

# Is Qigong a useful adjunct to pulmonary rehabilitation?

<b>Submission date</b> 28/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 28/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 02/09/2015	<b>Condition category</b> Respiratory	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**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**  
N0681181016

## Study information

**Scientific Title**  
Is Qigong a useful adjunct to pulmonary rehabilitation?

**Study objectives**

The principle objective is to determine whether Qigong can be used to achieve the same measures as conventional exercise as part of a pulmonary rehabilitation programme.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised single-blind controlled trial design

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Respiratory: Pulmonary rehabilitation

**Interventions**

Subjects will be recruited from referrals to pulmonary rehabilitation at Newham University Hospital.

One group will receive Qigong, and the other group will receive pulmonary rehabilitation programme.

Subjects will be assessed on their first visit to group, and will need to complete a questionnaire measuring quality of life and physiological measures. Subjects will attend twice a week for an eight week period. Two groups will be compared to assess whether Qigong is an effective programme to rehabilitation.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Using the following questionnaires: hospital anxiety and depression scale, modified Borg score

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

30/10/2005

**Eligibility**

## **Key inclusion criteria**

1. In line with the current pulmonary rehabilitation programme. This is to ensure that appropriate referrals are made to pulmonary rehabilitation and patients are fit to participate in an exercise programme (British Thoracic Society guidelines for Pulmonary rehabilitation).
2. Subject must fit the referral criteria: chronic but stable lung disorder (lung function est. in past 3 months), optimal medical management, exercise tolerance limited by breathlessness, motivated to exercise, approval to exercise from medical practitioner.

## **Participant type(s)**

Patient

## **Healthy volunteers allowed**

No

## **Age group**

Not Specified

## **Sex**

Not Specified

## **Key exclusion criteria**

1. Cardiac disease
2. Exercise tolerance limited by factors other than breathlessness e.g. arthritis, stroke
3. Patient unable to participate in group activities

## **Date of first enrolment**

01/06/2005

## **Date of final enrolment**

30/10/2005

## **Locations**

### **Countries of recruitment**

United Kingdom

England

### **Study participating centre**

**Newham University Hospital**

London

United Kingdom

E13 8SL

## **Sponsor information**

**Organisation**

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

**Funder(s)****Funder type**

Government

**Funder Name**

Newham Primary Care Trust

**Results and Publications****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration