

# Cardiopulmonary exercise testing: does anaerobic threshold increase after a prescribed exercise programme in patients with abdominal aortic aneurysms under surveillance?

<b>Submission date</b> 20/12/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 18/05/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 03/05/2011	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

06/Q1003/75

## Study information

## Scientific Title

### Study objectives

Anaerobic threshold, as measured by cardiopulmonary exercise testing, increases after a prescribed exercise programme in patients with abdominal aortic aneurysms under surveillance.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

South Tees Local Research Ethics Committee in October 2006 (ref: 06/Q1003/75).

### Study design

Randomised-controlled interventional pilot study

### Primary study design

Interventional

### Study type(s)

Treatment

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

Abdominal aortic aneurysms under surveillance

### Interventions

Cardiopulmonary exercise tests - the subjects have to complete this in week zero, five and seven of the study (the control and the exercise groups both complete these tests). Six week prescribed supervised exercise programme to complete in week one to six of the study. This comprises two 30 minute exercise sessions per week (only the exercise group undergoes the prescribed exercise programme).

### Intervention Type

Other

### Phase

Not Specified

### Primary outcome(s)

Improvement in anaerobic threshold between week zero and week seven.

### Key secondary outcome(s))

Improvement in anaerobic threshold between week zero and week five.

### Completion date

01/04/2007

## Eligibility

### Key inclusion criteria

1. Abdominal aortic aneurysm patients under surveillance
2. Size of aneurysm less than 5.5 cm in diameter

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

1. Medical exclusions to exercise - severe aortic stenosis, hypertrophic cardiomyopathy
2. Inability to climb a flight of stairs (baseline level of fitness)
3. Inability to complete the cardiopulmonary exercise test

**Date of first enrolment**

23/10/2006

**Date of final enrolment**

01/04/2007

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Anaesthesia Department

Middlesbrough

United Kingdom

TS43BW

**Sponsor information****Organisation**

South Tees Hospitals NHS Trust (UK)

ROR

https://ror.org/02js17r36

## Funder(s)

### Funder type

Government

### Funder Name

Small grant from the South Tees Research and Development Department (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	01/10/2009		Yes	No