

# Registry of COvid 19 survivors for Fitness, exercise impairment and exercise Training (COFIT)

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Cardiorespiratory fitness (CRF) is expected to be lower in COVID survivors on short and long term compared with applicable reference values and is expected to remain low on the long term in a considerable subset of patients. CRF measured with a...

|                             |                                                     |
|-----------------------------|-----------------------------------------------------|
| <b>Ethische beoordeling</b> | Positief advies                                     |
| <b>Status</b>               | Werving gestart                                     |
| <b>Type aandoening</b>      | -                                                   |
| <b>Onderzoekstype</b>       | Observationeel onderzoek, zonder invasieve metingen |

## Samenvatting

### ID

NL-OMON25117

### Bron

Nationaal Trial Register

### Verkorte titel

COFIT registry

### Aandoening

COVID 19

### Ondersteuning

**Primaire sponsor:** None

**Overige ondersteuning:** None

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

Cardiorespiratory fitness measured by cardiopulmonary gas exchange measurements during exercise testing

## Toelichting onderzoek

### Achtergrond van het onderzoek

COVID 19 infection has varying consequences on physical functioning on the long and short term. However, until now, knowledge on cardiorespiratory fitness (CRF) after infection is scarce, if not unavailable. By prospectively measuring CRF in COVID survivors by means of cardiopulmonary exercise testing (CPET), the actual degree of function (loss) will become known, which may be used to estimate the consequences on activities of daily life, work and sports participation in the Netherlands. Furthermore, analysis of CPET results is expected to reveal the different mechanisms by which exercise capacity is impaired, and, as such, may guide in tailoring rehabilitation programs. Finally, the study aims to validate a novel and simple questionnaire which simultaneously measures self reported CRF. Upon validation this questionnaire may be used in the COVID population as a useful and simple tool for evaluating and monitoring CRF during rehabilitation.

### Doel van het onderzoek

Cardiorespiratory fitness (CRF) is expected to be lower in COVID survivors on short and long term compared with applicable reference values and is expected to remain low on the long term in a considerable subset of patients. CRF measured with a questionnaire has a high degree of correlation with actual CRF measured by CPET and is responsive for changes of CRF in time, making it a useful and simple tool for evaluating and monitoring CRF during rehabilitation.

### Onderzoeksopzet

At least one: at initial consultation by a sports and exercise physician including CPET. Any subsequent visit with CPET up to two years after inclusion.

## Contactpersonen

### Publiek

Máxima MC  
Martijn van Hooff

0408888000

## Wetenschappelijk

Máxima MC  
Martijn van Hooff

0408888000

## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Adult patients with resolved but confirmed COVID 19 infection requiring CPET as part of their rehabilitation.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Inability to perform a cardiopulmonary exercise test. Inability to answer a questionnaire.

## Onderzoeksopzet

### Opzet

|                  |                                                     |
|------------------|-----------------------------------------------------|
| Type:            | Observationeel onderzoek, zonder invasieve metingen |
| Onderzoeksmodel: | Anders                                              |
| Toewijzing:      | N.v.t. / één studie arm                             |
| Blinding:        | Enkelblind                                          |
| Controle:        | N.v.t. / onbekend                                   |

### Deelname

|                         |                 |
|-------------------------|-----------------|
| Nederland               |                 |
| Status:                 | Werving gestart |
| (Verwachte) startdatum: | 14-08-2020      |
| Aantal proefpersonen:   | 200             |

Type:

Verwachte startdatum

## Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

**Wordt de data na het onderzoek gedeeld:** Nog niet bepaald

## Ethische beoordeling

Positief advies

Datum:

14-08-2020

Soort:

Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

| Register       | ID                       |
|----------------|--------------------------|
| NTR-new        | NL8836                   |
| Ander register | METC Máxima MC : N20.081 |

## Resultaten