impairment, costs of excess treatment, cost/event (cognitive decline) prevented and cost/QALY.

### **3.8.6 Potential analysis issues**

#### **3.8.6.1 Falling event rates**

Event rates are often seen to be falling and lower than expected in vascular prevention trials, this often requiring recruitment of more participants and/or prolongation of follow-up. The main issue in cognition/dementia studies is to ensure adequate length of follow-up, i.e. 5 years or more, so that cognitive impairment has time to develop. These issues will be monitored during the trial.

#### **3.8.6.2 Adequate BP/lipid effects**

The only large intensity BP trial (HOT<sup>60, 61</sup>) did not achieve its target BP differences. The start-up phase will check that differences in BP/lipids can be maintained; Participants in the intensive BP/lipid lowering groups will receive reminders about treatment during each clinic and telephone follow-up. Secondary observational analyses will assess the relationship between individual changes in BP/lipids and cognition.

#### **3.8.6.3 Guideline drift**

Guidelines may change over the life of the trial such that guideline BP and lipid targets could be reduced with time. In contrast, cost and participant resistance to taking multiple interventions may oppose this trend. The trial will monitor and adapt to such changes if detected.

#### **3.8.6.4 Analysis of cognition**

Methods for analysing cognition vary considerably and those using binary approaches may be sub-optimal. We have set up an international collaboration using existing BP/cholesterol-cognition trial data to optimise statistical approaches, as discussed in section 3.8.2.2, which will improve statistical efficiency thereby allowing a reduction in sample size.

## **3.9 ADVERSE EVENTS**

### **3.9.1 Definitions**

#### **3.9.1.1 Adverse Event**

An adverse event (AE) is defined as any unfavorable and unintended sign including an abnormal laboratory finding, symptom or disease associated with the use of a medical treatment or procedure, regardless of whether it is considered related to the medical treatment or procedure, that occurs during the course of the study.

#### **3.9.1.2 Adverse reaction**

An adverse reaction (AR) is any untoward and unintended response in a participant to a drug, which is related to any dose administered to that participant. PODCAST will collect and record ARs; although these will be presented to the Data & Monitoring Committee, they will not be reported to National Competent Authorities.

#### **3.9.1.3 Serious Adverse Event (SAE) or Serious Adverse Reaction (SAR)**

Any adverse event or reaction occurring following trial-mandated procedures, having received BP and/or lipid lowering therapy, that results in any of the following outcomes:

- Death
- A life-threatening adverse event
- Inpatient hospitalisation or prolongation of existing hospitalisation
- A disability / incapacity
- A congenital anomaly in the offspring of a participant
- Important medical events – these are events which are not fatal, life-threatening, or require hospitalisation, but nevertheless may jeopardise the participant and may require medical or surgical intervention to prevent one of the other outcomes listed above

PODCAST will collect and record SAEs/SARs; although these will be presented to the Data & Monitoring Committee, they will not be reported to National Competent Authorities.

#### **3.9.1.4 Suspected Unexpected Serious Adverse Reactions (SUSAR)**

SUSARs are serious adverse reactions, which are serious (as defined for SAEs), and unexpected (i.e. they are not recognised reactions for the trial medications). Since this is a trial of management (including life style) rather than any particular drug, it does not fall under the rules associated with the EU Clinical trials Directive and so does not need to collect/record/report SUSARs.

#### **3.9.1.5 Serious versus severe adverse events**

A distinction is drawn between serious and **severe adverse events**. Severity is a measure of intensity whereas seriousness is defined using the criteria above. Hence, a severe adverse event need not necessarily be serious (e.g. most severe headaches are not serious).

### **3.9.2 Causality**

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The relationship between clinical events, including laboratory test abnormalities, and treatment will be assigned by the Investigator as follows:

**3.9.2.1      *Not related or improbable***

Clinical event, including laboratory test abnormality, with a temporal relationship to trial treatments which makes a causal relationship incompatible or for which other treatments, chemicals or disease provide a plausible explanation. This will be counted as 'unrelated' for analysis purposes.

**3.9.2.2      *Improbable***

Clinical events, including laboratory test abnormalities, with a temporal relationship to trial treatments which makes a causal relationship unlikely, or for which other treatments, chemicals or disease provide a plausible explanation. This will be counted as 'unrelated' for analysis purposes.

**3.9.2.3      *Possible***

Clinical events, including laboratory test abnormalities, with a temporal relationship to trial treatments which makes a causal relationship a reasonable possibility, but which could also be explained by other treatments, chemicals or concurrent disease. This will be counted as 'unrelated' for analysis purposes.

**3.9.2.4      *Probable***

Clinical events, including laboratory test abnormalities, with a temporal relationship to trial treatments, which makes a causal relationship a reasonable possibility, and is unlikely to be due to other treatments, chemicals or concurrent disease. This will be counted as 'related' for analysis purposes.

**3.9.2.5      *Definite***

Clinical events, including laboratory test abnormalities, with a temporal relationship to trial treatment administration which makes a causal relationship a reasonable possibility, and which can definitely not be attributed to other causes. This will be counted as 'related' for analysis purposes.

**3.9.3 *Recording and Safety Reporting***

**3.9.3.1      *Adverse events***

AEs will not be recorded or reported due to their high incidence in stroke patients.

**3.9.3.2      *Adverse Reactions***

All ARs listed in the British National Formulary for antihypertensive and lipid lowering drugs and occurring in participants will be recorded in the trial database, but not reported to regulatory authorities. It is important to record these ARs, since they will influence blood pressure and/or lipid management strategies as per the guiding This protocol is confidential and the property of the University of Nottingham. No part of it may be transmitted, reproduced, published, or used by others persons without prior written authorisation from the University of Nottingham

algorithms. A list of recognised ARs associated with blood pressure and lipid lowering drugs will be given in a working practice document; this will be updated as necessary.

### **3.9.3.3      *Serious Adverse Events (SAEs) related to Stroke***

Stroke and developing cognitive impairment are conditions with high morbidity and mortality, and several adverse events may occur during a patient's participation in the trial. So the following expected SAE'S will be recorded in the trial database but not reported to regulatory authorities. This list is a guide, and will be updated through a working practice document on the trial website (so that protocol amendments are not required). Since most medical conditions can be described using a variety of descriptors, investigators should try, where possible, to match up SAE titles with the list below.

#### **3.9.3.3.1      *Cardiovascular***

- Acute coronary syndrome (ACS)
- Atrial fibrillation (AF)
- Bradycardia
- Chest pain
- Collapse
- Deep vein thrombosis (DVT)
- Heart dysrhythmia
- Heart failure
- Hypertension
- Hypotension
- Myocardial infarction (MI)
- Pulmonary embolism (PE)
- Tachycardia
- Unstable angina

#### **3.9.3.3.2      *Central Nervous System***

- Agitation
- Anxiety
- Cerebral oedema
- Complication of initial stroke
- Dementia
- Depression
- Dysphagia
- Extension of initial stroke
- Haemorrhagic transformation (of infarct, HTI)
- Headache
- Intracerebral bleed
- Intracranial/extracerebral bleed
- Recurrent stroke
- Sedation
- Seizure
- Sensory loss
- Transient ischaemic attack (TIA)
- Vertigo

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- Visual loss
- Weakness

#### **3.9.3.3.3 *Cutaneous***

- Flushing
- Hypersensitivity
- Rash
- Oropharangeal swelling
- urticaria

#### **3.9.3.3.4 *Gastro-intestinal***

- Abdominal pain
- Cholecystitis
- Constipation
- Diarrhoea
- Dysphagia
- Gastrointestinal bleed
- Gastrointestinal disturbance
- Incontinence, faecal
- Heartburn
- Hepatitis
- Nausea
- Oral ulceration
- Pancreatitis
- Vomiting
- Weight loss

#### **3.9.3.3.5 *Genito-urinary***

- Sexual dysfunction
- Incontinence, urinary
- Renal impairment
- Urinary retention
- Urinary tract infection (UTI)

#### **3.9.3.3.6 *Haematological***

- Anaemia
- Leukopenia
- Methaemoglobinaemia
- Thrombocytopenia
- Pancytopenia

#### **3.9.3.3.7 *Immunological***

- Anaphylactic
- Hypersensitivity

#### **3.9.3.3.8 *Miscellaneous***

- Acid base disturbance
- Bacteraemia
- Cellulitis
- Death unattended
- Diaphoresis
- Electrolyte disturbance
- Extracranial bleeding (not GI haemorrhage)
- Fall
- Fatigue
- Hyperglycaemia
- Hyperuricaemia
- Infection (not otherwise specified)
- Malignancy
- Muscle twitching
- Osteoarthritis
- Other (please state medical condition)
- Vascular event (not otherwise specified)

#### **3.9.3.3.9 *Respiratory***

- Asthma
- Bronchospasm
- Bronchitis
- Chest infection
- Chronic obstructive pulmonary disease (COPD)
- Hypoxia
- Pneumonia
- Pulmonary embolism (PE)
- Shortness of breath

#### **3.9.3.4 *Serious Adverse Reactions (SARs)***

As the trial is testing management strategies, not individual drugs, adverse reactions that are serious will be recorded on the trial database, but not reported to the regulatory authorities.

#### **3.9.3.5 *Suspected Unexpected Serious Adverse Reactions (SUSAR)***

As the trial is testing management strategies, not individual drugs, and due to the long established nature of these drugs, SUSARs are not collected and recorded specifically, except as part of the recording of serious adverse reactions. However investigators are free to report adverse reactions/serious adverse reactions to national agencies as they wish, e.g. through the Commission of Human Medicines Yellow Card pathway ([www.yellowcard.gov.uk](http://www.yellowcard.gov.uk)) in the UK.

#### **3.9.4 *Serious Adverse Event (SAE) adjudication***

All SAEs will be recorded and monitored until resolution, stabilisation, or until it has been shown that the trial treatment is not the cause. Such SAEs should be completed within one week of investigators being aware of the event. Likely causality will be entered.

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For SAEs, the Chief Investigator and SAE adjudicator(s) shall:

- Assess the event for seriousness, expectedness and relatedness to the trial treatment
- Take appropriate medical action, which may include halting the trial and inform the Sponsor of such action
- Make any amendments as required to the trial protocol and inform the REC as required

### ***3.9.5 Participant removal from the trial due to adverse events***

Any participant who experiences an AR or SAR may be withdrawn from treatment at the discretion of the Principal Investigator, or at the request of the participant. However there are usually alternative treatments for reducing blood pressure and lipids, which may be used instead of a particular drug causing an AR/SAR. Hence it should usually be possible to avoid withdrawing a participant from treatment. If patients do withdraw from treatment, ideally they should stay in the trial for the purposes of follow up.

## **3.10 TRIAL MANAGEMENT**

### ***3.10.1 Sponsor***

The University of Nottingham is the trial sponsor in the UK and will delegate responsibility for design and conduct of the trial to the Chief Investigator via our Sponsor/Chief Investigator agreement. The sponsor contact details are

Mr Paul Cartledge  
Head of Research Grants and Contracts  
Research Innovation Services  
King's Meadow Campus, Lenton Lane  
Nottingham, NG7 2NR  
UK

### ***3.10.2 Coordinating Centre***

The Stroke Trials Unit (STU), part of the University of Nottingham's Clinical Trials Unit (which has provisional registration), will co-ordinate the trial. STU will have overall responsibility for the conduct of the trial and will be responsible for provision of trial materials, collation and analysis of data and reporting of the final results. They will act as the International Coordinating Centre, UK National Coordinating Centre, the primary point of contact for UK centres, and the secondary point of contact for non-UK centres.

Stroke Trials Unit  
Division of Stroke Medicine  
University of Nottingham  
Clinical Science Building  
City Hospital campus

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Nottingham, NG5 1PBUK

Tel: +44 115 823 1769

Fax: +44 115 823 1771

### **3.10.3 Trial Steering Committee (TSC)**

The TSC will provide overall supervision, as per their charter, and ensure that the trial is conducted in accordance with the principles of the ICH GCP and the relevant regulations. Any amendments to the trial will be agreed by the TSC. The TSC will provide advice to the investigators on all aspects of the trial. The composition of the TSC is given on the Trial website.

### **3.10.4 Data Monitoring Committee (DMC)**

The Data Monitoring Committee (DMC) will monitor efficacy and safety as per their charter. As well as outcome measures, the DMC will also review recruitment, baseline data, balance in baseline factors between the treatment group, completeness of data, compliance to treatment, co-administered treatments, and outcome by sub groups. They will also review all serious adverse events (both adjudicated and unadjudicated) and protocol violations. The DMC will usually meet at least yearly by teleconference; the chairman will receive 6 monthly updates from the statistician. The composition of the DMC is given on the Trial website.

The Data Monitoring Committee charter will use similar stopping rules to those agreed and used in the MRC ENOS trial. (See section 3.11.6)

### **3.10.5 Outcome and event adjudication committees**

There will be 3 adjudication committees:

- For cognitive decline and dementia
- For stroke and other vascular events
- For SAEs which do not relate to cognition of vascular events

The committees will follow their respective charters.

## **3.11 ETHICAL AND REGULATORY ASPECTS**

### **3.11.1 Ethics Committee and regulatory approvals**

The trial will not be initiated before the protocol, informed consent forms, and participant and GP information sheets have received approval / favourable opinion from the UK Multi Research Ethics Committee (REC), and the respective National Health Service (NHS) Research & Development (R&D) department. Should a protocol amendment be made that requires REC approval, the changes in the protocol will not be instituted until the amendment and revised informed consent forms and participant information sheets have been reviewed and received approval/favourable opinion

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from the REC and R&D departments. A protocol amendment intended to eliminate an apparent immediate hazard to participants may be implemented immediately providing that the REC are notified as soon as possible and an approval is requested. Minor protocol amendments only for logistical or administrative changes may be implemented immediately; and the REC will be informed.

The trial will be conducted in accordance with the ethical principles that have their origin in the Declaration of Helsinki, 1996; the principles of Good Clinical Practice (GCP), and the UK Department of Health Research Governance Framework for Health and Social care, 2005.

### **3.11.2      *Informed consent and participant information***

The process for obtaining participant informed consent will be in accordance with REC guidance, GCP, and any other regulatory requirements that might be introduced. The investigator or their nominee and the participant shall both sign and date the Informed Consent Form before the person can participate in the trial.

The participant will receive a copy of the signed and dated forms and the original will be retained in the Trial Master File. A second copy will be filed in the participant's medical notes and a signed and dated note made in the hospital notes that informed consent was obtained for the trial.

The decision regarding participation in the trial is entirely voluntary. The investigator or their nominee shall emphasise to them that consent regarding trial participation may be withdrawn at any time without penalty or affecting the quality or quantity of their future medical care, or loss of benefits to which the participant is otherwise entitled. No trial-specific interventions will be done before informed consent has been obtained.

As cognitive decline is one of the objectives of the trial, it is expected and perhaps inevitable that some participants will lose the capacity to maintain consent for the trial. All participants will be asked at enrolment, if they would agree to continue in the study, should they lose the capacity to maintain consent during the study period. For such participants, consent to continue in the study will be obtained from the informant (relative/friend), who will be made aware of the participants wishes at enrolment.

The investigator will inform the participant or the informant (relative/friend), of any relevant information that becomes available during the course of the trial, and will discuss with them whether they wish to continue with the trial. If applicable they will be asked to sign revised consent forms.

If the Informed Consent Form is amended during the trial, the investigator shall follow all applicable regulatory requirements pertaining to approval of the amended Informed Consent Form by the REC and use of the amended form (including for ongoing participants).

### **3.11.3      *Records***

#### **3.11.3.1      *Case Report Form***

Each participant will be assigned a trial identity code number, allocated at randomisation, for use on CRFs, other trial documents, and the electronic database. The documents and database will also use their initials (of first and last names separated by a hyphen or middle name initial when available) and age.

CRFs will be treated as confidential documents and held securely in accordance with regulations. The investigator will make a separate confidential record, in a separate participant database, of the: participant's name, date of birth, local hospital number or NHS number, address, telephone number, relative/friend's contact details, and Participant Trial Number, to permit identification of all participants enrolled in the trial, so that follow-up may be performed. CRFs shall be restricted to those personnel approved by the Chief or local Principal Investigator and recorded on the 'Trial Delegation Log'.

All paper forms shall be filled in using black ballpoint pen. Errors shall be lined out, but not obliterated with correction fluid, and the correction inserted, initialled and dated. The Chief or Principal Investigator, or designate, shall sign a declaration ensuring accuracy of data recorded in the electronic-CRF through signing off database forms by the use of their Postal Index Number (PIN) code.

#### **3.11.3.2      *Source documents***

Source documents shall be filed at the investigator's site and may include, but are not limited to, consent forms, current medical records, laboratory results, and pharmacy records. A CRF may also completely serve as its own source data. Only trial staff as listed on the Delegation Log shall have access to trial documentation other than the regulatory requirements listed below.

#### **3.11.3.3      *Scan Transfer and Storage***

Baseline and subsequent clinical or research CT and/or MR brain scans should be sent electronically over the web (ideally), or on a CD or DVD, or by film (the latter two mailed to the PODCAST International Coordinating Centre in Nottingham). Ideally, investigators should use the secure Internet upload facility provided on the PODCAST website ([www.podcast-trial.org/](http://www.podcast-trial.org/)) which includes automatic checking then anonymisation of images. If films are posted, these will be digitised and the resulting data anonymised. All digital brain image data will be stored on computer servers for adjudication, analysis and archiving. Anonymised imaging data shall be adjudicated by trained neuroradiologists who may be based at the Coordinating Centre or elsewhere. The systems have been designed to ensure the highest levels of data security and participant confidentiality, and will be further enhanced if future technological advances permit it. The enhancements to the current system may include the use of e-Science and Grid technologies (e.g. NeuroGrid, [www.neurogrid.ac.uk/](http://www.neurogrid.ac.uk/)) if they prove to be superior to current systems.

