

# Comparison of heart workload during exercise after a Ross procedure and a mechanical valve replacement

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<b>Registration date</b> 07/07/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 08/07/2021	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

An aortic valve replacement is a type of open heart surgery used to treat problems with the heart's aortic valve. The aortic valve controls the flow of blood out from the heart to the rest of the body. An aortic valve replacement involves removing a faulty or damaged valve and replacing it with a new valve made from synthetic materials or animal tissue.

The choice of the better substitute for aortic valve replacement (AVR) in young adults (age <60 years) remains challenging. In this population, mechanical valve or Ross procedure are the most common options.

Our hypothesis is that the workload of the left ventricle of the heart after an AVR may be lower after a Ross procedure when compared to a mechanical prosthesis. In this observational study, we aim to compare the left ventricular function and workload at rest and during exercise between patients who underwent AVR with a mechanical prosthesis or a Ross procedure. A group of healthy volunteers will serve as a control group.

### Who can participate?

All adults (between 18 and 64 years old) who underwent an AVR with a mechanical prosthesis or a Ross procedure between 2008 and 2016 at the Montreal Heart Institute could be included in absence of exclusion criteria.

### What does the study involve?

This is an observational, non-interventional study.

The study protocol involves 3 visits to the Montreal Heart Institute. The first visit consists of a clinical assessment, an explanation of the study protocol, and a questionnaire about physical activities. The second visit is dedicated to stress tests and echocardiography at rest and during exercise. The participant will have to cycle on an ergocycle during the test. On the third visit, the participant will undergo a stress cardiac magnetic resonance imaging study.

### What are the possible benefits and risks of participating?

During the stress test or during exercise, the participant can have symptoms such as chest pain,

dyspnea, palpitations. The risk of serious events such as ventricular arrhythmias during a stress test is very low. During the study, a previously unknown abnormal condition could be detected. In such circumstances, the participant will be referred immediately to his most responsible physician for further investigations.

Where is the study run from?

The study will be run at the Montreal Heart Institute, Montréal, Canada.

When the study starting and how long is it expected to run for?

January 2016 to March 2019

Who is the funding of the study?

Department of Cardiac Surgery of the Montreal Heart Institute.

Who is the main contact?

Dr. Pierre-Emmanuel Noly, [noly.pierreemmanuel@gmail.com](mailto:noly.pierreemmanuel@gmail.com)

## Contact information

### Type(s)

Scientific

### Contact name

Dr Pierre-Emmanuel Noly

### ORCID ID

<https://orcid.org/0000-0001-6600-1258>

### Contact details

Montreal Heart Institute  
Department of cardiac surgery  
5000 rue Belanger  
Montreal  
Canada  
H1T1C8  
+1 5143763330  
[pierre-emmanuel.noly@icm-mhi.org](mailto:pierre-emmanuel.noly@icm-mhi.org)

### Type(s)

Scientific

### Contact name

Dr Ismail El-Hamamsy

### Contact details

The Mount Sinai Hospital  
1 Gustave L. Levy Place  
New York  
United States of America

10029-6574  
+1 212-241-6500  
ismail.El-hamamsy@mountsinai.org

## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Protocol serial number

RACE-2015-1865

## Study information

### Scientific Title

Ross Assessment and Cardiac workload during Exercise trial

### Acronym

RACE trial

### Study objectives

Left ventricular workload during exercise might be lower after aortic valve replacement with a pulmonary autograft (Ross procedure) compared to a mechanical prosthesis.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved 21/07/2015, Montreal Heart Institute Research Ethics Committee, (5000, rue Bélanger, Montréal Québec, H1T 1C8 I, Canada; +1 514 376-3330; no email provided), ref: FWA00003235

### Study design

Single-center observational case-control matched study

### Primary study design

Observational

### Study type(s)

Other

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

Effect of exercise on the heart in patients who underwent a surgical aortic valve replacement with either a mechanical prosthesis or a Ross procedure

### Interventions

For patient selection, 2 cohorts of patients who underwent aortic valve replacement with either a Ross procedure or a mechanical prosthesis were matched according to age, sexe, aortic valve disease, and date of surgery. All the participants (healthy volunteers, Ross group, mechanical AVR group) underwent subsequently an echocardiography at rest and during a stress test (VO2

max) and a cardiac magnetic resonance imaging during exercise. After study inclusion, every participant had 2 appointments, one for echocardiography and stress test and another for MRI.

