

Physiotherapy Special Interest International Group

Year of report: 2024

Date of initial approval of Special Interest Group:
2021/2022

Chairperson name - Gemma Stanford.

Secretary name – Lisa Morrison.

Long term aims of the Special Interest Group (maximum 100 words) including estimated achievement date:

- To promote international communication and networking between CF physiotherapists.
- To promote education for CF physiotherapists.
- To participate and advise in the planning of the physiotherapy programme for the ECFS annual conference.
- To promote and facilitate collaborative research within CF physiotherapy.
- Share and disseminate knowledge of good physiotherapy practice and research, as well as information and resources to promote optimal physiotherapy management for people with CF.
- To be a strong voice to promote CF physiotherapy in lower and middle-income countries.
- To create and maintain collaborative links for clinical practice, research and education with other professional groups within CF care.
- To be a strong and visual representative of and advocate for cystic fibrosis physiotherapy.

These aims are all ongoing

Outcomes already achieved

We achieved all of our short term aims for 2023/2024 which were:

- Complete joining of IPG/CF with PhySIG
- Complete basic airway clearance webinar series
- Run an airway clearance instructor course – completing pre-conference course at ECFC 2024
- Continue educational webinars focusing on needs of lower and middle income countries
- Continue involvement with scientific and education committees
- Continue liaison with the CF and Exercise Working Group

Report for this year

- 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).

Short term aims and objectives for 2024-2025

- To run a basic airway clearance techniques training course
- To investigate funding support for our international country contact people to join the ECFS
- Completion of our PPI project to identify the modern needs of the CF community for physiotherapy
- Work to increase physiotherapy representation at ECFS board and conference planning level to ensure the voice of physiotherapy contributes to ECFS strategy.

Current number of members = 144 from 45 last year.

We have worked hard to increase our reach for PhySIIG and wish to enable our members to be part of our community. We have encouraged all of our members to be ECFS members, but in the current financial climate many of our members are not able to do this. We have a reach in our SIG to 43 countries which we are very keen to maintain.

We understand that the ECFS board are asking for a higher rate of ECFS membership than the current level we have. As we are not at the board's recommended level of membership, we are proposing introducing a tiered level of SIG membership, with voting rights and access to recorded educational materials reserved for ECFS members, and an affiliate membership for non-ECFS members who would receive mailing updates and live education webinars. We plan to vote on this constitution change at our 2024 AGM.

Additionally, we are investigating funding support for ECFS membership for our international country contact people as many of these are not ECFS members, often due to the comparative high cost of ECFS membership in local currencies. We feel it is essential to keep these country links as we believe strongly in supporting all countries with CF physiotherapy, and we want these countries to have a voice/vote in our SIG.

Measures taken to encourage ECFS membership

- Webinar access posted onto ECFS education platform and advertised after each webinar
- All committee members are required to be ECFS members
- Membership of ECFS encouraged for all PhySIIG members
- Investigating funding support for ECFS membership for country contact people

Outcomes/achievements

- PhySIIG had a successful ECFS 2023, our AGM where we officially joined with the IPG/CF was well received and we had a busy networking event.
- We successfully recruited our Patient and Public Representative, Dan Beever. Dan has been instrumental in our planned programme of work asking people with CF what they need from CF physiotherapists in the current era. We completed 6 international focus groups and are now finalising an international questionnaire. We feel it is essential to determine the needs of our current population to focus our education provision for CF physiotherapists.
- During ECFC 2023 we co-hosted a Tomorrow lounge session with the CF dietetics group on weight management which stimulated creation of one of our ECFS 2024 meet the experts sessions.
- Our ECFS 2023 pre-conference course which we ran in partnership with the ECFS Exercise Working Group on Exercise Testing had the maximum capacity attendees and very high evaluations.
- For our webinar series, we delivered four more webinars:
 - September 2023- Professor Brenda Button - Oscillating PEP. 185 registered, 91 attended
 - 7th December 2023 - Dr Jamie Wood - Airway Physiology. 245 registered, 124 attended.
 - April 2024 - Dr Eddie Landau - exercise motivation. 173 registrations, 98 attendees.
 - May 2024 - Rachel McDowell, Motivation of the individual patient (no data as yet).
- Our 2024 pre-conference course focuses on Musculoskeletal Assessment of strength, mobility and injury. This course again runs with the ECFS Exercise Working Group which is a partnership we are keen to maintain.
- We now have a PhySIIG webpage and we are working with David regarding content. We have also created 3 newsletters.

- At the ECFC 2024 we are also running an Airway Clearance Instructors Accreditation course as we had become increasingly aware of the reducing numbers of our accredited ACT experts. The remaining (active) 4 accredited instructors are teaching 22 physiotherapists from a range of countries.
- Work that has stemmed from committee collaborations forms one of our ECFC 2024 meet the experts sessions (Data Harmonisation).
- In 2024 we nominated Professor Maggie McIlwaine for the ECFS award (as yet we do not know the outcome of this nomination). In general, we are very keen for physiotherapy alongside our other AHP, nursing and psychology colleagues to have recognition for the amazing work they do in CF care. We wondered if the board would consider an additional ECFS award to be presented alongside the current award as we are aware of the incredibly difficult choice it must be currently and wondered if an additional award for the SIG cohort may provide a more of a platform for their achievements?
- This year we have been incredibly fortunate to have our PhySIIG secretary Lisa Morrison in the role of conference vice-president. However, this has given us an insight into the decisions made at ECFC planning level which without Lisa present would have no physiotherapy voice. We understand that we do assess and mark the abstracts, but we are unable to comment on what may be most relevant for our physiotherapy colleagues in terms of workshops. We are raising this to ask the board to consider more representation for the different disciplines in the formation of future workshops and e-poster sessions, whether this is through further engagement with the scientific committee or another route.
- We are also keen for physiotherapy representation on the ECFS board and this year proposed Professor Brenda Morrow. We understand she was not eligible due to location (it would be helpful to have this exclusion apparent in your advertisement) and will nominate another physiotherapist in the future. This does raise a further query for the board, one of SIG representation and communication with the board, and we wondered if there could be short time at board meetings to include the SIG chairs so that communication could be "face-to-face" and decisions more collaborative? We understand that whole meeting attendance may not be necessary/possible, but felt a short part would be a way to start this process.
- Our executive committee members have been invited to speak at further international conferences in Argentinian and the USA.

Aims for the coming year:

- To run a basic airway clearance techniques training course as the pre-conference course for ECFS 2025
- To investigate funding support for our international country contact people to join the ECFS to ensure international reach for PhySIIG is maintained
- Completion of our PPI project to identify the modern needs of the CF community for physiotherapy
- Work to increase physiotherapy representation at ECFS board and conference planning level to ensure the voice of physiotherapy contributes to ECFS strategy.
- Continue educational webinars focusing on needs of lower and middle income countries
- Continue involvement with scientific and education committees
- Continue liaison with the CF and Exercise Working Group

Summary :

PhySIIG now feels like an established SIG, and we have clear aims for the year ahead which complement our long term aims of international communication, collaboration and education while being a strong voice to promote and advocate for CF physiotherapy internationally. We are keen to maintain our wide reach of members, but understand the requirements of the ECFS board and are this working to find adaptations to meet these. We hope that the board are able to consider our suggestions for enhanced SIG involvement and would be happy to discuss

any of our ideas further with you. Finally, thank you for your support, we appreciate your help in our achievements this year.

Breakdown of expenses

Physiotherapy SiG - 2023

				Year Result
	14,023	1,882	Opening balance	
Income	22,350	3,000	ECFS Support	4,697
Income	12,642	1,697	from IPGCF - CF Physio CH	1,697
Expenses	-403	-54	Grant Best Case -! Returned	-54
Expenses	-8,940	-1,200	Physio Mtg VIE	-1,200
	<u>39,672</u>	<u>5,325</u>		<u>5,140</u>

The 1,200 euros for our Physio Mtg VIE was agreed to be covered by an external sponsor, and we are currently invoicing to recoup these funds.

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

3000 Euros for 2024 please.