

# Understanding how COPD flare-ups change the body's recovery process

<b>Submission date</b>	<b>Recruitment status</b>	<input checked="" type="checkbox"/> Prospectively registered
21/03/2025	Recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
21/11/2025	Ongoing	<input type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
14/11/2025	Respiratory	<input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Chronic obstructive pulmonary disease (COPD) is the fourth leading cause of death globally, costing the NHS approximately £1.9 billion per year. People with COPD can experience "flare-ups" known as exacerbations. These flare-ups can lead to hospitalisation and increase the likelihood of patients having further readmissions to hospital. This study aims to investigate the effect of an acute flare-up of COPD on the body's ability to resolve inflammation. These flare-ups are associated with an overall worsening of the disease, and currently, there is limited understanding of why patients don't fully recover and how frequent flare-ups lead to a decline in health.

### Who can participate?

Adult patients who have been admitted to the hospital due to a flare-up of COPD will be invited to take part in the study.

### What does the study involve?

Patients enrolled in the main study will be given the option to donate a spontaneous sputum sample, and the patient's blood sample that was taken on admission to the hospital will also be analysed. Patients enrolled in the main study will be approached to take part in the sub-study, which will involve the donation of a blood sample each day until they are discharged from the hospital. They will also be invited to come back for a 3-month optional follow-up visit.

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

There are no direct benefits to the patients taking part in the study. However, the wider COPD population may benefit from the contributions this study's results will have to research in this area. There are minimal risks associated with taking part in this study, and as this is an observational study,

Participation is voluntary and participants can choose to stop at any time without affecting their standard medical care. This study is organised by the University of Leicester, and the findings will help to develop an understanding of the resolution physiology. Results will be published, but personal information will remain confidential and anonymised.

Where is the study run from?  
The University of Leicester, UK

When is the study starting and how long is it expected to run for?  
January 2026 to November 2027

Who is funding the study?  
NIHR Leicester Biomedical Research Centre, UK

Who is the main contact?  
Miss Oluwadamilola Yinka-Adebisi, oya3@leicester.ac.uk

## Contact information

### Type(s)

Principal investigator

### Contact name

Dr Neil Greening

### ORCID ID

<https://orcid.org/0000-0003-0453-7529>

### Contact details

NIHR Biomedical Research Centre  
Glenfield General Hospital  
Leicester  
United Kingdom  
LE3 9QP  
+44 116 258 3113  
neil.greening@leicester.ac.uk

### Type(s)

Public, Scientific

### Contact name

Miss Oluwadamilola Yinka-Adebisi

### Contact details

Clinical Sciences Wing  
Glenfield General Hospital  
Leicester  
United Kingdom  
LE3 9QP  
-  
oya3@leicester.ac.uk

## Additional identifiers

Integrated Research Application System (IRAS)

355442

**Protocol serial number**

1072

## Study information

**Scientific Title**

Specialised pro-RESOLVing lipid mediators in the resolution of acute Exacerbations of COPD

**Acronym**

RESOLVE-COPD

**Study objectives**

Specialised pro-resolving mediators (SPMs), have the potential to change the course of treatment for those with inflammation, both short-term and long-term. However, the process of how they are produced and each molecules' function are not completely understood. Current treatments for COPD, such as steroids have unwanted side effects including immunosuppression. A more developed understanding can potentially change treatment from being reactive to proactive. This project will help to understand what the levels of different mediators are during an exacerbation, and also how they change as the body works to resolve the inflammation. It may also provide insight into why inflammation is rarely completely resolved in the COPD population and the causes behind patients with frequent exacerbations.

Previous research has investigated the change in SPM levels over time, but not within this population. There have also been studies investigating the different SPM profiles in those with frequent exacerbations vs stable COPD, but they have also concluded that more research is required and stated limitations that are addressed in this research, such as lack of representation in their sample population and the need for sputum samples alongside blood samples to strengthen the analysis.

**Ethics approval required**

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**Ethics approval(s)**

approved 11/11/2025, North West - Preston Research Ethics Committee (2 Redman Place, Stratford, London, E20 1JQ, United Kingdom; +44 (0)207 104 8364, 02071048037, 0207 104 8181; preston.rec@hra.nhs.uk), ref: 25/NW/0337

**Study design**

Single-site cross-sectional study with a longitudinal cohort sub-study

**Primary study design**

Observational

**Study type(s)**

Other

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

Chronic obstructive pulmonary disease (COPD)

## **Interventions**

This is an observational study. The aim of this study is to investigate the effects of an acute exacerbation of COPD on resolution physiology. This study is divided into a main study and a sub-study. The population is patients admitted to hospital with an acute exacerbation of COPD.

As part of the main study, the surplus of the blood sample taken on admission to hospital will be analysed and participants will be given the option to donate a spontaneous sputum sample.

Participants in the sub-study must already be enrolled in the main study to participate.

Participants will donate a blood sample daily from the day of consent until the day they are discharged from the hospital. They will be invited to return for a follow-up visit 3-months post hospitalisation where a 'recovery' sample will be collected.

## **Intervention Type**

Other

## **Primary outcome(s)**

Levels of specialised pro-resolving mediators (SPMs) measured using the Liquid Chromatography Mass Spectrometry (LCMS) in the baseline blood sample

## **Key secondary outcome(s)**

There are no secondary outcome measures

## **Completion date**

01/11/2027

## **Eligibility**

### **Key inclusion criteria**

1. Participant is willing and able to give informed consent for participation in the study
2. Male or Female, aged 18 years old and above
3. Able (in the Investigator's opinion) and willing to comply with all the study requirements
4. Hospitalised following an acute exacerbation

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Mixed

### **Lower age limit**

18 years

### **Upper age limit**

100 years

### **Sex**

All

**Total final enrolment**

0

**Key exclusion criteria**

1. Female participants who are pregnant or lactating
2. Participant is unwilling or unable to give informed consent for participation
3. Unable (in the Investigators opinion) or unwilling to comply with the study requirements
4. Participants who are unable to understand written and spoken English.
5. Participant has any other significant disease or disorder which, in the opinion of the Investigator may either put the participants at risk, influence their ability to participate in the study or influence the result of the study. This includes but is not limited to - respiratory diseases such as asthma, bronchiectasis, pneumonia and cancer.
6. Patients that require intubation or admission to ICU.

**Date of first enrolment**

12/01/2026

**Date of final enrolment**

11/01/2027

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Glenfield General Hospital

Groby Road

Leicester

England

LE3 9QP

## Sponsor information

**Organisation**

University of Leicester

**ROR**

<https://ror.org/04h699437>

# Funder(s)

## Funder type

University/education

## Funder Name

NIHR Leicester Biomedical Research Centre

## Alternative Name(s)

Leicester Biomedical Research Centre, NIHR Leicester BRC, Leicester BRC

## Funding Body Type

Government organisation

## Funding Body Subtype

Research institutes and centers

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study will be published as a supplement to the 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="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes