



Experiences from a clinical randomized study of exercise for patients with pulmonary embolism.

Lørdag den 14. april 2018

Jannie Rhod Bloch-Nielsen, physiotherapist, dep. Of Phycical and Occupational Therapy, Diagnostic Center, Regionshospitalet Silkeborg

Patient experiences

- There is very limited knowledge about how a lung embolism affects patients' everyday life.

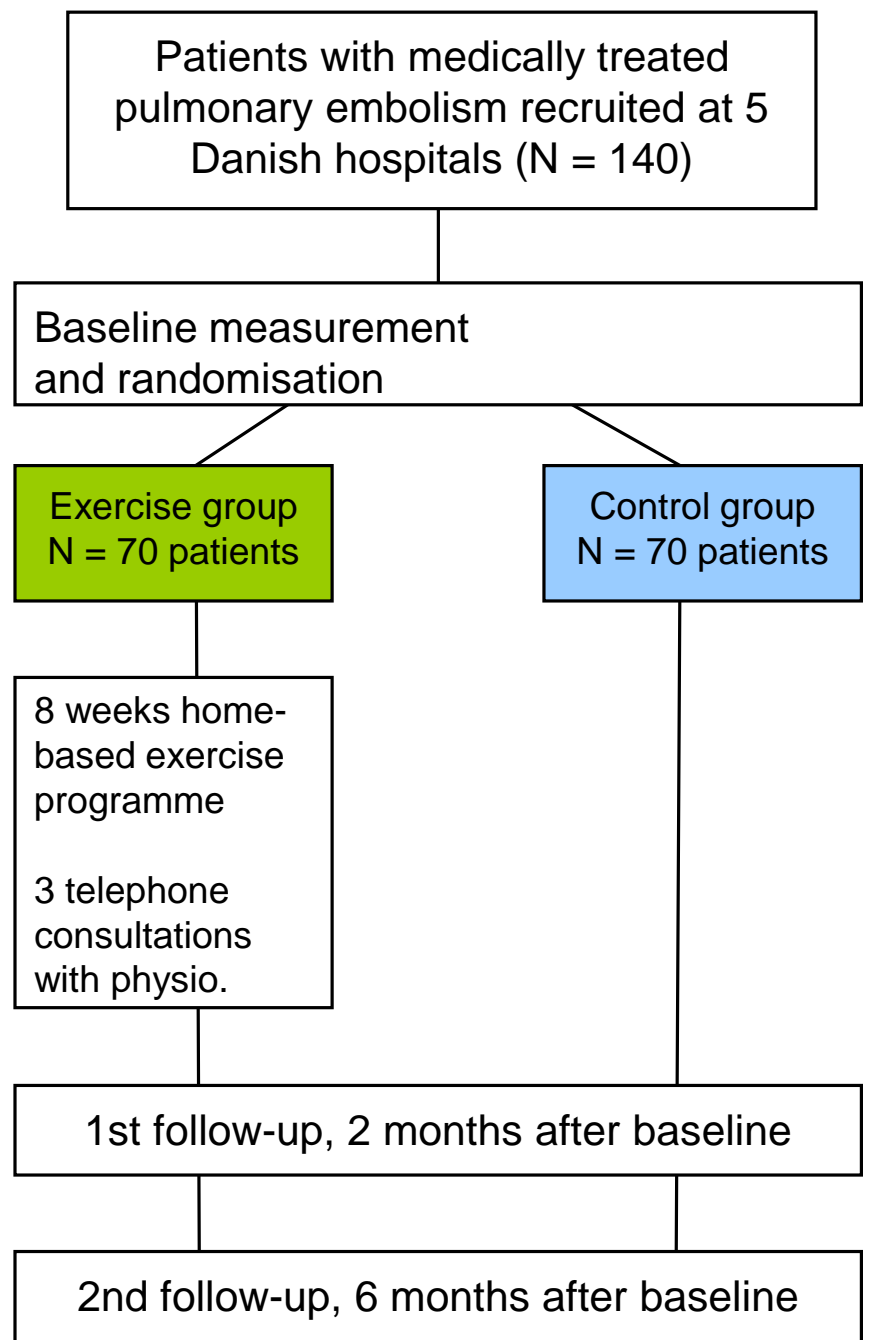


The patients are saying

- What is a lung embolism?
- Which symptoms do I need to be aware of in the future?
- How do I deal with my shortness of breath and fatigue?
- When can I start working?
- Can I do exercise?
- I am scared of getting a new lung embolism!
- How does every day life work out after a lung embolism?
- Who keeps track of me?
- Can I die from a lung embolism?



Pragmatic
multicenter
RCT



Control group (Usual care)

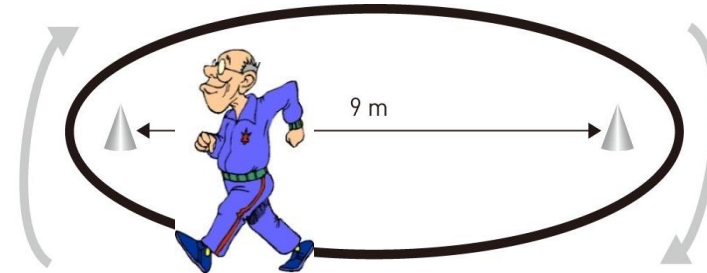
- 2-5 days of hospitalisation
- Information about the condition, the anticoagulant treatment and future prevention
- Out-patient visits for adjustment of medication
- Concomitant care allowed



Exercise group

- Usual care
- 8 weeks homebased exercise programme:
 - Individual session with physiotherapist
 - 3 x 30-60 min weekly exercise of moderate intensity with 3-4 short intervals of high intensity.
 - Telephone consultations after 1, 2 and 4 weeks

- Primary outcome:
 - Physical capacity (Incremental Shuttle Walk test)



- Secondary outcomes:
 - Quality of life (Pulmonary Embolism Quality of Life Questionnaire and EuroQol 5 Dimensions)
 - Number of sick leave days in the past 4 weeks
 - Use of psychotropic drugs in the past 4 weeks



Experience so far

- The patients tolerate and accept the ISWT test and are often surprised by their own abilities.
- We have seen a ceiling effect and other tests should be considered (e.g. watt max test)
- The patients are able to do the programme. Many of them choose a walking programme.
- They need support from the physiotherapist to manage to exercise hard enough.
- The telephone consultation is a valuable and efficient tool.

- No study has previously investigated the effect of an exercise intervention on patient reported outcome measures for patients with pulmonary embolism
- The intervention can easily be organized in hospital settings.

- We expect that the knowledge produced by this study will lead to new recommendations regarding rehabilitation of patients with pulmonary embolism.

Thank you for your attention

The study was supported by

TrygFonden

jannbloc@rm.dk