

# Reducing the perioperative risk to patients suffering from COPD with pre-operative pulmonary rehabilitation

<b>Submission date</b> 31/08/2017	<b>Recruitment status</b> Stopped	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 19/09/2017	<b>Overall study status</b> Stopped	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 11/12/2020	<b>Condition category</b> Respiratory	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

COPD (chronic obstructive pulmonary disease) is a group of lung conditions that make it difficult to breathe due to narrowed airways. It is well known that people with COPD have more complications following surgery, and this study intends to test whether we can reduce that. It is also well known that pulmonary rehabilitation (a programme of exercise, education and support to help improve breathing) has very powerful effects upon breathlessness and quality of life in people with COPD, and reduces hospitalisations and deaths following exacerbations (flare ups) of COPD. Therefore it would be helpful to see if pulmonary rehabilitation can reduce complications following surgery. The aim of the study is to see whether it would be feasible to undertake a larger randomised control trial to assess whether offering pulmonary rehabilitation to participants prior to surgery will improve their recovery rate after surgery.

### Who can participate?

Adults aged 18 and older who have COPD.

### What does the study involve?

Participants who consented are randomly allocated to one of two groups. Those in the first group receive advice on smoking cessation, exercise and appropriate referral and education for those with newly diagnosed COPD. Those in the second group attending three sessions of pulmonary rehabilitation each week in the three weeks prior to their surgery, each session would last approximately two hours. In both groups participants are asked to complete questions and attend follow up visits.

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

Participants may benefit from reducing the post-operative pulmonary complications which allows them to return to normal every day activities more quickly. There are no risks to taking part in this study.

### Where is the study run from?

This study is being run by the University of Oxford (UK) and takes place in John Radcliffe

Hospital (UK), Oxford Health NHS Trust – Pulmonary Rehabilitation (Continuing care site) (UK) and the Freeman Hospital (UK).

When is the study starting and how long is it expected to run for?  
December 2016 to November 2019

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

Who is the main contact?  
Mrs Emma Hedley  
emma.hedley@ouh.nhs.uk

## Contact information

### Type(s)

Public

### Contact name

Mrs Emma Hedley

### Contact details

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## Additional identifiers

### Protocol serial number

35051

## Study information

### Scientific Title

Reducing perioperative risk in chronic obstructive pulmonary disease with pre-operative pulmonary rehabilitation - A feasibility study

### Study objectives

The aim of the study is to see whether providing a suitably tailored course of pulmonary rehabilitation, delivered prophylactically to surgical patients with COPD would reduce post-operative pulmonary complications and will facilitate patients returning to normal every day activities more quickly.

### Ethics approval required

Old ethics approval format

**Ethics approval(s)**

Yorkshire & The Humber - South Yorkshire Research Ethics Committee, 17/07/2017, ref: 17/YH/0220

**Study design**

Randomised; Interventional; Design type: Treatment, Psychological & Behavioural, Physical, Rehabilitation

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Perioperative Medicine and Pain Management

**Interventions**

Participants are randomised to either the control arm or the treatment arm.

Control Arm: Participants receive standard care which includes advice on smoking cessation, exercise and appropriate referral and education for those with newly diagnosed COPD.

Treatment Arm: Participant attends three sessions of pulmonary rehabilitation each week in the three weeks prior to their surgery, each session would last approximately two hours.

In both arms participants are asked to complete questions and attend follow up visits are per the schedule.

**Intervention Type**

Other

**Primary outcome(s)**

As this is a feasibility study the primary outcomes are measured throughout the study include:

1. Recruitment rates
2. Demographics of recruited participants
3. Treatment compliance
4. Suitability of outcome data

**Key secondary outcome(s)**

Incidence of postoperative pulmonary complications for those participants receiving rehab v those that did not this is measured on day 7 following surgery.

**Completion date**

30/11/2019

**Reason abandoned (if study stopped)**

Participant recruitment issue

# Eligibility

## Key inclusion criteria

1. Adult patients, male and female aged 18 years or older with COPD
2. Has capacity to take part in this study
3. Scheduled for elective major (body cavity) surgery OR laparoscopic surgery anticipated to last longer than two hours

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

All

## Total final enrolment

3

## Key exclusion criteria

1. Inability to give informed consent
2. Insufficient command of English to understand the study documentation
3. Unable to participate in pulmonary rehabilitation treatment according to British Thoracic Society guidelines
4. Patients scheduled cardiac, thoracic and orthopaedic surgery and orthopaedic surgery
5. If the participant attends a pulmonary rehab course as clinical management (as opposed to being part of the trial) then they would be excluded from the study

## Date of first enrolment

16/10/2017

## Date of final enrolment

06/03/2019

# Locations

## Countries of recruitment

United Kingdom

England

**Study participating centre****John Radcliffe Hospital**

Headley Way  
Headington  
Oxford  
United Kingdom  
OX3 9DU

**Study participating centre****Oxford Health NHS Trust – Pulmonary Rehabilitation (Continuing care site)**

63 Blackbird Leys Road  
Blackbird Leys  
Oxford  
United Kingdom  
OX4 6HL

**Study participating centre****Freeman Hospital**

Freeman Road  
High Heaton  
Newcastle Upon Tyne  
United Kingdom  
NE7 7DN

**Sponsor information****Organisation**

University of Oxford

**ROR**

<https://ror.org/052gg0110>

**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

## 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 please use this statement.

## 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?
<a href="#">Results article</a>	results	09/03/2020	11/12/2020	Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	version V1	07/06/2017	26/10/2017	No	Yes
<a href="#">Preprint results</a>	non-peer-reviewed results in preprint server:	06/11/2019	07/11/2019	No	No