# A Self-management Programme of Activity Coping and Education for Chronic Obstructive Pulmonary Disease: is it effective in primary care?

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
25/08/2009		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
08/04/2010	Completed	[X] Results		
Last Edited	Condition category	[] Individual participant data		
10/11/2016	Respiratory			

### Plain English summary of protocol

Not provided at time of registration

### Contact information

### Type(s)

Scientific

### Contact name

**Prof Sally Singh** 

### Contact details

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## Additional identifiers

Protocol serial number

N/A

# Study information

### Scientific Title

A randomised controlled trial to evaluate the effectiveness of a Self-management Programme of Activity Coping and Education for Chronic Obstructive Pulmonary Disease delivered in primary care

### Acronym

SPACE for COPD

### Study objectives

The hypothesis is that a structured education and self-management programme for patients with chronic obstructive pulmonary disease (COPD) will promote independence and improve their quality of life and physical function.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Parallel-group randomised clinical trial

### Primary study design

Interventional

### Study type(s)

**Treatment** 

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

Chronic obstructive pulmonary disease

### **Interventions**

Participants in the intervention group will receive a 171-page A4 workbook comprising sections on disease education, stress management strategies, breathing control advice and techniques to improve exercise capacity and levels of domestic physical activity. It also includes an individual action plan designed to help cope with exacerbations. Motivational telephone calls will be made at 2 and 5 weeks, 3 and 5 months to encourage participants to complete the manual and pursue an active lifestyle. It is anticipated that participants will have worked through the manual in approximately eight weeks.

The control group arm will be monitored in primary care according to the practice framework. Changes in medication during the study period will be recorded. Participants in this group will receive telephone contact to check for GP and hospital contacts and to arrange follow-up visits.

Outcome measures will be collected at the initial assessment, and eight weeks and six months after this assessment to determine the short and medium term effects for both study groups.

### Intervention Type

Other

### Phase

### Not Applicable

### Primary outcome(s)

Health status determined by Chronic Respiratory Disease Self-Reported Questionnaire - dyspnoea component, measured at the initial assessment, and at 8 weeks and 6 months after this assessment

### Key secondary outcome(s))

Measured at the initial assessment, and at 8 weeks and 6 months after this assessment:

- 1. Domestic physical activity
- 2. Exercise capacity
- 3. Mental wellbeing
- 4. Self-efficacy
- 5. Health utilisation
- 6. Task completion
- 7. Adherence
- 8. Patient knowledge
- 9. Exacerbation rates

### Completion date

30/09/2012

# **Eligibility**

### Key inclusion criteria

Patients (no age limit, either sex) with an established diagnosis of COPD according to international guidelines and Medical Research Council (MRC) dyspnoea scale 2 - 5.

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

All

### Sex

All

### Key exclusion criteria

- 1. Inability to participate in interventions designed to improve physical capacity, e.g., neurological, locomotive or psychiatric disability
- 2. Unwillingness to participate
- 3. Participation in other research projects
- 4. Inability to read English
- 5. Participation in rehabilitation in the last 12 months
- 6. Patients must have been clinically stable for four weeks

### Date of first enrolment

30/09/2009

Date of final enrolment 30/09/2012

### Locations

Countries of recruitment

**United Kingdom** 

England

Study participating centre Glenfield Hospital

Leicester United Kingdom LE3 9QP

# Sponsor information

### Organisation

University Hospitals of Leicester NHS Trust (UK)

### **ROR**

https://ror.org/02fha3693

# Funder(s)

### Funder type

Government

### **Funder Name**

National Institute for Health Research (NIHR) (UK) - Collaboration in Applied Health Research and Care for Leicestershire, Northamptonshire and Rutland (CLAHRC-LNR)

# **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?
Results article	results	01/12/2014	Yes	No
Other publications	economic evaluation	01/02/2016	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes