

# **ECFS Exercise Working Group**

## **Report for the ECFS meeting in Liverpool 2019**

Activities of the Exercise Working Group and achieved milestones 5/2018 - 05/2019:

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

A meeting of the group took place at the ECFS conference in Budapest on June 6, 2018 with 14 attendees from around the world. During that meeting, the group discussed the options to boost education (training material, case train cases, courses on exercise testing, etc.). In addition, 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, ERS Task Force on Standardisation of Exercise Testing).

### **Activities of the Exercise Working Group at the ECFS conference 2018**

At the ECFS conference in Belgrade, members of the group were involved in an exercise-related workshop (WS08: Exercise, the Fitter the Better).

### **Educational activities of the Exercise Working Group**

Together with the Physiotherapy group the Exercise Working Group will offer a Physiotherapy Short Course on "Exercise Testing in Cystic Fibrosis" prior to the ECFS meeting in Liverpool 2019. In order to gain experience, a course was organized by Don Urquhart in Edinburgh/UK on 2<sup>nd</sup> and 3<sup>rd</sup> November 2018 with faculty from the Exercise Working Group.

### **ACTIVATE-CF**

Recruitment into the study had finished on December 31, 2017. The last patient out was in September 2018.

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

The results of this study were published online in October 2018 and in print in April 2019:

Hebestreit H, Hulzebos EHJ, Schneiderman JE, Karila C, Boas SR, Kriemler S, Dwyer T, Sahlberg M, Urquhart DS, Lands LC, Ratjen F, Takken T, Varanistkaya L, Rücker V, Hebestreit A, Usemann J, Radtke T; Prognostic Value of CPET in CF Study Group. The results of the study were first published in October 2019 (epub) and in print in April 2019: Cardiopulmonary Exercise Testing Provides Additional Prognostic Information in Cystic Fibrosis. Am J Respir Crit Care Med. 2019 Apr 15;199(8):987-995.

### **ERS Task Force on Standardisation of Cardiopulmonary Exercise Testing in chronic lung diseases**

Stimulated by the Statement on exercise testing in cystic fibrosis published by this Working Group, the ERS Task Force has developed a technical standard on exercise testing which is currently under review for publication in the Eur Respir Rev.

### **Budget plan for 2019**

The budget plan for 2019 would include the following:

1. room for a 3-hour meeting at the ECFS conference in Liverpool (June 5, 2019) € ????

Würzburg, 24 May 2019, Helge Hebestreit