



# PERFORM

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

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
- 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
- 1<sup>st</sup> hour is group exercise with a warm up, strength and aerobic training and a cool-down
- 2<sup>nd</sup> 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
- 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

