HiLOT

HiLOT: Effect of **Hi**gh-flow therapy in **L**ong-term **O**xygen **T**herapy

HiLOT is a registry-based, randomised controlled trial of the effect of using home HFT with LTOT during one year in people with COPD or ILD, vs using LTOT alone.

Objectives

1st — 2nd

To evaluate:

- **The impact of home HFT on mortality and hospitalisations**
- **The benefit(s) of home HFT with LTOT on:**
  - quality of life
  - symptoms
- **Cost effectiveness** and resource consumption in the home setting
- **Compliance and tolerance** in the home setting

Patient population

Main inclusion criteria*:

- COPD patients on LTOT
- ILD patients on LTOT
- BMI <35kg/m^2
- >40 years

Main exclusion criteria*:
Current treatment with HFT, NIV or CPAP, BMI >35kg/m^2, hospitalisation in the last 2 weeks

*Please see https://www.clinicaltrials.gov/study/NCT06247397 for further information

Study details

Study type:
prospective, multicentre, registry-based, randomised controlled trial with parallel groups

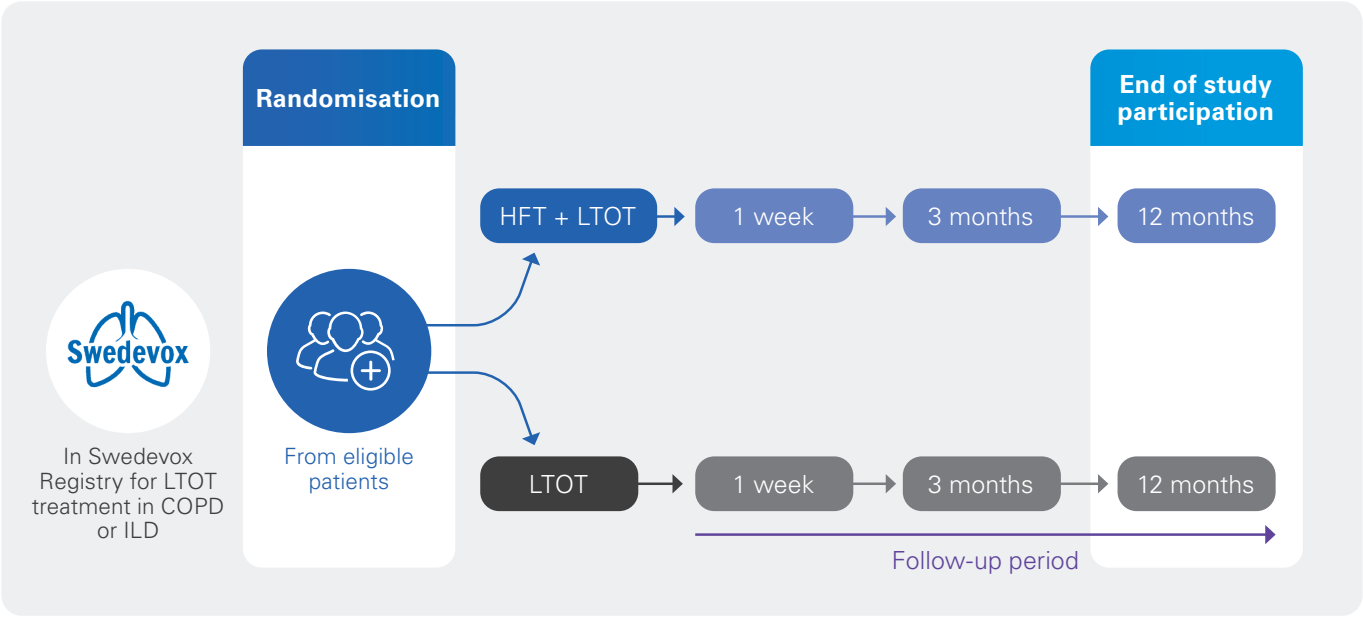
Primary investigator:
Assoc. Prof. Magnus Ekström, Dept. Respiratory Medicine, Lund University, Sweden

Sponsor:
Skåne University Hospital Lund, Sweden

Study design

N=310* patients randomised in two groups:

- **Intervention:** Home HFT + LTOT
- **Control:** LTOT alone



*270 COPD patients and 40 ILD patients

- **Enrolment period:** 36 months
- **Follow-up period:** 12 months
- **Total duration of study:** 48 months

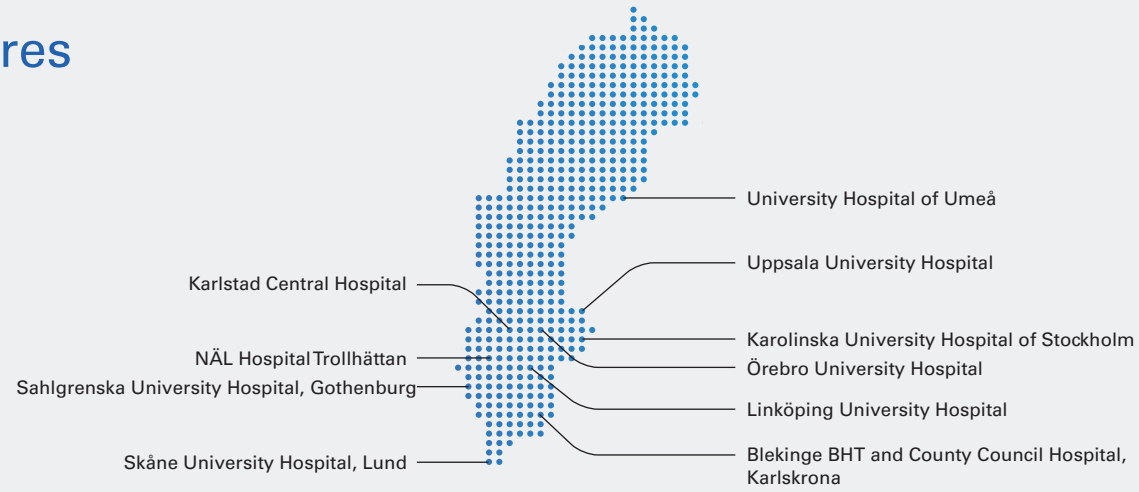
Primary endpoint:

Time to first hospitalisation or all-cause death in the year following randomisation in COPD patients

Secondary endpoints:

- Symptoms
- Health-related quality of life
- Hospitalisations
- Exacerbations
- Cost effectiveness and others

10 centres



Abbreviations: BMI, body mass index; COPD, chronic obstructive pulmonary disease; CPAP, continuous positive airway pressure; HFT, high-flow therapy; ILD, Interstitial lung disease; LTOT, long-term oxygen therapy; NIV, non-invasive ventilation.