# Comparison of two physiotherapy rehabilitation programmes on the exercise capacity in patients with severe pulmonary hypertension

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
27/05/2010	No longer recruiting	Protocol
Registration date	Overall study status	Statistical analysis plan
15/07/2010	Completed	Results
Last Edited	Condition category	Individual participant data
15/07/2010	Circulatory System	Record updated in last year

# Plain English summary of protocol

Not provided at time of registration

# Contact information

#### Type(s)

Scientific

#### Contact name

Prof Daiana Stolz

#### Contact details

University Hospital Basel Pneumology Petersgraben 4 Basel Switzerland 4031

# Additional identifiers

Protocol serial number EKBB 200/09

# Study information

#### Scientific Title

Comparison of two physiotherapy rehabilitation programmes on the exercise capacity in patients with severe pulmonary hypertension: a randomised study

#### **Acronym**

Rehab PH

#### **Study objectives**

An endurance or/and resistance training improves the exercise capacity and quality of life of patients with severe pulmonary hypertension

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

The local ethics committee, Basel, Switzerland approved in June 2009

#### Study design

Prospective randomised interventional trial

#### Primary study design

Interventional

#### Study type(s)

Treatment

#### Health condition(s) or problem(s) studied

Pulmonary hypertension

#### **Interventions**

Intervention group 1: - endurance training: twice a week, 60 minutes, over 12 weeks Intervention group 2: - resistance training: twice a week, 60 minutes, over 12 weeks

#### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

Change in walking distance (6-minutes walk test) after 12 weeks of training and 12 weeks follow up

### Key secondary outcome(s))

- 1. Change in VO2 submax (mobile spiroergometry) after 12 weeks of training and 12 weeks follow up
- 2. Change in scores for quality of life (SF-36 questionnaire) after 12 weeks of training and 12 weeks follow up
- 3. Change in scores (MRC-Dyspnoea scale) after 12 weeks of training and 12 weeks follow up
- 4. Change in daily activity measured with an accelerometer AiperMotion 320 after 12 weeks of training and 12 weeks follow up

#### Completion date

30/06/2012

# Eligibility

#### Key inclusion criteria

- 1. Patients with pulmonary hypertension diagnosed by right heart catheterisation (mean pulmonary pressure [PAPm] > 25 mmHg)
- 2. New York Heart Association (NYHA) III V
- 3. Walking distance (6-minutes walk test) > 150 meters
- 4. Patients with stable conditions on PH-related medication (single, double or triple therapy)
- 5. In stable condition for at least 3 months

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

All

#### Key exclusion criteria

- 1. Skeletal or muscular restrictions which make the training impossible
- 2. New occurrence of syncope
- 3. Concomitant neurological diseases
- 4. Patients with neoplastic diseases
- 5. Mental disability making a proper evaluation of the study impossible
- 6. Age > 18 years < 85
- 7. Rapid fatal disease

#### Date of first enrolment

01/07/2010

#### Date of final enrolment

30/06/2012

# Locations

#### Countries of recruitment

Switzerland

# Study participating centre University Hospital Basel

Basel Switzerland 4031

# Sponsor information

#### Organisation

University Hospital Basel (Switzerland)

#### **ROR**

https://ror.org/04k51q396

# Funder(s)

#### Funder type

Hospital/treatment centre

#### **Funder Name**

University Hospital Basel (Switzerland) - Clinic of Pneumology and Respiratory Cell Research (from research funds of Prof M Tamm)

# **Results and Publications**

Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Not provided at time of registration

#### **Study outputs**

Output type Details Date created Date added Peer reviewed? Patient-facing?

Participant information sheet Participant information sheet 11/11/2025 No Yes