

# Is Qigong a useful adjunct to pulmonary rehabilitation?

<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> 02/09/2015	<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

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
N0681181016

# Study information

## Scientific Title

Is Qigong a useful adjunct to pulmonary rehabilitation?

## Study objectives

The principle objective is to determine whether Qigong can be used to achieve the same measures as conventional exercise as part of a pulmonary rehabilitation programme.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Randomised single-blind controlled trial design

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Hospital

## Study type(s)

Treatment

## Participant information sheet

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

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

Respiratory: Pulmonary rehabilitation

## Interventions

Subjects will be recruited from referrals to pulmonary rehabilitation at Newham University Hospital.

One group will receive Qigong, and the other group will receive pulmonary rehabilitation programme.

Subjects will be assessed on their first visit to group, and will need to complete a questionnaire measuring quality of life and physiological measures. Subjects will attend twice a week for an eight week period. Two groups will be compared to assess whether Qigong is an effective programme to rehabilitation.

## Intervention Type

Other

**Phase**

Not Specified

**Primary outcome measure**

Using the following questionnaires: hospital anxiety and depression scale, modified Borg score

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/06/2005

**Completion date**

30/10/2005

**Eligibility****Key inclusion criteria**

1. In line with the current pulmonary rehabilitation programme. This is to ensure that appropriate referrals are made to pulmonary rehabilitation and patients are fit to participate in an exercise programme (British Thoracic Society guidelines for Pulmonary rehabilitation).
2. Subject must fit the referral criteria: chronic but stable lung disorder (lung function est. in past 3 months), optimal medical management, exercise tolerance limited by breathlessness, motivated to exercise, approval to exercise from medical practitioner.

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

Not provided at time of registration

**Key exclusion criteria**

1. Cardiac disease
2. Exercise tolerance limited by factors other than breathlessness e.g. arthritis, stroke
3. Patient unable to participate in group activities

**Date of first enrolment**

01/06/2005

**Date of final enrolment**

30/10/2005

**Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

Newham University Hospital

London

United Kingdom

E13 8SL

**Sponsor information****Organisation**

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

**Sponsor details**

The Department of Health, Richmond House, 79 Whitehall

London

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**Sponsor type**

Government

**Website**

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

**Funder(s)****Funder type**

Government

**Funder Name**

Newham Primary Care Trust

**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