

Call for patient representatives – T-REXI-CR Patient Advisory Board

Would you like to help shape a Belgian clinical study in cardiac rehabilitation?

T-REXI-CR is a multicentre clinical study involving nine cardiac rehabilitation centres across Brussels, Flanders, and Wallonia. The study will compare two approaches to prescribing aerobic exercise during cardiac rehabilitation.

We are establishing a Patient Advisory Board to ensure that patients' perspectives are considered throughout the study.

Who are we looking for?

We welcome expressions of interest from people who:

- have personal experience of cardiovascular disease, preferably including participation in a cardiac rehabilitation programme;
- are interested in contributing their experience to improve clinical research;
- are comfortable participating in online discussions in English; and
- are willing to review accessible study materials and provide constructive feedback.

Previous experience as a patient representative or in research is welcome but not required.

What would your role involve?

Patient Advisory Board members may be invited to:

- review patient information, consent forms, questionnaires and recruitment materials;
- comment on the feasibility, acceptability and burden of study procedures;
- advise the research team on participants' experiences and priorities;
- contribute to the interpretation and communication of the study results; and
- help develop patient-friendly dissemination materials.

Members will not be expected to review scientific articles. Any documents submitted for review will be presented in accessible language.

One or two members may also be invited to participate in the study's Trial Steering Committee. This additional role will be discussed separately before any commitment is made.

How much time would be required?

We currently anticipate approximately three to four online Patient Advisory Board meetings per year, each lasting around 60–90 minutes. Members may also be asked to review selected materials before meetings, normally requiring approximately one to two additional hours per meeting.

The estimated overall commitment is approximately **8–12 hours per year**. Meeting frequency and timing will be agreed with the Board members.

Meetings will be conducted online in English. Written materials will be provided in accessible language and, where appropriate, in English, Dutch and French.

Will compensation be provided?

A budget has been allocated for patient involvement. The precise compensation rate and administrative arrangements are currently being confirmed by the study Sponsor and Clinical Trial Unit. This information will be communicated to interested patients before they confirm their participation.

Participation in the Patient Advisory Board is separate from participation as a study participant and does not involve receiving the study intervention.

Interested?

Please contact Dr Mauricio Milani at mauricio.milani@uhasselt.be by **13 November 2026**, briefly describing your interest and any relevant personal experience.

An expression of interest does not create any obligation. An introductory conversation will be arranged before participation is confirmed.