

# RehaSep: health status and quality of life monitored during different rehabilitation procedures in post-sepsis patients

ACTRN12618000347268

---

<b>Status</b>	RECRUITING
<b>Sponsor</b>	University of Physical Education in Krakow
<b>Enrollment</b>	60 participants

## Plain Language Summary

---

This study is looking at how two different rehabilitation approaches — cycling exercise on a recumbent bike or hyperbaric oxygen therapy (breathing pure oxygen in a pressurised chamber) — can help people recover after surviving sepsis (a life-threatening response to infection). Sepsis survivors often experience long-term physical weakness, reduced immune function, and poor quality of life. This study will follow 60 participants over 3 months and measure immune function, organ recovery, exercise capacity, and quality of life to find out which rehabilitation approach is more effective.

You may be eligible if:

- You are aged 35 to 75 years
- You have a documented history of sepsis (according to current SEPSIS-3 criteria)
- You have been discharged from hospital after being treated for sepsis

You may NOT be eligible if:

- Your sepsis was caused by trauma, cancer, or a burn injury
- You require palliative care
- You have a psychiatric illness or intellectual disability that would prevent cooperation

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

---

### Inclusion (1)

- Documented episode of sepsis (according to the SEPSIS-3 definition)

### Exclusion (3)

- Sepsis with traumatic, oncology or burn injury background;
- requiring palliative care;
- who are psychiatric or with intellectual disability, unable to cooperate.

## Locations (1 total)

---

Malopolska, Poland

---

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618000347268>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](http://anzctr.org.au). Generated by [ClinicalTrialsFinder.org](http://ClinicalTrialsFinder.org).