

## **TEMPLATE FOR ECFS WORKING GROUP REPORTS**

Please use this template for your annual working group report. Please use black ink, Calibri font size 11. For more information, please read the ECFS working group Terms of Reference document:

Year of report:  
2024/25

Name of Working Group:  
ECFS Exercise Working Group

Date of initial approval of working group:  
2011

Title, name and email of coordinator, vice coordinator and assistant (if applicable):

Coordinator name Dr Thomas Radtke

Vice coordinator name Dr Don Urquhart

Long term aims of the working group (maximum 100 words) including estimated achievement date:

- Provide forum (the working group) for sharing exercise knowledge amongst CF professionals  
***Meeting alongside ECFS conference in Glasgow in June 2024 attended by around 40 people***  
***Virtual WG meeting February 2025 with 25 log-ins (some with multiple attendees)***  
***Planned meeting at ECFS Milan on Wednesday 4<sup>th</sup> June 2025***  
***ECFS Exercise WG Virtual Journal Club meets every 2<sup>nd</sup> months (commenced February 2022)***
- Curate technical standards and position statements for clinical practice in the fields of exercise and physical activity  
- ***3 x documents published 2014-2015***  
- ***Recently published guideline in Eur Respir Rev August 2023***  
Saynor ZL, Gruet M, McNarry MA, Button B, Morrison L, Wagner M, Sawyer A, Hebestreit H, Radtke T, Urquhart DS, on behalf of the European Cystic Fibrosis Society Exercise Working Group.  
Guidance and standard operating procedures for functional exercise testing in cystic fibrosis. *Eur Respir Rev* 2023;**32**:230029. doi:10.1183/16000617.0029-2023.  
- ***New document in progress:***  
Physical Activity Assessment in Cystic Fibrosis: A Systematic Review:  
An update on the 2015 ECFS Position Statement on Physical activity assessment in cystic fibrosis  
- currently under review at *Eur Respir Rev*.
- Establishment of educational package to provide support for those undertaking exercise testing and exercise counselling in persons with CF  
***This is well underway, and we are working jointly with the ECFS Education WG on this.***  
***We have an agreed syllabus of exercise modules, and recording of these has begun.***

***Our group has an approved resource for the Part 3 ECFS Educational package.***  
Urquhart DS, Radtke T.

Exercise and Sports Activities for people with CF.

***This is awaiting recording.***

- ECFS Webinar Series  
**We have proposed a series of four webinars to be screened in Autumn 2025.**
  1. Exercise Testing
  2. Exercise Training
  3. Exercise and Cardiovascular Health
  4. Exercise as Airway Clearance
- Pre-Conference Courses  
**Exercise short course (Liverpool 2019)**  
**Exercise short course (Vienna 2023)**  
**Musculoskeletal short course (jointly with PhysSIG) – Glasgow 2024**
- Develop Exercise WG Journal Club  
**Meetings every 2nd month began in February 2022.**  
***This has been an excellent addition to the ECFS exercise EG portfolio with authors and early career researchers discussing and critically appraising papers together.***  
This is a growing project, with excellent leadership from Dr Owen Tomlinson, Exeter, UK.
- Utilise Working Group as a Clinical Research Network for research theme of exercise in CF  
***Ongoing – 6 studies completed + projects ongoing***

Outcomes already achieved (maximum 100 words):

- **Knowledge sharing**
  - Meetings have been a great resource for CF exercise professionals since 2011
  - Currently 1 x meeting at ECFS (In person, June) and 1 x virtual meeting (January/February) each year
- **Peer Support**
  - Support for early career researchers to present and attend meetings
  - Young career researcher prize awarded by group to allow attendance at ECFS  
**2025 prize won by Dr Cigdem Emirza for a presentation entitled:**  
“Individual and Group-Based Tele-rehabilitation Exercise in People with Cystic Fibrosis: A Randomized Controlled Study”
  - ECR presentations as part of journal club activities
  - Informal mentorship available within the group.
- **Technical Standards/Position Statements:**
  - Exercise Testing (*Respiration* 2015)
  - Physical Activity (*J Cyst Fibros* 2014)
  - Exercise Recommendations (*Cardiopulm Physiotherapy J* 2015)

- Functional Exercise Test Standardisation (Saynor *et al. Eur Respir Rev* 2023)
- Physical activity update – Completed – Under Review at *Eur Respir Rev*

- **Education**

Exercise short course (Liverpool 2019)  
Exercise short course (Vienna 2023)  
Musculoskeletal short course (jointly with PhysSIG) – Glasgow 2024  
Online education package underway – in collaboration with ECFS Education WG.  
Recorded session for Part 3 educational package on Exercise and Sports Activities in CF (Urquhart/Radtke)  
Plan for series of 4 webinars for ECFS Webinar Series, Autumn 2025.

- **Research**

**Completed studies (Historical):**

1. Exercise capacity and CF genotype – *Ann Am Thorac Soc* 2018
2. Exercise capacity and mortality – *Am J Respir Crit Care Med* 2019
3. ACTIVATE-CF – *Am J Respir Crit Care Med* 2022
4. Glycaemic control sub-study of ACTIVATE-CF – *J Cyst Fibros* 2022

**Completed studies (2024/25):**

5. Radtke T, **Urquhart DS**, ..... for the Prognostic value of CPET in CF study group. Cardiopulmonary exercise testing provides prognostic information in advanced cystic fibrosis lung disease. *Ann Am Thorac Soc* 2024;**21**:411-420.
6. Urquhart DS, Jamieson P, Burns P, Braun J, Hebestreit H, Radtke T on behalf the prognostic value in CF study group. Feasibility and inter-reporter variability of submaximal outcomes derived from cardiopulmonary exercise testing in people with advanced cystic fibrosis lung disease. *ERJ Open Res* 2025; DOI: 10.1183/23120541.01001-2024

**Ongoing studies:**

- a. Characterising breathing pattern disorder during exercise in people with Cystic Fibrosis (Lead Investigators – Dr Imad Ahmed, Leicester UK, Dr Dan Stevens, Halifax, CA, and Professor Helge Hebestreit, Wuerzburg, DE)
- b. Physical literacy in Cystic Fibrosis (Lead Investigators – Dr Marcella Burghard and Dr Erik Hulzebos, Utrecht, NE; Dr Wolfgang Gruber, Essen, DE)

Report for this year (max 1000 words)

- short term goals 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 GOALS FOR THE YEAR

### Knowledge-sharing

- ECFS Virtual Exercise Working Group Educational Meetings took place in June 2024 and February 2025
- ECFS Exercise Journal Club Meetings took place every 2 months.

### June 2024 Exercise Working Group Meeting

This was a half-day meeting alongside the Glasgow ECFS.

The programme included updates on ECFS exercise WG projects, as well as a session designed to bring new project ideas that could be discussed– see below for full details.



#### ECFS EXERCISE WORKING GROUP Wednesday 5<sup>th</sup> June 2024

**Time of meeting:** 12:45-17:00

**Venue:** Scottish Event Campus, Glasgow G3 8YW, UK

**Room:** Dochart 2

#### Welcome

12:45-12:55	Introduction & Welcome*	Dr Thomas Radtke, Zurich (CH) Dr Don Urquhart, Edinburgh (UK)
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#### Session 1 Update on working group projects

12:55-13:30	Finalisation of physical activity project	Prof. Craig Williams, Exeter (UK)
13:30-14:00	Dysfunctional breathing in CF	Dr. Imad Ahmed, Leicester (UK) Prof. Helge Hebestreit, Wuerzburg (DE)
14:00-14:30	Mortality II - Subproject	Dr Thomas Radtke, Zurich (CH) Dr Don Urquhart, Edinburgh (UK)
14:30-14:45	Physical Literacy in CF	Dr Erik Hulzebos, Utrecht (NE)
14:45-15:00	ECFS Education: Strategy & Vision	Dr Chris Smith, Brighton (UK)
15:00-15:30	Coffee break, exchange, chatting	ALL

#### Session 2 Developing new project ideas

15:30-16:45	Discussion round	Dr Thomas Radtke, Zurich (CH) Dr Don Urquhart, Edinburgh (UK)
16:45-17:00	Any other business	Dr Thomas Radtke, Zurich (CH) Dr Don Urquhart, Edinburgh (UK)

\*Lunch bags will be served at 12:30.

## February 2025 Virtual ECFS Exercise Working Group Meeting

This was a half-day meeting attended by around 50 delegates (25 separate log-ins) across 4 continents (Europe, Africa, North America and Australasia) via Zoom Platform.

The programme included updates on ECFS exercise WG projects, an early career researcher prize presentation and invited speakers – see below for full details.



### ECFS EXERCISE WORKING GROUP Thursday 6<sup>th</sup> February 2025

Time of meeting  
11:00-13:00 CEST  
10:00-12:00 GMT (UK)

Zoom Link: <https://uzh.zoom.us/j/62402578805?pwd=ITmahvpbC9nw5w6IXe5HzJasOZ6kPP.1>

Meeting-ID: 624 0257 8805 Code: 979240

#### Welcome

11:00-11:05	Introduction	Dr Thomas Radtke, Zurich (CH) Dr Don Urquhart, Edinburgh (UK)
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#### Session 1 Update on working group projects

11:05-11:15	Physical Literacy in CF	Dr Erik Hulzebos, Utrecht, NL Dr Marcella Burghard, Utrecht, NL
11:15-11:45	Dysfunctional breathing in CF	Dr Imad Ahmed, Leicester, UK Prof. Helge Hebestreit, Wuerzburg, DE
11:45-11:55	Journal Club: What's new in 2025	Dr Owen Tomlinson, Exeter, UK

#### Session 2 Young Investigators Award

11:55-12:10	Individual and Group-Based Telerehabilitation Exercise in pwCF: A Randomized Controlled Study	Dr Thomas Radtke, Zurich, CH Dr Çiğdem Emirza, Istanbul, TR
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#### 12.10-12.20 Break

#### Session 3 Exercise for cardiovascular health in CF

12:20-12:50	Exercise and cardiovascular health for people with CF	Dr Don Urquhart, Edinburgh, UK Dr Jamie Duckers, Cardiff, UK
12:50-13:00	Wrap-up	Dr Thomas Radtke, Zurich, CH Dr Don Urquhart, Edinburgh, UK

## June 2025 Exercise Working Group Meeting.

A half-day exercise WG meeting is planned for ECFS Milan 2025.

The provisional programme for our working group meeting is in development:



### ECFS EXERCISE WORKING GROUP

Wednesday 4<sup>th</sup> June 2025 \*\*\*DRAFT\*\*\*

Time of meeting: 13:00-17:30 CET

Venue: Allianz ~~Milano~~ Gate 6

Room: Aqua 4

#### Welcome

13:00-13:15 Introduction & Welcome\*

Dr Thomas ~~Radtke~~, Zurich (CH)

Dr Don Urquhart, Edinburgh (UK)

\*Lunch bags will be served at 12:30.

#### Session 1 Update on working group projects

13:15-13:30 Physical activity project  
- Highlights and take home messages

~~Prof~~ Craig Williams, Exeter (UK)

13:30-14:10 Dysfunctional breathing in CF

Dr ~~Iqbal~~ Ahmed, Leicester (UK), Dr Dan Stevens (CA),  
~~Prof~~ Helge Hebestreit, Wuerzburg (DE)

14:10-14:30 Physical Literacy in CF

Dr Marcella ~~Borghard~~, Utrecht (NE), Dr Erik  
~~Wolfsberg~~ (NE), Dr Wolfgang Gruber, Essen (DE)

14:30-15:00 Coffee break, exchange, chatting

ALL

#### Session 2 Education Update

Dr Thomas ~~Radtke~~, Zurich (CH)

Dr Owen Tomlinson, Exeter (UK)

15:00-15:15 Journal Club 2024/25  
- Looking to the future

Dr Owen Tomlinson, Exeter (UK)

15:15-15:30 ECFS Webinar Series  
- Proposals for exercise webinars (x4)

Dr Thomas ~~Radtke~~, Zurich (CH)

Dr Don Urquhart, Edinburgh (UK)

#### Session 3 ~~The~~ Future of the Exercise Working Group

Dr Thomas Radtke, Zurich (CH)

Dr Don Urquhart, Edinburgh (UK)

15:45-16:45 New Research Ideas<sup>a</sup>

<sup>a</sup>to be requested via email ahead of meeting

16:45-17:00 Proposals for a new leadership group structure for ECFS exercise working group

17:00-17:30 Election of new leadership group for ECFS exercise working group

## OUTCOMES/ACHIEVEMENTS:

### ECFS Journal Clubs:

For 2024, we had 8 journal club sessions:

- Dr Sophie Gohy, UC Louvain, BEL (One year effect of tezacaftor and ivacaftor on functional exercise capacity and muscle strength in people with cystic fibrosis)
- Dr Imad Ahmed, University Hospital Leicester, UK (Impact of CFTR modulators on exercise capacity in adolescents with cystic fibrosis)
- Meg Poulsen, Alfred Health, Melbourne, AUS (Preferences and perspectives regarding telehealth exercise interventions for adults with cystic fibrosis: A qualitative study)
- Tony Fischer, University of Iowa, Iowa City, USA (Patient and Caregiver Perceptions of Airway Clearance Methods Used for Cystic Fibrosis)
- Marcio Donadio, Universitat Internacional de Catalunya, Barcelona, ESP (Feasibility of performing the 3-minute step test with remote supervision in children and adolescents with cystic fibrosis: A comparative study)
- Anne Bonhoure, Universite de Montreal, Montreal, CAN (The effect of a pre-meal snack and/or postprandial exercise on breakfast glycemic excursion in adults with cystic fibrosis: A pilot study)
- Manon Kinaupenne, Ghent University, BEL (Lower physical activity levels in youth with Cystic Fibrosis compared to healthy controls: A multicentre comparative study)
- Niklas Sinderholm Sposato, University of Gothenburg, Gothenburg, SWE (Musculoskeletal aspects of respiratory function in cystic fibrosis: a cross-sectional comparative study)

3/8 were early career researchers (pre-PhD), and we have an equal male/female split (4 v 4), and 5/8 were from Europe itself. A total of 178 attendees were present across these talks.

For 2025, thus far we had:

- Dr Emma Powell, Newman University Birmingham, UK (One-minute sit-to-stand test is practical to assess and follow the muscle weakness in cystic fibrosis)

We have another one lined up (Dmitry Rozenberg, Toronto, CAN) and more in development, alongside new proposed sessions of 'Case Study Talks' and 'Ask the Experts'.

Other points of note:

- We now have 258 people on the mailing list, the majority of whom are from the UK, but with notable proportions from Australia, Ireland, Belgium, and the USA.
- 63/258 are directly from the ECFS members list you've previously provided, so at least ~1/4 are identified as ECFS members.
- The YouTube channel with all the previous sessions has now exceeded 400 views.
- Journal Club work was presented as a poster at ECFS 2024: <https://www.sciencedirect.com/science/article/abs/pii/S1569199324007653>

### Technical Standards/Position Statements:

The group have been actively working on a standardisation documents in 2024/25:

#### UPDATE OF PREVIOUS POSITION STATEMENT:

Physical activity in Cystic Fibrosis: A Systematic Review

Leads – Craig Williams and Mayara Silveira Bianchim

Co-authors – Kelly McIntosh, Melitta McNarry, Helge Hebestreit, Brenda Button, Tiffany Dwyer, James Shelley, Judy Bradley, Elpis Hatziagorou.

The systematic review has been registered "Physical Activity Assessment in Cystic Fibrosis: A Systematic Review" to the PROSPERO register (CRD42022292165). The review is now complete and is currently under review at *European Respiratory Reviews* (Professor CA Williams – Personal Communication).

### **Education**

The group have planned a comprehensive online exercise teaching and training resource comprising of a series of themed presentations with embedded questions and answers.

A comprehensive syllabus has been developed by members of the Exercise WG (Professor CA Williams + Drs Urquhart and Radtke) in association with the Education Working Group.

The finalised curriculum was submitted with our 2023/24 report.

In addition, our group has contributed to the wider ECFS online education resource and have finalised a presentation for the Part 3 ECFS Educational package.

Urquhart DS, Radtke T. Exercise and Sports Activities for people with CF.

***Approved – awaiting instruction from Education WG for recording.***

Finally, the Exercise Working Group have plans to contribute to the ECFS Webinar Series.

