

# ECFS Psychosocial Special Interest Group

Year of the report: 2022/2023

Coordinator: **Urszula Borawska – Kowalczyk**  
 Vice coordinator: **Dagmar Brocke**  
 Assistant: **Annet Bongen**

Long-term aims of the Special Interest Group including estimated achievement date:

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. In addition, EPSIG participates in tasks conducted by the ECFS Education Group.

Outcomes already achieved:

The described goals are systematically achieved by sharing the experience of group members and 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, and Interactive sessions "Tomorrow lounge".

In addition to the activities during the annual conference, EPSIG co-organized the ECFS Lunchtime webinar series.

The EPSIG Committee meets regularly online on a monthly basis to organize the EPSIG pre-conference meeting and course, discuss the group's goals and plan future activities.

Report for year 2022

- short term aims and objectives for the year
- current number of members
- measures taken to encourage ECFS membership
- outcomes/achievements (e.g. meetings, activities, website development, awards, publications, etc).

The EPSIG Committee has been changed this year. **Angelique Tijtgat**, Social Worker, BE stepped down from the position and three new regular members joined the committee. Current EPSIG committee comprises four psychologists and four social workers: **Urszula Borawska-Kowalczyk**, Clinical Psychologist, PL, **Annet Bongen**, Medical Social Worker, **Dagmar Brocke**, Clinical Social Worker, NL, **Sejal Patel**, Clinical Psychologist, UK; **Stina Järvalho**, Clinical Psychologist, SE; **Katie Smith**, Social Worker, UK; **Sue Braun**, Clinical Psychologist, BE; **Jacqueline Boekhoff**, Social Worker, NL. The EPSIG comprises around 70 psychosocial professional members.

The EPSIG committee has organized the following activities during the digital 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 EPSIG and MH WG have organized a series of three 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 various specialists’ cooperation in creating the best practices in MDT. Additionally, the online format allowed for the participation of clinicians from many regions (participants from many countries registered). The topics of organized webinars:

- **Sleep and Cystic Fibrosis** – 16<sup>th</sup> of November 2022
- **Psychiatric comorbidities and cystic fibrosis: what teams need to know to care for patients with extra needs.** - 25<sup>th</sup> of January 2023
- **Modulators and psychosocial impact: What do we know?** – 19<sup>th</sup> of April 2023

In addition, EPSIG authored the ECFS Education e-learning program on the cystic fibrosis module titled ‘Self-management and achieving optimal adherence’ and co-authored the syllabus on psychosocial care for the ECFS Education Group.

Aims for the coming year 2023:

The EPSIG committee is organising the following activities during the 46th European Cystic Fibrosis Conference in Vienna:

- **EPSIG pre-conference meeting** “Coping with Change” on the 7<sup>th</sup> of June 2023.
- **Pre-Conference Short Course** - Psychodynamic Aspects in Chronic, Medical Illness by Dr. Maya Kirszenbaum, Paris, FR on 6<sup>th</sup> of June 2023, in collaboration with the MH WG
- **Interactive session “Tomorrow lounge”** titled Psychosocial aspects of getting older with CF.

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

Summary:

All goals and plans for 2022 have been implemented. The activities organized by EPSIG during the ECFS conference in Rotterdam were successful and well appreciated by the participants. As a result, new members joined the Group. The Committee meets regularly online, on a monthly basis, which helps to organize EPSIG's tasks and achieve the group's goals and objectives.

EPSIG's main regular activities (pre-conference meeting, pre-conference course, interactive session) will continue during the 46th ECFS Conference in Vienna. EPSIG will continue cooperation with other ECFS Groups, resulting in joint activities (courses, webinars) and participation in ECFS projects: syllabus, e-learning module.

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



EPSIG received 3000€ of ECFS Support in 2022.

Pre-conference short course Instructor's fee 1000€, travel (300€), catering 1300€: to be split equally between the EPSIG and MH WG

Pre-conference EPSIG meeting: catering 1600€

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

Pre-conference short course Instructor's fee 700€, travel (estimated 300€) and accommodation 1 night (estimated 100€); catering 650€: to be split equally between the EPSIG and MH WG

Pre-conference EPSIG meeting: catering 1350€