Supplementary material: Summary of survey of CF centres

A survey to gain insight into current practice and feasibility and usefulness of different assessment tools in CF Centres was administered. This was important to determine the state of play regarding the use of physical activity assessment in the current management of the CF population. The authors developed a questionnaire which explored, for example, whether physical activity assessment is carried out, what tools are used (motion sensors, questionnaires, diaries), factors that influence choice of tool and which health professionals are involved in physical activity assessment. The survey was administered via 'Survey Monkey' and circulated to all who participated in the ECFS Exercise Testing Consensus Survey. The Exercise Testing Consensus participant group consisted of an international multidisciplinary group with expertise in exercise physiology and exercise testing in CF. Additionally for this physical activity measurement survey, two of the exercise testing group participants circulated the 'Survey Monkey' within specialist centres in the USA and also Australia. Therefore, respondents represent a broad multidisciplinary range across centres in Europe, the USA, Canada and Australia.

Quantitative data are presented as number and percentage of total responses. Qualitative data were grouped and themed by two of the authors (JB and LK). Eighty participants provided details on their professional background. The majority of these were physiotherapists (61/80, 76%). Additionally, exercise physiologists (4/80, 5%), physicians (9/80, 11%), nurses (3/80, 4%) and others (n=3, 4%) completed the questionnaires. Participants worked in paediatric and adult CF centres. Twenty-three participants indicated that they had large numbers of adult patients (n>100), 22 participants were from centres with a smaller number of adult patients (n<100). Twenty-two participants indicated that they had large numbers of paediatric patients (n>100), 25 participants were from centres with a smaller number of paediatric patients (n<100). The results of this survey have applicability across large and small adult and paediatric centres. The key themes that emerged from the survey are summarised in Table 2.

Table 2: Key Themes Emerging from Survey

Physical activity assessment and advice was considered important
There was no consistency in the type of physical activity assessment tools used
Physical activity assessments were performed at least annually in the majority of centres surveyed
In the majority of centres surveyed physiotherapists had key responsibility for physical activity assessment.
Motion sensors were not commonly or consistently used to assess physical activity in CF Centres and the choice of motion sensor was dependent on the purpose of assessment and the type of physical activity. (Recommendations on the use of a specific motion sensor should consider feasibility and acceptability).
Questionnaires were not commonly or consistently used to assess physical activity in CF Centres. The choice of questionnaire was be dependent on the purpose of assessment. (Recommendations on the use of a specific questionnaire(s) should consider feasibility and acceptability).
Very few centres are using motion sensors to measure physical activity in clinical practice.

In summary, this survey found that physical activity assessment tools are inconsistently used in CF Centres. Despite this, the majority of respondents considered physical activity assessment important. Motion sensors that were identified included the ActiGraph and SenseWear however few centres used either pedometers or other activity monitors within clinical practice and only a limited number of centres were using either pedometers or activity monitors in research. The questionnaires identified in the survey included the Habitual Activity Estimation Scale (HAES); International Physical Activity Questionnaire (IPAQ); Godin Leisure Time Questionnaire; the seven day physical activity recall questionnaire (7D-PAR) and various “in-house” questionnaires. The clinimetric properties of the physical activity assessment tools identified in this survey were explored as part of the position statement.