

# REDUCE Trial: A randomised controlled trial evaluating the efficacy of indwelling pleural catheters in persistent non-malignant symptomatic pleural effusions

<b>Submission date</b> 15/07/2015	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 15/07/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/04/2022	<b>Condition category</b> Respiratory	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Some people with diseases affecting the function of the heart or liver can collect fluid in the space between the lung and the chest wall (a pleural effusion). The amount of fluid that builds up varies. If the amount is large enough, it can press on the lung, stopping it from expanding fully as the patient breathes and causing breathlessness. Treatment varies greatly as it largely depends on the underlying cause. However, there is limited guidance on how to treat the effusion directly. This study will compare two treatment methods: removal of the fluid with a needle and syringe as and when needed (control) or insertion of an indwelling pleural catheter through which fluid can be removed in the patients home by means of vacuum filled bottles, usually by district nurses.

### Who can participate?

Adults (at least 18) with a pleural effusion resulting from heart or liver disease.

### What does the study involve?

Participants are randomly allocated into one of two groups. Those in group 1 are treated using the needle and syringe method. Those in group 2 are treated via the pleural catheter method. Levels of breathlessness, quality of life and the cost and complications of treatment are then compared between the two groups.

### What are the possible benefits and risks of participating?

All patients in the trial will have fluid taken off from around their lungs which should improve their breathing. Both treatments have some potential risks, including bleeding, infection or discomfort. We will limit these by making sure patient's blood is clotting normally before any procedure, making sure that procedures are done in a clean environment with clean equipment and using a numbing injection before doing any procedure and using pain-killers after the procedure if patients have any pain. Patients will have regular contact with study doctors to ensure that any problems are picked up as early as possible. Patients with fluid around the lung

often need chest x-rays to monitor the fluid, however patients in this study will require two additional chest X-rays, at the beginning of the trial and at the 12 week follow up visit. There is a small theoretical risk with this extra radiation; however chest x-rays are associated with a low level of radiation. Two X-rays are equivalent to one and a half weeks of background radiation in the UK.

Where is the study run from?

The lead centre for this study is North Bristol NHS Trust. We aim to run the trial from a total of 11 centres in England. Centres will be chosen on the basis of whether they have experience with this sort of trial and have the access to the right specialists and procedures.

When is the study starting and how long is it expected to run for?

January 2015 to August 2016

Who is funding the study?

CareFusion Corporation

Who is the main contact?

Prof Nick Maskell

Nick.Maskell@bristol.ac.uk

## Contact information

**Type(s)**

Public

**Contact name**

Prof Nick Maskell

**ORCID ID**

<https://orcid.org/0000-0002-1276-6500>

**Contact details**

Southmead Hospital

Southmead Road

Westbury-On-Trym

Bristol

United Kingdom

BS10 5NB

## Additional identifiers

**Protocol serial number**

17127

## Study information

**Scientific Title**

A randomised controlled trial evaluating the efficacy of indwelling pleural catheters in persistent non-malignant symptomatic pleural effusions

## Acronym

REDUCE

## Study objectives

This study aims to compare two methods to treat pleural effusion; removal of the fluid with a needle and syringe as and when needed (control) or insertion of an indwelling pleural catheter through which fluid can be removed in the patients home by means of vacuum filled bottles.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

NRES Committee South West - Central Bristol, 01/05/2015, ref: 14/SW/0075

## Study design

Randomised; Interventional; Design type: Treatment

## Primary study design

Interventional

## Study type(s)

Treatment

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

Topic: Respiratory disorders; Subtopic: Respiratory (all Subtopics); Disease: Respiratory

## Interventions

1. Insertion of indwelling pleural catheter at randomisation, three times weekly drainage for 2 weeks then drainage as frequently as clinically required
  2. Therapeutic aspiration at baseline and further therapeutic aspirations as clinically required
- Follow Up Length: 3 month(s); Study Entry : Registration only

## Intervention Type

Other

## Primary outcome(s)

Change in breathlessness (VAS score); Timepoint(s): Change to VAS over 12 week trial period

## Key secondary outcome(s)

1. Adverse events related to trial intervention; Timepoint(s): 12 weeks
2. Albumin levels in patients with liver disease; Timepoint(s): 12 weeks
3. Cost effectiveness; Timepoint(s): 12 weeks
4. Failure of initially randomised treatment; Timepoint(s): 12 weeks
5. Health related quality of life (EQ-5D); Timepoint(s): 12 weeks
6. Hospital visits and bed days; Timepoint(s): 12 weeks
7. Number of pleural interventions; Timepoint(s): 12 weeks
8. Pleurodesis; Timepoint(s): 12 weeks; Volume of fluid drained; Timepoint(s): 12 weeks
9. Volume of fluid drained; Timepoint(s): 12 weeks

## Completion date

31/08/2017

## Eligibility

### Key inclusion criteria

1. Clinically confident diagnosis of non-malignant pleural effusion secondary to either advanced stage CHF or liver failure requiring and amenable to pleural intervention for relief of breathlessness
2. Assessment by a cardiologist or hepatologist determining the presence of established heart failure or liver failure and a pleural effusion that persists despite optimised medical therapy
3. At least one previous therapeutic aspiration of pleural fluid with results consistent with the cause of the effusion being due to CHF or liver failure either:
  - 3.1. a transudate by Light's criteria in cases of effusions due to liver failure OR
  - 3.2. either a transudate in effusions due to CHF or an exudate in cases where diuretics have been used and CHF can confidently be stated to be the cause
4. No evidence of malignancy on pleural fluid cytology
5. Expected survival >12 weeks
6. Written informed consent to trial participation
7. Target Gender: Male & Female
8. Lower Age Limit 18 years

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Adult

### Lower age limit

18 years

### Sex

All

### Total final enrolment

68

### Key exclusion criteria

1. Age <18 years
2. Known pleural malignancy
3. Pleural fluid pH < 7.2
4. Previously sited indwelling pleural catheter on the side requiring intervention or current indwelling pleural catheter on the contralateral side
5. Pregnancy, lactation or intention to become pregnant
6. Inability to give informed consent
7. Absolute contraindication to IPC or therapeutic aspiration of pleural fluid
8. Patient has no access to a telephone

**Date of first enrolment**

01/04/2015

**Date of final enrolment**

01/04/2017

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre****Southmead Hospital (lead centre)**

Southmead Road

Westbury-On-Trym

Bristol

United Kingdom

BS10 5NB

**Study participating centre****Medway NHS Foundation Trust**

Windmill Rd

Gillingham

United Kingdom

ME7 5NY

**Study participating centre****Guy's and St Thomas' NHS Foundation Trust**

London

United Kingdom

SE1 7EH

**Study participating centre****Cambridge University Hospitals**

Cambridge

United Kingdom

CB2 0QQ

**Study participating centre**

**South Tees Hospitals NHS Foundation Trust**  
Middlesbrough  
United Kingdom  
TS4 3BW

**Study participating centre**  
**North Tees and Hartlepool Hospitals NHS Foundation Trust**  
Middlesbrough  
United Kingdom  
TS1 98PE

**Study participating centre**  
**Oxford University Hospitals NHS Trust**  
Oxford  
United Kingdom  
OX3 9DU

## **Sponsor information**

**Organisation**  
North Bristol NHS Trust

**ROR**  
<https://ror.org/036x6gt55>

## **Funder(s)**

**Funder type**  
Industry

**Funder Name**  
CareFusion Corporation

## **Results and Publications**

**Individual participant data (IPD) sharing plan**  
Not added at the time of registration

## IPD sharing plan summary

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		24/02/2022	07/04/2022	Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No