

Multiple myeloma lifestyle study

Submission date 29/07/2015	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 29/07/2015	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 22/05/2020	Condition category Cancer	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

<http://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/a-study-looking-at-lifestyle-after-treatment-for-myeloma>

Contact information

Type(s)

Public

Contact name

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Additional identifiers

Protocol serial number

16255

Study information

Scientific Title

Lifestyle study of patients with multiple myeloma

Study objectives

The aim of this study is to evaluate the practicality and feasibility of carrying out an exercise training programme in patients with myeloma (a cancer of the bone marrow), and to determine the benefits of such a programme. The programme will improve fatigue by clinically significant levels after 3 months of the exercise programme, when compared with usual care.

Ethics approval required

Old ethics approval format

Ethics approval(s)

NRES Committee London - Queen Square, 10/01/2014, ref: 13/LO/1105

Study design

Randomised; Interventional and Observational; Design type: Treatment, Cohort study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Topic: Cancer; Subtopic: Haematological Oncology; Disease: Myeloma

Interventions

Patients are randomised to either a control group or to receive a physical activity intervention.

Patients in the control group receive usual care which includes their regular check-ups in the UCLH myeloma clinic and/or their local hospitals and receiving maintenance or consolidation treatment, if applicable.

Patients in the treatment arm are offered a physical activity programme, led by a physiotherapist, which requires them to attend a hospital gym once a week as well as carry out a home-based programme of exercises two days a week. After the 3 months patients attend the gym once a month and follow a home-based exercise programme three days a week for 3 additional months.

Patients in both control and intervention groups are assessed in terms of outcome measures at 3, 6 and 12 months follow up.

Follow Up Length: 12 month(s)

Intervention Type

Behavioural

Primary outcome(s)

Fatigue; Timepoint(s): baseline, 3, 6 and 12 months

Key secondary outcome(s)

1. Anxiety and depression; Timepoint(s): baseline, 3, 6 and 12 months
2. Body mass and body composition; Timepoint(s): baseline, 3, 6 and 12 months

3. Diet; Timepoint(s): baseline, 3, 6 and 12 months
4. Exercise capacity and cardiorespiratory fitness; Timepoint(s): baseline, 3, 6 and 12 months
5. Haematology, biochemistry, bone health markers (basic ALP, osteocalcin); Timepoint(s): baseline, 3, 6 and 12 months
6. Muscle strength and endurance; Timepoint(s): baseline, 3, 6, 12 months
7. Physical activity; Timepoint(s): baseline, 3, 6 and 12 months
8. Resting blood pressure; Timepoint(s): baseline, 3, 6 and 12 months
9. Self-efficacy; Timepoint(s): baseline, 3, 6 and 12 months
10. Sleep quality; Timepoint(s): baseline, 3, 6 and 12 months
11. Well-being; Timepoint(s): baseline, 3, 6 and 12 months

Completion date

31/12/2017

Eligibility

Key inclusion criteria

1. Myeloma survivors, who are assigned to UCLH myeloma clinics
2. Stable disease for at least 6 weeks, off treatment or on maintenance or consolidation treatment
3. Ability to give informed consent
4. A good performance status (ECOG 02)
5. Clinically able to carry out an exercise training programme on a regular basis (assessed by initial screening)
6. Aged at least 18

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Total final enrolment

131

Key exclusion criteria

1. Spinal instability (as assessed on radiology in multidisciplinary team (MDT)) meetings
2. Those who have recently (within 4 weeks) had spinal or other surgery for pathological fractures
3. An abnormal resting ECG, where clinically indicated unexplained by further cardiological workup

4. At risk of pathological fracture (Mirel's score, see Appendix 1 of Protocol)
5. Already participating in an exercise programme as part of a research study
6. Unstable angina
7. Musculoskeletal disease limiting mobility
8. Cognitive impairment that impedes ability to complete questionnaires

Date of first enrolment

19/06/2014

Date of final enrolment

30/04/2016

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

University College London Hospital,
Haematology,
Cancer Division,
250 Euston Road,
London
United Kingdom
NW1 2PJ

Sponsor information

Organisation

University College London

ROR

<https://ror.org/02jx3x895>

Funder(s)

Funder type

Charity

Funder Name

Cancer Research UK

Alternative Name(s)

CR_UK, Cancer Research UK - London, Cancer Research UK (CRUK), CRUK

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

United Kingdom

Funder Name

Celgene Europe Ltd

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/07/2020	22/05/2020	Yes	No
HRA research summary			28/06/2023	No	No