

# 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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Not Specified

### Participant information sheet

### 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 measure**

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.

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/04/1996

**Completion date**

01/04/2000

## Eligibility

**Key inclusion criteria**

Not provided at time of registration

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

Not provided at time of registration

**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  
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## **Sponsor information**

### **Organisation**

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

### **Sponsor details**

The Department of Health  
Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL

### **Sponsor type**

Government

### **Website**

<http://www.doh.gov.uk>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

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

## **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?
<a href="#">Results article</a>	results	14/12/1996		Yes	No