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Randomised controlled trial of a home-based exercise programme for patients with chronic obstructive pulmonary disease

Submission date 28/09/2007	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [_] Record updated in last year
Registration date 28/09/2007	**Overall study status** Completed	
Last Edited 17/05/2017	**Condition category** Respiratory	

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
N0614179564

Study information

Scientific Title

Randomised controlled trial of a home-based exercise programme for patients with chronic obstructive pulmonary disease

Study objectives
Can a partially supervised home-based exercise programme significantly improve COPD patients' symptoms and exercise tolerance compared to standard care?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Single-blind randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Respiratory: chronic obstructive pulmonary disease (COPD)

Interventions
1. Intervention arm: home-based exercise programme
2. Control arm: standard care

Added 30/09/2008: This pilot trial has been completed with positive results shown with secondary outcome measure but as this is not yet validated for use with COPD patients further research needs to be done to validate its use before a larger home exercise RCT can continue.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Chronic respiratory questionnaire

Key secondary outcome(s)
30-second chair stand

Completion date
20/02/2007

Eligibility

Key inclusion criteria
Patients with stable COPD referred for physiotherapy and PR at the Countess of Chester Hospital and Cheshire West PCT community rehabilitation department

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
All

Key exclusion criteria
1. Patients unable to attend a hospital-based PR programme twice weekly for weeks
2. Patients unable to complete a detailed questionnaire
3. Patients with unstable comorbidities
4. Patients with severe musculoskeletal disability
5. Patient live further than half an hour away from the hospital by road
6. Patients with reversibility >15% FEV and 200 ml PEFR
7. Untreated chronic hypoxemia
8. Patients with comorbidities contraindicating exercise

Date of first enrolment
20/02/2006

Date of final enrolment
20/02/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Community Rehabilitation Building
Chester
United Kingdom
CH2 1BQ

Sponsor information

Organisation
Record Provided by the NHSTCT Register - 2007 Update - Department of Health (UK)

Funder(s)

Funder type
Government

Funder Name
Cheshire West Primary Care Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration