

The Remote CaRe Trial

This Research Study is for Adolescents with
CONGENITAL HEART DISEASE



The Remote CaRe
CHD Trial

WHY ARE WE DOING THIS STUDY?

Ward Family Heart Center and
Children's Mercy Kansas City
researchers are studying an
IN-HOME CARDIAC REHAB
program on fitness & heart health.

YOUR CHILD MAY BENEFIT FROM TAKING PART IN THIS STUDY.

- Exercise sessions may help your child become more fit & improve their heart health!
- *Research is always voluntary! Your decision will not affect your child's regular care.*
- Your child may be compensated to thank them for their time!

TO LEARN MORE

- Please call or text the study team at (816) 764-5605 or
Email: RemoteCaRe@cmh.edu
- The principal researcher for this study
Dr. David White, PhD, FACSM



WOULD THIS STUDY BE A GOOD FIT FOR MY CHILD?

- We're looking for 12-19 year old's with:
 - Single ventricle (Fontan)
 - Tetralogy of Fallot
 - Transposition of the great arteries
- Your child is physically able to participate in activity.
- Your child wants to become more fit.

WHAT WOULD MY CHILD DO IF THEY PARTICIPATED IN THIS STUDY?

Your child would be randomly assigned to



The Cardiac Rehab Group

- You will exercise in your home for
 - 12 to 14-weeks
 - 3-days per week
 - 45 minutes
- Led by a live health coach through Zoom

The Active Control Group

- Continue your normal life for 12 to 14-weeks
- **BONUS:** You'll get the choice to participate in the exercise program at the end of the study!

Everyone will have exercise testing, cardiac imaging, and other testing at Children's Mercy Hospital at the beginning and end of the 12 to 14-week study.



Children's Mercy
KANSAS CITY

KU MEDICAL
CENTER
The University of Kansas

**WATCH this video to
learn more!**