

Effectiveness of Exercise After an ICD

NCT03544489

Status	RECRUITING
Phase	Phase 2, Phase 3
Sponsor	University of Washington
Enrollment	210 participants

Key Eligibility Criteria

Inclusion (4)

- ICD implantation for primary or secondary prevention of sudden cardiac arrest, -ability to read, speak and write English,-
- access to a reliable phone for 6 months after study entry,
- able to ambulate without assist devices for at least 5-10 minutes/day
- greater than 18 years of age.

Exclusion (4)

- current diagnosis of serious mental disorder,
- regular non-medical use of illicit drugs (opiates, cocaine, amphetamines, etc.), -unstable angina, myocardial infarction, ICD shock or heart surgery within previous 3 months
- pregnancy
- concurrent participation in an exercise program > 5 days/week.

Locations (1 total)

University of Washington, Seattle, Washington, United States