

# Patient - PACT

## New Clinical Trial and Research



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|---|---|
| Trial title   | Handheld fan for breathlessness in interstitial lung disease  |
| Trial synopsis  | <p>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.</p> <p>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.</p> |
| Investigational medicinal product, comparator and randomisation | <p>Investigational product: Handheld fan<br/>         Randomisation: 1:1 in 2 groups:</p> <ol style="list-style-type: none"> <li>1. Handheld fan</li> <li>2. No intervention</li> </ol>   |
| Disease target  | Fibrotic interstitial lung disease  |
| Sponsor   | Austin Health   |
| Duration  | 3 weeks   |
| Trial Status  | Recruiting  |
| Lead site(s) in Australia                                       | Austin Health (Vic)   |
| Lead site(s) in New Zealand                                     | N/A   |
| Additional sites  | N/A   |
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