

# The HeartSpare Study

<b>Submission date</b> 06/02/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 06/02/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 19/02/2020	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

<http://cancerhelp.cancerresearchuk.org/trials/a-study-looking-different-techniques-protect-heart-from-radiation-during-radiotherapy-breast-cancer-the-heartspare-study>

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

11499

## Study information

### Scientific Title

Optimisation and individualisation of heart-sparing breast radiotherapy techniques: a randomised controlled trial

## Study objectives

Single-centre randomised, non-blinded crossover trials investigating the impact of different heart-sparing breast radiotherapy techniques upon normal-tissue doses and upon reproducibility of patient position in women undergoing breast radiotherapy following excision of early breast cancer.

Hypotheses:

1. v\_DIBH will be equivalent to ABC\_DIBH in terms of dosimetric sparing of heart tissue, patient comfort, and set-up reproducibility, but at a reduced cost (due to the need for specialised equipment for ABC\_DIBH)
2. Prone treatment is likely to be dosimetrically superior to optimal DIBH for the population of larger-breasted women
3. The optimal heart-sparing breast radiotherapy technique (DIBH versus prone positioning) will be individualisable to each patient based on their anatomical features

More details can be found at: <http://public.ukcrn.org.uk/Search/StudyDetail.aspx?StudyID=11499>

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

NRES Committee London Riverside, 25/01/2012, ref: 12/LO/0015

## Study design

Randomised non-blinded interventional trial

## Primary study design

Interventional

## Study type(s)

Treatment

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

Breast cancer

## Interventions

Study design:

These are single-centre non-blinded randomised cross-over trials (RCT) comparing i) treatment in voluntary deep inspirator breath-hold (v\_DIBH) versus Active Breathing Control deep inspiratory breath-hold (ABC\_DIBH) in women of all breast volumes (Group A), and ii) treatment in DIBH versus prone position in women with larger breast volumes (>750cm<sup>3</sup>) (Group B). Within each cohort, patients will be randomised to start with one technique and to cross over to the other after 7 fractions.

Treatment planning: patient positioning and imaging:

All patients will receive training in holding their breath comfortably for up to 20 seconds. They will then undergo two radiotherapy planning CT scans. Patients in Group A will receive one scan in ABC\_DIBH and a second scan in v\_DIBH. Patients in Group B will undergo one scan in optimal DIBH (as determined by results from Group A) and one on their front (prone).

Treatment planning: study assessments:

1. 3D-CT planning scans in ABC\_DIBH and v\_DIBH (Group A)
2. 3D-CT planning scans in optimal DIBH and prone (Group B)
3. Scan times for each technique
4. Patient comfort and acceptability questionnaire following above scans

Treatment planning: target volume definition and radiotherapy planning:

Whole breast clinical target volume (WBCTV), contralateral breast tissue, lungs, heart, left anterior descending coronary artery (LAD) and ribcage will be outlined. For each technique, whole breast RT will be forward planned in 3D using multiple static opposed tangential fields, aiming to cover 90% of WBCTV with the 95% isodose, with hotspots  $\geq 107\text{cm}^3$  limited to  $\leq 2\text{cm}^3$ . 40Gy in 15 fractions over 3 weeks will be prescribed to the 100% isodose (using 6-10MV photons).

During radiotherapy course: summary of study assessments

1. Daily EPI including cine-loop
2. Low dose CT verification imaging
3. Treatment times
4. Patient comfort and acceptability questionnaire
5. Radiographer satisfaction questionnaire

Follow-up assessments

No further investigations are required as part of the study following completion of radiotherapy. No long-term trial-related follow-up is required, although patients will be reviewed in the breast clinic as part of their standard follow-up.

## **Intervention Type**

Other

## **Phase**

Phase II

## **Primary outcome(s)**

Group A: Reproducibility - interfraction reproducibility of patient position (mean daily displacements of chest wall) in v\_DI

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

Group B: Difference in mean LAD NTDmean - difference in mean normal tissue dose (NTDmean) (Gy) to left anterior-descending coronary artery

## **Completion date**

30/11/2013

## **Eligibility**

### **Key inclusion criteria**

1. Complete microscopic excision of early stage invasive ductal or lobular carcinoma (pT1-3b N0-1 M0) of the left breast following breast conservation surgery or mastectomy
2. Recommendation for whole breast (Group A and B) or chest wall radiotherapy (Group A only) (with or without tumour bed boost)
3. Age  $\geq 18$

4. Performance status =1
5. Patients able to tolerate breath-ho
6. Target Gender: Female
7. Lower Age Limit is 18 years

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Female

**Key exclusion criteria**

1. Requirement for nodal irradiation
2. Patients with micro- or macro-scopic disease on sentinel node biopsy who have not undergone completion axillary node clearance
3. Previous radiotherapy to any region above the diaphragm

**Date of first enrolment**

01/02/2012

**Date of final enrolment**

30/11/2013

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

The Royal Marsden NHS Foundation Trust

Surrey

United Kingdom

SM2 5PT

**Sponsor information**

## Organisation

The Royal Marsden Foundation Trust (UK)

## ROR

<https://ror.org/0008wzh48>

## Funder(s)

### Funder type

Government

### Funder Name

NIHR Research for Patient Benefit (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?
<a href="#">Results article</a>	results	01/08/2013		Yes	No
<a href="#">Results article</a>	results	01/01/2015		Yes	No
<a href="#">Plain English results</a>				No	Yes