

Supervised exercise training as an adjunct therapy for venous leg ulcers: a randomised controlled feasibility trial

KLONIZAKIS, Markos <<http://orcid.org/0000-0002-8864-4403>>, TEW, Garry, GUMBER, Anil <<http://orcid.org/0000-0002-8621-6966>>, CRANK, Helen <<http://orcid.org/0000-0001-6086-049X>>, KING, B, MIDDLETON, G and MICHAELS, J.A.

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Enrolment

Screened for eligibility
(n=514)

Ineligible (n=405):

- Other types of wounds/non venous ulcer= 206
- Venous ulcer not meeting the study criteria= 54
- Patient not suitable for exercise= 85
- Other reason (i.e., dementia, other mental health problems)= 60

Invited (n=109)

Declined (n=70):

- Work commitments/inability to travel=52
- Other reasons = 18

Randomised (n=39)

Allocation

Exercise and standard care (n=18)

- Received exercise (≥ 1 sessions, n=18)

Standard care only (n=21)

- Received standard care (n=21)

Follow-up

Lost to follow-up (n=1, unwillingness to continue the study due to health problems at before 3 months' follow-up)
Discontinued exercise but remained in the study (n=4, one due ulcer related problems, three due to non-ulcer related health problems).

Lost to follow-up (n=1, unwillingness to continue the study due to health problems at after 3 months' follow-up)

Analysis

1. Health-Related QoL (n=17 at 3, 6 and 12 months)
2. Senior Fitness test and physical functioning/fitness test (n=17 at 3,6 and 12 months)
3. Health Economics (n=17 at 3,6 and 12 months)
4. Clinical data (e.g. ulcer size / healing, ulcer recurrence) (n=17 at 3,6 and 12 months)

1. Health-Related QoL (n=21 at 3 months and n=20 at 6 and 12 months)
2. Senior Fitness test and physical functioning/fitness test (n=21 at 3 months and n=20 at 6 and 12 months)
3. Health Economics (n=21 at 3 months and n=20 at 6 and 12 months)
4. Clinical data (e.g. ulcer size / healing, ulcer recurrence) (n=21 at 3 months and n=20 at 6 and 12 months)