

The ECFS Psychosocial Special Interest Group and the ECFS Mental Health Working Group are proud to announce a webinar as part of the “Special CF Lunchtime Series, organised in collaboration with the ECFS Nutrition Special Interest Group:



## FOOD AND CF: FRIEND OR FOE?

### Webinar:

Thursday 18<sup>th</sup> February 2021  
13:00 CET – 14:00 CET  
FREE REGISTRATION

If you are able to attend, please click [here](#) to officially register. You will receive your personal log-in after registration.

**Chair:** [Trudy Havermans](#) (BE)

**Facilitators:** [Mandy Bryon](#) (UK), [Elizabeth Owen](#) (UK), [Eddie Landau](#) (IL), [Dana Serfaty](#) (IL)



Trudy Havermans (BE)



Mandy Bryon (UK)



Elizabeth Owen (UK)



Eddie Landau (IL)



Dana Serfaty (IL)

| Time        | Presentation  | Speaker                               |
|-------------|---|---------------------------------------|
| 13:00-13:05 | Welcome   | Trudy Havermans (BE)                  |
| 13:05-13:20 | Food refusal and other mealtime challenges of children and young people with CF                                   | Mandy Bryon (UK)                      |
| 13:20-13:35 | Role of the dietitian in promoting a healthy relationship with food   | Elizabeth Owen (UK)                   |
| 13:35-13:50 | Case Presentation: From Hunger Strike to a Fun Meal: The Importance of Multi-Disciplinary Care within the CF Team | Eddie Landau (IL) & Dana Serfaty (IL) |
| 13:50-14:00 | Discussion, future challenges   | Trudy Havermans (BE)                  |

### **Aims/ Objectives:**

At the end of the session, the participant will be able to:

1. Describe the importance of nutrition in CF, in particular in infants, adolescents and to their families, and how we support patients to meet their nutritional needs (not on CFTR modulator therapy)
2. Identify issues which frequently arise in young age feeding, such as disordered eating and emotional issues associated with poor weight gain, and where a psychologist might intervene most effectively to support dietitians and parents to manage feeding issues
3. Prepare for the impact of CFTR modulator therapy on weight gain and what this potentially means for dietitians and psychologists going forward

*Please note, whilst the impact of weight gain following CFTR modulator therapy will be mentioned, it will not be the focus of this webinar.*

### **Target audience:**

All members of the multi-disciplinary team including doctors, nurses, dietitians, physiotherapists, psychologists, social workers etc. This webinar is most suitable for those working in paediatric rather than adult CF.

The webinar will be recorded and available on the [ECFS Education Platform](#) afterwards for ECFS members.