Centre of Research Excellence in Pulmonary Fibrosis

Lung Foundation Australia
Pulmonary Fibrosis Clinical Trials

PACT – Patient
New Clinical Trial and Research

Trial title	High intensity interval training in fibrotic interstitial lung disease
Trial synopsis	Exercise training is recommended for people with interstitial lung disease (scarring of the lungs) to improve breathlessness and exercise tolerance. However not all of those who participate in an exercise program achieve the expected benefits. The current training method of continuous exercise at a moderate intensity may not be well suited to people with interstitial lung disease. High intensity interval training (HIIT), which is short bouts of intense exercise regularly interspersed with periods of rest, may be an alternative exercise training strategy for people with interstitial lung disease. The aim of this study is to see whether high intensity interval training is better at improving exercise capacity and breathlessness than the current method of moderate intensity continuous training for people with interstitial lung disease.
Investigational medicinal product, comparator and randomisation	High intensity interval training – this involves exercising on a stationary bike at a high level for 30 seconds, then resting for 30 seconds, for a total of 36 minutes (18 minutes exercise and 18 minutes recovery time). This will be compared with Traditional moderate intensity continuous training - this involves exercising continuously for 30 minutes on a stationary bike at a medium intensity.
Disease target	Fibrotic interstitial lung disease or scarring of the lungs
Sponsor	Monash University
Duration	8 months (8 weeks of exercise training, plus a follow up assessment 6 months after the exercise training)
Trial Status	Recruiting
Lead site(s) in Australia	Alfred Hospital, Melbourne VIC
Lead site(s) in New Zealand	N/A
Additional sites	• Austin Hospital, Melbourne VIC • Royal Prince Alfred Hospital, Sydney NSW • The Prince Charles Hospital, Brisbane Qld
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