

European Psychosocial Special Interest Group (EPSIG) Annual Report 2019

The 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.

Key developments in 2018/19 have been an expanded committee and an inaugural pre-conference short course.

Committee

The current committee was expanded in 2018 at the annual EPSIG meeting with **Annet Bongen**, Medical Social Worker (NL) **Dagmar Brocke**, Clinical Social Worker (NL) and **Urszula Borowska-Kowalczyk**, Clinical Psychologist (PL) joining **Alistair Duff**, Consultant Clinical Psychologist, UK [Chair]; **Eddie Landau**, Consultant Clinical & Medical Psychologist, IL; **Angelique Tijtgat**, Social Worker, BE. Annet and Dagmar have strengthened the committee representation of social work, whilst Urszula brings additional psychological experience from East Europe. The committee expressed its gratitude to the work of **Pavla Hodkova**, Clinical Psychologist and Psychotherapist, who stepped down in 2018.

Inaugural pre-conference short course

The Committee is delighted to have received funding to run the very first EPSIG pre-conference short course. The aim is to focus on psychotherapy modalities that have particular pertinence to CF Care. The first course is on Acceptance & Commitment Therapy (ACT) which is an evidence-based '3rd wave' therapy that aims to help people live fulfilling lives even in the presence of difficult experiences, and the powerful thoughts and feelings that they will inevitably bring. Our facilitator is Ray Owen, a renowned expert in the field and author of key training texts in the utility of ACT for long term conditions. The course introduces the use of ACT in supporting people with CF and their parents/relatives.

Annual EPSIG Pre-conference Meeting

The EPSIG pre-conference meeting at the ECFS Annual Conference in Belgrade 2018 was very successful. For the first time a live Schwartz Round took place, which offered delegates a space to reflect on the patients we will never forget. Along with a debate on the potential psychological effects of Orkambi, case presentations and discussions on digital clinics, the day was engaging and enjoyable, as well as educational and collegiate. The format of the programme continues in 2019 and the popular 'ballroom' room layout remains. Membership of the EPSIG has increased slightly this year, with around 40 core members. However, far greater numbers participate annually in the EPSIG meeting and work.

Alistair JA Duff, Eddie Landau, Pavla Hodkova, Angelique Tijtgat, Dagmar Brocke, Annet Bongen, Urszla Borowska-Kowalczyk (7 May 2019)