

ECFS Exercise Working Group - Report 2012

Activities of the Exercise Working Group and achieved milestones 6/2011- 5/2012:

- 1) A page has been launched on the website of the ECFS (in the folder "ECFS working groups" introducing the background and the aims of the Exercise Working Group.
- 2) A 4-hour group meeting of the group took place at the 34th ECFS conference in Hamburg on June 8, 2011 with 18 attendees from Europe, Australasia und North America. During that meeting, the means of communication were established (e.g., regular emails, dropbox folder with literature and the documents to work on), the time plan for the 3-year period was agreed on, coordinators for the three planned consensus documents were nominated (exercise testing: Helge Hebestreit, Würzburg/Germany; physical activity assessment: Judy Bradley, Belfast/Ireland and Erik Hulzebos, Utrecht/Netherlands; exercise counselling and conditioning: Anne Swisher, Morgantown/WV/USA and Wolfgang Gruber, Potsdam/Germany). Furthermore, many aspects of exercise testing in CF were discussed in detail to know and understand different points of view.
- 3) A first Delphi questionnaire asking anonymously for opinions regarding exercise testing procedures was completed by 42 participants from different disciplines (physicians, physiotherapists, nutritionists, exercise physiologists) and different areas of the world in June 2011.
- 4) A second Delphi questionnaire asking for opinions with respect to specific protocols and data reporting/interpretation was completed by 23 participants in October 2011.
- 5) A full-day meeting of the group took place in Irvine/CA/USA with 10 participants to work on the exercise testing document. The group decided to transform the document into a clinical practice guideline which shall offer advice also to care team members, who are not familiar with exercise testing.
- 6) During 2011 and 2012, the document on exercise testing was drafted and revised repeatedly based on two Delphi questionnaires (June 2011 and October 2011), the face to face discussions in the group meetings, and lively email conversation. A complete document is now available for discussion at the Working Group Meeting in Dublin on June 6, 2012.
- 7) Contact to the American Thoracic Society and the European Respiratory Society was made with respect to the exercise testing document. The European Respiratory Society appointed Anders Lindblad (who is part of the Exercise Working Group anyway) and Paul Aurora to participate in the development of the document and represent the ERS in the process.
- 8) To prepare the document on physical activity assessment, Judy Bradley has conducted a first web-based Delphi process and Erik Hulzebos has coordinated a literature review.
- 9) Anne Swisher and Wolfgang Gruber have drafted an outline of the guideline on exercise counselling and conditioning.
- 10) A 5-hour meeting of the ECFS Working Group will take place in conjunction with the ECFS annual meeting in Dublin on June 6, 2012.

Helge Hebestreit, Coordinator