#### **3.11.3.4     *Direct access to source data and documents***

The CRF and all source documents, including progress notes and copies of laboratory and medical test results, shall made be available at all times for review by the Chief Investigator, PODCAST staff, Sponsor's designee and inspection by relevant regulatory authorities.

#### **3.11.4        *Data protection***

All trial staff and investigators will endeavour to protect the rights of the trial's participants to privacy and informed consent, and will adhere to the UK Data Protection Act (1998). The CRF will only collect the minimum required information for the purposes of the trial. CRFs will be held securely, in a locked room, or locked cupboard or cabinet. Access to the information will be limited to the trial staff and investigators and relevant regulatory authorities (see above). Computer held data including the trial database will be held securely and password protected. All data will be stored on a secure dedicated web server. Access will be restricted by user identifiers, passwords and PINs (encrypted using a one way encryption method).

Personal information (e.g. name and address of participants and secondary contacts) about trial participants will be held at local centres and will be passed onto the National Coordinating Centre and International Coordinating Centre (Nottingham UK). Participant information will be held on a database at the ICC but will be separated from all clinical information; the latter remain anonymous (identifiable only by initials, trial number and age). Computer data will be backed up regularly to an off site secure repository (to enable disaster recovery). Personal participant information will be used only for the purposes of the PODCAST trial and will not be passed on to third parties. The personal participant information will be deleted within 12 months of the end of the trial.

Where permissible, the PODCAST International Coordinating Centres may use central databases to obtain additional follow-up information on participants enrolled into the trial. In the UK, this will involve use of the NHS Medical Research Information Service, Office of National Statistics (ONS) database. When information will be gathered on participants in this way, it will be clearly stated in the country specific patient/informant information sheets.

Information about the trial in the participant's medical records / hospital notes will be treated confidentially in the same way as all other confidential medical information.

#### **3.11.5        *Quality assurance and audit***

##### **3.11.5.1     *Insurance and indemnity***

Insurance and indemnity for trial participants and local trial staff is covered within the UK NHS Indemnity Arrangements for clinical negligence claims in the NHS, issued under cover of HSG (96) 48.<sup>70</sup> There are no special compensation arrangements, but trial participants may have recourse through the NHS complaints procedures.

The University of Nottingham has taken out an insurance policy to provide indemnity in the event of a successful litigious claim for proven non-negligent harm.

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#### **3.11.5.2 Trial conduct**

Trial conduct will be subject to systems audit of the Trial Master File for inclusion of essential documents:

- Permissions to conduct the trial
- Trial Delegation Log
- CVs of trial staff and training received
- Local document control procedures
- Consent procedures and recruitment logs
- Adherence to procedures defined in the protocol (e.g. inclusion / exclusion criteria, correct randomisation, timeliness of visits)
- Serious Adverse Event recording and reporting; accountability of trial materials and equipment calibration logs

The Trial Coordinator, or where required, a nominated designee of the Sponsor, shall carry out a site systems audit, at least yearly, and an audit report shall be made to the Chief Investigator.

#### **3.11.5.3 Trial data**

Monitoring of trial data shall include:

- Confirmation of informed consent – for all participants
- Source data verification – use ROUNDUP SQR for calculating number of participants whose documents need to be monitored at centre (since last monitoring)
- Data storage and data transfer procedures
- Local quality control checks and procedures
- Back-up and disaster recovery of any local databases and validation of data manipulation

The Trial Coordinator, or where required, a nominated designee of the Sponsor, shall carry out monitoring of trial data as an ongoing activity.

Entries on CRFs will be verified by inspection against the source data. A sample of CRFs [ROUNDUP SQR (number of participants at centre since last monitoring)] will be checked on a regular basis for verification of all entries made. In addition, the subsequent capture of data on the trial database will be checked. Where corrections are required these will carry a full audit trail and justification.

Trial data and evidence of monitoring and systems audits will be made available for inspection by REC as required.

#### **3.11.5.4 Record retention and archiving**

In compliance with the ICH/GCP guidelines, regulations and in accordance with the University of Nottingham's Research Code of Conduct, the Chief or local Principal Investigator will maintain all records and documents regarding the conduct of the trial. These will be retained for at least 7 years after the end of the trial, or for longer

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if required. If the responsible investigator is no longer able to maintain the trial records, a second person will be nominated to take over this responsibility.

The Trial Master File and trial documents held by the Chief Investigator on behalf of the Sponsor shall be finally archived at secure archive facilities at the University of Nottingham. This archive shall include all trial databases and associated meta-data encryption codes.

### **3.11.6      *Discontinuation of the trial by the sponsor***

The Sponsor reserves the right to discontinue this trial at any time for failure to meet expected enrolment goals, for safety or any other administrative reasons. The Sponsor shall take advice from the Trial Steering Committee, Data Monitoring Committee, and funder(s) as appropriate in making this decision.

We will use a similar Data Monitoring Committee charter for electively stopping the trial that is agreed for the MRC ENOS trial. This states that:

"During the period of recruitment into the study, the trial statistician will perform interim analyses on major outcome events and supply these, in strict confidence, to the members of the Data Monitoring Committee, along with any other analyses that the committee may request. In the light of these analyses, the Data Monitoring Committee will advise the Chairman of the Steering Committee and Principal Investigator if, in their view, the randomised comparisons in the trial have provided both:

- (i) "Proof beyond reasonable doubt"<sup>†</sup> that for all, or for some, specific types of patient, treatment is clearly indicated or clearly contraindicated in terms of the primary outcome measure, and
- (ii) Evidence that might reasonably be expected to influence materially the patient management of the many clinicians who are already aware of the results of any other relevant trials.

The Steering Committee can then decide whether to modify intake to the trial (or to seek extra data). Unless this happens, however, the Steering Committee, the collaborators, and the central administrative staff (except those who produce the confidential analyses) will remain ignorant of the interim results.

Collaborators, and all others associated with the trial, may write through the PODCAST office, Nottingham to the Chairman of the Data Monitoring Committee, drawing attention to any worries they may have about particular categories of patient requiring special consideration, or about any other matters that may be relevant.

<sup>†</sup>Appropriate criteria of proof beyond reasonable doubt cannot be specified precisely, but a common view is that a difference of at least 3 standard deviations in an interim analysis of a major outcome event may be needed to justify halting, or modifying, such a study prematurely. If this criterion were to be adopted, it would have the practical advantage that the exact number of interim analyses would be of little importance, and so no fixed schedule is proposed.

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If a trial is discontinued for any of the above reasons, participants will go back to receiving standard care from their GP's.

### **3.11.7      *Statement of confidentiality***

Individual participant medical information obtained as a result of this trial is considered confidential and disclosure to third parties is prohibited with the exceptions noted above.

Participant confidentiality will be further ensured by utilising identification code numbers to correspond to treatment data in the computer files.

Such medical information may be given to the participant's medical team and all appropriate medical personnel responsible for the participant's welfare.

Data generated as a result of this trial will be available for inspection on request by the participating physicians, the University of Nottingham representatives, the REC, local R&D Departments and the regulatory authorities.

### **3.11.8      *Publication and dissemination policy***

Data and results will be shared as follows:

#### **3.11.8.1      *Presentation***

The main trial results will be presented to the investigators, and to funding bodies, and at major international and national scientific meetings, in the name of the trial and Investigators.

#### **3.11.8.2      *Publication***

The main results from the trial will be written by a 'Writing Committee' and published in quality peer-reviewed journal(s) in the name of the investigators, i.e. PODCAST Investigators.

Secondary publications will be published as 'Person(s), for the PODCAST Investigators', where the person(s) are those who conceived, designed, or wrote the paper, or analysed and/or interpreted the data for the publication.

Abstracts will be presented as 'PODCAST Investigators, person(s)', where the person(s) act as a contact point for the trial.

Local investigators may present or publish data relating to their centre once the main trial findings have been published and following agreement by the Trial Steering Committee.

### **3.11.8.3     *Sharing of data***

Anonymised subsets of data may be shared with other research groups and projects (e.g. Cochrane Collaboration, OAST-Cog) once the main trial findings have been published, and following agreement by the Trial Steering Committee.

### **3.11.8.4     *Management of post-trial BP and lipids***

Widespread presentation and publication of the results will allow participants and their general practitioners to discuss the most appropriate management for future control of BP and lipids.

### **3.11.9        *User and public involvement***

The trial has been reviewed, and is supported, by:

- Alzheimer's Society Quality Research in Dementia Consumer Advisory Network
- UK Stroke Research Network Prevention Clinical Studies Group
- Trent Stroke Consumer Group

Several Participants/Carer Public Involvement (PCPI) representatives sit on the Trial Steering Committee (see [www.podcast-trial.org/](http://www.podcast-trial.org/)).

## **3.12 TRIAL FINANCES**

### **3.12.1        *Funding sources***

The start-up phase is jointly funded by The Stroke Association and Alzheimer Society UK. Funding for the main funding phase will be sought mid-way through the start-up phase subject to the trial being considered feasible by the Trial Steering Committee and Data Monitoring Committee.

### **3.12.2        *Participant stipends and payments***

Participants will not be paid to participate in the trial. Travel or mileage/parking expenses will be offered for hospital visits.

## **SIGNATURE PAGES**

Signatories to Protocol:

Chief Investigator: Professor Philip Bath

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## APPENDICES

### Appendix A. Addenbrooke's Cognitive Examination-Revised (ACE-R)

The ACE-R will be modified to include death (thereby mimicking modification of functional outcome, e.g. Rankin Scale, to include death); participants who die will be assigned an ACE-R score of -1.

## ADDENBROOKE'S COGNITIVE EXAMINATION – ACE-R

Name :	Date of testing: ____/____/____
Date of birth :	Tester's name: _____
Hospital no. :	Age at leaving full-time education: _____
	Occupation: _____
	Handedness: _____

*Addressograph*

### ORIENTATION

➤ Ask: What is the	Day _____	Date _____	Month _____	Year _____	Season _____	[Score 0-5] <input type="text"/>
➤ Ask: Which	Building _____	Floor _____	Town _____	County _____	Country _____	[Score 0-5] <input type="text"/>
						A + O

### REGISTRATION

➤ Tell: 'I'm going to give you three words and I'd like you to repeat after me: lemon, key and ball'. After subject repeats, say 'Try to remember them because I'm going to ask you later'. Score <i>only</i> the first trial (repeat 3 times if necessary). Register number of trials _____	[Score 0-3] <input type="text"/>
A + O	

### ATTENTION & CONCENTRATION

➤ Ask the subject: 'could you take seven away from a hundred? After the subject responds, ask him or her to take away another 7 to a total of 5 subtractions. If subject makes mistake, carry on and check the subsequent answer (i.e 93,84,77,70,63- score 4) Stop after five subtractions (93, 86, 79, 72, 65). _____	[Score 0-5] <input type="text"/> (for the best performed task)
➤ Ask: 'could you please spell <b>WORLD</b> for me? Then ask him/her to spell it backwards: _____	A + O

### MEMORY - Recall

➤ Ask: 'Which 3 words did I ask you to repeat and remember?' _____ _____ _____	[Score 0-3] <input type="text"/> Memory
---	--

### MEMORY – Anterograde Memory

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<p>➤ Tell: 'I'm going to give you a name and address and I'd like you to repeat after me. We'll be doing that 3 times, so you have a chance to learn it because I'll be asking you later'</p> <p>Score only the third trial</p>				<p>[Score 0 – 7]</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
	1 <sup>st</sup> Trial	2 <sup>nd</sup> Trial	3 <sup>rd</sup> Trial	<i>Memory</i>
Harry Barnes 73 Orchard Close Kingsbridge Devon	– – – – – – –	– – – – – – –	– – – – – – –	
<b>M E M O R Y – Retrograde Memory</b>				
<p>➤ Name of current Prime Minister _____</p> <p>➤ Name of the woman who was Prime Minister _____</p> <p>➤ Name of the USA president _____</p> <p>➤ Name of the USA president who was assassinated in the 1960's _____</p>				<p>[Score 0 – 4]</p> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div> <p style="text-align: center; margin-top: 10px;"><i>Memory</i></p>

**VERBAL FLUENCY - Letter 'P' and animals****➤ Letters**

- 4** Say: 'I'm going to give you a letter of the alphabet and I'd like you to generate as many words as you can beginning with that letter, but not names of people or places. Are you ready? You've got a minute for that and the letter is letter P'

[Score 0 – 7]

 **Fluency**

>17	7
14-17	6
11-13	5
8-10	4
6-7	3
4-5	2
3-4	1
<3	0
total	correct

**➤ Animals**

- Say: 'Now let's change. I'd like you to generate as many animals as possible, any kind of animal, beginning with any letter, it doesn't matter'.

[Score 0 – 7]

 **Fluency**

>21	7
17-21	6
14-16	5
11-13	4
9-10	3
7-8	2
5-6	1
<5	0
total	correct

**LANGUAGE - Comprehension**

- Show written instruction:

[Score 0-1]

 **Language**

# Close your eyes

- 3 stage command:

***'Take the paper in your right hand. Fold the paper in half. Put the paper on the floor'***

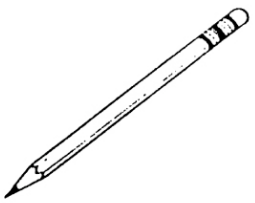
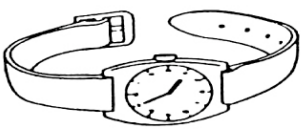
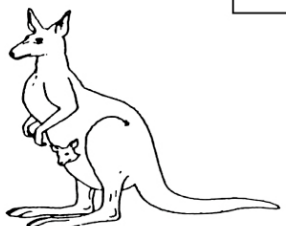

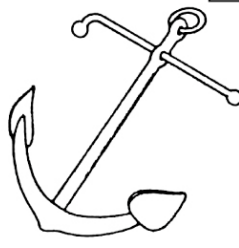
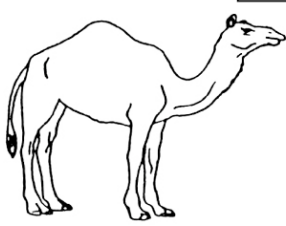

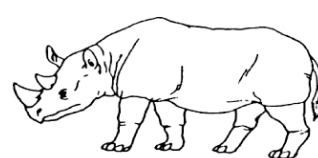



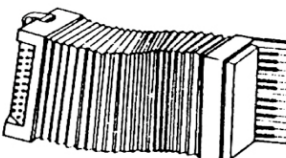
[Score 0-3]

 **Language**
**LANGUAGE - Writing**

- Ask the subject to make up a sentence and write it in the space below:  
Score 1 if sentence contains a subject and a verb (see guide for examples)

[Score 0-1]

 **Language**

<b>L A N G U A G E - Repetition</b>						
<p>➤ Ask the subject to repeat: 'hippopotamus'; 'eccentricity'; 'unintelligible'; 'statistician' Score 2 if all correct; 1 if 3 correct; 0 if 2 or less.</p>	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>	[Score 0-2]	<b>Language</b>			
<p>➤ Ask the subject to repeat: <b>'Above, beyond and below'</b></p>	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>	[Score 0-1]	<b>Language</b>			
<p>➤ Ask the subject to repeat: <b>'No ifs, ands or buts'</b></p>	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>	[Score 0-1]	<b>Language</b>			
<b>L A N G U A G E - Naming</b>						
<p>➤ Ask</p>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> <div style="width: 33%; text-align: center;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div>  <div style="border: 1px solid black; width: 60px; height: 20px; margin: 10px auto;"></div> </div> </div> <div style="padding: 10px 0 0 0;"> <p>the subject to name the following pictures:</p> </div>			<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>	[Score 0-2] pencil + watch	<b>Language</b>
	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>	[Score 0-10]	<b>Language</b>			
<b>L A N G U A G E - Comprehension</b>						



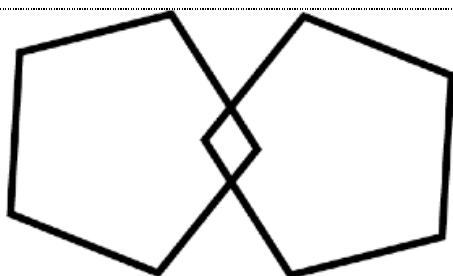
<p>➤ Using the pictures above, ask the subject to:</p> <ul style="list-style-type: none"> <li>• Point to the one which is associated with the monarchy</li> <li>• Point to the one which is a marsupial</li> <li>• Point to the one which is found in the Antarctic</li> <li>• Point to the one which has a nautical connection</li> </ul>	<p>[Score 0-4]</p> <p><input type="text"/></p> <p><b>Language</b></p>
--	---

#### LANGUAGE - Reading

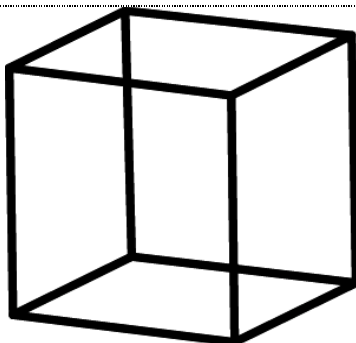
<p>➤ Ask the subject to read the following words:</p> <p><b>sew   pint   soot   dough   height</b></p>	<p>[Score 0-1]</p> <p><input type="text"/></p> <p><b>Language</b></p>
--	---

