

Randomised controlled trial of a home-based exercise programme for patients with chronic obstructive pulmonary disease

Submission date 28/09/2007	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 28/09/2007	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 17/05/2017	Condition category Respiratory	<input type="checkbox"/> Individual participant data <input type="checkbox"/> 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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

Study information

Scientific Title

Randomised controlled trial of a home-based exercise programme for patients with chronic obstructive pulmonary disease

Study objectives

Can a partially supervised home-based exercise programme significantly improve COPD patients' symptoms and exercise tolerance compared to standard care?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Single-blind randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Home

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details to request a patient information sheet

Health condition(s) or problem(s) studied

Respiratory: chronic obstructive pulmonary disease (COPD)

Interventions

1. Intervention arm: home-based exercise programme
2. Control arm: standard care

Added 30/09/2008: This pilot trial has been completed with positive results shown with secondary outcome measure but as this is not yet validated for use with COPD patients further research needs to be done to validate its use before a larger home exercise RCT can continue.

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Chronic respiratory questionnaire

Secondary outcome measures

30-second chair stand

Overall study start date

20/02/2006

Completion date

20/02/2007

Eligibility**Key inclusion criteria**

Patients with stable COPD referred for physiotherapy and PR at the Countess of Chester Hospital and Cheshire West PCT community rehabilitation department

Participant type(s)

Patient

Age group

Not Specified

Sex

Both

Target number of participants

20

Key exclusion criteria

1. Patients unable to attend a hospital-based PR programme twice weekly for weeks
2. Patients unable to complete a detailed questionnaire
3. Patients with unstable comorbidities
4. Patients with severe musculoskeletal disability
5. Patient live further than half an hour away from the hospital by road
6. Patients with reversibility >15% FEV and 200 ml PEF
7. Untreated chronic hypoxemia
8. Patients with comorbidities contraindicating exercise

Date of first enrolment

20/02/2006

Date of final enrolment

20/02/2007

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Community Rehabilitation Building

Chester

United Kingdom

CH2 1BQ

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2007 Update - Department of Health (UK)

Sponsor details

Department of Health

Richmond House

79 Whitehall

London

United Kingdom

SW1A 2NL

+44 (0)20 7307 2622

dhmail@doh.gsi.org.uk

Sponsor type

Government

Website

<http://www.dh.gov.uk/Home/fs/en>

Funder(s)

Funder type

Government

Funder Name

Cheshire West Primary Care Trust (UK)

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