

# **ECFS Exercise Working Group**

## **Report for the ECFS meeting in Belgrade 2018**

Activities of the Exercise Working Group and achieved milestones 5/2017 - 05/2018:

### **Meetings of the Exercise Working Group**

- 1) A meeting of the group took place at the ECFS conference in Seville/Spain on June 7, 2017 with 15 attendees from around the world. During that meeting, the group was updated on the collaborative research projects initiated by the group (ACTIVATE-CF, prognostic value of exercise testing in addition to known predictors of survival, association between genotype and exercise capacity), and the ERS Task Force on Standardization of Cardiopulmonary Exercise Testing in Chronic Lung Diseases. The main topic during the meeting which was discussed in detail was the development of educational material and the establishment of a mentoring program. Furthermore, a pre-conference course on exercise testing was discussed for the ECFS meeting in 2019.

### **Activities of the Exercise Working Group at the ECFS conference 2017**

- 1) Members of the group were involved in a pre-conference course on exercise, two workshops on June 8, 2017 (Highlights on exercise, and The lung, the heart, the gut and the mind – all intertwined), one symposium on June 9, 2017 (Growing older with cystic fibrosis), and one meet the expert session (Exercise and bone).

### **ACTIVATE-CF**

- 2) Recruitment into the study has continued in Austria, Canada, France, Germany, Switzerland, the Netherlands the United Kingdom and the United States. However, recruitment numbers will be too small to meet goals.

### **Retrospective study on additional prognostic information from cardiopulmonary exercise testing in cystic fibrosis**

- 3) To determine the value of exercise testing in predicting survival in addition to established indicators such as FEV1, BMI, or Pseudomonas status, a data base with valid information from 433 patients has been established. The data have been analysed using Cox proportional hazard and were discussed at the exercise group meeting in Seville. A publication is prepared.

### **Association between genotype and exercise capacity in cystic fibrosis**

- 4) Data on genotype, exercise capacity and potential confounders of the relationship between the two have been collected from centers around the world. The data were presented at the ECFS exercise working group meeting in Seville and were recently published in the Annals of the American Thoracic Society.

## **Objectives of the extended period of the ECFS Exercise Working Group met**

- 5) Objective 1) Selection of work rate increment for exercise testing and pre conference course on exercise testing:
  - A group is working on data to best predict the work rate increment for an incremental cardiopulmonary exercise test on the cycle ergometer. This work is linked to the ERS Task Force on standardization of exercise testing
  - a pre conference course on exercise testing is prepared for the 2019 annual meeting of the ECFS at Liverpool.
  
- 6) Objective 2) Utilizing patients to better understand barriers to exercise and exercise testing across countries (survey, publication):  
Together with the ERS Task Force and the ELF, a patient survey was performed to understand barriers to exercise testing.
  
- 7) Objective 5: Establish a mentoring program for CF centers across Europe who are interested in establishing exercise testing and counselling.  
  
A one-to-one mentoring program has been established and will be continued. Interested centers and scientists can approach the working group coordinator or members of the working group to arrange a mentoring relationship.
  
- 8) Objectives 3, 4, and 6): All topics of these objectives were addressed at the meeting in Seville 2017 and also at the Exercise interest group meeting at the North American CF conference in Indianapolis 2017. However, more work needs to be done in order to produce deliverables
  
- 9) Objective 7) Further establish and extend European collaboration by supporting activities of the ERN-LUNG and possibly an ERS Task Force on Standardization of Exercise Testing in Chronic Lung Diseases:  
  
Members of the Exercise Working Group are continuously involved in both, the ERN-LUNG and the ERS Task Force on Standardization of Exercise Testing in Lung Diseases which is chaired by Helge Hebestreit

## **Budget plan for 2018**

The budget plan for 2018 would include the following:

- 1) room for a 5-hour meeting at the ECFS conference in Belgrade (June 6, 2018) € ????

Würzburg, 07 May 2018, Helge Hebestreit