

# Train the trainer

<b>Submission date</b> 07/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 14/12/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 20/08/2009	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**

**Acronym**  
TTT

**Study objectives**

The intervention will result in a change of the quality of life (Qol) (SF-36, scale physical function) of at least 7% compared to control.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Not provided at time of registration

### **Study design**

Randomised controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Quality of life

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

Congestive Heart Failure (CHF)

### **Interventions**

For the control group, a classic state of the art lecture of 1.5-3 hours on heart failure from a cardiologist is used. For the intervention group, an interactive training of 1.5 days plus a refresher course of 1.5-3 hours plus two quality circles (1.5 hours) is planned. Elements of the training apply to the domains of knowledge (guideline), communication (standardized patients), detection and management of psychiatric co-morbidity and organisation of the practice. An interactive format relating to andragogy is chosen. A tool box will be provided consisting of a variety of management algorithms and other helpful tools.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Primary outcome is health related quality of life (Qol) of patients with heart failure measured with SF-36, scale 1 (physical functioning). Change of Qol is measured from T1 to T2.

### **Key secondary outcome(s)**

Secondary outcomes are the other dimensions: Qol of SF-36, the disease specific Qol (KCCQ), patient perceived quality of care (EUROPEP), readmission to hospital or death due to heart failure (combined), improvement of heart failure according to BNP.

### **Completion date**

31/05/2006

## **Eligibility**

**Key inclusion criteria**

1. Objective left- or bi-ventricular heart failure with an ejection fraction of 40% or less (affirmation of the limitation of the heart with echocardiography, no older than six months)
2. Age  $\geq$ 40 years
3. Stability of the disease at the point of time of inclusion

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Primary valvular heart disease with relevant hemodynamic effects
2. Hypertrophic obstructive/restrictive cardiomyopathy (HOCM/RCM)
3. Organ transplantation
4. Acute left ventricular failure
5. Short life expectancy due to a serious concomitant illness
6. Impaired mental state that prevents accurate answers to questions
7. Addictive disorders with continuing drug abuse despite social, legal or professional conflicts

**Date of first enrolment**

12/10/2005

**Date of final enrolment**

31/05/2006

**Locations****Countries of recruitment**

Germany

**Study participating centre**

Im Neuenheimer Feld 410

Heidelberg

Germany

69120

**Sponsor information**

## Organisation

German Federal Ministry of Education and Research (Bundesministerium Für Bildung und Forschung [BMBF])

## ROR

<https://ror.org/04pz7b180>

## Funder(s)

### Funder type

Government

### Funder Name

German Federal Ministry of Education and Research (Bundesministerium Für Bildung und Forschung [BMBF]) (Germany)

## 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?
<a href="#">Results article</a>	results	13/08/2009		Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes