

# Pursed Lip Breathing (PLB) and its role in the management of breathlessness in stable chronic obstructive pulmonary disease (COPD)

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
28/09/2007	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
28/09/2007	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
27/09/2012	Respiratory	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N0277185567

## Study information

**Scientific Title****Study objectives**

Does pursed lip breathing improve quality of life in patients with stable Chronic Obstructive Pulmonary Disease, in whom activities of daily living are limited by breathlessness?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Added July 2008:

Moorfields and Whittington Local Research Ethics Committee, 05/Q0504/93, favourable opinion granted 08/02/06.

**Study design**

Randomised, controlled, single blind study

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Respiratory: Chronic obstructive pulmonary disease (COPD)

**Interventions**

Pursed Lip Breathing (PLB) vs control

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Added July 2008:

1. Chronic Respiratory Disease Questionnaire
2. Endurance Shuttle Walk Test

**Key secondary outcome(s)**

Added July 2008:

1. Borg Dyspnoea Scale
2. Respiratory rate and inspiratory capacity pre and post exercise
3. Hospital Anxiety and Depression scale

**Completion date**

01/03/2009

# Eligibility

## Key inclusion criteria

Prior to July 2008:

1. Non smoking patients that have been diagnosed with COPD who are in a stable condition.
2. 86 participants, broken down as approximately 4/5th will be recruited from The Whittington NHS and 1/5th from Islington PCT.

Modified July 2008:

1. Diagnosis of COPD (FEV1 < 80% and FEV1/FVC < 70% predicted)
2. Medical intervention optimised according to NICE guidelines
3. MRC 3 or more; as a minimum walks slower than contemporaries on level ground or has to stop for breathing when walking at own pace
4. 4/52 since last exacerbation and 6/52 since last admission
5. Informed consent obtained and signed after provision of information sheet
6. Able to comply with study procedure

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Not Specified

## Sex

Not Specified

## Key exclusion criteria

Added July 2008:

1. Subject requires an interpreter for consent form
2. Mini-mental test score < 24 (performed in English)
3. Subject has no fixed abode or does not consent to home visits
4. Hospital Lone Practitioner Policy precludes home visits to this subject
5. Previously taught PLB
6. On long term oxygen therapy (LTOT)
7. Medical history preventing ability to walk (other than COPD)
8. Ex-smoker of < 3 months
9. Unstable Angina
10. Uncontrolled hypertension
11. Uncontrolled congestive cardiac failure
12. Uncontrolled cardiac arrhythmias
13. Myocardial infarct within 6 weeks

## Date of first enrolment

01/03/2006

## Date of final enrolment

01/03/2009

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

Whittington Hospital NHS Trust

London

United Kingdom

N19 5NF

# Sponsor information

## Organisation

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

# Funder(s)

## Funder type

Government

## Funder Name

Whittington Hospital NHS Trust (UK)

# 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?
<a href="#">Results article</a>	results	01/12/2011		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes