

# Rehabilitation after myocardial infarction: multicentre randomised controlled trial

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 25/07/2011	<b>Condition category</b> Circulatory System	<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**  
RM19

## Study information

**Scientific Title**

**Study objectives**

There is little evidence for effectiveness of cardiac rehabilitation following acute myocardial infarction as currently provided in the NHS and in the context of modern therapeutic practice. There are few recent trials and historic trials may be of little relevance, since treatments in cardiac care units, with thrombolysis, aspirin,  $\beta$  blocker, ACE inhibitor and statins have changed greatly in the past thirty years.

The principal objective was to determine the effectiveness of programmes of cardiac rehabilitation, as currently provided and in the current clinical context. The trial aimed to measure the effect of rehabilitation on mortality, morbidity and quality of life of patients following myocardial infarction. Further aims included identification of programmes that are more or less effective and of characteristics of patients who benefit more or less from cardiac rehabilitation and to estimate costs of cardiac rehabilitation.

**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)**

Not Specified

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

Cardiovascular diseases: Heart disease

**Interventions**

1. Comprehensive cardiac rehabilitation
2. Standard care

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Outcomes at one year included mortality, morbidity, cardiac medication, health service use, psychological wellbeing and quality of life on standard scales, cardiac risk factors, including smoking, drinking, diet and leisure time activity.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/04/2000

## Eligibility

### Key inclusion criteria

Not provided at time of registration

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Not Specified

### Sex

Not Specified

### Key exclusion criteria

Not provided at time of registration

### Date of first enrolment

01/04/1996

### Date of final enrolment

01/04/2000

## Locations

### Countries of recruitment

United Kingdom

### Study participating centre

University of Wales College of Medicine

Cardiff

United Kingdom

C4 4 XN

## Sponsor information

### Organisation

Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

# Funder(s)

## Funder type

Government

## Funder Name

NHS Cardiovascular Disease and Stroke National Research and Development Programme (UK)

# 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	14/12/1996		Yes	No