01. Letter from the President

Dear Friends,

I hope you had a good start of the year. I wish you and your family all the best for 2018!

2017 was another busy year for the European Cystic Fibrosis Society, with not only the Basic Science Conference in Portugal and the Annual conference in Seville, but a number of special projects and Working Group meetings were held and some selected updates are given below.

There will be ECFS Board elections in 2018. Changes in the ECFS Board are already happening. Isabelle Fajac will take on the role of President and will officially start her 3-year mandate at the ECFS conference this June. Also, Harm Tiddens and Daniel Peckham will end their terms in June.

I would like to encourage you all to consider your own nomination or to nominate an ECFS member you believe would benefit the ECFS community by being actively engaged in the Board. Please consider how important these elections are for the future of the Society. Further information about the elections is included later in the Newsletter.

Planning for the 2018 Conference is well underway with all necessary information available on the website. I would like to thank all those who have submitted abstracts and all the speakers who have accepted to contribute to the conference. This year, we introduced a special discounted rate for attendees from lower income countries in an effort to encourage participation of healthcare professionals from these countries. We have excellent programmes and courses planned and we look forward to your participation.
We have a lot to do over the coming months and I hope you will join us for some of these activities.

Many thanks, as always, to Dr. Henry Ryley for compiling the current references in cystic Fibrosis contained in this Newsletter

Please contact us if you have news items you would like to have included in future Newsletters or published on our website.

Yours sincerely,

Kris De Boeck, ECFS President
02. Upcoming Events

- ECFS Diagnostic Network Working Group Meeting - 08-10 February 2018, St-Gallen, Switzerland
- 12th European Young Investigators Meeting - 21-23-February 2018, Paris, France
- 15th ECFS Basic Science Conference - 21-24 March 2018, Loutraki, Greece
- ECFS Board Elections
- ECFS Board Meeting - 05 June 2018, Belgrade, Serbia
- 41st European CF Conference - 06-09 June 2018, Belgrade, Serbia

03. Deadlines

- Nomination ECFS Award                          22 February 2018
- Nomination Gerd Döring Award                    22 February 2018
- Nomination ECFS Board Election                  15 March 2018

04. ECFS Award - Call for nominations

The ECFS Award is given annually to honour a person who has made an outstanding contribution to our basic understanding of cystic fibrosis or to the treatment or care of patients with cystic fibrosis. The winner of the award will be invited to present a lecture at the Opening Plenary on 6 June 2018 of the annual conference in Belgrade.

You are cordially invited to nominate a candidate for this award. The deadline for proposals is 22 February 2018. Please mail your proposal, accompanied by a detailed motivation and curriculum vitae of the candidate to the ECFS Executive Director Christine Dubois (christine.dubois@ecfs.eu).

05. Gerd Döring Award - Call for nominations

The Gerd Döring Award is a recent initiative of the European Cystic Fibrosis Society and is given annually to honour an exceptional early career young European scientist. The Award, a monetary donation of 5,000 euro to support research, will be presented at the Opening Plenary of the annual ECFS conference in Belgrade.

The award will be judged primarily on a paper published in the previous 3 calendar years (2015-2017) which has made a significant impact on the understanding or treatment of Cystic Fibrosis. Personal motivation and CV will make a 20% contribution to the scoring. The award is open to PhD students and post-doctoral researchers with up to a maximum of four years’ academic research experience following the completion of their PhD, or be of equivalent professional standing at the date of publication of the paper.
We encourage mentors, supervisors and co-workers of today's most exceptional early career European scientists to send in nominations for this competition. Self-nomination is also encouraged. The deadline for proposals is **February 22, 2018**. Please mail your proposal, accompanied by a detailed motivation, a PDF of the nominated paper and curriculum vitae of the candidate to the ECFS Executive Director Christine Dubois (christine.dubois@ecfs.eu)

06. ECFS Board Elections - Call for nominations

The ECFS cordially invites nominations for the following Board positions.

3 Board Positions: Harm Tiddens and Daniel Peckham will finish their terms on the Board in 2018.
Isabelle Fajac will become ECFS President in June and ends her mandate as Board member.

Job Descriptions and person specifics are available for Board members. [Board Member’s Job Description](#).

Nominations should be sent to the ECFS Executive Director Christine Dubois (christine.dubois@ecfs.eu) by **15 March 2018** together with a motivational statement, confirmation that the candidate has agreed to the nomination, and a curriculum vitae. All nominated candidates must be current members of the ECFS. Information about the nominated candidates will be sent to the membership in April for an online vote prior to the Annual General Meeting in June where the results will be announced.

07. ECFS Meetings - CTN, Patient Registry, Standards of Care

The ECFS Clinical Trials Network, the ECFS Patient Registry Steering Committees met on 25-26 January in Brussels for their annual winter meetings. The Standards of Care Group also met in Brussels. This was an excellent opportunity to meet across ECFS projects, discuss common subjects and find new and even better opportunities for cooperation.

08. HIT-CF project launched!

In January 2018 the HIT-CF project kicked off.
This European project brings together researchers, doctors, pharmaceutical companies and patient representatives with the aim to develop ‘personalized treatments’ for Cystic Fibrosis (CF) patients throughout Europe and ultra-rare genetic profiles. The project is funded by the EU under the Horizon 2020 framework.
Check the video presentation [here](#).
Press release available [here](#).
09. ECFS Strategic Plan for new treatments

The unprecedented progress over the last few years in the development of new drugs targeting the cystic fibrosis basic defect whilst extremely encouraging, presents unique challenges. There are substantial disparities around the globe in patient access to both trials and licensed drugs and concerns over how future drugs will best be tested in the congested space of a small disease population. Patients with the rarest of mutations, which are often under-researched and poorly understood, may be particularly disadvantaged.

Within the ECFS, we have brought together a small group tasked with developing a ‘Strategic Plan’ to maximise progress in research as well as access to new, effective treatments.

Jane Davies leads the group, and a first workshop has been organised in Brussels in December 2017. The aim was to tackle the challenges from multiple angles and therefore the meeting brought together representatives from the ECFS, CTN clinical trials teams, international patient organisations, registries, trial design and health economics groups, and members of pharmaceutical and regulatory agencies.

The discussions were very fruitful and we will most probably organise a second meeting with the group at the conference in Belgrade.


In the fall of 2017 we unexpectedly lost Lutz Goldbeck, one of our lead psychologists in CF. Our heart goes out to the family that is confronted with such a sudden loss.

Since 1985, Lutz Goldbeck has worked as a clinical psychologist and researcher across the disciplines of child psychiatry, psychotherapy and pediatrics. His research concentrated on psychological adaptation to chronic diseases, health-related quality of life, psychotraumatology, and the development and evaluation of psychosocial interventions including e-mental health.

He was the director of a state-certified training program for child and adolescent psychotherapists. He has participated in multiple interdisciplinary research collaborations funded e.g. by the EU, the Federal German Ministry of Health and the Federal Ministry of Education and Research (BMBF).

From the beginning of his professional career he was dedicated to cystic fibrosis. Despite a wide diversity of other research topics he always had the topic of living with a chronic disease such as CF in mind. He represented the German community in international collaborations and helped to implement psychological care in German CF Clinics. He was one of the founding members of the Mental Health Working Group of the ECFS. His discreet and earnest temperament and style of argumentation was always a benefit for the whole group. Working with him has been a great pleasure for all of us. We will miss him sorely.

11. 41st European CF Conference - Belgrade, Serbia

Every year the Annual Conference travels through Europe landing to another destination. Organising the conference in one country also means to bring awareness to the local authorities about CF and all the challenges for patients and research.

We definitely think that choosing Belgrade to host our conference will make a significant impact on the whole region and will help the local CF community in their discussions with the Health Authorities and raise awareness about Cystic Fibrosis.
With your participation to the conference, you will contribute to make it a resounding success and we are sure you will also enjoy discovering sunny Belgrade.