We have proposed a series of four webinars to be screened in Autumn 2025.

1. Exercise Testing/2. Exercise Training/3. Exercise and Cardiovascular Health/4. Exercise as Airway Clearance

We aim to confirm speakers for this after our June working group meeting.

### **- Research**

#### **Recently completed studies:**

1. Understanding submaximal data in advanced CF lung disease

This is a sub-analysis of the completed study above looking at the ability to quantify the timing of onset of anaerobic threshold (AT), and the utility of measures at AT (VO<sub>2</sub>, breathing reserve, etc.) in predicting mortality and morbidity in a cohort of 89 people with CF.

Data collection is complete.

Published *ERJ Open Research*, 2025:

Urquhart DS, Jamieson P, Burns P, Braun J, Hebestreit H, Radtke T on behalf the prognostic value in CF study group. Feasibility and inter-reporter variability of submaximal outcomes derived from cardiopulmonary exercise testing in people with advanced cystic fibrosis lung disease. *ERJ Open Res* 2025;

DOI: 10.1183/23120541.01001-2024.

#### **Studies in progress:**

1. Characterising breathing pattern disorder during exercise in people with Cystic Fibrosis (Ahmed, Stevens, Hebestreit)

Study underway.

a) Stage 1 – Case series: collecting cases of breathing pattern disorder in people with CF

b) Stage 2 – Delphi consensus on the definition of breathing pattern disorder

c) Stage 3 – Prospectively applying accepted definition to CPET tests in people with CF to identify prevalence of breathing pattern disorder in people with CF



## 2. Physical literacy in Cystic Fibrosis (Burghard, Hulzebos, Gruber)

Study actively recruiting.

Study looking at understanding impact of exercise knowledge in young people with CF on exercise performance and key CF health outcomes.

### - Peer support

The group are mindful of the need for succession planning within the field of exercise and CF.

It is necessary to nurture the younger members of the group, to involve them in research and presentation, to enthuse them and to offer mentorship from senior group members.

### a) Encouraging presentations:

Early career researcher slots are available at all of our meetings, and the journal club is also another forum for ECR presentations.

### b) Establishment of junior researcher award:

The first 'Junior researcher Award' was won by Dr Mayara Bianchim.

The 2023 award was won by Dr Barlo Hillen.

The 2025 prize was won by Dr Cigdem Emirza for a presentation entitled: "Individual and Group-Based Tele-rehabilitation Exercise in People with Cystic Fibrosis: A Randomized Controlled Study"

## CURRENT NUMBER OF MEMBERS

The exercise working group has around 80 current members

These have been provided as an Excel spreadsheet of:

- First and last name
- E-mail address
- Institution

Membership status will be evaluated by the ECFS office ([jess.matthews@ecfs.eu](mailto:jess.matthews@ecfs.eu)).

In reality, the member list may be somewhat outdated and reflects our mailing list.

We have emailed periodically and asked people if they wish to be removed.

In total around 30 persons could be considered 'active' members of the group.

These have been highlighted in the shared Excel spreadsheet.

## MEASURES TAKEN TO ENCOURAGE ECFS MEMBERSHIP

The working group highlights the benefits of ECFS membership when communicating with members.

The holding of a meeting (face to face) at ECFS conference is encouraging attendees to join ECFS.

We highlight the value of ECFS membership at our virtual working group meetings also.

Our logo (see below) makes it very clear that the Exercise Working Group is a sub-group of the ECFS.



## OUTCOMES/ACHIEVEMENTS

### - Meetings (*Agendas as listed above*)

- i. ECFS Exercise Working Group Meeting [Glasgow] 5<sup>th</sup> June 2024
- ii. ECFS Exercise Working Group Meeting [Virtual] 2<sup>nd</sup> February 2025
- iii. ECFS Exercise Working Group Meeting [Milan] 4<sup>th</sup> June 2025

### - Developments

The instigation of the ECFS CF and Exercise Journal Club in early 2022 has been a good new development. This initiative is being led by one of the Early Career Researchers (Dr Owen Tomlinson, Exeter, UK), which is great for the sustainability of our group. The journal club is going from strength to strength with increasing numbers of virtual attendees and 'on demand' views on the YouTube catch-up option.

