Device-Guided Slow-Paced Respiration for Menopausal Hot Flushes
A Randomized Controlled Trial

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1. This randomized trial was registered with clinicaltrials.gov. What is the purpose of registering a randomized trial? Go to the registry (www.clinicaltrials.gov, NCT01466998) for this trial. Did the authors conform to the original plan for the trial? Are there any other similar trials registered?

2. The investigators selected a control for the breathing intervention that consisted of listening to music. Discuss the strengths and weaknesses of this choice. What other interventions might have been used as a comparator?

3. The authors used a block randomization scheme with alternating block sizes. What are the advantages and disadvantages of block randomization compared with simple randomization? In this study, varying block sizes were used. What problems does varying block sizes address?

4. Review the power analysis for this trial. What difference was this trial powered for? Why do you think that the authors chose a power of 85%? What is the chance that the difference observed was due to chance and not a real difference between groups?

5. Approximately 25% of women screened for participation actually participated in this trial. Discuss the generalizability of these findings given that 75% of screened participants chose not to participate. In your practice, how acceptable would breathing or listening to music interventions be?

6. Review the competing theories underlying pathophysiology of vasomotor symptoms by reading the American College of Obstetricians and Gynecologists (ACOG) Practice Bulletin 141, “Management of Menopausal Symptoms.” Discuss the impact of vasomotor symptoms on quality of life among women who suffer from them.

7. In your practice, how do you manage women with vasomotor symptoms? If your patient has a history or is at risk for breast cancer, how do you change your management (see ACOG Practice Bulletin 126, “Management of Gynecologic Issues in Women with Breast Cancer”)?

8. Various terms are used to describe nontraditional therapies. Discuss the differences between “complementary” and “alternative” therapies. Review the top 10 most commonly used complementary health approaches in adults at the National Center for Complementary and Alternative Medicine site (https://nccih.nih.gov/health/whatiscam). Which of these methods do you think your patients utilize? Which of them do you recommend to patients?