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A randomised prospective controlled study to assess the effects of a respiratory case management model on hospital readmission rates in patients with moderate to severe chronic obstructive pulmonary disease

Submission date 13/09/2005	**Recruitment status** No longer recruiting	[ ] Prospectively registered [ ] Protocol
Registration date 27/09/2006	**Overall study status** Completed	[ ] Statistical analysis plan [ ] Results
Last Edited 14/06/2016	**Condition category** Respiratory	[ ] Individual participant data [ ] Record updated in last year

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
N/A

Study information

Scientific Title
A randomised prospective controlled study to assess the effects of a respiratory case management model on hospital readmission rates in patients with moderate to severe chronic obstructive pulmonary disease

Acronym
EXHALE (Exercise, Home support and Lung Education)

Study objectives
Whether intensive education, support and individualised exercise programme can reduce hospital admissions in patients with moderate to severe Chronic Obstructive Pumonary Disease (COPD).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Sefton Research and Ethics Committee, September 2004. Ref: 04/Q1501/75

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Chronic Obstructive Pulmonary Disease

Interventions
Case management model of care: weekly home visits and small group exercise sessions for eight weeks. Monthly visits thereafter, with weekly, then fortnightly phone calls. Dedicated telephone support seven days a week for 12 months.

Control group have usual care.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Number of hospital admissions for COPD at 12 months

Key secondary outcome(s))

1. Quality of life/health status
2. Exercise capacity, lung function, and treatment over a one year period
3. Total number and length of hospital admissions for any cause
4. Number of General Practitioner visits, accident and emergency department visits over the 12 month follow up

Completion date
30/09/2006

Eligibility

Key inclusion criteria
1. Patients with moderate to severe COPD confirmed on spirometry
2. Aged 40 years or more who have had one or more admission to hospital in last 12 months
3. Must be current or ex-smokers
4. Must have home telephone

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Patients with previous diagnosis of asthma
2. Significant/unstable cardiac dysfunction
3. Underlying malignancy, dementia or major psychiatric illness
4. Participation in pulmonary rehabillitation in last 12 months

Date of first enrolment
01/10/2004

Date of final enrolment
30/09/2006

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
University Hospital Aintree
Liverpool
United Kingdom
L9 7AL

Sponsor information

Organisation
University Hospital Aintree (UK)

ROR
https://ror.org/008j59125

Funder(s)

Funder type
Government

Funder Name
South Sefton Primary Care Trust (in collaboration with Liverpool and Knowsley Primary Care Trusts) (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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes