Patwala 2009

1 Treatments

Studied treatment  program of physician-supervised exercise training
30 min visits by week with 10-minute treadmill walking followed by 10-minute cycling, and then a further 10-minute treadmill walking. Intensity was 80% of the peak heart rate achieved at the 3-month test for the first 4 weeks, 85% for the next 4 weeks, and 90% for the final 4 weeks

Control treatment  control
no specific advice on exercise training

Concomittant treatments  renin angiotensin system blocking (CEI,ARB)(98.0%), beta-blockers (60%), digoxin (46%), and spironolactone (54%)

Age (mean), years  64.4y
female (%)  8%

2 Patients

Patients  patients with chronic systolic heart failure receiving a Cardiac Resynchronization Therapy device

Inclusion criteria  optimal medical therapy; stable heart failure for >=1 month; NYHA class III or IV, QRS duration >120 ms, LVEF <35%

Exclusion criteria  Noncardiac physical limitations, such as chronic obstructive pulmonary disease, recent myocardial infarction, arthritis; coronary artery bypass grafting/percutaneous coronary intervention within 3 months, or planned; valvular heart disease

Ischemic cause  -

mean peak VO2  16.1 ml/kg/min

sinus rythm  66%

3 Methods

Blinding  open

Design  Parallel groups

Centers  -

Geographical area  -

Sizes  25/25

QRS duration  160ms
left ventricular end-diastolic diameter (LVEDD)  7.1cm

4 Results

<table>
<thead>
<tr>
<th>Endpoint</th>
<th>T1</th>
<th>T0</th>
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<th>95% CI</th>
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<td>CV death</td>
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<td>All-cause mortality or all-cause hospitalization</td>
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5 References