

Effects of Personalised Exercise Rehabilitation FOR people with Multimorbidity and cardiac or pulmonary disease: the PERFORM-CPR trial.

ACTRN12624001191583

Status	RECRUITING
Sponsor	Monash University
Enrollment	604 participants

Plain Language Summary

Many people live with multiple long-term health conditions at the same time — a situation called multimorbidity. Standard cardiac or pulmonary rehabilitation programs are typically designed for one specific condition and may not address all the needs of someone managing several conditions at once. This trial, PERFORM-CPR, is testing whether a personalised rehabilitation program tailored for people with multiple conditions leads to better quality of life than standard cardiac or pulmonary rehabilitation.

Participants will be randomly assigned to either the PERFORM program (8 weeks of twice-weekly sessions combining exercise and self-care education) or the standard rehabilitation program for their primary cardiac or pulmonary condition. Quality of life, exercise capacity, mental health, and other outcomes will be assessed at the end of the program.

You may be eligible if you are 18 or older, can walk independently, have a cardiac or pulmonary condition (such as heart failure, COPD, or coronary artery disease), and also have at least one other long-term health condition (such as diabetes, arthritis, or depression). People who cannot attend in-person sessions, have unstable psychiatric conditions, or are pregnant are not eligible. This study could change how rehabilitation is delivered for one of the most complex patient groups in healthcare.

Key Eligibility Criteria

Inclusion (46)

- Adults aged 18 years
- Able and willing to provide informed consent
- Independently ambulant (including the use of walking aids)
- Scores in the Medical Research Council dyspnoea scale \Rightarrow 2 OR New York Heart Association classification \Rightarrow II
- Cardiac or pulmonary chronic conditions such as post myocardial infarction, post cardiac revascularization, stable angina, heart failure, COPD, bronchiectasis, and asthma
- ... and 41 more (see full listing online)

Exclusion (9)

- Unable to communicate in English
- Known contraindications to exercise (as defined by the American College of Sports Medicine, Ed. 2021): unstable cardiac disease, current fever, and significant aortic aneurysm (more than 5.5 cm).
- Unable to attend in-person training sessions
- Participation in a exercised rehabilitation programme in the last 6 months
- Unstable psychiatric disorder that limits or disrupts group based interventions
- ... and 4 more (see full listing online)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624001191583>

Locations (8 total)

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. Generated by ClinicalTrialsFinder.org.

The Alfred - Melbourne, NSW,SA,VIC, Australia
Austin Health - Austin Hospital - Heidelberg, NSW,SA,VIC, Australia
Frankston Hospital - Frankston, NSW,SA,VIC, Australia
... and 5 more locations