

Swiss Study On Pulmonary Rehabilitation after Exacerbation

Submission date 06/09/2006	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 30/10/2006	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 18/03/2009	Condition category Respiratory	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title

Acronym
SOPRE

Study objectives

Early respiratory rehabilitation after acute exacerbation of Chronic Obstructive Pulmonary Disease (COPD) reduces exacerbations requiring medical treatment during an 18 months follow-up compared to respiratory rehabilitation in stable state after six months in patients with COPD Global initiative for chronic Obstructive Lung Disease (GOLD) stage II to IV and a history of repeated exacerbations.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Zurich REB (EK1286), St.Gallen REB (EKSG 06/071/1B), Schaffhausen REB (EK1286), ethics approval also received from the ethics committees of Lucerne, Bern and Thurgau.

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Chronic obstructive pulmonary disease

Interventions

Respiratory rehabilitation with supervised physical exercise for 12 weeks and patient education program "Living well with COPD" (identical for both treatment arms).

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Exacerbations requiring medical care (in- or outpatient).

Key secondary outcome(s)

1. Health-related quality of life (Chronic Respiratory Questionnaire and Feeling Thermometer)
2. Dyspnea (Medical Research Council scale)
3. Mortality
4. Costs

Completion date

31/12/2009

Eligibility

Key inclusion criteria

1. Patients after in- or outpatient treatment of acute exacerbation of COPD defined as a sustained worsening over days to weeks of the patients symptoms from his or her usual stable state that is beyond normal day-to-day variations and the presence of at least two of the following symptoms:

1.1. Breathlessness

1.2. Cough

1.3. Increased sputum production, and

1.4. Change in sputum colour

2. At least two exacerbations in previous two years requiring in- or outpatient care

3. Within last three years, during stable phase, documented COPD with Gold stage II to IV

4. The patient is after in- or outpatient treatment in a medical condition that allows an immediate respiratory rehabilitation or recovery at home

5. More than 40 years of age

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Hospitalisation for other reasons than acute exacerbation of COPD

2. Long term non-invasive ventilation (all but continuous positive airway pressure [CPAP], which is allowed)

3. Other lung diseases: Doctor diagnosed asthma and/or more than 20% reversibility of airflow obstruction after beta-2-mimetika during stable phase of COPD

4. Patients who cannot be randomised to usual care for medical reasons:

4.1. Impaired level of consciousness

4.2. Acute confusion

4.3. Acute changes on the radiograph or electrocardiogram

4.4. Arterial pH less than 7.35, or

4.5. Concomitant medical conditions

5. Orthopaedic, rheumatologic, cardiovascular or neurological disorders that inhibit exercise training, gymnastic or guided walking tours

6. Inability to follow patient education due to language (no German, French or Italian as communication language) or mental disorders (e.g. substance abuse, psychosis, dementia)

Date of first enrolment

11/09/2006

Date of final enrolment

31/12/2009

Locations

Countries of recruitment

Switzerland

Study participating centre

Horten Centre

Zurich

Switzerland

8091

Sponsor information

Organisation

University Hospital of Zurich (Switzerland)

ROR

<https://ror.org/01462r250>

Funder(s)

Funder type

Charity

Funder Name

Swiss Lung league (Switzerland)

Funder Name

Lung leagues of Swiss cantons (Switzerland)

Funder Name

Klinik Barmelweid (Switzerland)

Funder Name

Quadrimed (Switzerland)

Funder Name

Zurcher Hoehenklinik Wald (Zurich Elevator Hospitals Forest) (Switzerland)

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	recruitment results	02/03/2009		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes