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# Effects of patient-centered modular secondary prevention in people with acute coronary syndrome

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|---|---|---|
| **Submission date**<br>24/01/2006 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[X] Protocol<br>[_] Statistical analysis plan<br>[X] Results<br>[_] Individual participant data |
| **Registration date**<br>24/01/2006 | **Overall study status**<br>Completed | |
| **Last Edited**<br>02/11/2022 | **Condition category**<br>Circulatory System | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

**Contact name**
Ms Julie Hila

**Contact details**
10/1-3 Funda Pl
Brookvale
Sydney NSW
Australia
2100

## Additional identifiers

**Protocol serial number**
G03S1204

## Study information

**Scientific Title**
Effects of patient-centered modular secondary prevention in people with acute coronary syndrome

### Study objectives
This study aims to test the effect of modular secondary prevention on total blood cholesterol, heart disease risk factors and knowledge in persons who have had an acute coronary syndrome.

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Approved by the Central Sydney Area Health Services Human Research and Ethics Committee (CRGH) on 21st May 2003 (ref: CH/62/6/2003-021).

### Primary study design
Interventional

### Study design
Single blinded, randomised controlled trial with three groups

### Study type(s)
Treatment

### Health condition(s) or problem(s) studied
Coronary heart disease and acute coronary syndrome

### Interventions
Intervention group will participate in modular prevention including individual risk factor assessment, goal setting and coaching. Control group will continue conventional care by their general practitioner. The standard cardiac rehabilitation group will participate in hospital-based cardiac rehabilitation including six weeks of group exercise and education.

### Intervention Type
Other

### Phase
Not Specified

### Primary outcome(s)
Proportion of participants with total blood cholesterol less than 4.5 mmol/l.

### Key secondary outcome(s)
Proportion of participants achieving nationally recommended targets for heart disease risk factors, absolute heart disease risk on the lipid risk score and risk factor knowledge

### Completion date
01/07/2006

## Eligibility

### Key inclusion criteria
1. Acute coronary syndrome within 12 months of assessment
2. Refusal of invitation to participate in cardiac rehabilitation

**Participant type(s)**
Patient

**Healthy volunteers allowed**
No

**Age group**
Adult

**Sex**
All

**Total final enrolment**
144

**Key exclusion criteria**
Diagnosis of uncontrolled cardiomyopathy, aortic stenosis, arrhythmia, dementia or a terminal illness such as end-stage renal failure

**Date of first enrolment**
01/01/2004

**Date of final enrolment**
01/07/2006

# Locations

**Countries of recruitment**
Australia

**Study participating centre**
**10/1-3 Funda Pl**
Sydney NSW
Australia
2100

# Sponsor information

**Organisation**
National Heart Foundation of Australia

**ROR**
https://ror.org/039d9wr27

# Funder(s)

### Funder type
Charity

### Funder Name
National Heart Foundation of Australia Grant-in-Aid (G03S1204) and a Postgraduate Clinical Research Scholarship for Julie Hila (PC03S1258).

# Results and Publications

### Individual participant data (IPD) sharing plan
Not provided at time of registration

### 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 | | 01/03/2009 | | Yes | No |
| Protocol article | | 09/06/2006 | | Yes | No |