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# Does the use of a handheld fan improve intractable breathlessness?

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| **Submission date**<br>19/05/2008 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[X] Results<br>[_] Individual participant data |
| **Registration date**<br>27/06/2008 | **Overall study status**<br>Completed | |
| **Last Edited**<br>16/08/2010 | **Condition category**<br>Signs and Symptoms | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
OCRD2005/04

# Study information

## Scientific Title

## Study objectives
The use of a handheld fan directed to the cheek does not relieve intractable breathlessness in patients with chronic maximally treated cardiac and respiratory disorders or advanced cancer.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Ethics approval received from the Peterborough and Fenland Local Research Ethics Committee on the 6th September 2005 (ref: 05/Q0106/64).

## Study design
Randomised controlled crossover trial

## Primary study design
Interventional

## Secondary study design
Randomised controlled trial

## Study setting(s)
Other

## Study type(s)
Treatment

## Participant information sheet

## Health condition(s) or problem(s) studied
Breathlessness from malignant or non-malignant cause

## Interventions
1. Use of handheld fan directed to the face (active treatment)
2. Use of handheld fan directed to the leg (control arm of study)

As per the protocol, the interventions of fan directed to face (active treatment) or to leg (control arm) were for 5 minutes each treatment. Washout periods were 10 minutes. There were no follow ups after the treatment and washout periods were completed as the study comprised a single intervention of treatments carried out in randomised order followed by washout after each treatment. The total carried out over a total duration of less than 1 hour.

## Intervention Type
Other

## Phase

Not Specified

### Primary outcome measure
Decrease in visual analogue scale of greater than 10 mm after use of handheld fan directed to face.

The primary outcome measure was a recording of visual analogue score for breathlessness. This was measured at baseline (time zero), after 5 minutes use of fan directed to face or leg, at completion of subsequent 10 minute washout period, after 5 minutes use of second treatment ( fan to face or leg) and after final 10 minute washout period.

### Secondary outcome measures
No secondary outcome measures

### Overall study start date
13/12/2005

### Completion date
18/10/2007

## Eligibility

### Key inclusion criteria
1. Patient is chronically breathless
2. Dyspnoea Exertion Scale (DES) levels 2 or above
3. Any diagnosis causing intractable breathlessness
4. Aged greater than 30 years, either sex

### Participant type(s)
Patient

### Age group
Adult

### Sex
Both

### Target number of participants
49

### Key exclusion criteria
1. Anaemic patients with haemoglobin (Hb) less than 10 g/l
2. Patients with fever greater than 38.0°C in last 24 hours
3. Patients on continuous oxygen
4. Patients requiring short burst oxygen therapy whilst completing the study
5. Patients with diseases or treatment affecting the trigeminal nerve supply
6. Patients on beta blockers
7. Patients with known autonomic neuropathy
8. Patients with peripheral vascular disease
9. Patients with cerebral disease or receiving cerebral radiotherapy

10. Patients with known severe cardiac or intrapulmonary arterio-venous shunts
11. Patients unable to understand or cooperate with study
12. Patients who do not wish to participate in the study
13. Patients whose disease is not maximally medically treated

### Date of first enrolment
13/12/2005

### Date of final enrolment
18/10/2007

## Locations

### Countries of recruitment
England

United Kingdom

### Study participating centre
**Palliative Care, Oncology Centre, Box 193**
Cambridge
United Kingdom
CB2 0QQ

## Sponsor information

### Organisation
Cambridge University Hospitals NHS Foundation Trust (UK)

### Sponsor details
Trust R&D Department, Box 277
Addenbrooke's Hospital
Hills Road
Cambridge
England
United Kingdom
CB2 0QQ

### Sponsor type
Hospital/treatment centre

### Website
http://www.addenbrookes.org.uk/

### ROR

https://ror.org/04v54gj93

# Funder(s)

### Funder type
Other

### Funder Name
Investigator initiated and funded (UK) - fans used in the study were donated and investigator time and equipment used was already available within the department

# Results and Publications

### Publication and dissemination plan
Not provided at time of registration

### Intention to publish date

### 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 | 01/05/2010 | | Yes | No |