



# EPiC<sup>HFT</sup>

## EPiC-HFT: Exacerbation Prevention in COPD using home High-Flow therapy

EPiC-HFT is a UK multi-centre, randomised, controlled trial to investigate the effect of home High-Flow Therapy (HFT) as an adjunct to usual medical care on admission-free survival following severe exacerbations of Chronic Obstructive Pulmonary Disease (COPD).

### > Patient population



#### Main inclusion criteria\*:

- Patients admitted to hospital with an exacerbation of COPD
- Age 40-80 years with smoking history >10 pack years
- FEV1 <80% predicted
- FEV1/FVC < 0.7

#### • Main exclusion criteria\*:

BMI >35kg/m<sup>2</sup>, PaCO<sub>2</sub> > 7kPa, OSA requiring PAP therapy, major non-COPD chronic co-morbidity, home NIV or PAP therapy.

\*please see [www.kcl.ac.uk/research/epic-hft](http://www.kcl.ac.uk/research/epic-hft) for further information

### > Study details

#### Study type



Prospective, multicentre, open-label, randomised, controlled trial with parallel groups

#### Chief Investigators



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#### Sponsor



Guy's and St Thomas' Hospital NHS  
Foundation Trust

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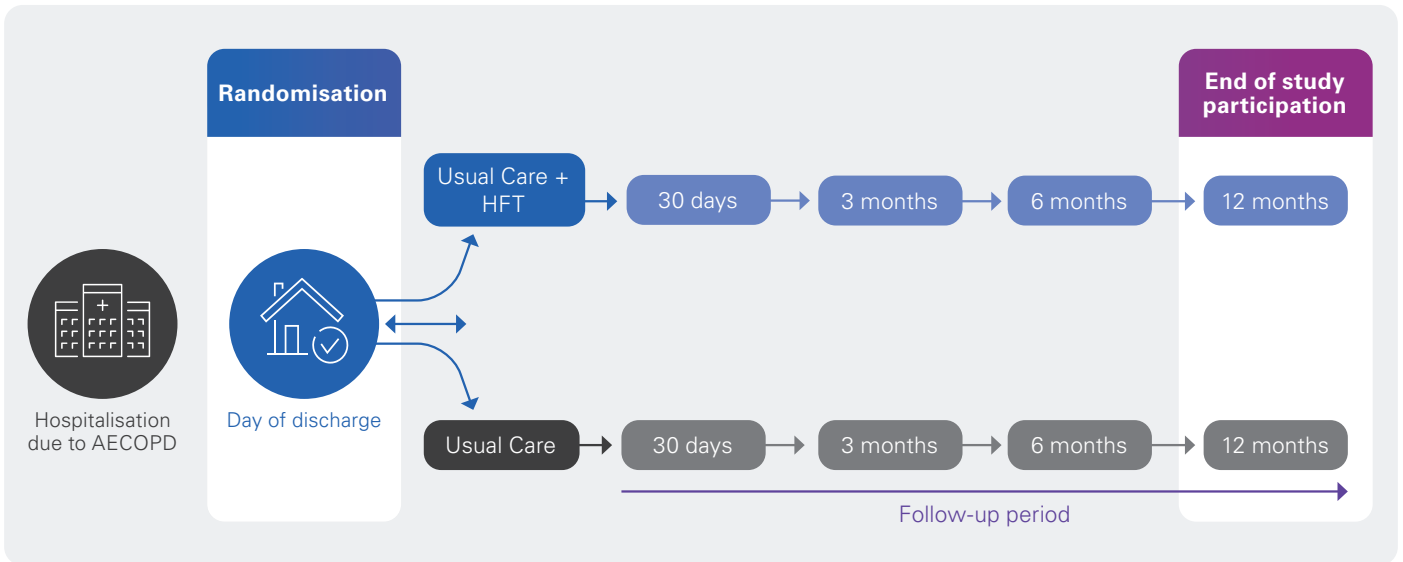
**Website:**  
[www.kcl.ac.uk/research/epic-hft](http://www.kcl.ac.uk/research/epic-hft)

**ISRCTN registry:**  
ISRCTN89405844

## > Study design

**N = 502 patients randomised into two groups:**

- **Intervention:** Usual care + Home HFT
- **Control:** Usual care



- **Enrolment period:** 24 months recruitment
- **Follow-up period:** 12 months
- **Total duration of the study:** 36 months

### Primary outcomes:

**12-month all cause admission-free survival**

### Secondary outcomes\*:

- Patient reported outcome measures (CAT, PSQI, EQ-5D-5L)
- Physiological effects of HFT
- Cost utility analysis

\*please see [www.kcl.ac.uk/research/epic-hft](http://www.kcl.ac.uk/research/epic-hft) for details on secondary outcomes

## > 14 centres



Abbreviations: AECOPD, acute exacerbation of chronic obstructive pulmonary disease; BMI, body mass index; CAT, computerised adaptive tests; COPD, chronic obstructive pulmonary disease; EPIC, exacerbation prevention in COPD using home high flow therapy; EQ-5D-5L, EuroQol 5-dimension, 5-level quality of life questionnaire; FEV1, forced expiratory volume in 1 second; FVC, forced vital capacity; HFT, high flow therapy; NIV, non-invasive ventilation; OSA, obstructive sleep apnoea; PaCO2, partial pressure of carbon dioxide; PAP, positive airway pressure; PSQI, Pittsburgh sleep quality index.

This content is intended for health professionals only