#### VISUOSPATIAL ABILITIES

<p>➤ <b>Overlapping pentagons:</b> Ask the subject to copy this diagram:</p>	<p>[Score 0-1]</p> <p><input type="text"/></p> <p><b>Visuospatial</b></p>
--	---



<p>➤ <b>Wire cube:</b> Ask the subject to copy this drawing (for scoring, see instructions guide)</p>	<p>[Score 0-2]</p> <p><input type="text"/></p> <p><b>Visuospatial</b></p>
---	---



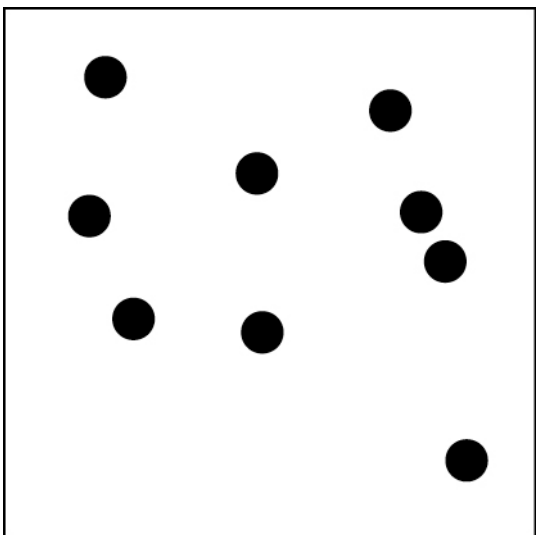
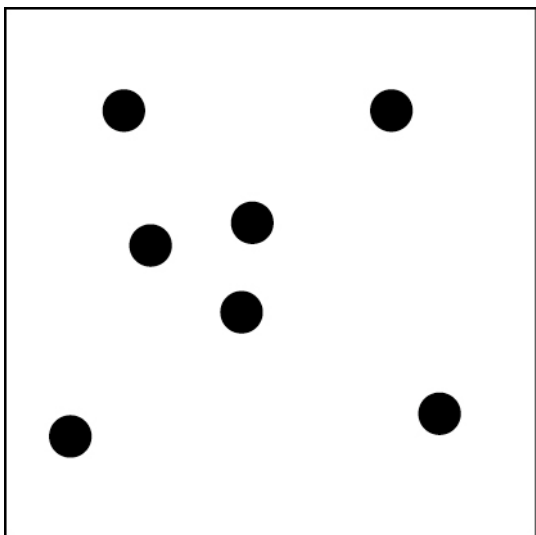
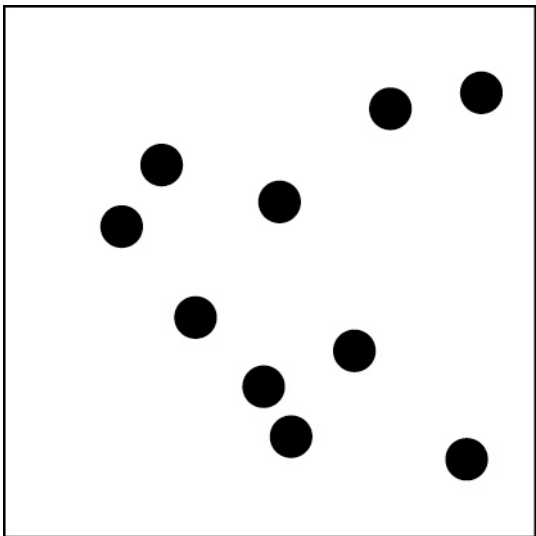
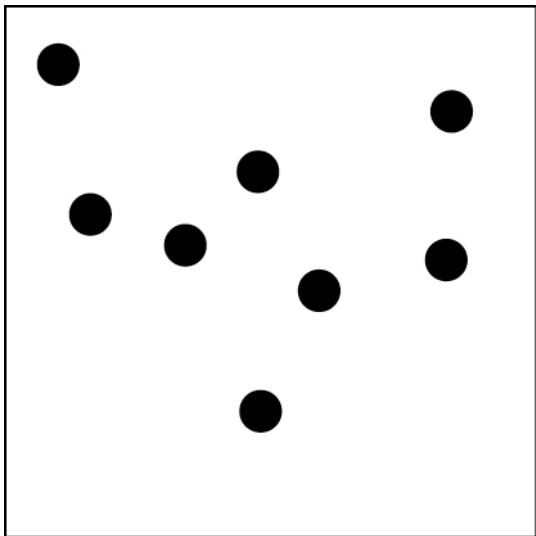
<p>➤ <b>Clock:</b> Ask the subject to draw a clock face with numbers and the hands at ten past five.</p>	<p>[Score 0-5]</p> <p><input type="text"/></p> <p><b>Visuospatial</b></p>
--	---

PERCEPTUAL ABILITIES

➤ Ask the subject to count the dots without pointing them

[Score 0-4]

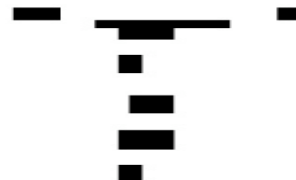
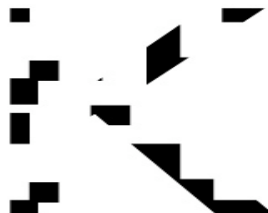
Visuospatial



**PERCEPTUAL ABILITIES**

- Ask the subject to identify the letters

[Score 0-4]

 Visuospatial
**RECALL**

- Ask "Now tell me what you remember of that name and address we were repeating at the beginning".

Harry Barnes  
73 Orchard Close  
Kingsbridge  
Devon

— —  
— — —  
—

[Score 0-7]

 Memory
**RECOGNITION**

- This test should be done if subject failed to recall one or more items. If all items were recalled, skip the test and score 5. If only part is recalled start by ticking items recalled in the shadowed column on the right hand side. Then test not recalled items by telling 'OK, I'll give you some hints: was the name X, Y or Z?' and so on. Each recognised item scores one point which is added to the point gained by recalling.

[Score 0-5]

 Memory

Jerry Barnes		Harry Barnes		Harry Bradford		recalled
37		73		76		recalled
Orchard Place		Oak Close		Orchard Close		recalled
Oakhampton		Kingsbridge		Dartington		recalled
Devon		Dorset		Somerset		recalled

**General Scores**

MMSE	/30
ACE-R	/100

**Subscores**

Attention and Orientation	/18
Memory	/26
Fluency	/14
Language	/26
Visuospatial	/16

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### **Appendix B. Mini Mental state Examination (MMSE)**

The MMSE will be modified to include death (thereby mimicking modification of functional outcome, e.g. Rankin Scale, to include death); participants who die will be assigned a MMSE score of -1.

Question and Instructions	Maximum Score	Patient's Score
"What is the year? Season? Date? Day of the week? Month?"	5	
"Where are we now: State? County? Town/city? Hospital? Floor?"	5	
The examiner names three unrelated objects clearly and slowly, then asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible. Number of trials: _____	3	
"I would like you to count backward from 100 by sevens." (93, 86, 79, 72, 65, ...) Stop after five answers. Alternative: "Spell WORLD backwards." (D-L-R-O-W)	5	
"Earlier I told you the names of three things. Can you tell me what those were?"	3	
Show the patient two simple objects, such as a wristwatch and a pencil, and ask the patient to name them.	2	
"Repeat the phrase: 'No ifs, ands, or buts.'"	1	
"Take the paper in your right hand, fold it in half, and put it on the floor." (The examiner gives the patient a piece of blank paper.)	3	
"Please read this and do what it says." (Written instruction is "Close your eyes.")	1	
"Make up and write a sentence about anything." (This sentence must contain a noun and a verb.)	1	
"Please copy this picture." (The examiner draws a picture of intersecting pentagons and gives the patient a blank piece of paper and asks him/her to copy the picture. All 10 angles must be present and the two pentagons must intersect.)	1	
Total Score	30	

See <sup>30</sup>

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***Appendix C. telephone version of MMSE (t-MMSE)***

<b>TELEPHONE MMSE</b>	
QUESTIONS	SCORE
What is the year/ season/date/day/month?	/5
Where are we now- building/city/county/country?	/4
I am going to name three objects and I want you to repeat it after me. They are apple, table and coin. Please repeat them	/3
Can you subtract 7 from 100 (93,86,79,72,65)	/5
Can you recall the three words I asked you to remember	/3
Can you repeat "No ifs, ands or buts"	/1
Tell me what is the thing called that you are speaking into as you talk to me	/1
Total score	/22

**Appendix D. Telephone Instrument for Cognition Scale-M**

Please note that this test is designed for telephone use. In the event follow up is done in person the entire test must be completed verbally, i.e. the memory words must not be shown to the participant. Score 1 point for each correct answer.

