

46th EUROPEAN CYSTIC FIBROSIS CONFERENCE

7 – 10 JUNE 2023 | VIENNA, AUSTRIA



European Cystic Fibrosis Nutrition Group Meeting



Wednesday 7th June 2023

Vienna, Austria



Pre-conference nutrition meeting programmes

46th EUROPEAN CYSTIC FIBROSIS CONFERENCE
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TUESDAY 6 JUNE

12:30 – 17:00

-2.31

ECFS 2023 Clinical Nutrition Course: Mastering new clinical expertise in emerging nutritional areas.

Moderators:

Dimitri Declercq, Ghent, BE / Monika Mielus, Warsaw, PL / Chris Smith, Brighton, UK

12:30 – 12:40	Welcome and registration
12:40 – 13:10	Body composition – David Proud, Cardiff, UK
13:10 – 13:25	Facilitated discussion
13:25 – 13:55	Energy Expenditure – Jade Schrijver, Utrecht, NL
13:55 – 14:10	Facilitated discussion
14:10 – 14:40	Interpreting and monitoring nutritional results in CFTRm era – Monika Mielus, Warsaw, PL
14:40 – 14:55	Facilitated discussion
14:55 – 15:10	COFFEE BREAK
15:10 – 15:40	Nutritional considerations for the cystic fibrosis adult – Daniel Peckham, Leeds, UK
15:40 – 15:55	Facilitated discussion
15:55 – 16:25	Nutritional management of obesity – Daina Kalnins, Toronto, CA
16:25 – 16:40	Facilitated discussion
16:40 – 16:50	Closing remarks

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WEDNESDAY 7 JUNE

10:30 – 15:40

-2.85-86

European Cystic Fibrosis Nutrition Group

Outgoing Chairs: Sarah Collins, London, UK / Elizabeth Owen, London, UK
Incoming Chair: Monika Mielus, Warsaw, PL

10:30 – 11:00	Welcome and Introduction
11:00 – 11:50	Impact of CFTR modulators on nutritional status – Elizabeth Owen, London, UK CF Nutrition in a new era - facilitated discussion – Joanna Snowball, Oxford, UK / Susannah King, Melbourne, Australia
11:50 – 12:40	Session 1: Poster presentations - Nutritional Status Moderator: Monika Mielus (Warsaw, PL) <ul style="list-style-type: none"> • Handgrip strength among children with CF: is there a correlation with lung function? (P316) – Élipis Hatzlagorou, Thessaloniki, GR • Impact of Elexacaftor/Tezacaftor/Ivacaftor on the nutrition parameters and gastrointestinal symptoms in adult CF patients (P326) – Nela Stasha, Brno, CZ
12:40 – 13:30	LUNCH BREAK
13:30 – 14:30	Session 2: Poster presentations – Changing dietary needs Moderator: Deldre Shimmin (Leeds, UK) <ul style="list-style-type: none"> • A paradigm shift in CF nutritional care: clinicians views on the management of patients with overweight and obesity (P325) – Joanna Snowball, Oxford, UK • Diet quality assessment of adults with CF - comparison to population dietary guidelines. A cross-sectional study (P339) – Cian Greaney, Limerick, IE • Does Elexacaftor-Tezacaftor-Ivacaftor significantly raise blood lipids? A longitudinal cohort study (P323) – Ronan Docherty, Aberdeen, UK

14:30 – 15:30

Session 3: Case Study presentations
Moderator: Joanna Snowball, Oxford, UK

- Infant case – Claire Berry, Liverpool, UK
- Adolescent case – Gillian Reynolds, Oxford, UK
- Adult case – Kerry Watson, London, UK

15:30 – 15:40

Summary and close

Refreshments generously sponsored by DEKAsvitamins®



AGM

Committee and roles

Aims of ECFNG

Evaluation of 2022 meeting

Chair Report

Membership Report

New ECFNG initiatives for 2023

Nutrition highlights of ECFC 2023

AOB



ECFNG committee

- Outgoing co-chairs: Elizabeth Owen & Sarah Collins (elected 2019)
Incoming co-chair: Monika Mielus (e.2023)
- Secretary: Joanna Snowball (e.2020)
- Ordinary members: Dee Shimmin (e.2020), Fiona Moore (e.2023)
& Juliana Roda (e.2023)



Aims of ECFNG

Promote **communication & networking** between dietitians working in CF **across Europe & beyond**

Information-sharing at the annual ECFNG meeting, including via ECFS website & ECFNG Twitter account

Provide dietetic **expertise & support** to members of less well-resourced European countries

Continue to promote profile of the ECFNG internationally & encourage dietitians from all over Europe to join the committee



Chair Report

- Organise annual ECFNG study day in June
- Involved in planning nutrition, GI and endocrine sessions at main conference
- Speak and moderate sessions at the main conference
- On ECFS scientific committee, involved in writing standards of care documents
- Liaise with the ECFS education group to discuss education events during the year



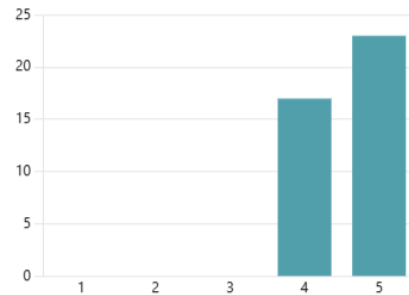
Evaluation of ECFNG meeting 2022

2. How relevant was the meeting content for your clinical practice? (1 = not at all relevant, 5= extremely relevant)

[More Details](#)

[Insights](#)

4.58
Average Rating

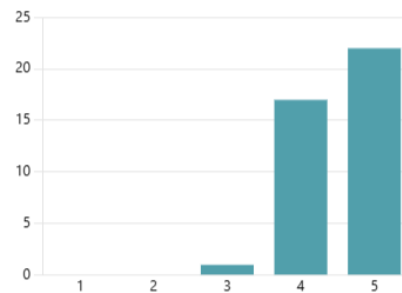


3. How relevant was the meeting content for your clinical practice? (1 = not at all relevant, 2= Slightly relevant 3= Relevant 4= Very relevant 5= extremely relevant)

[More Details](#)

[Insights](#)

4.53
Average Rating



12. Do you work in Paediatrics, Adults or both?

[More Details](#)

[Insights](#)

Paediatric care	20
Adult care	14
Paediatric and Adult care	7



1. How would you rate the organisation of the meeting ?

[More Details](#)

[Insights](#)

Poor	0
Fair	1
Good	3
Very good	14
Excellent	22



Membership Report

- 85 members of ECFNG (49 are also members of ECFS) from Europe and beyond...Australia and the Americas!
- Join via webform
- <https://www.ecfs.eu/projects/ecfsng/interest-form>



New initiatives 2023: Nutrition webinars

- Lunchtime Nutrition Webinar Series
- Free online lectures open to all HCPs working in CF MDT, available on ECFS education platform

1. March 2023: ***Overview of nutrition management of CF***
 Speakers: Esther van Steenbergen & Elmi Wopereis
 >90 attendees from across the globe!
2. November 2023: ***Topic and speakers TBA***

New initiatives 2023: 'Buddy' scheme

- ECFNG members can link together either as a mentor or a mentee
- Aim to help those members newer to CF, or working in smaller centres with little support, to have access to someone to ask questions, discuss clinical cases, or ask for signposting to evidence for different aspects of nutritional care
- Anyone can offer their voluntary services as a mentor (recommend ≥ 5 y CF clinical experience)
- <https://forms.office.com/e/d6f8kdr4hC> mentor
- <https://forms.office.com/e/9gTSrJ2Wyt> mentee



New initiatives 2023: 'Buddy' scheme

ECFNG - Expression of interest to
be a mentee



ECFNG - Expression of interest to
be a mentor



ECFC 2023 Nutrition sessions: Thursday

Nursing / Psychosocial issues
Symposium
Hall K

Thursday, June 8, 08:30 - 10:00

Symposium 04 - The times are changing and we are changing with them

At the end of this session participants will have learned about:

- The new challenges regarding mental health and quality of life.
- The effects of the new developments on the illness perception and identity building in people with cystic fibrosis.
- The shift in mindset, emotional wellbeing and psychopathology and how to assess it.
- The influence of the individualization of the therapy on patient education routines and programmes (also taking into consideration patients without access to CFTRm treatment).
- structuring ti

Trudy Havermans
Pavla Hodkova (Prague)

GI / Nutrition / Liver Disease / Metabolic Complications
Symposium
Hall K

Thursday, June 8, 10:30 - 12:00

Symposium 09 - Overweight and healthy lifestyle in cystic fibrosis

At the end of the session, the participant will be able to:

- Gain familiarity with dietary recommendations for overweight and obese patients with cystic fibrosis, with a focus on prevention.
- Acquire knowledge of metabolic complications and strategies to prevent them through diet.
- Understand whether dietitians should shift their perspective concerning CFTR modulators and their impact on body composition.
- Recognise psychological interventions aimed at improving eating behaviours.

