ISRCTN08601529 https://doi.org/10.1186/ISRCTN08601529

# Train the trainer

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|---|---|---|
| **Submission date**<br>07/09/2005 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[X] Results<br>[_] Individual participant data |
| **Registration date**<br>14/12/2005 | **Overall study status**<br>Completed | |
| **Last Edited**<br>20/08/2009 | **Condition category**<br>Circulatory System | |

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

**Study website**
http://www.klinikum.uni-heidelberg.de/index.php?id=5528

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
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

### Secondary study design
Randomised controlled trial

### Study setting(s)
Not specified

### Study type(s)
Quality of life

### Participant information sheet

### 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 measure
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.

### Secondary outcome measures
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.

### Overall study start date
12/10/2005

### 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 then six months)
2. Age ≥40 years
3. Stability of the disease at the point of time of inclusion

### Participant type(s)
Patient

### Age group
Adult

### Sex
Both

### Target number of participants
470 patients, 60 practices with 8 patients per practice

### 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
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69120

# Sponsor information

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

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**Sponsor type**
Government

**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

## Publication and dissemination plan
Not provided at time of registration

## Intention to publish date

## 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? |
|---|---|---|---|---|---|
| Results article | results | 13/08/2009 | | Yes | No |