Question and Instructions		Score
Orientation: Please ask them what day, date etc it is		
Day Date Month Season Year Age		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Registration I am going to read you a list of 10 words. Please listen carefully and try to remember them. When I am done, tell me as many as you can in any order. Ready?		
Cabin Pipe Elephant Chest Silk Theatre Watch Whip Pillow Giant		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Calculation Please take away 7 from 100. Now continue to take 7 away from what you have left over until I ask you to stop		
93 86 79 72 65		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Count backwards Please count back 20-1		
No mistakes		<input type="checkbox"/>
Comprehension, Semantic and Recent Memory		
What do people use to cut paper? What is the prickly green plant found in the desert? Who is the head of the state now? What is the opposite direction to east? West	Scissors Cactus Correct name West	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Language/Repetition Please listen carefully and repeat this No ifs ands or buts' <input type="checkbox"/>		

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Score only if exactly right	
Delayed Recall	
Please repeat as many of the 10 words I asked you to remember earlier	
Cabin	<input type="checkbox"/>
Pipe	<input type="checkbox"/>
Elephant	<input type="checkbox"/>
Chest	<input type="checkbox"/>
Silk	<input type="checkbox"/>
Theatre	<input type="checkbox"/>
Watch	<input type="checkbox"/>
Whip	<input type="checkbox"/>
Pillow	<input type="checkbox"/>
Giant	<input type="checkbox"/>

**Score 1 point for each correct answer. Maximum score = 39**

Score \_\_\_\_\_

See <sup>71</sup>

## ***Appendix E. Cognitive Testing – Trail Making Test (TMT) Parts A & B***

### **Instructions**

Both parts of the Trail Making Test consist of 25 circles distributed over a sheet of paper. In Part A, the circles are numbered 1 – 25, and the participant should draw lines to connect the numbers in ascending order. In Part B, the circles include both numbers (1 – 13) and letters (A – L); as in Part A, the participant draws lines to connect the circles in an ascending pattern, but with the added task of alternating between the numbers and letters (i.e., 1-A-2-B-3-C, etc.). The participant should be instructed to connect the circles as quickly as possible, without lifting the pen or pencil from the paper. Time the participant as he or she connects the "trail." If the participant makes an error, point it out immediately and allow the participant to correct it. Errors affect the participant's score only in that the correction of errors is included in the completion time for the task. It is unnecessary to continue the test if the participant has not completed both parts after five minutes has elapsed.

Step 1: Give the participant a copy of the Trail Making Test Part A worksheet and a pen or pencil.

Step 2: Time the participant as he or she follows the "trail" made by the numbers on the test.

Step 3: Record the time.

Step 4: Repeat the procedure for Trail Making Test Part B.

### **Scoring:**

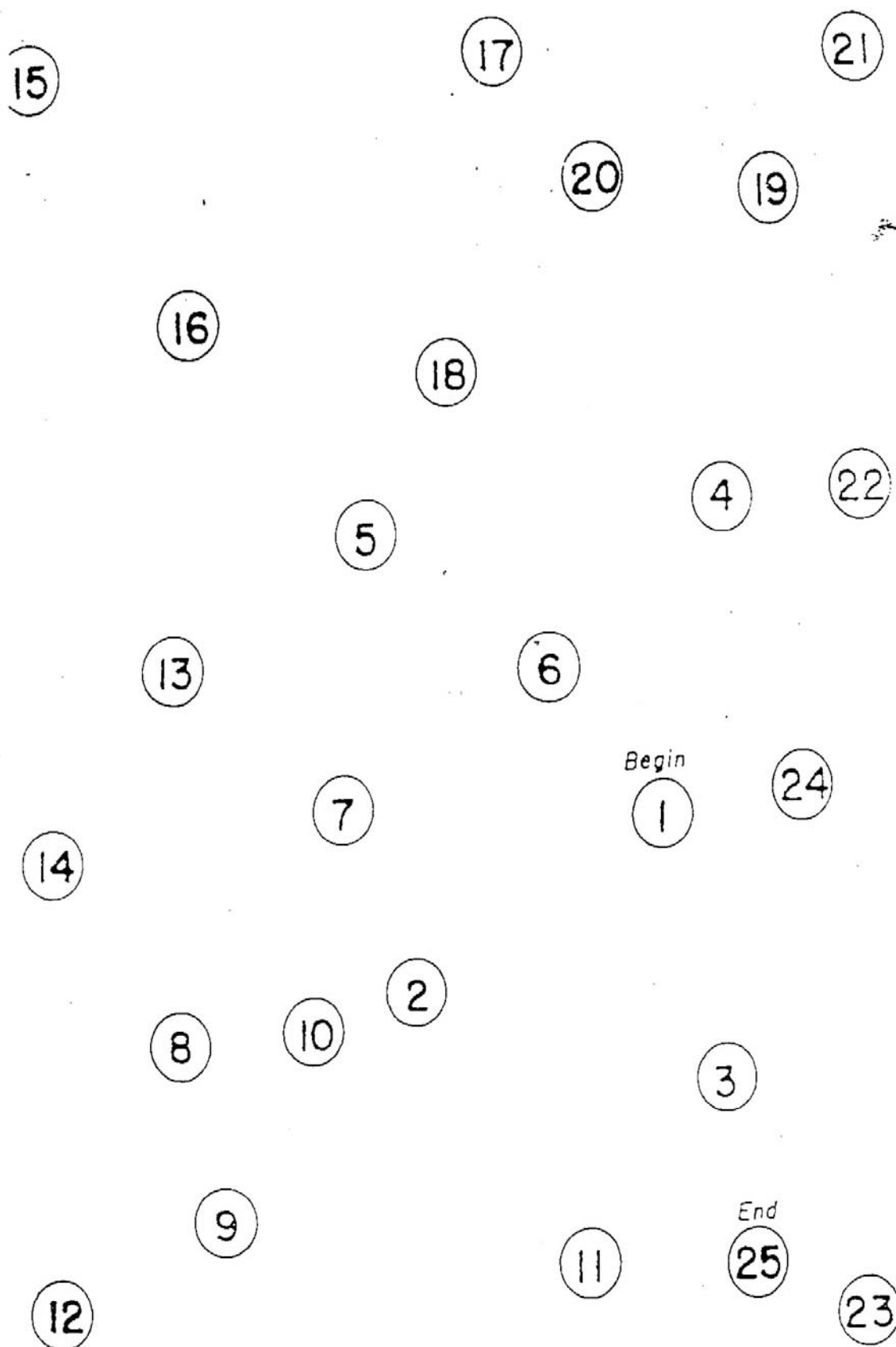
Results for both TMT A and B are reported as the number of seconds required to complete the task; therefore, higher scores reveal greater impairment.

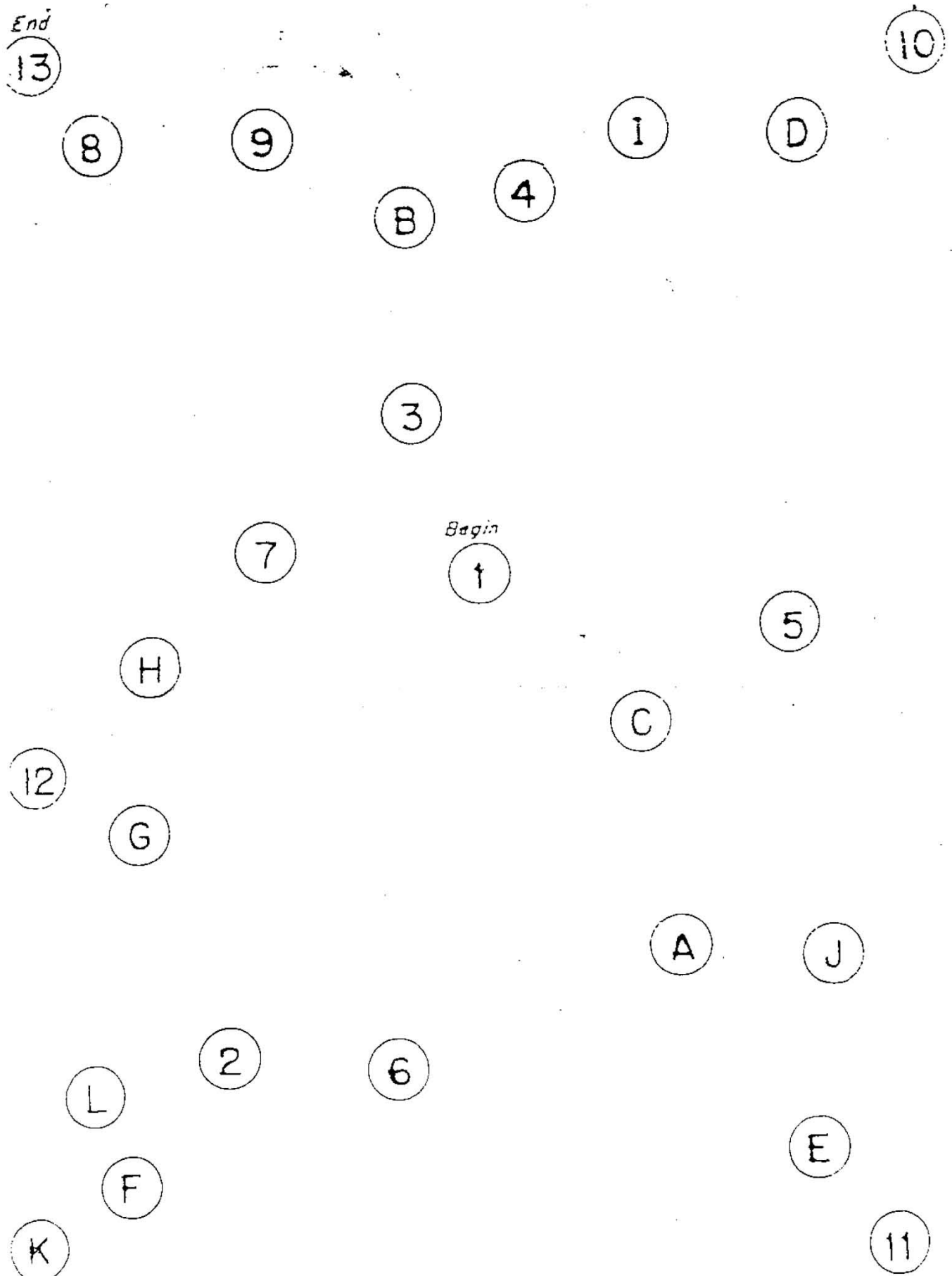
### **Average Deficient Rule of Thumb**

**Trail A** 29 seconds > 78 seconds Most in 90 seconds

**Trail B** 75 seconds > 273 seconds Most in 3 minutes







***Appendix F. Modified Rankin Scale (mRS)***

- 0 No symptoms at all
- 1 No significant disability, despite symptoms; able to carry out all usual duties and activities
- 2 Slight disability; unable to carry out all previous activities but able to look after own affairs without assistance
- 3 Moderate disability; requiring some help, but able to walk without assistance
- 4 Moderately severe disability; unable to walk without assistance and unable to attend to own bodily needs without assistance
- 5 Severe disability; bedridden, incontinent and requiring constant nursing care and attention
- 6 Dead

Score out of 6 (range 0-6)

See <sup>41, 42</sup>

**Appendix G. Barthel Index (BI)**

Task	Criteria	Score
Bowels	Incontinent Occasional accident (once per week) Continent	0 5 10
Bladder	Incontinent, or catheterised and unable to manage alone Occasional accident (maximum once per 24 hours) Continent	0 5 10
Grooming	Needs help with personal care Independent face/hair/teeth/shaving (implements provided)	0 5
Toilet use	Dependent Needs some help, but can do something alone Independent (on and off, dressing, wiping)	0 5 10
Feeding	Unable Needs help cutting, spreading butter, etc. Independent	0 5 10
Transfer (bed to chair and back)	Unable, no sitting balance Major help (one or two people, physical), can sit Minor help (verbal or physical) Independent	0 5 10 15
Mobility	Immobile Wheelchair independent, including corners Walks with help of one person (verbal or physical) Independent (but may use any aid: for example stick)	0 5 10 15
Dressing	Dependent Needs help but can do about half unaided Independent (including buttons, zips, laces, etc.)	0 5 10
Stairs	Unable Needs help (verbal, physical, carrying aid) Independent	0 5 10
Bathing	Dependent Independent (or in shower)	0 5

Score out of 100 (range 0-100)

See <sup>42, 43</sup>

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**Appendix H. EuroQoL**

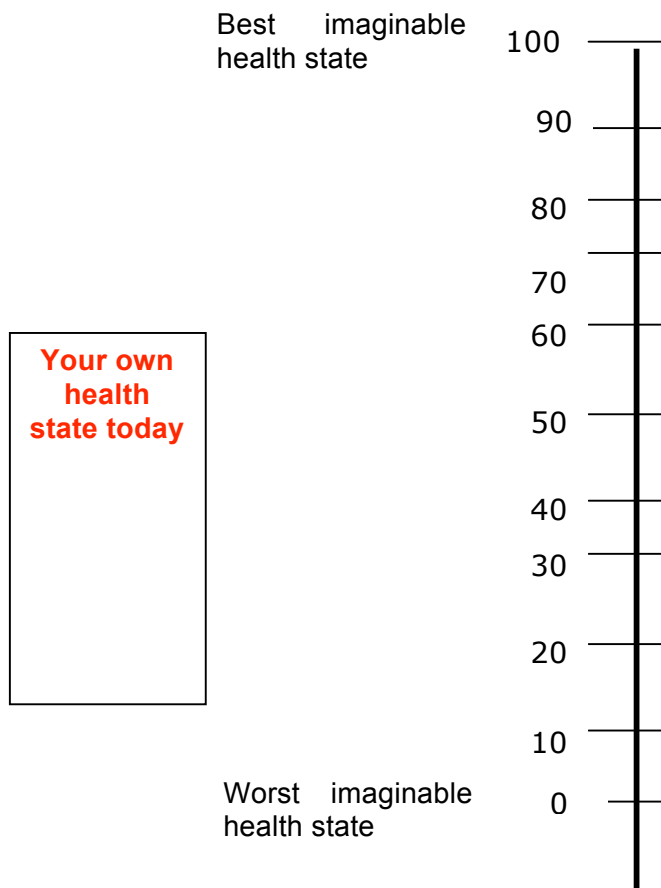
By placing a tick in one box in each group below, please indicate which statements best describes your own health state today.

<b>Mobility</b>	Please tick the appropriate box
I have no problems in walking about	<input type="checkbox"/>
I have some problems in walking about	<input type="checkbox"/>
I am confined to bed	<input type="checkbox"/>
<b>Self-Care</b>	
I have no problems with self care	<input type="checkbox"/>
I have some problems with washing or dressing	<input type="checkbox"/>
I am unable to wash or dress myself	<input type="checkbox"/>
<b>Usual Activities</b> ( e.g work,study,housework,family or leisure activities)	
I have no problems performing my usual activities	<input type="checkbox"/>
I have some problems performing usual activities	<input type="checkbox"/>
I am unable to perform my usual activities	<input type="checkbox"/>
<b>Pain/Discomfort</b>	
I have no pain or discomfort	<input type="checkbox"/>
I have moderate pain or discomfort	<input type="checkbox"/>
I have extreme pain or discomfort	<input type="checkbox"/>
<b>Anxiety/Depression</b>	
I am not anxious or depressed	<input type="checkbox"/>
I am moderately anxious or depressed	<input type="checkbox"/>
I am extremely anxious or depressed	<input type="checkbox"/>

## EUROQOL-VAS

To help people say how good or bad a health state is, we have drawn a scale (rather like a thermometer) on which the best state you can imagine is marked 100 and the worst state you can imagine is marked 0.

We would like you to indicate on this scale how good or bad your own health is today, in your opinion. Please do this by drawing a line from the box below to whichever point on the scale indicates how good or bad your health state today is.



See <sup>37</sup>

### ***Appendix I: Informant Questionnaire on Cognitive Decline in the Elderly (IQCODE)***

Now we want you to remember what your friend or relative was like 10 years ago and to compare it with what he/she is like now. 10 years ago was in 19\_\_\_. Below are situations where this person has to use his/her memory or intelligence and we want you to indicate whether this has improved, stayed the same, or got worse in that situation over the past 10 years. Note the importance of comparing his/her present performance *with 10 years ago*. So if 10 years ago this person always forgot where he/she had left things, and he/she still does, then this would be considered 'Hasn't changed much'. Please indicate the changes you have observed by *circling the appropriate answer*.

