

Personalised Exercise-Rehabilitation FOR people with Multiple long-term conditions: PERFORM Trial

DO YOU HAVE 2 OR MORE LONG TERM HEALTH CONDITIONS? **WOULD YOU LIKE TO TAKE PART IN AN EXERCISE-BASED REHABILITATION TRIAL?**

You can be considered for participation in this study if you think you have two or more long-term health conditions like those listed below.

- **Diabetes**
- **Asthma**
- **Arthritis**
- Long COVID
- Hypertension
- Pain condition
- Cancer

- **Chronic Kidney Disease**
- **Chronic Heart Failure**
- **Multiple Sclerosis**
- Osteoporosis
- **Depression**
- Parkinson's
- Stroke or TIA
- **Chronic Obstructive Pulmonary Disease**
- Polycystic Ovary Syndrome/Endometriosis

Taking part will involve attending your local study site for 3 extra research visits lasting approx. 2 hours

- **Baseline Assessment Visit**
- PERFORM rehabilitation programme (details below) or your usual care \(\nabla
- 3-month Follow-up Visit
- 12-month Follow-up Visit

A computer will randomly decide which trial group you are in

PERFORM Exercise-Based Rehabilitation Programme

Prior to starting: An initial individual physical assessment

2-hour long group sessions:

- Twice a week for 8 weeks
- 1st hour is group exercise with a warm up, strength and aerobic training and a cool-down
- 2nd hour contains a 'Health and Wellbeing' presentation on different education topics

After 16 sessions: An individual discharge appointment

At 2 and 4 months after your last session: Group check-in sessions 1 and 2

Health and Wellbeing Topics

- Exercise is medicine
- Making changes in your life
- Eating for health 1: staying strong
- Stress busting
- Lifting your spirits
- Eating for health 2: a healthy balanced diet
- Managing pain
- Staying active for life

- Better sleep
- Making changes in your life 2
- Breathe easy
- Stronger together
- Boost your energy
- Making the most of your medications

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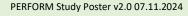
- Let's relax
- Coping well

If you are interested in taking part, please inform your clinician or a member of the research team on [INSERT LOCAL CONTACT DETAILS] and they will be able to provide you with further information about this trial.

Please scan the QR to be taken to the PERFORM trial website for more details







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