

ECFS PSYCHOSOCIAL SPECIAL INTEREST GROUP

Year of report: 2020/2021

Name of Special Interest Group:
ECFS Psychosocial Special Interest Group

Date of initial approval of Special Interest Group:

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

Coordinator name Urszula Borawska – Kowalczyk

Vice coordinator name Dagmar Brocke.

Assistant name Annet Bongen

Long term aims of the Special Interest Group (maximum 100 words) including estimated achievement date:

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. It is also essential to cooperate with other ECFS special interest groups to collaborate in activities aimed at improving the care of patients with CF and their families.

Outcomes already achieved (maximum 100 words):

The described goals are systematically achieved by sharing the experience of group members, organizing meetings, workshops and courses. The main activity of the group takes place during the annual ECFS conferences, during which members organize and actively participate in such activities as: Pre-conference ECFS Psychosocial Special Interest Group Meetings, Pre-conference Short Courses, Interactive sessions "Tomorrow lounge". In addition to the activities during the annual conference, EPSIG co-organized the ECFS Lunchtime webinars series. The EPSIG Committee meets regularly online to discuss the group's goals and to plan future activities.

Report for 2020:

1. Short-term aims and objectives for the year
2. Current membership
3. Measures taken to encourage ECFS membership
4. Outcomes/achievements (e.g. meetings, activities, website development, awards, publications etc).

Two members stepped down from the Committee in 2020. Current committee comprises of: **Urszula Borawska-Kowalczyk**, Psychologist, PL – coordinator, **Dagmar Brocke**, Clinical Social Worker, NL - vice coordinator, **Annet Bongen**, Medical Social Worker, NL - vice coordinator; **Angelique Tijtgat**, Social Worker, BE. **Sejal Patel**, Clinical Psychologist, UK and **Stina Järholm**, Psychologist, SE joined the committee in 2020. The EPSIG comprises of around 60 psychosocial professionals members.

Due to the COVID-19 pandemic and the cancellation of the Lyon conference, the scheduled EPSIG members meeting did not take place.

The short course "Practical therapeutic modalities to manage anxiety, depression, sleep and pain in routine CF care" was organised online, jointly with the MH WG on 22th of September, 2020.

The EPSIG and MH WG have organized a series of five lunchtime webinars for the CF MDT. The topics concerned broadly understood areas of care in context of mental health aspects. The aim was to present the cooperation of various specialists in the context of creating the best practices in MDT.

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

The EPSIG committee is organising the following activities during the digital 44th European Cystic Fibrosis Conference:

EPSIG pre-conference meeting “Different perspectives on resilience” on 9th of June 2021.

Pre-Conference Short Course - Power Threat Meaning Framework on 8th of June, in collaboration with the MH WG

Interactive session “Tomorrow lounge” focused on relationship between patients/families and the MDT members.

The CF lunchtime webinar series organised jointly with MH WG is planned to be continued next year.

Summary (maximum 100 words):

2020 has been a difficult and challenging year due to the COVID-19 pandemic and changes in the Organising Committee. Although some of the annual activities could not be implemented, new ideas and initiatives arose. Taking advantage of the current technological possibilities, the Committee meets regularly online, which helps to organize EPSIG activities. All previous EPSIG activities (pre-conference meeting, pre-conference course, interactive session) are going to be continued during the 44th ECFS Conference in an online form. Collaboration with other ECFS groups is excellent and results in joint courses. CF lunchtime webinars, which were well received by the participants, are a particularly new activity. During the 2021 annual meeting, a discussion on the future of this series of webinars is planned.

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

EPSIG received 3000 Euros of ECFS Support in 2020.

Due to the COVID-19 pandemic, all activities were online, free of charge.

EPSIG ended the 2020 year with 4867 Euros.

2021 – Planned Pre-conference short course Instructor’s fee : 400 GBP to be split equally between the EPSIG and MH WG

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



2022 – Annual EPSIG meeting, Pre-conference short course

Current members:

Melanie Jessup
Evelyn Mckenzie
Joanne Byrne
Suja Chandran
Helen Chadwick
Oonagh Duffy
Emma Shawnunez
Kate Chapman
Sue Braun
Rachael Faulkner
Samantha Phillips
Anna Elderton;
Rachael Moses;
Isobelle Biggin;
Nessa.Burk;
Rachel Massey-Chase;
Annet Bongen;
Alicia Vandenoetelaer;
Alistair Duff;
Angelique Tijtgat;
Anneke Ertommen;
Aoife Waters;
Claire Browne;
Claire Oliver;
Dagmar Brocke;
Emma Shawnunez;
Gary Latchford;
Helen Oxley;
Janice Abbott;
Mandy Bryon;
Marieke Verkleij;
Maya Kirszenbaum;
Pavla Hodkova;
Pilar Leger;
Renata Zubrzycka
Samantha Phillips;
Sejal Patel
Sophie Cammidge
Sue Braun
Trudy Havermans
Ulrike Smrekar;
Urszula Borawska – Kowalczyk;
Valentina Stefanova
Nancy Brager

Holly Jones
Edwina Landau
Saskiade Kleijnen
Sorcha Connellan