*Compared with 10 years ago* how is this person at:

	1	2	3	4	5
1. Recognizing the faces of family and friends	Much improved	A bit improved	Not much change	A bit worse	Much worse
2. Remembering the names of family and friends	Much improved	A bit improved	Not much change	A bit worse	Much worse
3. Remembering things about family and friends e.g. occupations, birthdays, addresses	Much improved	A bit improved	Not much change	A bit worse	Much worse
4. Remembering things that have happened recently	Much improved	A bit improved	Not much change	A bit worse	Much worse
5. Recalling conversations a few days later	Much improved	A bit improved	Not much change	A bit worse	Much worse
6. Forgetting what he/she wanted to say in the middle of a conversation	Much improved	A bit improved	Not much change	A bit worse	Much worse
7. Remembering his/her address and telephone number	Much improved	A bit improved	Not much change	A bit worse	Much worse
8. Remembering what day and month it is	Much improved	A bit improved	Not much change	A bit worse	Much worse
9. Remembering where things are usually kept	Much improved	A bit improved	Not much change	A bit worse	Much worse
10. Remembering where to find things which have been put in a different place from usual	Much improved	A bit improved	Not much change	A bit worse	Much worse
11. Adjusting to any change in his/her day-to-day routine	Much improved	A bit improved	Not much change	A bit worse	Much worse

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12. Knowing how to work familiar machines around the house	Much improved	A bit improved	Not much change	A bit worse	Much worse
13. Learning to use a new gadget or machine around the house	Much improved	A bit improved	Not much change	A bit worse	Much worse
14. Learning new things in general	Much improved	A bit improved	Not much change	A bit worse	Much worse
15. Remembering things that happened to him/her when he/she was young	Much improved	A bit improved	Not much change	A bit worse	Much worse
16. Remembering things he/she learned when he/she was young	Much improved	A bit improved	Not much change	A bit worse	Much worse
17. Understanding the meaning of unusual words	Much improved	A bit improved	Not much change	A bit worse	Much worse
18. Understanding magazine or newspaper articles	Much improved	A bit improved	Not much change	A bit worse	Much worse
19. Following a story in a book or on TV	Much improved	A bit improved	Not much change	A bit worse	Much worse
20. Composing a letter to friends or for business purposes	Much improved	A bit improved	Not much change	A bit worse	Much worse
21. Knowing about important historical events of the past	Much improved	A bit improved	Not much change	A bit worse	Much worse
22. Making decisions on everyday matters	Much improved	A bit improved	Not much change	A bit worse	Much worse
23. Handling money for shopping	Much improved	A bit improved	Not much change	A bit worse	Much worse
24. Handling financial matters, e.g. the pension, dealing with the bank	Much improved	A bit improved	Not much change	A bit worse	Much worse
25. Handling other everyday arithmetic problems, e.g. knowing how much food to buy, knowing how long between visits from family or friends	Much improved	A bit improved	Not much change	A bit worse	Much worse
26. Using his/her intelligence to understand what's going on and to reason things through	Much improved	A bit improved	Not much change	A bit worse	Much worse



## Appendix J. DEMQOL

**Instructions:** Read each of the following questions (in bold) verbatim and show the respondent the response card.

**I would like to ask you about your life. There are no right or wrong answers. Just give the answer that best describes how you have felt in the last week. Don't worry if some questions appear not to apply to you. We have to ask the same questions of everybody.**

**Before we start we'll do a practise question; that's one that doesn't count. (Show the response card and ask respondent to say or point to the answer) In the last week, how much have you enjoyed watching television?**

**a lot   quite a bit   a little   not at all**

*Follow up with a prompt question: **Why is that?** or **Tell me a bit more about that***

1	Cheerful?★	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
2	Worried or anxious?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
3	That you are enjoying life?★	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
4	Frustrated?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
5	Confident?★	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
6	Full of energy?★	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
7	Sad?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
8	Lonely?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
9	Distressed?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
10	Lively?★	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
11	Irritable?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
12	Fed-up?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
13	That there are things that you wanted to do but couldn't?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all

Next, I am going to ask you about your memory, in the last week, how worried have you been about.....

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14	Forgetting things that happened recently?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
15	Forgetting who people are?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
16	Forgetting what day it is?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
17	Your thoughts being muddled?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
18	Difficulty making decisions?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
19	Poor concentration?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all

Now I am going to ask you about your everyday life. In the last week, how worried have you been about ....

20	Not having enough company?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
21	How you get on with people close to you?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
22	Getting the affection that you want?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
23	People not listening to you?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
24	Making you understood?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
25	Getting help when you need it?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
26	Getting to the toilet?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
27	How you feel in yourself?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all
28	Our health overall?	<input type="checkbox"/>	a lot	<input type="checkbox"/>	quiet a bit	<input type="checkbox"/>	a little	<input type="checkbox"/>	not at all

We have already talked about lots of things: your feeling, memory and everyday life. Thinking about all of these things in the last week how would you rate.....

29 Your quality of life overall ? ★ ☐ Very good ☐ Good ☐ Fair ☐ poor

★ Items that need to be reversed before scoring

### ***Appendix K. Zung Depression rating Scale (short)***

The next set of questions is asking about your mood and how you feel in yourself. Answer these questions by placing a tick in each group below. Please indicate which mood describes you best today.

	Seldom or never	Some of the time	Good part of the time	Most of the time
I feel down-hearted and blue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning is when I feel best	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble sleeping at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can eat as much as I used to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get tired for no reason	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it difficult to make decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeful about the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that I am useful and needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My life is some what empty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I still enjoy the things I used to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Short Zung IDS Index =  $100 \times \text{Total} / 40$

Depression  $\geq 70$

See <sup>40, 42, 72</sup>

## **Appendix L. Definitions**

### **Acute Stroke Unit**

A high-dependency nursing unit (or area) caring only/mainly for participants with acute stroke and providing close monitoring of neurological and vascular signs.

### **Bleeding**

#### **Major bleeds**

These will constitute a serious adverse event.

- Fatal bleeding, and/or
- Symptomatic bleeding in a critical area or organ, such as intracranial, intraspinal, intraocular, retroperitoneal, intraarticular or pericardial, or intramuscular with compartment syndrome, and/or
- Bleeding causing fall in haemoglobin of 2 g/l (1.24 mmol/l) or more, or leading to transfusion of 2 or more units of whole blood or red cells.

#### **Moderate bleeds**

These may or may not constitute a serious adverse event depending on other criteria as determined by the investigator.

- Not major, and
- Bleeding causing fall in haemoglobin of less than 2 g/l (1.24 mmol/l), and leading to no transfusion, or transfusion of only 1 unit of whole blood or red cells.

#### **Minor bleed**

Mild bleeds cannot constitute a serious adverse event.

- Not major or moderate, and
- Comprising bruising, ecchymoses, gingival bleed or similar other type bleeding.

### **Bleeding on CT/MRI head scans:**

#### **Haemorrhagic Infarct (HI)**

Petechial infarction without space occupying effect.

HI1 - small petechiae

HI2 - more confluent petechiae

#### **Parenchymal Haemorrhage (PH)**

Haemorrhage with mass effect.

PH1 - <30% of the infarcted area with mild space occupying effect

PH2 - >30% of the infarcted area with significant space occupying effect

### **Cognitive decline**

A reduction in the ACE-R of <10 points or to <88<sup>29</sup>.

### **Cognitive impairment**

ACE-R score 88 points or lower.

### **Dementia**

As defined by DSM IV

1. Impairment of two or more of the following areas of cognition, sufficient to interfere with work, social function, or relationships:

- Memory
- Language
- Abstract thinking and judgement
- Praxis
- Visuospatial or perceptual skills
- Personality
- Social conduct

2. The absence of the features of delirium

3. The exclusion of non-organic psychiatric disorders, for example major depression or schizophrenia.

See <sup>73</sup>

### ***Disposition***

Home, institution (e.g. warden controlled; nursing home), dead

### **Muscle Problems related to statins**

We will define muscle problems related to statins as per the ACC/AHA/NHLBI advisory on the use and safety of statins<sup>74</sup>.

- **Myalgia** : muscle ache or weakness without creatine kinase (CK) elevation.
- **Myositis** : muscle symptoms with increased CK levels.
- **Rhabdomyolysis** : muscle symptoms with marked CK elevation (typically >10 times upper limit of normal) and creatinine elevation (usually with brown urine and urine myoglobin).

### ***Neurological deterioration***

A reduction in NIHSS of  $\geq 4$  points, or decrease in consciousness level by  $\geq 3$  points, as compared with baseline.

### ***Informant (consultee)***

A partner, sibling, child, or friend who is willing and able to attend clinics with the participant and who will provide structured information on about the participant.

### ***Recurrence***

Classified as haemorrhagic or ischaemic (if documented by CT scan or autopsy), or of unknown type. The time from stroke onset and side will be noted. (This definition deliberately does not attempt to differentiate true recurrence from extension of the presenting lesion since this is clinically and radiologically difficult unless recurrence occurs in a new arterial territory.)

### ***Significant hypotension***

A symptomatic fall in blood pressure of >20% as compared with baseline necessitating intervention with cessation or weaning of BP drugs.

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**Stroke Rehabilitation Unit**

A dedicated rehabilitation unit (or area) caring only/mainly for participants with recent stroke and providing multi-disciplinary therapy (e.g. physiotherapy, occupational therapy, speech & language therapy).

**Stroke**

A clinical syndrome characterised by rapidly developing clinical symptoms and/or signs of focal (and at times global) loss of cerebral function with symptoms lasting for more than 24 hours or leading to death, with no apparent cause other than that of vascular origin'.<sup>75</sup>

**Transient Ischaemic Attack (TIA)**

A sudden focal neurological deficit of the brain or eye, presumed to be of vascular origin and lasts less than 24 hours.

***Symptomatic intracranial haemorrhage***

Neurological deterioration (see above), or death, and intracranial haemorrhage (of PH type) found on CT scan or autopsy.

See <sup>76</sup>

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