

# Secondary prevention of cardiovascular disease in general practice.

|                                        |                                                   |                                                                                                   |
|----------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>Submission date</b><br>23/01/2004   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input type="checkbox"/> Protocol            |
| <b>Registration date</b><br>23/01/2004 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>20/11/2009       | <b>Condition category</b><br>Circulatory System   | <input type="checkbox"/> Individual participant data                                              |

**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**  
MC10

## Study information

**Scientific Title**

**Study objectives**

Patients with established coronary heart disease have a lower mortality rate and less morbidity if they make changes in their behaviour (smoking, diet, exercise, weight), and are given appropriate medication (aspirin, beta blockers, lipid lowering drugs etc).

Achieving these interventions involves collaboration between patients and families, hospital staff, and primary care teams which is often not done well.

The main aim of this study was to see if the use of specialist liaison nurses to co-ordinate care at hospital discharge and to support existing rehabilitation and primary care services was cost-effective in reducing morbidity and cardiovascular risk in the year after myocardial infarction.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Heart disease

**Interventions**

1. Use of liaison nurses - sought to co-ordinate care, support the patient and family, support the practice nurses, and support the cardiac rehabilitation programme.

The liaison nurses were not involved with management of individual patients but sought to encourage the use of current models of behaviour change, achieve a structured programme for each patient, and promote the use of effective treatments.

2. No use of liaison nurses, i.e. standard care

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. At assessment demographic data and information on smoking and diet were collected. The patient's weight, height, blood pressure, and blood cholesterol were measured.

2. The three questionnaires asked about smoking, exercise, and diet; drug treatment; attendance at rehabilitation and other health services; and symptoms of pain and breathlessness.

3. Psychological state was assessed using the Hospital Anxiety and Depression scale

4. Quality of life using the Euroqual scale

5. At 12 months the clinical examination repeated the baseline measurements, together with a measurement of blood cotinine in those who had ever smoked, and a 6 minute exercise test.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/07/1997

## Eligibility

**Key inclusion criteria**

597 patients from 67 practices in Southampton and South-West Hampshire who had been admitted to hospital or attended a chest pain clinic with a myocardial infarct or recent-onset angina were recruited to the study. 38 patients died within 12 months.

Follow up rates were about 90%.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Other

**Sex**

All

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

01/01/1995

**Date of final enrolment**

01/07/1997

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Institute of Health Sciences**  
Oxford  
United Kingdom  
OX3 7LF

## Sponsor information

### Organisation

Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

## Funder(s)

### Funder type

Government

### Funder Name

NHS Cardiovascular Disease and Stroke National Research and Development Programme (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 | 01/12/1998   |            | Yes            | No              |
| <a href="#">Results article</a> | results | 13/03/1999   |            | Yes            | No              |