

# A randomised controlled trial of exercise rehabilitation in addition to specialist heart failure nurse intervention

<b>Submission date</b> 08/04/2004	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 10/06/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 05/07/2018	<b>Condition category</b> Circulatory System	<input type="checkbox"/> 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

## Study information

### Scientific Title

A randomised controlled trial of exercise rehabilitation in addition to specialist heart failure nurse intervention

**Acronym**

BRUM-CHF

**Study objectives**

The primary research question seeks to evaluate whether there are additional benefits from exercise rehabilitation over specialist heart failure nurse management and to establish the cost-effectiveness and patient acceptability of a predominantly home-based programme of exercise rehabilitation. In addition, the study will investigate the patient experience of heart failure and rehabilitation whilst attaining information about effectiveness, uptake and compliance of patients in a predominantly home-based setting.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approval was obtained from Sandwell and West Birmingham Local Research Ethics Committee (ref: 03/10/708).

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Heart failure

**Interventions**

Intervention group: Six month structured exercise programme, predominantly home-based plus specialist heart failure nurse care.

Usual care group: Specialist heart failure nurse care.

Follow-up by postal questionnaire and clinical assessment occurs at 6 months and by postal questionnaire at 1 year.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

The primary outcome measure is the Minnesota Living with Heart Failure Questionnaire (MLWHF) Questionnaire.

**Key secondary outcome(s)**

Secondary outcome measures at six months are:

1. Composite of death or admission with heart failure or myocardial infarction
2. Admission with heart failure
3. Mortality (all-cause and vascular)
4. EuroQol questionnaire
5. Hamilton Anxiety and Depression Score (HADS)
6. Blood pressure
7. Self-reported physical activity
8. Distance walked on the Incremental Shuttle Walk Test (ISWT)

At 12 months the ISWT and blood pressure measurements are omitted.

**Completion date**

01/11/2007

## Eligibility

**Key inclusion criteria**

Patients referred to the specialist heart failure services, who have been admitted with heart failure or been New York Heart Association (NYHA) III within the previous year, with an ejection fraction of less than 40%

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

No exclusion criteria provided

**Date of first enrolment**

01/11/2004

**Date of final enrolment**

01/11/2007

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**  
Department of Public Health & Epidemiology  
Birmingham  
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B15 2TT

## Sponsor information

### Organisation

Department of Health (UK)

### ROR

<https://ror.org/03sbpja79>

## Funder(s)

### Funder type

Government

### Funder Name

Department of Health (DH/BHF Heart Failure research Initiative) (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	01/02/2009		Yes	No
<a href="#">Protocol article</a>	protocol	07/03/2007		Yes	No