

Implementation of digitally-supported self-management and pulmonary rehabilitation in people with chronic respiratory disease

ACTRN12626000197336

Status	RECRUITING
Sponsor	Northern Sydney Local Health District
Enrollment	138 participants

Plain Language Summary

People living with chronic lung conditions like COPD, asthma, bronchiectasis, or interstitial lung disease often struggle to manage their symptoms day to day. Pulmonary rehabilitation — a structured program of exercise and education — is one of the most effective treatments available, but access is limited. This study is evaluating a digital platform called Perx-R that allows patients to manage their condition and complete rehabilitation programs through their smartphone, with support from their clinical care team.

The study is being run across multiple hospital sites and involves both clinicians learning to use the platform and patients using it for self-management or rehabilitation. Researchers are evaluating how well the platform works in real-world clinical settings and what supports are needed to get it up and running.

You may be eligible if you have a chronic respiratory disease, are an adult, have regular internet access on a smartphone or tablet, and are willing to use digital tools to support your care. People with very limited English or significant barriers to using mobile technology would not be eligible.

Key Eligibility Criteria

Inclusion (6)

- Clinicians will be eligible if they:
 - Work in the Department of Respiratory and Sleep Medicine, Royal North Shore Hospital or the Northern Sydney Local Health District pulmonary rehabilitation program
 - People with chronic respiratory diseases will be eligible if they:
 - are adults and have a chronic respiratory disease (e.g., COPD, asthma, bronchiectasis, interstitial lung disease);
 - have access to and regular use of the internet via a hand-held device; and
- ... and 1 more (see full listing online)

Exclusion (5)

- Patients with chronic respiratory diseases will be excluded if they:
 - have limited English language skills which might hinder their understanding of the digital intervention; or
 - have limitations in the use of mobile technology (e.g., not interested in using mobile technology; non-correctable vision, hearing, cognitive or dexterity impairment; psychological conditions impairing use of mobile technology).
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- The study will not recruit individuals who are unable to provide informed consent. Individuals with mental illness who are unable to provide informed consent will be excluded. In addition, people with cognitive impairment or intellectual disability will also be excluded from participation.

Locations (3 total)

Royal North Shore Hospital - St Leonards, NSW, Australia

Hornsby Ku-ring-gai Hospital - Hornsby, NSW, Australia

Mona Vale Hospital - Mona Vale, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12626000197336>

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