The city lies on the confluence of two major European rivers, Sava and Danube, giving the city a very special charm.

Belgrade is flourishing with a lively artistic and cultural scene. Be ready to discover a fascinating, vibrant city, with some surprisingly attractive pedestrianised streets in the centre, and with a lot of charming places along the riverbanks.

Not registered yet? Please find all details here

12. Conference reduced registration rate

This year we introduced a reduced registration rate for participants working in countries classified as low-income economies, lower-middle-income economies and upper-middle-income economies by the World Bank. We hope this opportunity will encourage many more healthcare professionals to attend the conference. More information can be found here.

13. Nutrition masterclass - practical management of nutrition issues in CF

Tuesday 5 June - Half day
This nutrition masterclass focuses on the practical aspects of assessing, monitoring and optimizing the nutritional status of Cystic fibrosis (CF) patients specific to the low- and middle-income economies healthcare setting. It is designed for all healthcare providers who have interests in the nutritional aspects of CF or who are new to CF. The aim will be to share effective nutritional management strategies where time, health care infrastructure and finance may be limited to optimize CF outcomes.

Topics will include: nutritional assessment (anthropometrics and dietary history), optimizing enzyme therapy, increasing calories/supplemental nutritional therapy, managing difficult feeding behaviours and effective treatment of early poor growth.

The course will be supported by experienced CF nutrition experts from across Europe and at the end of the course attendees will receive a certificate of attendance.

Registration information
14. Physiotherapy short course - Airway Clearance Techniques: basic approach

Tuesday 5 June & Wednesday 6 June - One and a half days

This course is intended for physiotherapists, physical or respiratory therapists who require basic training in the physiological basis, practical application of ACT therapies, including inhalation. This course will be a stimulating and interactive teaching approach to airway clearance techniques and how to go from research interpretation to daily working practice recommendations.

Registration information

15. An introductory course in Cognitive Behavioral Therapy and Interpersonal Therapy

Wednesday 06 June 2018 - All day

The Mental Health guidelines recommend offering Cognitive Behavioral Therapy (CBT) and/or Interpersonal Therapy (IPT) to patients and parent caregivers when screening indicates moderate to severe symptoms of anxiety and/or depression.

CBT is a widely-used, evidenced-based, psychosocial intervention for improving mental health. It focuses on the development of personal coping strategies, problem solving and changing unhelpful patterns in cognitions (e.g. thoughts, beliefs, and attitudes), behaviors, and emotional regulation. IPT is a short-term treatment that encourages patients to regain control of mood and functioning. It is based on a treatment alliance in which the therapist empathically engages the patient, helps the patient feel understood and structures success experiences.

This one-day course at the initiative of the ECFS Mental Health Working Group consists of a basic introduction in CBT and IPT. The course will highlight the principles of assessment and a variety of intervention techniques. CBT and IPT have been applied in medical settings for decades and the course will include examples of CBT and IPT approaches in CF.

The course will be given by Alexandra Klein Raphaeli. Alexandra received her doctorate in Clinical Psychology from Yeshiva University, New York City (USA). She also holds a masters degree in Education from Teachers College, Columbia University, New York City (USA). Currently, Dr. Rafaeli is an instructor and specialty CBT/IPT supervisor at Tel Aviv University's University Counseling Center, and maintains a private practice in Israel. She has worked as a therapist in hospital settings, counseling centers, and within research trials, and has served as a supervisor for psychologists, psychiatrists, and social workers.

Registration information
16. CF course - the treatment of adults with CF - an in-depth course

Wednesday 6 June - All day

Each year, we organise a CF Course prior to the Conference. This year, the course will focus on the treatment of adults with CF. In many countries, there are now more adults than children with CF. The course is specifically designed for pulmonologists and will invite them to deepen their knowledge on the treatment of adults with CF.

Registration information

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