

# Sputum clearance devices to improve symptoms in chronic obstructive pulmonary disease

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<b>Registration date</b> 03/02/2023	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 30/12/2024	<b>Condition category</b> Respiratory	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims:

There are 1.3 million people with a diagnosis of chronic obstructive pulmonary disease (COPD) in the UK. COPD is a combination of chronic bronchitis (airway inflammation) and emphysema (damaged air sacs). Cough with sputum (mucus) is a common feature of the condition, even in people on optimum medical therapy. The amount of sputum production varies between individuals. Coughing can be tiring and embarrassing for patients. If sputum isn't cleared, infections can arise. Sputum can also block small airways, meaning that the lungs can't work effectively. The Acapella is a handheld device that patients can breathe into when they want to help clear sputum from their chest. It generates positive pressure which helps keep airways open and also produces vibrations which help to free sputum and make it easier to cough up. It is about the size of a small plastic water bottle and has a dial at the end to adjust the amount of resistance when the person breathes through it. There have been only a few short-term trials so far. These have been encouraging but do not provide enough evidence to recommend the widespread use of the devices. The aim of this study is to see if people with COPD who produce sputum daily benefit from using the Acapella to help them to clear sputum from their chest. This will involve measuring quality of life and also in some patients measuring how often they cough using a recording device.

### Who can participate?

Adult patients with COPD who frequently produce sputum

### What does the study involve?

Participants are randomly allocated to an Acapella group or to usual care. The Acapella group receive teaching on how to use the device then take it home (asked to use it at least three times daily). Both groups have measures of quality of life and severity of cough symptoms compared using well-established questionnaires at the beginning and after 6 months. A subset of patients will also be asked to wear a cough monitor and an activity monitor for 3 days.

### What are the possible benefits and risks of participating?

Participants will be helping to advance the understanding of processes involved in lung disease.

The sputum clearance device is already used in routine clinical practice, so apart from the inconvenience involved no risks are expected.

Where is the study run from?  
Royal Brompton Hospital (UK)

When is the study starting and how long is it expected to run for?  
July 2022 to December 2025

Who is funding the study?  
Saudi Arabia Cultural Bureau in London (UK)

Who is the main contact?  
Nick Hopkinson, COPD@rbht.nhs.uk

## Contact information

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## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**Integrated Research Application System (IRAS)**  
269494

**ClinicalTrials.gov (NCT)**  
Nil known

**Protocol serial number**  
IRAS 269494 V4, CPMS 43088

## Study information

**Scientific Title**  
The O-COPD2 trial: oscillatory positive expiratory pressure devices to improve outcome in patients with chronic obstructive pulmonary disease

**Acronym**  
O-COPD2

**Study objectives**  
In patients with chronic obstructive pulmonary disease (COPD), who produce sputum daily, does providing an oscillatory positive expiratory pressure (OPEP) device (the Acapella®) improve health status and reduce exacerbation frequency compared to usual care over 6 months?

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**

Approved 09/08/2022, London-Chelsea Research Ethics Committee NRES (Research Ethics Committee [REC] London Centre, Skipton House, 80 London Road, London, SE1 6LH, UK; +44 (0) 207 104 8029; nrescommittee.london-chelsea@nhs.net), ref: 19/LO/1427

**Study design**

Multi-centre single-blind randomized controlled parallel-group study

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Chronic obstructive pulmonary disease (COPD)

**Interventions**

Participants are randomly allocated to an Acapella group or to usual care. The Acapella group receive teaching on how to use an oscillatory positive expiratory pressure device (Acapella) device then take it home (asked to use it at least three times daily). Both groups have measures of quality of life and severity of cough symptoms compared using well-established questionnaires at the beginning and after 6 months. A subset of patients will also be asked to wear a cough monitor and an activity monitor for 3 days.

**Intervention Type**

Device

**Phase**

Phase IV

**Drug/device/biological/vaccine name(s)**

Acapella device

**Primary outcome(s)**

Cough-related quality of life measured using the Leicester cough questionnaire (LCQ) at 6 months

**Key secondary outcome(s)**

1. Cough severity measured by Visual Analog Scale (VAS) at 6 months
2. Health status measured by COPD Assessment Test (CAT) score at 6 months
3. Generic health status measured using EQ-5D-5L at 6 months
4. Fatigue measured using Functional Assessment of Chronic Illness Therapy (FACIT) score at 6 months
5. Exacerbation rate based on self-report at 6 months

A subset of 32 participants will undergo measurement of cough frequency and sleep movements to determine whether the OPEP device influences cough frequency and sleep efficiency. This will use the Leicester Cough Monitor and the McRoberts MoveMonitor at baseline and 12 weeks.

**Completion date**

01/12/2025

## Eligibility

**Key inclusion criteria**

Adult patients with COPD who report daily sputum production and with a score of >5/8 on the two COPD assessment test (CAT) score cough items

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Unable to provide informed consent
2. Major condition limiting life expectancy for 3 months
3. Referral for chest physiotherapy in the preceding year
4. Already using an adjunct device for sputum clearance
5. Within 1 month of pulmonary exacerbation
6. Within 1 month of COPD medication change
7. Within 1 month of a pneumothorax

**Date of first enrolment**

01/07/2023

**Date of final enrolment**

31/12/2024

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Royal Brompton Hospital  
Sydney Street

London  
United Kingdom  
SW3 6NP

## Sponsor information

### Organisation

Imperial College London

### ROR

<https://ror.org/041kmwe10>

## Funder(s)

### Funder type

Other

### Funder Name

Saudi Arabia Cultural Bureau in London (UK)

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study during this study will be included in the subsequent results publication.

### IPD sharing plan summary

Published as a supplement to the results publication

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes