Clinician - PACT
New Clinical Trial and Research

Trial title	Handheld fan for breathlessness in interstitial lung disease
Trial synopsis	Fibrosing interstitial lung diseases (ILD) are a group of chronic lung conditions associated with lung scarring. People with fibrotic ILD experience distressing breathlessness, fatigue and reduced exercise tolerance which impact significantly on their quality of life. Despite the recent discovery of new antifibrotic treatment for slowing of disease progression, there is no cure for fibrosing ILD. More importantly, there is a lack of proven therapy for relieving symptoms in people with these conditions. There is emerging evidence that facial and nasal airflow can reduce the sensation of breathlessness in people with chronic obstructive pulmonary disease and cancers. This study aims to explore the use of a handheld fan, a simple and easily portable device, for symptom management in people with fibrotic interstitial lung disease. Participants will be randomly allocated to either using a handheld fan or no additional therapy for 2 weeks after 1 week of monitoring for physical activity levels.
Investigational medicinal product, comparator and randomisation	Investigational product: Handheld fan Randomisation: 1:1 in 2 groups: 1. Handheld fan 2. No intervention
Disease target	Fibrotic interstitial lung disease
Sponsor	Austin Health
Duration	3 weeks
Trial Status	Recruiting
Trial phase	N/A
Key inclusion criteria	•Age of 18 years or older •Able to give written informed consent •Diagnosis of fibrotic interstitial lung disease of any aetiology •Modified Medical Research Council Dyspnoea Scale ≥ 2 (walk slower than people of the same age on the level because of breathlessness or have to stop for breath when walking at own pace on the level)
Key exclusion criteria	•Already using a handheld fan for symptom management •Significant communication or locomotor difficulties •Significant co-existing chronic obstructive pulmonary disease (FEV1/FVC <60% on the most recent lung spirometry

	or extent of emphysema greater than extent of fibrosis on the most recent CT chest) •Unstable health condition (defined as hospitalisation for acute medical conditions) in the last 4 weeks before screening
Primary endpoint	•Change in dyspnoea •Patients' perspectives on the use of handheld fan for managing their symptoms
Number of participants sought	30
Lead site(s) in Australia	Austin Health (Vic)
Lead site(s) in New Zealand	N/A
Additional sites	N/A
Contact person	pactcoordinator@cre-pf.org.au