

European Psychosocial Special Interest Group (EPSIG) Annual Report 2018

The key aim of EPSIG is to provide education and support for CF psychosocial professionals and teams by sharing best-practice, research and information in a friendly and supportive environment. Understanding and addressing psychosocial factors is important in helping people with CF and their relatives achieve the best possible health outcomes. However, these issues need to be balanced with giving 'air-time' to discussing the psychosocial impact of working with chronically and severely ill patients. These are all a core part of the ECFS Standards of Care framework.

EPSIG members have been particularly active in 2017 in trying to embed psychosocial issues into ECFS working groups, for example, on the Scientific Committee, Mental Health and Newborn Screening Working Groups and the recently published revision of ECFS Best Practice Guidelines.

The current committee took over running the Group in April 2017, with a 3-year tenure (ending in March 2020). Current members are: **Alistair Duff**, Consultant Clinical Psychologist, UK [Chair]; **Eddie Landau**, Consultant Clinical & Medical Psychologist, IL; **Pavla Hodkova**, Clinical Psychologist and Psychotherapist, CZ; **Angelique Tijtgat**, Social Worker, BE. Angelique is the most recent member and is making an important contribution to our work by considering how to collate how social workers are being utilised in teams across Europe. EPSIG is particularly looking to encourage and increase social workers' participation in its workstreams.

The EPSIG pre-conference meeting at the ECFS Annual Conference in Seville 2017 was yet another very enjoyable and successful event, with a wide range of clinical and academic presentations and lively discussion. The day focussed on sharing psychosocial clinical and research projects including: the effects of new drugs on CF patients, different therapy approaches including CBT, short-term treatments, mindfulness and IPT and new techniques for tackling poor adherence including the effects of technology and Apps.

The spirit of this meeting has developed further in 2018, with the programme (<https://www.ecfs.eu/sites/default/files/general-content-files/working-groups/EPSIG%202018%20FINAL%20Programme%20290318%20%28002%29.pdf>) aiming to further increase interaction, discussion and debate. A 'ballroom' style seating plan with round tables will optimise these opportunities.

Membership of the group has remained steady with around 35 core members. However, far greater numbers participate annually in the EPSIG meeting and work. Sign up details are at <https://www.ecfs.eu/projects/epsig/membership>.

The EPSIG webpages were completely re-written and refreshed in 2017 thanks largely to the help of David Debisschop at ECFS. This now gives a fantastic portal where the Group can build pages and host/sign-post psychosocial resources and information. Please do take a look at <https://www.ecfs.eu/projects/epsig/welcome>.

Finally, looking forward to the next year, the Committee is exploring the idea of 3rd Wave CBT training for psychosocial professionals in CF Teams at the 2019 ECFS conference. Early discussions have started. Watch this space!

Alistair JA Duff, Eddie Landau, Pavla Hodkova, Angelique Tijtgat (4 May 2018)