

## **IMPROVE - Improving completion of Pulmonary Rehabilitation in COPD with PR-buddies**

### **Trial Findings**

**Day Conference Friday October 17<sup>th</sup> 2025, Birmingham**

**Join researchers and clinicians to hear about the findings of the IMPROVE trial and the experience of taking part from the perspective of pulmonary rehabilitation staff and PR-buddies.**

#### **What is the IMPROVE trial?**

Despite the proven benefits, the impact of Pulmonary Rehabilitation (PR) is often limited by low referral, uptake and completion rates. Researchers at King's College London and the University of Leeds have been working on a multicentre, cluster randomised controlled trial: IMPROVE. The aim of IMPROVE was to see whether Lay Health Workers (called PR-buddies) are effective and acceptable in improving the rates of uptake and completion of PR in people with COPD.

The IMPROVE trial involved 31 PR services throughout England. 14 PR-services randomised to the intervention arm of the trial set up PR-buddy services. Staff in these PR services were trained and in turn recruited and trained for the PR-buddy role a group of volunteer PR-experienced patients with COPD from their own services.

#### **Event Details: IMPROVE Trial Findings**

**In-person event:** 17th October 2025 10.30am – 3.30pm

**Venue:** The Priory Rooms, Birmingham, 40 Bull Street, B4 6AF

**Speakers to include:** Professor Patrick White, Gill Gilworth, PR-staff who took part in the trial and PR-buddies

**Cost:** £60 per person which includes lunch and refreshments

**Who should attend:** those involved in managing and delivering PR services

**Any questions or to book your place:** e-mail Gill Gilworth ([g.l.gilworth@leeds.ac.uk](mailto:g.l.gilworth@leeds.ac.uk)). Please provide your name and a telephone number and information about any access requirement or dietary needs including allergies, gluten free and vegan (vegetarian options will be provided).