

## ECFS Conference 9-12 June 2021

Exercise Working Group Meeting: 8 June 2021

### Programme

All times are CET.

10.00 – 10.15 Welcome (Tom Radtke & Don Urquhart)

10.15 – 10.45 Update on current research activities (Moderator Don Urquhart)

- Update New Exercise Testing Paper (Zoe Saynor)
- Update Physical Activity Paper (Craig Williams)
- Update Exercise Testing & Mortality II Study (Tom Radtke)

10.45 – 11.30 Update on current educational activities (Moderator Tom Radtke)

- First insights into educational activities (Craig Williams)
- Define next steps and topics on educational activities (All)

11.30 – 11.45 Break

11.45 – 13.05 Invited Presentations (Moderator Helge Hebestreit/Erik Hulzebos)

- Topic I: Engaging people with CF in exercise during the pandemic (Lisa Morrison: 15 min plus 5)
- Topic II: Pro/Con Debate: Exercise versus Chest Physiotherapy for Airway Clearance in CF (Nathan Ward/Brenda Button: 2x15min plus 10)
- Topic III: Exercise in the world of CFTR Modulators (Casey Derella: 15 min plus 5)

13.05 – 13.45 Break

13.45 – 14.30 Short presentations\* (Jury: Brenda Button/Mathieu Gruet/Larry Lands)

- Topic I: Exercise versus airway clearance techniques for people with cystic fibrosis; a Cochrane systematic review (Kattie Patterson: 10min plus 5)
- Topic II: Exercise Testing and Training in Cystic Fibrosis Clinics in the United Kingdom: A Decade On (Owen Tomlinson: 10min plus 5)
- Topic III: Compositional Analysis of Physical Activity, Sedentary Time and Sleep and Associated Health Outcomes in Children and Adults with Cystic Fibrosis: (Mayara S Bianchim: 10min plus 5)

14.30 – 15.00 Plans for the future/Any other business (Tom Radtke & Don Urquhart)

\* The best presentation is selected by a jury (Brenda Button, Mathieu Gruet, Larry Lands) and the “winner” receives a prize.



## **Online Meeting**

We will use the videoconferencing platform Zoom.

### **Login-details**

**Time:** 8 June 2021 10:00 AM (CET)

**Link:** <https://uzh.zoom.us/j/98071503733?pwd=bzltUENEUHp5dURtendOaXVsTmVDdz09>

**Meeting-ID:** 980 7150 3733

**Code:** 422657