Cross-sectoral rehabilitation intervention for patients with intermittent claudication versus usual care for patients in non-operative management – the CIPIC Rehab Study (P-2019-2-03)

Resumé:
Background
Intermittent claudication (IC) is a common cardiovascular disease. Patients with IC have reduced walking capacity, restricted activity levels and mobility, and reduced health-related quality of life. The disease leads to social isolation, the risk of cardiovascular morbidity, and mortality. Non-operative management of IC requires exercise therapy and studies show that supervised exercise training is more effective than unsupervised training, yet many patients with IC lack motivation for changes in health behavior.

Design and setting
A randomised clinical trial aims to investigate whether cross-sectorial cardiac rehabilitation for patients with IC in non-operative management versus usual care is superior to treatment as usual. The trial will allocate 118 patients, 1:1 individual randomisation to either the intervention or control group. A qualitative and a survey-based complementary study will be undertaken to investigate patients’ post-discharge experiences, and a qualitative post-intervention study will explore experiences of participation in rehabilitation

Perspectives
The results can be used to point out recommendations for an IC rehabilitation programme, as a foundation for national and international guidelines.