

European Psychosocial Special Interest Group (EPSIG), Annual Report 2020

The aim of EPSIG is to provide education and support for CF psychosocial professionals and teams by sharing good 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. In part, the psychosocial role is to deliver a psychological and social work service to the MDT. EPSIG aims to facilitate discipline-specific discussion and learning about these issues in detail, that are perhaps of less interest to a wider professional group, but none-the-less are a core element of ECFS Standards of Care.

Committee

2019 saw an expanded 6-person committee (3 psychologists, 3 social workers) take up posts. Each member would sit on the committee for 3 years, with an option to take up Chairing roles thereafter. In 2020 both Alistair Duff (UK) and Eddie Landau (IL), step-down from the Committee, with chairing duties passing to Urszula Borawska-Kowalczyk (PL). Urszula will continue to be supported by Annet Bongen, Medical Social Worker (NL) Dagmar Brocke, Clinical Social Worker (NL) and Angelique Tijtgat, Social Worker, BE. There are now two vacant committee places for clinical psychologists (one adult, one paediatrics), to blend with the three remaining social work committee members, which at the time of writing, had not been filled due to Covid-19. The committee aims to be completed by September 2020.

Annual EPSIG pre-conference meeting

The Committee received funding to host the very first EPSIG pre-conference short course, as part of an anticipated 5-year programme to focus on psychotherapy modalities that have particular relevance to CF Care. The first course focused on Acceptance & Commitment Therapy (ACT) and facilitated by renowned expert, Ray Owens, Consultant Clinical Psychologist (UK). The second short course was planned jointly with the European CF Mental Health Working Group for 2 June 2020. This focuses on CBT approaches to common psychopathology in CF – anxiety, depression and sleep problems. With the Conference in Lyon cancelled, EPISG and the MHWG will seek to run this later in 2020 as an online webinar.

EPSIG pre-conference meeting, Liverpool 2019

This was a terrific success (see website for speakers and topics) being well-attended. The format of the programme remained popular and was set to continue in 2020 prior to Covid-19.

EPSIG membership

This continues at around 60 psychosocial professionals.

Alistair JA Duff, Eddie Landau, Angelique Tijtgat, Dagmar Brocke, Annet Bongen, Urszla Borawska-Kowalczyk (18 May 2020)