#### 1. Echocardiography at rest and during a stress test:

Rest echocardiograms were performed with participants in a semi-supine position. Similarly, exercise echocardiograms were carried out in a semi-supine position using an ergocycle. Maximal cardiopulmonary exercise tests were performed on a semi-supine cycle ergometer. Starting initially at 20W, the workload was increased every 2 minutes in successive stages of 20W until the maximal effort was reached or at a maximum workload of 240W. Participants were asked to maintain a steady pedaling speed of 60 RPM. Peak effort was followed by a 5-minute recuperation period. Gas exchange parameters were continuously measured at rest, during exercise, and during recovery.

The duration of the test was 1 hour.

#### 2. Cardiac Magnetic Resonance Imaging at rest and during exercise with MRI-compatible ergocycle.

All the participants underwent a CMRI at rest and during exercise. The same stress test protocol was used (an increase of 20W every 2 minutes). The duration of the test was 2.5 hours.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Left ventricular workload estimated by the valvulo-arterial impedance ( $Z_{va}$ ) measured at rest and during exercise.

(The valvulo-arterial impedance equals the sum of the systolic blood pressure (sBP) and the mean aortic valve gradient divided by the stroke volume index:  $Z_{va} = [sBP + \text{mean AV gradient}] / \text{Stroke volume index}$ . All the 3 parameters are measured at the same time during echocardiography and CMRI.)

### **Key secondary outcome(s)**

1. Energy Loss Index (ELI) calculated as  $[(AVA \times Aa) / (Aa - AVA)] / BSA$  at rest and during exercise
2. Aortic valve area (AVA) measured by transthoracic echocardiogram (TTE) and MRI at rest and during exercise
3. Ascending aorta cross-sectional area ( $Aa$ ) measured by TTE and MRI at rest and during exercise
4. Left ventricular stroke work (LVS<sub>W</sub>) calculated as  $(MAP + \text{mean AV gradient}) \times \text{Stroke volume} \times 0.0136$  at rest and during exercise
5. Aortic valve gradients measured by TTE and MRI at rest and during exercise
6. LV diameters and volumes measured by TTE and MRI at rest and during exercise
7. LV ejection fraction measured by TTE and MRI at rest and during exercise
8. MAP, systolic arterial pressure, diastolic arterial pressure, heart rate at rest and during exercise

### **Completion date**

30/03/2019

## **Eligibility**

### **Key inclusion criteria**

All adults between 18 and 64 years old who underwent AVR with mechanical prosthesis or with Ross procedure at our institution between 2007 and 2016.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

50

**Key exclusion criteria**

1. Uncontrolled hypertension at rest (>150/90 mmHg)
2. LVEF <50%
3. Contra-indication to exercise
4. Cardiac surgery within the last 3 months
5. Pregnancy
6. Severe pulmonary hypertension (systolic pulmonary arterial pressure > 50 mmHg)
7. Atrial fibrillation
8. Cardiovascular complications (stroke, transient ischemic attack, myocardial infarction, pericardial effusion, heart failure, malignant arrhythmias) within the last 3 months
9. Patients with a permanent pacemaker
10. More than moderate mitral insufficiency
11. Contraindication to MRI
12. Impossibility to perform a stress test on an ergocycle (limiting physical capacities)

**Date of first enrolment**

01/03/2016

**Date of final enrolment**

29/03/2019

**Locations**

**Countries of recruitment**

Canada

**Study participating centre**

**Montreal Heart Institute**  
5000 rue Belanger Est  
Montreal  
Canada  
H1T1C8

## Sponsor information

### Organisation

Montreal Heart Institute

### ROR

<https://ror.org/03vs03g62>

## Funder(s)

### Funder type

Hospital/treatment centre

### Funder Name

Institut de Cardiologie de Montréal

### Alternative Name(s)

Montreal Heart Institute, MHI, ICM

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Research institutes and centers

### Location

Canada

## Results and Publications

### Individual participant data (IPD) sharing plan

All data generated or analysed during this study will be included in the subsequent results publication. All the data are acquired and stored (paper and numerical) at the Montreal Heart Institute for a duration of 10 years as required by our local IRB. If the datasets are required during the processes of publication, we will provide the data after anonymization.

## IPD sharing plan summary

Other

### Study outputs

Output type

[Participant information sheet](#)

Details

version v2

Date created

Date added

08/07/2021

Peer reviewed?

No

Patient-facing?

Yes