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# Video to increase rehabilitation uptake following hospitalised exacerbations of COPD

**Submission date**
14/01/2015

**Recruitment status**
No longer recruiting

**Registration date**
15/01/2015

**Overall study status**
Completed

**Last Edited**
11/05/2020

**Condition category**
Respiratory

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

## Plain English summary of protocol

Background and study aims
Chronic obstructive pulmonary disease (COPD) is the name used to refer to a number of progressive devastating and debilitating lung diseases, which includes chronic bronchitis, emphysema and chronic obstructive airways disease. People that have COPD typically feel breathless after physical activity, have a persistent cough with phlegm and suffer frequently from chest infections. There is no cure for the condition, but making lifestyle changes (such as stopping smoking) and taking medications (inhalers and/or tablets) can alleviate symptoms. Pulmonary rehabilitation (PR), a programme of physical exercise and education, can also help people manage their condition and lead to improvements in health. Recent evidence suggests that providing PR shortly after a hospital admission for an acute exacerbation (worsening of symptoms) helps with breathing, quality of life and walking ability. It also reduces the risk of being admitted to hospital in the future. However, a recent study suggests that high numbers of patients hospitalised with an acute exacerbation of COPD (AECOPD) and offered PR turn down this treatment as many do not understand what PR involves and think they are too ill to exercise. We want to find out whether showing a patient-designed video to patients hospitalised with an AECOPD can significantly increase the number of patients taking up early pulmonary rehabilitation following their discharge from hospital.

Who can participate?
Adults over the age of 40, diagnosed with COPD living in the borough of Hillingdon, admitted to hospital with AECOPD and fit enough to take part in PR.

What does the study involve?
Participants are randomly allocated into one of two groups. Those in group 1 (control group) are given standard verbal information about early pulmonary rehabilitation and a leaflet about pulmonary rehabilitation. Those in group 2 (intervention group) are also provided with the standard verbal information about early pulmonary rehabilitation and leaflet. However, they are also asked to watch a 5 minute patient-designed video promoting early pulmonary rehabilitation.

What are the possible benefits and risks of participating?
There are no direct benefits to the patients taking part in this research. However, the information that we gain from this study will help improve the treatment of patients

hospitalised with an exacerbation of COPD. There are no significant risks associated with participating in this research study.

Where is the study run from?
Harefield Hospital (UK)

When is the study starting and how long is it expected to run for?
January 2015 to July 2018

Who is funding the study?
National Institute for Health Research (UK)

Who is the main contact?
Ms Sarah Jones

# Contact information

### Type(s)
Scientific

### Contact name
Ms Sarah Jones

### Contact details
Royal Brompton & Harefield NHS trust
Harefield Hospital
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### Type(s)
Public

### Contact name
Ms Ruth Barker

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# Additional identifiers

### EudraCT/CTIS number

### IRAS number

### ClinicalTrials.gov number

### Secondary identifying numbers
18104

# Study information

### Scientific Title
Video to Increase RehabiliTation Uptake following hospitalised Exacerbations of COPD: a randomised controlled trial

### Acronym
VIRTUE

### Study objectives
The aim of the research study is to determine whether delivering a patient designed video to hospitalised patients with an acute excaerbation of COPD (AECOPD) can increase the uptake of early pulmonary rehabilitation following hospital discharge.

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
London – City and East, 18/11/2014, ref: 14/LO/1740

### Study design
Randomised controlled trial

### Primary study design
Interventional

### Secondary study design
Randomised controlled trial

### Study setting(s)
Hospital

### Study type(s)
Treatment

### Participant information sheet
Not available in web format, please use contact details to request a patient information sheet

### Health condition(s) or problem(s) studied
Chronic obstructive pulmonary disease

### Interventions

1. Control Group: Standard verbal information about early pulmonary rehabilitation will be provided to the patient, supplemented by an A5 leaflet about pulmonary rehabilitation
2. Intervention Group: Participants will be provided with standard verbal information about early pulmonary rehabilitation, supplemented by an A5 patient information leaflet about pulmonary rehabilitation. They will also be asked to watch a 5 minute patient-designed video promoting early pulmonary rehabilitation

### Intervention Type
Behavioural

### Primary outcome measure
Uptake is defined as attending an initial assessment for pulmonary rehabilitation.

### Secondary outcome measures
N/A

### Overall study start date
26/01/2015

### Completion date
17/05/2019

## Eligibility

### Key inclusion criteria
1. Adults over the age of 40, with a known diagnosis of COPD living in the borough of Hillingdon.
2. Adults admitted to Hillingdon Hospital with a primary diagnosis of an acute exacerbation of COPD or a primary diagnosis of pneumonia and a secondary diagnosis of acute exacerbation of COPD.
3. Eligible for post-hospitalisation early pulmonary rehabilitation (able to walk 5 m; no evidence of acute coronary syndrome or unstable ischaemic heart disease or any condition that would make exercise unsafe).

### Participant type(s)
Patient

### Age group
Adult

### Sex
Both

### Target number of participants
Planned Sample Size: 200; UK Sample Size: 200

### Total final enrolment
196

### Key exclusion criteria

1. Unable to walk 5 m without assistance
2. Unstable cardiac condition that would make exercise unsafe
3. Unable to consent due to cognitive dysfunction or poor English
4. Receiving palliative care with expectation of death within 3 months

### Date of first enrolment
26/01/2015

### Date of final enrolment
17/05/2018

## Locations

### Countries of recruitment
England

United Kingdom

### Study participating centre
**Royal Brompton & Harefield NHS trust**
Harefield Hospital
Hill End Road
Harefield
Uxbridge
United Kingdom
UB9 6JH

## Sponsor information

### Organisation
Royal Brompton & Harefield NHS trust

### Sponsor details
Clinical Trials and Evaluation Unit
Sydney Street
London
England
United Kingdom
SW3 6NP

### Sponsor type
Hospital/treatment centre

### ROR
https://ror.org/02218z997

# Funder(s)

### Funder type
Government

### Funder Name
National Institute for Health Research

### Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

### Funding Body Type
Government organisation

### Funding Body Subtype
National government

### Location
United Kingdom

# Results and Publications

### Publication and dissemination plan
Planned publication in a high-impact peer reviewed journal within 1 year of completion of the study, by July 2019.

### Intention to publish date
01/07/2019

### Individual participant data (IPD) sharing plan
The data sharing plans for the current study are unknown and will be made available at a later date.

### IPD sharing plan summary
Data sharing statement to be made available at a later date

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 15/06/2020 | 11/05/2020 | Yes | No |
| HRA research summary | | | 28/06/2023 | No | No |