



BETTER-B Newsletter Issue 7, August 2022

Over 140 patients recruited!

We are very happy to announce that we have recruited 146 patients into the BETTER-B trial. At the end of March 2022, we hit our first target of recruiting 100 participants, and are working hard to boost recruitment across all sites.

To mark this occasion, BETTER-B lead investigator Professor Irene Higginson commented: *“We are delighted to have 146 patients included in our trial and see the enthusiasm of all teams across Europe to improve the care of these patients whose lives are severely affected by breathlessness. We now have to push hard with recruitment through autumn to make this trial of value to all those who have taken part, and achieve enough participants to answer the questions that so much need answering. This trial is even more relevant than when it first started due to breathlessness being a key COVID-19 symptom. We hope that many more patients will volunteer their time to help our search for new ways of managing breathlessness”.*

Angela Clarke, a patient included in the trial said: *“I was invited to take part in the Better -B trial. This was my first experience of any research study. I felt supported throughout the trial and I could ask any question however small or just to get reassurance. The programme was easy to follow. Thank you to the Research Nurse for your kindness and holding my hand throughout the process”.*

WP1 CLINICIAN’S SURVEY PAPER PUBLISHED

We are delighted to tell you that Work Package 1’s publication entitled *“Do guidelines influence breathlessness management in advanced lung diseases? A multinational survey of respiratory medicine and palliative care physicians”* has been published in BMC Pulmonary Medicine earlier this year. You can access the full paper for free [here!](#)

BETTER-B FEATURED IN CORDIS

On 14th of June, information on the BETTER-B project and its progress was featured on the European Union’s research results platform CORDIS. We are thankful for the interest by CORDIS journalists and the exposure our project has thus gained. You can access the (multi-lingual) article on the CORDIS portal [here!](#)

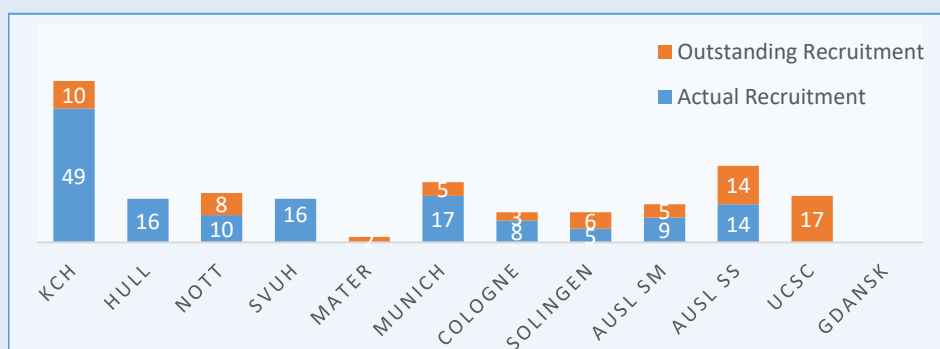
NEW SITES OPENED

Since the last newsletter, we managed to open two new recruitment sites – Mater Hospital in Dublin, Ireland, and Agostino Gemelli IRCCS – Universita Cattolica del Sacro Cuore (UCSC) in Rome, Italy. We also opened a third participant identification centre at King’s College Hospital to boost recruitment. We want to extend our thanks to our Italian, Irish and British colleagues who worked hard to open these sites and have already started screening for eligible participants.

Karen Ryan, lead investigator at Mater Hospital had this to say: *“We are delighted to have opened the Mater site to recruitment and are very appreciative of the support that Dr Kate O’Reilly, Consultant Respiratory Physician, and Terri Martin and Aoife Kelly from the Specialist Research Nursing team have provided in making this possible”.*

RECRUITMENT NUMBERS OVERVIEW

In spite of challenges to recruitment due to Covid-19, as of 23rd August 2022, we had recruited 144 patients and 56 caregivers across 11 of our 12 sites in the trial.



For more information please contact better-b@kcl.ac.uk or visit our website betterbreathe.eu.

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