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Investigator:

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Title:

Exercise Intervention Strategies in Heart Failure Trial (EXIST)

Objectives:

The primary hypothesis to be tested is that a moderate intensity exercise rehabilitation programme in patients with chronic HF, will reduce the composite outcome of all cause mortality or all cause hospitalisation compared with patients treated with a standard control rehabilitation programme alone (without a specific exercise component). The study will also report on the following secondary outcomes (i) all cause mortality, all cause hospitalization, cardiovascular mortality, cardiovascular hospitalization, HF hospitalisation (ii) maximal and submaximal exercise capacity (iii) health related quality of life (HRQL) in both groups (iv) compliance to exercise training (v) and a prospective health economic evaluation of exercise training in HF.