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 2nd and 3rd 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:

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