

# **ECFS Exercise Working Group**

## **Report for the ECFS meeting in Basel 2016**

Activities of the Exercise Working Group and achieved milestones 5/2015 - 04/2016:

### **Meetings of the Exercise Working Group**

- 1) A meeting of the group took place at the ECFS conference in Brussels/Belgium on June 10, 2015 with 14 attendees from around the world. During that meeting, the group discussed the documents on exercise testing, on physical activity assessment and on exercise counselling / advice in CF. In addition, the group was updated on the collaborative research projects initiated by the group (ACTIVATE-CF, prognostic value of exercise testing in addition to known predictors of survival, association between genotype and exercise capacity). The meeting ended with a discussion of future topics relevant to the group.
- 2) At the North American CF conference in Phoenix, a 2-hour meeting was held with 13 participants to discuss future projects in the field of exercise in cystic fibrosis.

### **Activities of the Exercise Working Group at the ECFS conference**

- 3) During the ECFS conference in Brussels, the documents of the Exercise Working Groups were presented in the symposium "Let's move – Exercise related guidelines in CF"

### **Statement on Exercise Testing (formerly Clinical Practice Guideline on Exercise Testing)**

- 4) After several rounds of discussion with the editors of the Journal of Cystic Fibrosis, the full document was sent to Respiration and published (Hebestreit H1, Arets HG, Aurora P, Boas S, Cerny F, Hulzebos EH, Karila C, Lands LC, Lowman JD, Swisher A, Urquhart DS; European Cystic Fibrosis Exercise Working Group. Statement on Exercise Testing in Cystic Fibrosis Respiration. 2015;90(4):332-51) and is available with open access from the journals website. A link has been set from the Exercise Working Groups website at [www.ecfs.eu/ecfs\\_exercise\\_wg](http://www.ecfs.eu/ecfs_exercise_wg).
- 5) The Statement on Exercise Testing has been endorsed by the European Respiratory Society and Cystic Fibrosis Canada.

### **Position Stand on Physical Activity Assessment**

- 6) The Position Stand on Physical Activity Assessment has been published as open access publication in the Journal of Cystic Fibrosis (Bradley J, O'Neill B, Kent L, Hulzebos EH, Arets B, Hebestreit H; Exercise Working Group European CF Society, for publication in Journal of CF; Exercise Working Group European CF Society. Physical activity assessment in cystic fibrosis: A position statement. J Cyst Fibros. 2015 Nov;14(6):e25-32). The document A link has been set

## **Document on Physical Activity and Exercise Counselling and Prescription**

- 7) The document has been published (Swisher A, Hebestreit H, Mejia-Dawns A, Lowman JD, Gruber W, Nippins M, Alison J, Schneiderman J. Exercise and habitual physical activity for people with cystic fibrosis: Expert consensus, evidence-based guide for advising people. *Cardiopulm Phys Therap J* 2015, 26:85-98) and is available free of charge at <http://journals.lww.com/cptj/toc/2015/12000>.

## **ACTIVATE-CF**

- 8) Recruitment into the study has started in Austria, France, Germany, Switzerland, the United Kingdom and the United States.

## **Retrospective study on additional prognostic information from cardiopulmonary exercise testing in cystic fibrosis**

- 9) To determine the value of exercise testing in predicting survival in addition to established indicators such as FEV1, BMI, or *Pseudomonas* status, a data base with information from 460 patients has been established. Currently, the data are analysed.

## **Association between genotype and exercise capacity in cystic fibrosis**

- 10) Data on genotype, exercise capacity and potential confounders of the relationship between the two have been collected from centers around the world. A manuscript is currently prepared.

## **Budget plan for 2016**

The budget plan for 2015 would include the following:

- |   |         |
|---|---------|
| 1) room for a 5-hour meeting at the ECFS conference in Basel (June 8, 2016)   | € ????  |
| 2) financial support for three members of the group to attend the meeting in Basel (max. € 500 per person)              | € 1,500 |
| 3) financial support for two members of the group to attend the meeting at the NACFC in Phoenix (max. € 600 per person) | € 1,200 |

## **The future of the ECFS Exercise Working Group**

The ECFS Exercise Working Group has been approved until 30 October 2016. During the meeting in Brussels on 10 June 2015, the group decided to apply for an extension with a new agenda for the next 3 years. An application will be prepared during the meeting in Basel on 08 June 2016.