

Cardiopulmonary exercise testing: does anaerobic threshold increase after a prescribed exercise programme in patients with abdominal aortic aneurysms under surveillance?

Submission date 20/12/2006	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 18/05/2007	Overall study status Completed	☐ Protocol
Last Edited 03/05/2011	Condition category Circulatory System	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

06/Q1003/75

Study information

Scientific Title

Study objectives

Anaerobic threshold, as measured by cardiopulmonary exercise testing, increases after a prescribed exercise programme in patients with abdominal aortic aneurysms under surveillance.

Ethics approval required

Old ethics approval format

Ethics approval(s)

South Tees Local Research Ethics Committee in October 2006 (ref: 06/Q1003/75).

Study design

Randomised-controlled interventional pilot study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Abdominal aortic aneurysms under surveillance

Interventions

Cardiopulmonary exercise tests - the subjects have to complete this in week zero, five and seven of the study (the control and the exercise groups both complete these tests). Six week prescribed supervised exercise programme to complete in week one to six of the study. This comprises two 30 minute exercise sessions per week (only the exercise group undergoes the prescribed exercise programme).

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Improvement in anaerobic threshold between week zero and week seven.

Key secondary outcome(s))

Improvement in anaerobic threshold between week zero and week five.

Completion date

01/04/2007

Eligibility

Key inclusion criteria

1. Abdominal aortic aneurysm patients under surveillance
2. Size of aneurysm less than 5.5 cm in diameter

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

1. Medical exclusions to exercise - severe aortic stenosis, hypertrophic cardiomyopathy
2. Inability to climb a flight of stairs (baseline level of fitness)
3. Inability to complete the cardiopulmonary exercise test

Date of first enrolment

23/10/2006

Date of final enrolment

01/04/2007

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Anaesthesia Department

Middlesbrough

United Kingdom

TS43BW

Sponsor information**Organisation**

South Tees Hospitals NHS Trust (UK)

ROR

<https://ror.org/02js17r36>

Funder(s)

Funder type

Government

Funder Name

Small grant from the South Tees Research and Development Department (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?
Results article	results	01/10/2009		Yes	No