

ENOS NEWSLETTER

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What is ENOS?

The ENOS acronym stands for “Efficacy of Nitric Oxide in Stroke”. This study is a collaborative, international, multicentre, prospective, randomised, open, blinded-endpoint, parallel group, controlled, trial to investigate the safety and efficacy of treatment with transdermal glyceryl trinitrate, a nitric oxide donor, and of continuing or stopping prior antihypertensive therapy, in patients with acute ischaemic or haemorrhagic stroke. Previously independent adult patients who are conscious and have residual limb weakness are eligible for enrolment. Randomised treatment has to be initiated within 48 hours of stroke onset and is given for 7 days. A CT scan is required within 7 days of randomisation to confirm the type of stroke. The trial will be conducted over a secure internet site (see below for further details). Early follow up is performed locally over the 7 days of treatment, including blood pressure, early stroke events and adverse events. Central follow up will be performed by telephone by the trial co-ordinating centre at 3 months. The primary outcome is combined death or dependency (modified Rankin Score >2). A summary of the study protocol can be found at www.nottingham.ac.uk/stroke-medicine/enosindex.htm.

Data collection website

A demonstration website will be available shortly for interested sites to log onto. This website is an integral part of ENOS and will allow an efficient and convenient means of conducting the trial. If you would like to view the site then please email us at the address below. We will then provide you with the ISP address so you can obtain access. In parallel with this, the full version of the trial website is nearing completion and should be up and running next month.

Progress

We are pleased that ENOS recently received UK multicentre research ethics committee (MREC) approval; as a result, several sites in the UK are now applying for local research ethics committee (LREC) approval. Similarly, several international sites are preparing documentation to take part in the study. We would welcome other interested sites and ask them to fax or post the form which is attached with this newsletter to the ENOS trial office. Alternatively, you can access the form at www.nottingham.ac.uk/stroke-medicine/enosindex.htm. A ‘frequently asked questions’ document is also available for download. If you would like to receive an up to date version of the trial protocol then please email us. We now have version 1.3 which extends information on previous studies of transdermal GTN in stroke.

Finally, back at the Nottingham centre in the UK, we have now recruited our eighth patient in to the trial. Only 4,992 to go!