

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

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

### Contact name

Ms Samantha Roberts

### Contact details

Community Rehabilitation Building  
Countess of Chester Health Park  
Liverpool Road  
Chester  
United Kingdom  
CH2 1BQ  
+44 (0)1244 363 791  
sam@castellor.com

## 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