

Year of report: 2021/2022	
Name of Special Interest Group: ECFS Psychosocial Special Interest Group	Date of initial approval of Special Interest Group:
<p>Contact details of coordinator, vice coordinator and assistant (if applicable) including ECFS membership numbers:</p> <p>Coordinator name <b>Urszula Borawska – Kowalczyk</b>  Vice coordinator name <b>Dagmar Brocke</b>  Assistant name <b>Annet Bongen</b></p>	
<p>Long term aims of the Special Interest Group (maximum 100 words) including estimated achievement date:</p> <p>The aim of EPSIG is to provide education and support for CF psychosocial professionals and teams by sharing good practice, research and information in a friendly and supportive environment. Understanding and addressing psychosocial factors is important in helping people with CF and their relatives achieve the best possible health outcomes. In part, the psychosocial role is to deliver a psychological and social work service to the MDT. It is also essential to cooperate with other ECFS special interest groups and the Mental Health Working Group to collaborate in activities aimed at improving the care of patients with CF and their families.</p>	
<p>Outcomes already achieved (maximum 100 words):</p> <p>The described goals are systematically achieved by sharing the experience of group members, organizing meetings, workshops and courses. The main activity of the group takes place during the annual ECFS conferences, during which members organize and actively participate in such activities as: Pre-conference ECFS Psychosocial Special Interest Group Meetings, Pre-conference Short Courses, Interactive sessions "Tomorrow lounge". In addition to the activities during the annual conference, EPSIG co-organized the ECFS Lunchtime webinars series. The EPSIG Committee meets regularly online on a monthly basis to organise the EPSIG pre conference meeting and course, discuss the group's goals and to plan future activities.</p>	
<p>Report for 2021:</p> <ol style="list-style-type: none"> <li>1. Short-term aims and objectives for the year</li> <li>2. Current membership</li> <li>3. Measures taken to encourage ECFS membership</li> <li>4. Outcomes/achievements (e.g., meetings, activities, website development, awards, publications etc).</li> </ol> <p>There were no changes in the EPSIG Committee this year. Current committee comprises of: <b>Urszula Borawska-Kowalczyk</b>, Clinical Psychologist, PL – coordinator, <b>Dagmar Brocke</b>, Clinical Social Worker, NL - vice coordinator, <b>Annet Bongen</b>, Medical Social Worker, NL - vice coordinator; <b>Angelique Tjtgat</b>, Social Worker, BE, <b>Sejal Patel</b>, Clinical Psychologist, UK and <b>Stina Järholm</b>, Clinical Psychologist, SE. The EPSIG comprises of around 60 psychosocial professional members.</p>	

The EPSIG committee have organised the following activities during the digital 44th European Cystic Fibrosis Conference:

**EPSIG pre-conference meeting** “Different perspectives on resilience” on 9<sup>th</sup> June 2021.

**Pre-Conference Short Course - Power Threat Meaning Framework** on 8<sup>th</sup> June, in collaboration with the MH WG

**Interactive session “Tomorrow lounge”** focused on relationship between patients/families and the MDT members.

The EPSIG and MH WG have organized a series of four lunchtime webinars for the CF MDT. The topics concerned broadly understood areas of care in context of mental health aspects and psychosocial care. The aim was to present the cooperation of various specialists in the context of creating the best practices in MDT. Additionally, the online format allowed for the participation of clinicians from many regions (participants from 34 countries registered). The topics of organised webinars:

- **A basic introduction for allied health professionals into CFTR modulators** - 27<sup>th</sup> of October 2021
- **Pain in CF** – 15<sup>th</sup> of December 2021
- **Past, present and future psychosocial care in CF** – 23<sup>th</sup> of February 2022
- **Trauma and CF** – 27<sup>th</sup> of April 2022

Aims for the coming year (please state year) (max 50 words):

The EPSIG committee is organising the following activities during the 45th European Cystic Fibrosis Conference in Rotterdam:

- **EPSIG pre-conference meeting** “Facing the future” on 8<sup>th</sup> June 2022.
- **Pre-Conference Short Course - Sex, intimacy and reproductive health in CF by Clinical Sexologist Paul Enzlin** on 7<sup>th</sup> June 2022, in collaboration with the MH WG
- **Interactive session “Tomorrow lounge”** titled *What psychosocial outcome measures are being used/found useful in CF?*

The CF lunchtime webinar series organised jointly with MH WG is planned to be continued next year.

Summary (maximum 100 words):

2021 was a stable year in which there were no changes in the EPSIG Committee. Taking advantage of the current technological possibilities, the Committee meets regularly online, on a monthly basis which helps to organize EPSIG tasks and to achieve the group’s aims and goals.

The EPSIG main, regular activities (pre-conference meeting, pre-conference course, interactive session) are going to be continued during the 45th ECFS Conference in Rotterdam which will be held as in person event. Collaboration with other ECFS groups is excellent and results in joint courses.

A wide group of multidisciplinary specialists participated in the CF lunchtime webinars. Evaluation and discussion on the future of this series of webinars is planned during the 2022 annual meeting in Rotterdam.

Breakdown of expenses (please include total amount received as well as expenditure and, if applicable, the outstanding balance (Euros)):



EPSIG received 3000 Euros of ECFS Support in 2021.  
Due to the COVID-19 pandemic, all activities were online, free of charge.  
EPSIG ended the 2021 year with 7867 Euros.

2022:

Pre-conference short course Instructor's fee 1000 Euros, travel (estimated 100 Euros) and accommodation (estimated 150 Euros), catering 1300 Euros : to be split equally between the EPSIG and MH WG

Pre-conference EPSIG meeting : catering 1600 Euros

Budget amount requested for next year (please give the amount in Euros and the year): 3000 Euros - 2023

