

Promoting Adherence to a Regimen of risk factor modification by Trained Non-medical personnel Evaluated against Regular practice Study

Submission date 03/03/2009	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 09/03/2009	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 24/09/2015	Condition category Circulatory System	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

MCT-91025

Study information

Scientific Title

Promoting adherence to a regimen of risk factor modification by trained non-medical personnel evaluated against regular practice: a open-label randomised controlled trial

Acronym

PARTNERS

Study objectives

The study will examine the efficacy, durability, and cost-effectiveness of the volunteer-facilitated risk factor modification program, compared against regular practice in patients who have experienced recent ischaemic cerebrovascular events.

24/09/2015: Updated overall trial end date from 01/10/2013 to 30/09/2017 and recruitment end date from 01/10/2013 to 31/07/2014.

Ethics approval required

Old ethics approval format

Ethics approval(s)

University of Western Ontario Health Research Ethics Board gave approval on the 15th January 2009 (ref: 15516)

Study design

Open-label blinded-adjudication randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Stroke/transient ischaemic attack (TIA)

Interventions

This is an open-label randomised controlled trial with equal number of subjects in both arms:

1. Regular practice (RP)
2. Regular practice plus volunteer-facilitated risk factor modification program (RV)

The RP arm will serve as the control group; subjects in this group will receive standard medical care. Subjects in the RV group will receive standard medical care and scheduled contact with a trained volunteer. The volunteers will serve as health information providers, lifestyle coaches, and peer supporters.

Total duration of both arms of the study is 2 years. For patients in the intervention group the volunteer phone contacts will occur over the first year. There will be a total of 10 contacts, one of which will be a face to face meeting at the outset to allow the volunteer and participant to meet. The telephone contacts will follow a script and time will depend on the participant. If there are no concerns or questions the call would generally take about 20 minutes.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Difference between the 12-month and the baseline systolic blood pressure (SBP).

Key secondary outcome(s)

Efficacy outcome measures:

The difference between the 12-month and baseline values of the following:

1. Diastolic blood pressure (DBP)
2. Medication adherence rate
3. Body mass index
4. Cardiovascular risk score
5. Waist circumference
6. Low density lipoprotein cholesterol (LDL-C) concentration
7. Total cholesterol/high density lipoprotein cholesterol (HDL-C) ratio
8. HbA1c level
9. Cigarette smoking status
10. Alcohol consumption rate
11. Level of physical activities
12. Quality of life (SF-36)
13. Cognitive tests scores

The differences between the 24-month and baseline values of these same factors, plus the difference between the 24-month and baseline SBP, constitute the durability outcome measures

Other outcome measures:

14. Clinical outcome event (stroke, myocardial infarction [MI], all-cause death)
15. Estimated total healthcare expenditure

Completion date

30/09/2017

Eligibility

Key inclusion criteria

Subjects aged 18 years or greater, either sex, who:

1. Experienced transient ischaemic attack or non-disabling stroke within 90 days of randomisation
2. Have hypertension

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Neuroimaging studies suggest other causes for presenting event (e.g., primary intracerebral haemorrhage, tumour, etc.)
2. Unable to communicate in English or French, or severe aphasia
3. Moderate to severe disability with modified Rankin Scale score greater than or equal to 3
4. Known dementia
5. Severe concomitant medical conditions with life expectancy of less than two years
6. Unable or unwilling to return for study-related scheduled follow-ups
7. Concurrent participation in other interventional studies

Date of first enrolment

01/04/2009

Date of final enrolment

31/07/2014

Locations

Countries of recruitment

Canada

Study participating centre

339 Windermere Rd., Rm B10-118

London

Canada

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Sponsor information

Organisation

London Health Sciences Centre (Canada)

ROR

<https://ror.org/037tz0e16>

Funder(s)

Funder type

Research organisation

Funder Name

Canadian Stroke Network (CSN) (Canada)

Funder Name

Canadian Institutes of Health Research (CIHR) (Canada) (ref: MCT-91025)

Alternative Name(s)

Instituts de Recherche en Santé du Canada, Canadian Institutes of Health Research (CIHR), CIHR_IRSC, Canadian Institutes of Health Research | Ottawa ON, CIHR - Welcome to the Canadian Institutes of Health Research, CIHR, IRSC

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Canada

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes