

Is Qigong a useful adjunct to pulmonary rehabilitation?

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 02/09/2015	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
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

Study type(s)

Treatment

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(s)

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

Key secondary outcome(s)

Not provided at time of registration

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

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

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**

United Kingdom

England

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

Funder(s)

Funder type

Government

Funder Name

Newham Primary Care Trust

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes