

TEMPLATE FOR ECFS SPECIAL INTEREST GROUP REPORTS

Please use this template for your annual Special Interest Group report. Please use black ink, Calibri font size 11. For more information, please read the following ECFS special interest group Terms of Reference document: https://www.ecfs.eu/sites/default/files/general-content-files/working-groups/TOR_Special%20Interest%20Groups_05_2021.pdf

Year of report: 2025

Name of Special Interest Group: PhySIIG
(Physiotherapy Specialist International Interest Group)

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

Contact details of coordinator, vice coordinator and assistant (if applicable) including ECFS membership numbers:

Chairperson name - Gemma Stanford.

Secretary name – Lisa Morrison.

Secretary is about to change at the ECFC 2025 to Melissa Richmond.

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 low and middle-income countries (LMICs).
- 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 (maximum 100 words):

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

- Run a basic ACT training course as the 2025 pre-conference course
- To investigate funding support for our international country contact people to join the ECFS to ensure international reach for PhySIIG
- 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 LMICs

- Continue involvement with scientific and education committees
- Continue liaison with the CF and Exercise Working Group

One aim is ongoing which is completion of our PPI project.

Report for this year (max 1000 words)

- 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 2025-2026

- To run training on basic airway clearance techniques for health professionals from LMICs who do not have access to a physiotherapist in their team
- Initiate an update of the IPG/CF blue booklet with PhySIIG branding
- To continue to support our international country contact people to be members of the ECFS
- To continue our educational programme of webinars and pre-conference course to meet the needs of CF physiotherapists globally
- Optimise communication with PhySIIG country contact people
- Completion of our PPI project to identify the modern needs of the CF community for physiotherapy
- Continue liaison with the other ECFS SIGs with a view to creating collaborative projects

Current number of members:

Whole membership = 113 members. Full ECFS members = 30 (confirmed to date), associate members = 83.

We introduced a tiered system of membership for PhySIIG at our AGM last year, where voting rights, committee membership and access to recorded educational materials are reserved for ECFS members, and affiliate members (for non-ECFS members) receive mailing updates and can attend our live educational webinars.

From this change you will see that our total membership has increased, but our full membership is only Of our total. The main barrier to ECFS membership that has been reported to us is cost (we do appreciate that AHP ECFS membership is a reduced cost). We have worked to try and increase ECFS membership as highlighted below, and we have subsidised memberships for our country contact people in LMICs.

We remain proud that we have SIG membership from 43 countries, and we are very keen to maintain this international reach.

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
- Funding support for ECFS membership offered to country contact people from LMICs
- Benefits of ECFS membership highlighted at meetings and AGM

Outcomes/achievements

- ECFC 2024:
 - We hosted a busy joint networking event with the Exercise Working group.
 - We filled the rooms for our joint meet-the-experts session with the CF Dietetic SIG and for our own tomorrow lounge session (which led to the creation of a series of webinars).
 - We successfully ran 2 pre-conference courses
 - An airway clearance instructors course certifying 21 new instructors from 16 countries to boost educational capability from the pre-existing 4 (active) instructors
 - A musculoskeletal issues course which was well-received
- We delivered four more webinars with attendees from 34 different countries:
 - October 2024 - “The Road to Conference: research questions” - Dr Gemma Stanford and Dr Helen Douglas. 93 registered, 54 attended.
 - December 2024 – “The Road to Conference: abstracts” – Dr Helen Douglas, Clare Reilly and Dr Gemma Stanford. 123 registered, 73 attended.
 - March 2025 – “Inhalation 1” – Catherine Browne. 185 registered, 102 attended.
 - April 2025 – “Inhalation 2” – Myriam Vreys. 141 registered, 68 attended.
- Our 2025 pre-conference course is a basic airway clearance techniques course running in response to the need for certified basic training pre-instructor training. This course has been marketed as for all chronic suppurative lung diseases to increase interest. We will have 3 new ACT instructors teaching with 2 established instructors.
- We have created quarterly newsletters for all our members.
- We have transitioned from X to BlueSky (@ecfsphysiig.bsky.social).
- The physiotherapy data harmonisation project which stemmed from our ECFC meet the experts session is ongoing.
- After discussions with SIG chairs at the ECFC 2024 we initiated a plan for SIG chair meetings to enable transparent discussions and collaborative working between the SIGs. There have been 2 meetings to date – planned for quarterly, and the chairs will be meeting at the ECFC 2025 for a face-to-face discussion.
- One of our SIG members joined the ECFS Pulmonary Exacerbation working group to ensure the voice of physiotherapy is included in their work.
- We were excited to see the new AHP representative for the ECFS board opportunity. Our chair has been elected into this role and looks forward to working with the board.
- We also appreciated the transparent nomination opportunity for the AHP representative on the ECFC steering committee. We have nominated our outgoing secretary, Lisa Morrison for this role as we felt she would be an excellent addition to the committee having had experience of conference planning as vice-president for Glasgow 2024 (another achievement of one of our committee for which we are very proud). We do not as yet know the outcome of this nomination.
- We are thrilled that the ECFS are now offering the new outstanding contribution in allied health care ward which was a suggested idea from our last annual report. We feel that this will really help to give physiotherapy alongside our other AHP, nursing and psychology colleagues recognition for the amazing work they do in CF care. We have nominated Louise Lannefours for this award due to her long-standing work on ACT and teaching (as yet we do not know the outcome of this nomination).
- Some of our executive committee members were invited to speak at the NACFC in 2024 and have been invited to speak at the NACFC 2025. We have used this platform to promote collaboration with PhySIIG.
- Our Patient and Public Representative, Dan Beever has agreed to continue with his co-opted role on the committee. Dan has been instrumental in our planned programme of work asking people with CF what they need from CF physiotherapists in the current era and is helping to lead this next phase of work for the international survey.

- We approached the CF education committee with a suggestion to teach airway clearance at one of the CF meetings hosted in LMICs, this is now a work in progress and we are keen that we can reach healthcare professionals who may not have physio access to help airway clearance provision to their patients.

Aims for the coming year (please state year - 2025) (max 50 words):

- To continue our educational programme of webinars and pre-conference courses to meet the needs of CF physiotherapy globally
- To identify modern needs of the CF community for physiotherapy
- To optimise communication and collaboration within PhySIIG, other SIGs, working groups and the wider ECFS
- To update the IPG/CF blue booklet

Summary (maximum 100 words):

PhySIIG has had a successful year, and we have clear aims for 2025/6 which complement our long term aims of international communication, collaboration and education. We are keen to keep being a strong voice to promote and advocate for CF physiotherapy both within the wider ECFS and internationally.

We appreciate the changes the board has put in place for enhanced AHP and SIG involvement and opportunities, and we will continue to work with the other SIGs to optimise collaboration.

Finally, thank you to the ECFS board for your support, we appreciate your help in our achievements this year.

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

| PhySIIG 2024/25 | EUR |
|----------------------|--------|
| Opening balance | 5,325 |
| EFCS support | 3000 |
| External sponsorship | 16,683 |
| Expenses | -9,941 |
| Net balance | 15,067 |

In this breakdown we have made a large amount in sponsorship money from our courses at the ECFC 2024. In 2024 we ran two courses at the ECFC and as we were unsure of final costs to do this, we sought a lot of sponsorship to ensure we did not run at a loss. We have ringfenced some of this income to support ECFS memberships for our CCPs and plan to use the additional funds to support future educational courses.

Please provide us with a list of all current members (name, professional title, email address and ECFS membership numbers):

Removed for website report

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

3000 Euros for 2025 please.

The deadline for submission to the ECFS Office is 1st May. 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. Please email the report to: jess.matthews@ecfs.eu