

Guildford Hypertension 2000 (GHT2000): A randomised trial of exercise interventions to increase levels of physical and sporting activity

*****Expression of Interest in participating in this research study*****

What is it about?

It is an RCT that is looking at the effectiveness of two new interventions aimed at increasing activity levels among the inactive. The first intervention is a 12 week exercise programme similar to existing gym-based programmes but oriented towards sports participation. The second is a web-based tool that patients can use to access the help plan and record their activities and find out about other lifestyle changes to improve health and well-being. The control group will be standard referral for gym-based exercise.

Who is the trial aimed at?

18-74 year old people who are currently inactive with hypertension, suspected hypertension, pre-hypertension or high-normal blood pressure.

Who is sponsoring this trial? The University of Surrey

Who is funding it? Sport England (Get Healthy, Get in to Sport project no. 2012021353)

With support from: Surrey County Council, Active Surrey, Surrey Sports Park, Spring Street Surgery, Isostasy

Screening potential participants

We want to work with you to recruit people who have been scored as:

'Inactive' or 'Moderately inactive' on the GPPAQ

OR

Who respond to the question below with 'Zero' or 'One day' of activity.

'In the past week, on how many days have you done a total of 30 min or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job'

_____ days If the answer to this question is "1" or "0" they are eligible for this exercise scheme

What are the benefits of being involved in the project?

Beyond the potential benefit for more of your patients recording GPPAQ scores now attracts 5 points (for HYP004) and referring for a brief intervention like this attracts 6 points (HYP005).

Contact:

Professor Simon de Lusignan – Professor of Primary Care & Clinical Informatics

Dr Helen Carr – GP & Hon. Clinical Research Fellow

University of Surrey

Email: s.lusignan@surrey.ac.uk hfcarr@doctors.org.uk

Project website: <http://www.clininf.eu/projects/ght2000.html>

Expression of interest:

My practice would be interested in participating in GHT2000

NAME _____

PRACTICE _____ POST CODE _____

EMAIL _____ @ _____ PHONE _____