Evaluation of a personalized home-based exercise program for patients with combined chronic cardiac and pulmonary disease.

Gepubliceerd: 08-01-2021 Laatst bijgewerkt: 18-08-2022

A novel, home-based, goal-orientated exercise program for patients with combined chronic cardiac and pulmonary disease is feasible and safe.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24873

Bron
NTR

Verkorte titel
TBA

Aandoening

Combined chronic cardiac and pulmonary disease

Ondersteuning

Primaire sponsor: Máxima Medical Centre, Eindhoven/Veldhoven, The Netherlands
Overige ondersteuning: N/A

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

To determine the feasibility (i.e. the ability to complete the exercise program and a qualitative exploration of barriers for adherence) of a home-based exercise program in a pilot study with patients with combined chronic pulmonary and cardiac disease.

Toelichting onderzoek

Achtergrond van het onderzoek

Chronic cardiac and pulmonary diseases often co-exist and both diseases are associated with high morbidity and mortality. Exercise is a proven effective strategy in these patients to reduce the risk of rehospitalization and improve functional capacity. However, due to breathlessness, muscle atrophy and anxiety, patients with combined cardiac and pulmonary disease generally have low activity levels and have low motivation to participate in center based rehabilitation programs. To improve exercise behavior in the home environment we aim to conduct a pilot-study to evaluate the feasibility of a telemonitored home-based exercise program. The results of this study will be used to design a larger randomized trial.

Doel van het onderzoek

A novel, home-based, goal-orientated exercise program for patients with combined chronic cardiac and pulmonary disease is feasible and safe.

Onderzoeksopzet

At baseline / intake the following questionnaires and functional tests will be obtained:
- EQ-5D-5L (quality of life) questionnaire
- mMRC dyspnea scale
- One-minute sit-to-stand test
- Handgrip test
- Patient Specific Complaints (PSC) questionnaire

At final evaluation the following questionnaires and functional tests will be obtained:
- EQ-5D-5L (quality of life) questionnaire
- mMRC dyspnea scale
- One-minute sit-to-stand test
- Handgrip test
- Patient Specific Complaints (PSC) questionnaire
- CSQ-8 (patient satisfaction) questionnaire
- Purpose-designed patients satisfaction questionnaire

Onderzoeksproduct en/of interventie

Eligible patients participate in an 8 week home-based, goal-orientated exercise program. The program begins with in an intake at the outpatient physical therapy clinic of Máxima MC. This

intake is performed with both a physical therapist and an occupational therapist. Based on this intake, the patient receives a personalized, goal-orientated exercise program using a digital platform to report training sessions and a smartwatch. Weekly video consultations take place to discuss progress and to adjust the training scheme if needed. Also, the digital platform is equipped with an activity diary to be filled in by the patient for evaluation with the occupational therapist. After 8 weeks a final evaluation takes place at the outpatient physical therapy clinic.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Patients with combined chronic pulmonary and cardiac disease already participating in remote patient care.
- Motivated to participate in an exercise program.
- Age ≥ 16 years.
- Speaking, writing and reading the Dutch language.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Neurological, orthopedic or peripheral vascular conditions preventing the patient from

performing exercise.
- Hemodynamic significant valvular disease.
- Proven cardiac ischemia or heart rhythm disturbances at a low-intensity exercise level.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestopt
(Verwachte) startdatum:	02-12-2019
Aantal proefpersonen:	10
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Toelichting
N/A

Ethische beoordeling

Positief advies

Datum:	08-01-2021
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL9182
Ander register	METC MMC : W18.116

Resultaten