New projects on dysfunctional breathing and physical literacy are underway.

Each of the projects has new, younger researchers at the heart

- Imad Ahmed (Leicester, UK) jointly leading dysfunctional breathing project
- Marcella Burghard (Utrecht, NE) jointly leading physical literacy project

### - Presentations 2024/25

#### Oral presentations:

Urquhart DS, Burns P, Jamieson P, Barry PJ, Waller I, Petch N, Sovtic A, Gojsina A, Verges S, de Maat T, Morrison L, Wood J, Crute S, Williams CA, Tomlinson OW, Quon BS, Kwong E, Saynor ZL, Causer AJ, Dwyer T, Stevens D, Remus N, Douvry B, Foster K, Hebestreit H, Radtke T for the prognostic value of CPET in CF study group.

Feasibility of obtaining submaximal outcomes in people with advanced ( $FEV_1 \leq 40\%$  predicted) CF lung disease undergoing cardiopulmonary exercise testing.

Oral presentation in ePoster Session 1 - Advances in exercise interventions in the management of cystic fibrosis. (EPS1.03) at European Cystic Fibrosis Conference, Glasgow, June 2024.

#### Poster presentations:

Smith C, Chadwick HK, Farinha C, Southern KW, Havermans T, Landau E, Borawska - Kowalczyk U, MacDuff N, Shaw N, Bentley S, Declercq D, Mantin H, Stanford G, Urquhart DS, Radtke T, De Wachter E, Hill K, Dunlevy F, Reilly C, Meir-Zahav M, Schwarz C, Wagner M, Peckham DG.

E-learning within the European Cystic Fibrosis Society - A multidisciplinary cross sectional survey.

Poster presentation (P097) at European Cystic Fibrosis Conference, Glasgow, June 2024.

Tomlinson OW, Williams CA, **Urquhart DS**, Radtke T.

Exercise education for professionals in cystic fibrosis: an international journal club.

Poster presentation (P472) at European Cystic Fibrosis Conference, Glasgow, June 2024.

**- Publications 2024/25:**

1. Radtke T, Urquhart DS, Braun J, Barry P, Waller I, Petch N, Mei-Zahav M, Kramer MR, Hua-Huy T, Dinh-Xuan AT, Innes JA, McArthur S, Sovtic A, Gojsina B, Verges S, de Maat T, Morrison L, Wood J, Crute S, Williams CA, Tomlinson OW, Bar-Joseph R, Hebestreit A, Quon BS, Kwong E, Saynor, ZL, Causer AJ, Stephenson AL, Schneiderman JE, Shaw M, Dwyer T, Stevens D, Remus N, Douvry B, Foster K, Benden C, Ratjen F, Hebestreit H, for the Prognostic value of CPET in CF study group. Cardiopulmonary exercise testing provides prognostic information in advanced cystic fibrosis lung disease. *Ann Am Thorac Soc* 2024;**21**:411-420.

2. Urquhart DS, Jamieson P, Burns P, Braun J, Hebestreit H, Radtke T on behalf the prognostic value in CF study group. Feasibility and inter-reporter variability of submaximal outcomes derived from cardiopulmonary exercise testing in people with advanced cystic fibrosis lung disease.

*ERJ Open Res* 2025; DOI: 10.1183/23120541.01001-2024

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

The aims for the coming year are as follows:

**- Knowledge-sharing**

1. Undertake face-to-face meeting at ECFS Milan in June 2025
2. Continue 2 working group meetings per year
  - a) Virtual – January/February 2026
  - b) Face-to-face at ECFS Lisbon June 2026
3. ECFS CF and Exercise Journal Clubs (Virtual) every 2 months

**- Technical Standards/Position Statements:**

Complete Physical Activity position statement update  
*Ratify within ECFS WG at June 2024 meeting.*

**- Education**

Continue to build online knowledge network for exercise in CF.  
 This is a 3-5 year workstream.

ECFS Webinar series, Autumn 2025 (4 x Exercise Webinars)  
 ECFS CF and Exercise Journal Clubs (Virtual) every 2 months  
 ECFS online education resource - Part 3 ECFS Educational package.  
 Exercise and Sports Activities for people with CF (DSU/TR)

**- *Approved – awaiting instruction from Education WG in regards to recording.***

**- Research**

Ongoing projects on Dysfunctional breathing in CF, Physical Literacy in CF.

We hope to develop a research project aimed at measuring physical activity across Europe in people with CF.

- **Looking to the future**

Key to the future of the group is how we identify future leaders and office-bearers.

We hope to attract younger members and those from low-middle income countries.

Summary (maximum 100 words):

The ECFS Exercise Working Group is now 14 years old.

The group has been a fertile ground for knowledge-sharing and developing collaborations.

**Group output:**

Published international technical standards and position statements on:

- 1) Exercise Testing (Respiration 2015, Eur Respir Rev 2019)
- 2) Physical activity (J Cyst Fibros 2015)
- 3) Exercise recommendations (Cardiopulm Physiotherapy J 2015)
- 4) Functional exercise testing – guidelines (Eur Respir Rev 2023)

Letters to Editor published on behalf of ECFS exercise WG regarding exercise testing practice:

- Hebestreit *et al.* Respiration 2016
- Urquhart *et al.* Pulmonology 2023

**Investigator-initiated research:**

Exercise Capacity and CFTR genotype (published Ann Am Thorac Soc 2018)  
Exercise Capacity and Mortality (published Am J Respir Crit Care Med 2019)  
Randomised, controlled trial of exercise intervention - ACTIVATE-CF (published Am J Resp Crit Care Med 2022)  
Glycaemic substudy from ACTIVATE-CF (published J Cyst Fibros 2023)  
Exercise testing in advanced cystic fibrosis lung disease (published Ann Am Thorac Soc 2024)  
Submaximal exercise measurement in advanced cystic fibrosis lung disease (published ERJ Open Res 2025)

**Education:**

Pre-course workshop on exercise testing at ECFS Liverpool (2019).  
Pre-course workshop on exercise testing and training in the post-ETI era at ECFS Vienna (2023).  
Pre-course workshop on musculoskeletal function at ECFS Glasgow (2024).  
Online modular education resource  
- Curriculum agreed and process of laying down information now underway  
Regular Exercise Journal Club held virtually every 2 months.  
Contribution to Part 3 of ECFS online resource.  
ECFS Webinars on Exercise (planned Autumn 2025)

**Ongoing:**

Current projects include ongoing education resource development and research in:

- 1) dysfunctional breathing and 2) physical literacy in CF.

We would value your ongoing support to complete these projects and to develop new ideas.

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

Total amount received: 10'000 Euro

**Expenses (expected)**

- ECFS Exercise Working Group Early Career Researcher Prize

**€500 approx.**

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

**ECFS Exercise Working Group Succession Planning/Handover Meeting €3000 approx.**

Plan for 1 day face-to-face meeting at airport hotel (e.g. Amsterdam, Frankfurt, London)

Proposed attendees would be: Thomas Radtke (Co-ordinator), Don Urquhart (Deputy Co-ordinator), Helge Hebestreit (Chair of group from 2011-2019), and New chair (to be elected at 2025 Milan meeting)

Proposed agenda for meeting would include:

- Succession planning for group and handover (TR/DU) to new chair.
- Prioritisation exercise to guide direction of future projects.

Airport hotel would allow all to attend for 1-day meeting with 1 night of overnight accommodation

Cost - €750 per person approximately.

**Video-recording €2000 approx**

We approached the ECFSPR board (December 2023 and April 2024) and requested the integration of two key exercise-related outcomes in the registry (i.e. peak power, peak heart rate). Decision still pending.

We wish to record a video to provide instructions on how to run a peak workrate test on a cycle ergometer to ensure standardised testing procedures across site who wish to provide exercise testing outcomes for the registry. This would ideally be able to be undertaken in 'real time' and form one of our ECFS Webinars.

**Fees for Mind the Graph** (infographic maker for science): **€140**

**Open access costs for one publication: €1000 approx**

**The deadline for submission is 1st May 2025.** Please email the report **and the excel spreadsheet of your members** to: [jess.matthews@ecfs.eu](mailto:jess.matthews@ecfs.eu)

The report will then be presented to the board prior to the summer ECFS board meeting and then a decision will be made at the next board meeting for approval before being distributed.

