

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

Protocol serial number
N0614179564

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

Study type(s)

Treatment

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(s)

Chronic respiratory questionnaire

Key secondary outcome(s)

30-second chair stand

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

Healthy volunteers allowed

No

Age group

Not Specified

Sex

All

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 PEFr
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**

United Kingdom

England

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)

Funder(s)**Funder type**

Government

Funder Name

Cheshire West Primary Care Trust (UK)

Results and Publications**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration