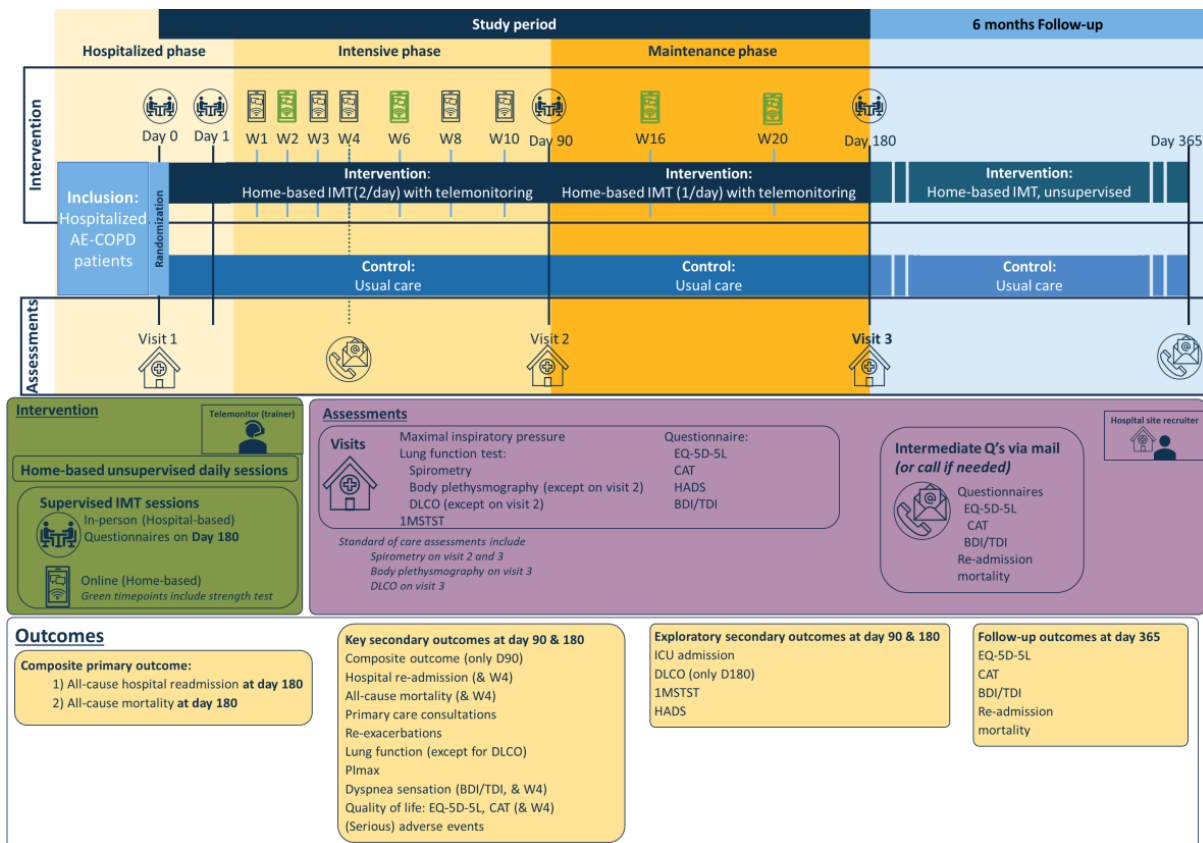


IN-SPIRED

The effect of home-based inspiratory muscle training compared to usual care on readmission rate in patients after a severe acute exacerbation of chronic obstructive pulmonary disease: a randomised, multicentre, parallel group clinical trial: IN-SPIRED trial

Trial design:



Inclusion criteria:

Patients admitted to the hospital ≥ 3 days for AECOPD

- Read and speak French, Dutch or English
- Age ≥ 35 years
- Able to provide informed consent
- Possessing a smartphone with minimally iOS 13 or Android 7 operating system, compatible with the tele-monitoring app and able to perform video meetings.

Exclusion criteria:

- Patients already performing IMT at time of inclusion
- Patients with estimated <90 days life expectancy (e.g. palliative care)
- Non-COPD pulmonary disease as primary diagnosis
- Active malignancy
- Inability to perform IMT or response to questionnaires due to issues like neurological and cognitive impairment
- Acute instable cardiac arrhythmia or ischemia
- Acute pneumothorax
- Planned lung volume reduction procedure <180days
- Waitlisted for lung transplantation
- Patients admitted to an in-hospital rehabilitation ward
- Patients included in other interventional trial related to COPD (e.g. rehabilitation intervention, biologicals, pharmacotherapy, telemonitoring interventions with remote healthcare worker contact) that would interfere with our trial outcomes.