



Zoe Styles, Senior Physiotherapist with the Integrated Respiratory Service

Improving Completion of Pulmonary Rehabilitation with PR-Buddies (IMPROVE Trial) [Improving completion of Pulmonary Rehabilitation with PR-buddies \(improvetrial.co.uk\)](https://www.improvetrial.co.uk)

Aim

To see if volunteers, who have previously completed pulmonary rehabilitation (PR Buddies), can improve the uptake and completion rates of pulmonary rehabilitation among patients who are yet to complete the classes. As Principal Investigator for CityCare's integrated respiratory service I have recruited and trained buddies and identifying patients suitable to buddy up with.

As a physiotherapist I was keen to be involved in the IMPROVE trial because it looks to improve the uptake and completion of the pulmonary rehabilitation (PR) programme for patients with Chronic Obstructive Pulmonary Disease (COPD). I see the huge benefits for patients attending pulmonary rehabilitation sessions but I am also aware that many patients turn down the chance to attend. We will use this research to see how we can support patients more effectively in the future.