

## The Breathlessness Programme – Outputs and Activities

### Outputs

- [European Respiratory Society Clinical Practice Guideline on symptom management for adults with serious respiratory illness](#)
- [An integrated palliative and respiratory care service for patients with advanced disease and refractory breathlessness: a randomised controlled trial](#)
- [A randomised, controlled, feasibility trial of an online, self-guided breathlessness supportive intervention \(SELF-BREATHE\) for individuals with chronic breathlessness due to advanced disease.](#)
- [Integrating home-based exercise training with a hospital at home service for patients hospitalised with acute exacerbations of COPD: Developing the model using accelerated experience-based co-design](#)
- [Integrating Comprehensive Geriatric Assessment for people with COPD and frailty starting pulmonary rehabilitation: the Breathe Plus feasibility trial protocol](#)
- [COPD discharge bundle and pulmonary rehabilitation referral and uptake following hospitalisation for acute exacerbation of COPD](#)
- [Supervised pulmonary rehabilitation using minimal or specialist exercise equipment in COPD: a propensity-matched analysis](#)
- [Pharmacological and nonpharmacological interventions to improve symptom control, functional exercise capacity and quality of life in interstitial lung disease: an evidence synthesis.](#)
- [Management of breathlessness in patients with cancer: ESMO Clinical Practice Guidelines†](#)
- [Trajectories of disability in activities of daily living in advanced cancer or respiratory disease: a systematic review](#)
- [Palliative care and the management of common distressing symptoms in advanced cancer: Pain, breathlessness, nausea and vomiting and fatigue](#)
- [Randomised, double-blind, multicentre, mixed-methods, dose-escalation feasibility trial of mirtazapine for better treatment of severe breathlessness in advanced lung disease \(BETTER-B feasibility\)](#)
- [To What Extent Do the NRS and CRQ Capture Change in Patients' Experience of Breathlessness in Advanced Disease? Findings From a Mixed-Methods Double-Blind Randomized Feasibility Trial](#)
- [Mirtazapine for chronic breathlessness? A review of mechanistic insights and therapeutic potential](#)
- [Holistic services for people with advanced disease and chronic breathlessness: a systematic review and meta-analysis](#)
- [Control and context are central for people with advanced illness experiencing breathlessness: A systematic review and thematic synthesis](#)
- [Recommendations for services for people living with chronic breathlessness in advanced disease: results of a transparent expert consultation Chronic Respiratory Disease](#)
- [Use of mirtazapine in patients with chronic breathlessness: A case series](#)

## Activities

- [King's welcomes The Princess Royal to campus](#) - The Cicely Saunders Institute at King's, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care welcomed Her Royal Highness The Princess Royal to campus on 23 February 2023.
- Members of the BETTER-B team attended the 13th World Research Congress of the European Association for Palliative Care (EAPC) that was held in Barcelona on 16-18 May 2024.
- Professor Irene Higginson, principal investigator for the BETTER-B programme, co-chaired the Scientific Committee of the 13<sup>th</sup> World Research Congress of the EAPC.
- Dr Adejoke Oluyase, Project Manager for the BETTER-B trial, presented an e-poster entitled 'Challenges on running an international multicentre trial of a pharmacological trial during Brexit at the at the EAPC in May 2024'.
- Dr Callum Vyner delivered a talk on the practicalities of merging the Europe and Australia/New Zealand data across two different databases at the Society for Clinical Trials conference on 20 May 2024 in USA.
- The [BETTER-B Final Conferences](#) took place on 4 and 11 December 2023. These online events were dedicated to exploring the management of refractory breathlessness.
- [King's Consultant Physiotherapist receives Fellowship Award](#) - Dr Charles Reilly, Consultant Physiotherapist in Chronic Respiratory Disease at King's College Hospital NHS Foundation Trust awarded £1.2million for a five-year advanced fellowship by the Health Education England /National Institute for Health and Care Research (NIHR) Integrated Clinical and Practitioner Academic Advanced Clinical and Practitioner Academic Fellowship (ACAF) scheme.