Chris Smith (Brighton, United Kingdom)
Michael Wilschanski (Jerusalem, Israel)

Dietary approach to treating overweight and obesity in people with cystic fibrosis
Daina Kalnins (Toronto, Canada)

Metabolic complications in cystic fibrosis with the preventive nutrition strategy
Andrea Gramegna (Milan, Italy)

CFTR modulators and their impact on body composition – dietitian role
Dimitri Declercq (Ghent, Belgium)

Evaluating and implementing mindful eating practices in cystic fibrosis – Challenges and opportunities
Helen Egan (Birmingham, United Kingdom)

All
ECFS Tomorrow Lounge Session
ECFS Tomorrow Lounge

Thursday, June 8, 15:00 - 16:00

Dietetic management of the "well" person with CF

Fiona Moore (Glasgow, United Kingdom)
Elizabeth Owen (London, United Kingdom)

Gastroenterology/Nutrition/Endocrinology/Liver/Metabolic Complications
Workshop
Hall K

Thursday, June 8, 17:00 - 18:30

WS08 - Evaluating and treating gastrointestinal and liver diseases

Helmut Ellemunter (Innsbruck, Austria)
Michael Wilschanski (Jerusalem, Israel)

All
Workshop
Hall F2

Thursday, June 8, 15:00 - 16:30

WS02 - Fertility, pregnancy and gender-related topics

Malena Cohen-Cymerknoh (Jerusalem, Israel)
Quitterie Reynaud (Lyon, France)



ECFC 2023 Nutrition sessions: Friday

GI / Nutrition / Liver Disease / Metabolic Complications
Symposium
Hall F2

Friday, June 9, 08:30 - 10:00

Symposium 13 - Endocrinology and bone health in the era of CFTR modulators

At the end of the session, the participant will be able to:

- Comprehend the impact of glucose abnormalities on individuals with cystic fibrosis.
- Familiarise with the current glucose abnormalities treatment recommendations, including oral glucose-lowering agents.
- Recognise the importance of CFTR modulators on the endocrine system.
- Understand the broader picture of bone health and how CFTR modulators and diet may impact it.

Monika Mielus (Warsaw, Poland)
Dimitri Declercq (Ghent, Belgium)

The abnormalities in glucose metabolism – how and when to treat?

Amir Moheet (Minneapolis, United States)

Oral glucose lowering agents - do we recommend them in cystic fibrosis?

Amanda Brennan (Manchester, United Kingdom)

The effect of CFTR modulators on the endocrine system

Laurence Kessler (Strasbourg, France)

Consequences of CFTR modulators on bone health

Susannah King (Melbourne, Australia)

Gastroenterology/Nutrition/Endocrinology/Liver/Metabolic Complications
Workshop
Hall F2

Friday, June 9, 15:00 - 16:30

WS12 - Nutrition: changes in practice

Olaf Sommerburg (Heidelberg, Germany)
Dee Shimmin (Leeds, United Kingdom)

All
ECFS Tomorrow Lounge Session
ECFS Tomorrow Lounge

Friday, June 9, 12:45 - 13:45

Optimising weight management - a multidisciplinary discussion

Gemma Stanford (London, United Kingdom)
Joanna Snowball (Oxford, United Kingdom)

Gastroenterology/Nutrition/Endocrinology/Liver/Metabolic Complications
ePoster Session
Hall F1

Friday, June 9, 14:00 - 15:00

ePoster Session 5 - Gastrointestinal and nutritional changes upon CFTR modulators

Chris Smith (Brighton, United Kingdom)
Keith Chee Y. Ooi (Randwick, Australia)

OPEN
Symposium
Hall F2

Friday, June 9, 10:30 - 12:00

Symposium 18 - Pregnancy and early parenthood for mums and dads with cystic fibrosis - it's a team effort!

At the end of the session, the participant will be able to:

- Understand optimal medical management and monitoring strategies for a pregnant woman with cystic fibrosis and males with cystic fibrosis during early parenthood.
- Appraise the evidence for nutritional complications in pregnancy and be aware of the best dietary advice and interventions for a pregnant woman with cystic fibrosis and both sexes during early parenthood.
- Summarise the role of physiotherapy within pregnancy and early parenthood care including airway clearance, exercise and specific women's and men's health interventions.
- Be aware of optimal strategies to support adults with cystic fibrosis psychologically pre, during and post their journey into pregnancy and parenthood.

Jennifer Taylor-Cousar (Denver, United States)
David Kinoo (Leuven, Belgium)

Clinical Trials/New Therapies
Symposium
Hall E

Friday, June 9, 10:30 - 12:00

Symposium 16 - CFTR modulators: opportunities and challenges

At the end of the session, the participant will be able to:

- Describe the known long-term benefits of CFTR modulators.
- Define the side effect profile of CFTR modulators and how they should be managed.
- Understand the latest trial evidence of the benefits of CFTR modulators in young children and babies.

Nicholas Simmonds (London, United Kingdom)
Hettie Janssens (Rotterdam, Netherlands)



ECFC 2023 Nutrition sessions: Saturday

GI / Nutrition / Liver Disease / Metabolic Complications
Symposium
Hall F2

Saturday, June 10, 09:00 - 10:30

Symposium 23 - CFTR-related pancreas disease

At the end of the session, the participant will be able to:

- Gain familiarity with the latest research on pancreatic complications associated with cystic fibrosis.
- Understand how CFTR mutations affect the pancreas.
- Appreciate the impact of modulator therapy on pancreatic function.
- Recognise that CFTR dysfunction may be associated with other pancreatic phenotypes.

Frank Bodewes (Groningen, Netherlands)
Stephanie Van Biervliet (Ghent, Belgium)

Pancreatic complications in cystic fibrosis from bench to bedside

Zachary Sellers (Stanford, United States)

CFTR mutations in the pancreas

Grzegorz Oracz (Warsaw, Poland)

The effect of CFTR modulators on exocrine pancreatic function

Keith Chee Y. Ooi (Randwick, Australia)

CFTR related disorders of the pancreas

Isabelle Scheers (Brussels, Belgium)

Pulmonology/Inflammation/Immunology
Symposium
Hall F1

Saturday, June 10, 09:00 - 10:30

Symposium 22 - Inflammation in CF organs

At the end of the session, the participant will be able to:

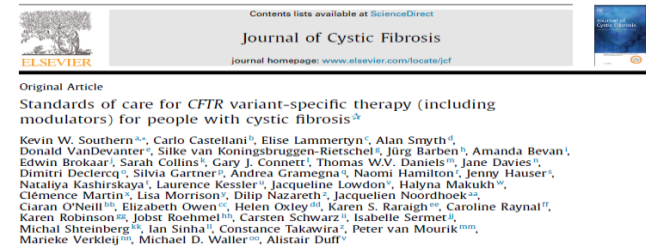
- Explain the role of CFTR protein in airway inflammation in cystic fibrosis.
- Discriminate the effects of infection driven inflammation in cystic fibrosis.
- Analyse the current evidence outlining gastro-intestinal inflammation in cystic fibrosis and its relationship to clinical presentation.
- Discuss the pathological mechanisms underpinning inflammatory joint disease in cystic fibrosis.

Olaf Eickmeier (Frankfurt, Germany)
Dorota Sands (Warsaw, Poland)



AOB: JCF Publications

- Interim SOC for pwCF on CFTR modulators
Southern K. et al, 2022,



- Clinicians' views on management of overweight & obesity
Snowball J. et al, 2023



- ECFS guidelines on nutrition care for CF being updated...
- ECFS SOC for CF being updated... *“Supporting good eating; content and behaviours”*



Thank you from all the ECFNG committee

- Website: www.europeancysticfibrosisnutritiongroup
- Twitter: follow us at [@ecfs_ecfng](https://twitter.com/ecfs_ecfng)
- 'ECFS 2023' App



Enjoy the conference!

