

Supported breathing training for people with COPD. Please help our research!!



Please read the information below and contact us if you want to know more.

Why is this research needed? We advise that people with COPD do Pulmonary Rehabilitation (rehab). However, not everyone wants to do rehab even though it is one of the best treatment options. Supported Inspiratory Muscle Training (pictured above) might help people who do not attend. We need to do a small study to help us:

- See if it is worthwhile doing a bigger scale study.
- Learn the best way to do the bigger study

What is Inspiratory Muscle Training (IMT)? Inspiratory muscle training can help the muscles that we use to breathe in to get stronger. The training takes a few minutes and involves breathing in through a device (see picture above). Support and advice is given to help you breathe better and get the most from the training.

What does the study involve? People in the study will be chosen by chance to be in either:

1. A group receiving Supported Inspiratory Muscle Training and breathing exercises.
2. A group who get the same treatment as the intervention group but the breathing device will not be effective.

What tests or assessments will you be asked to do? As part of the study you will be asked to do three assessments. These assessments happen at the beginning of the study, again after two-months and again at the end of the study (nine months after the start). The assessment will take about an hour and a half and can take place in your own home.

Further information and contact details Please contact Cath O'Connor for further information. Please leave your name and telephone by:

Telephone or text: 07814758235 or Email: cath.o'connor@nhs.net

Or scan the QR code.



Supported Inspiratory Muscle Training for People with Chronic Obstructive Pulmonary Disease (COPD) who have declined Pulmonary Rehabilitation: The SIMPLER Feasibility Study