



**NEWSLETTER 1, 2018**  
**INTERNATIONAL PHYSIOTHERAPY GROUP FOR CYSTIC FIBROSIS**

Dear all,

I hope you are doing well and had a gorgeous start of the New Year!

Welcome to our first IPG/CF newsletter for 2018.

Another year passed by and it is time to start the new one with fresh spirit!

Recently, there has been good news from the IPG/CF board.

Cecilia is on maternity leave – congratulation from all of us!

Thus, Marta stepped in her role preparing the pre conference short course in Belgrade. She really has done a great job – a great thank you to Marta and all her supporters!

The upcoming pre conference course is about the basic approach of Airway Clearance Techniques. Marta organized very experienced physiotherapists from all over the world to share their empirical and professional knowledge in hands-on courses.

Finally, there will also be an Australian contribution concerning the interpretation of literature.

Personally, I am looking forward to all these well-prepared topics and I think we can all gain knowledge or improve and reconsider our day-by-day application of Airway Clearance Techniques.

This newsletter also includes the bank details and policies concerning the annual payment for each country from our treasurer Peter.

A warm welcome to Irene Maguire as a new alumni member – thank you Irene for all the work you have already done for the IPG/CF!

Please aim to submit an annual report till the next newsletter in May. A special thank you to those (12 countries) who already have done so last year (see Newsletter 3/2017 + Portugal in this newsletter)!

Annual reports do not need to be lengthy, they just need to provide information regarding the number of CF physiotherapists (perhaps with the number of CF patients they manage), recent activities and planned events.

If you are receiving this newsletter we are happy for you to forward it to your colleagues.

As always we welcome your feedback and input. Enjoy!

Marlies Wagner, MSc ([marlies.wagner@medunigraz.at](mailto:marlies.wagner@medunigraz.at))  
IPG/CF Secretary

## **IPGCF CONTACT LIST FOR MEMBER COUNTRIES**

Below is the contact list as of January 2018. Countries in **red** are still lacking an active contact person. We are happy to hear of email updates or alternatives for inactive red countries if you have suggestions. In summary, there are currently 55 member countries with 32 actively responding to emails.

<b>Country</b>	<b>Contact</b>	<b>Email</b>
Argentina:	Patricia Ratto	<a href="mailto:patricianancyratto@gmail.com">patricianancyratto@gmail.com</a>
Australia:	Brenda M. Button	<a href="mailto:b.button@alfred.org.au">b.button@alfred.org.au</a>
Austria:	Marlies Wagner	<a href="mailto:marlies.wagner@medunigraz.at">marlies.wagner@medunigraz.at</a>
<b>Bangladesh:</b>	Md.Abdullah Al-Mamun	<a href="mailto:abdullah15ca@yahoo.ca">abdullah15ca@yahoo.ca</a>
Belgium:	Myriam Vreys	<a href="mailto:myriam.vreys@uzleuven.be">myriam.vreys@uzleuven.be</a>
Brazil:	Hilda Angelica Jimenez	<a href="mailto:hildajimenez38@yahoo.com.br">hildajimenez38@yahoo.com.br</a>
<b>Bulgaria:</b>	Anni Konfarjievea	
Canada:	Nancy Alarie	<a href="mailto:nancy.alarie@muhc.mcgill.ca">nancy.alarie@muhc.mcgill.ca</a>
<b>Cayman Islands:</b>	Zillah Isaac	<a href="mailto:zillah.isaacs@gov.ky">zillah.isaacs@gov.ky</a>
<b>Chile:</b>	M. Alejandra Vila Irarrazavel	
<b>Colombia:</b>	Janeth Buendia Algeria	
Costa Rica:	Rodolfo A. Bonilla Abarca	<a href="mailto:rhbonilla@yahoo.com">rhbonilla@yahoo.com</a>
<b>Croatia:</b>	Anja Kladar	<a href="mailto:anja.kladar@gmail.com">anja.kladar@gmail.com</a>
<b>Cuba:</b>	Romario Arjona Rodrigues	<a href="mailto:mjrojo@infomed.sld.cu">mjrojo@infomed.sld.cu</a>
<b>Czech Republic:</b>	Libuse Smolikova	
Denmark:	Lue Philipsen	<a href="mailto:luephilipsen@hotmail.com">luephilipsen@hotmail.com</a>
<b>Ecuador:</b>	Maite Mijares	<a href="mailto:maite@crespomijares.com">maite@crespomijares.com</a>
El Salvador:	María Azucena Flores Alemán	<a href="mailto:mafa.azucena@gmail.com">mafa.azucena@gmail.com</a>
<b>Estonia:</b>	Karin Tammik	
Finland:	Katrr Partanen	<a href="mailto:katri.partanen@suomenfysioterapeutit.fi">katri.partanen@suomenfysioterapeutit.fi</a>
France:	Hugues Gauchez	<a href="mailto:hgauchez@hotmail.fr">hgauchez@hotmail.fr</a>
Germany:	Jovita Zerlik	<a href="mailto:jovita.zerlik@kinderkrankenhaus.net">jovita.zerlik@kinderkrankenhaus.net</a>
Greece:	Kostas Katsoulakis	<a href="mailto:katsoul@freemail.gr">katsoul@freemail.gr</a>
<b>Hong Kong:</b>	LAU Mo Yee, Polly	<a href="mailto:pmylau@ha.org.hk">pmylau@ha.org.hk</a>
<b>Hungary:</b>	Peter Borka	<a href="mailto:borka@chello.hu">borka@chello.hu</a>
<b>Iceland:</b>	Dr. Hordur Bergsteinsson	<a href="mailto:hordurb@landspital.is">hordurb@landspital.is</a>
<b>India:</b>	Sumita Gupta	<a href="mailto:bisoiak@rediffmail.com">bisoiak@rediffmail.com</a>
Ireland:	Louise Collins (new)	<a href="mailto:louisee.collins@hse.ie">louisee.collins@hse.ie</a>
Israel:	Eynav Manor	<a href="mailto:e_manor@rambam.health.gov.il">e_manor@rambam.health.gov.il</a>
Italy:	Simone Gambazza (new)	<a href="mailto:simone.gambazza@policlinico.mi.it">simone.gambazza@policlinico.mi.it</a>
<b>Lithuania:</b>	Rima Budreciene	<a href="mailto:rbudreckiene@hotmail.com">rbudreckiene@hotmail.com</a>
<b>Latvia:</b>	Inese Znotina	<a href="mailto:Inese.Znotin@vsu.lv">Inese.Znotin@vsu.lv</a>
Macedonia:	Minola Paunovska	<a href="mailto:oliverdod@gmail.com">oliverdod@gmail.com</a>

<b>Mexico:</b>	Zoila Popper	<a href="mailto:amfqmx@mexis.com">amfqmx@mexis.com</a>
New Zealand:	Rebecca Scoones	<a href="mailto:RScoones@adhb.govt.nz">RScoones@adhb.govt.nz</a>
Norway:	Sandra Gursli	<a href="mailto:sangur@ous-hf.no">sangur@ous-hf.no</a>
Oman:	Kamla Al-Qasmi	<a href="mailto:kaq83@yahoo.com">kaq83@yahoo.com</a>
Palestine:	Amal Nassar	<a href="mailto:amal.nassar@crb-mail.org">amal.nassar@crb-mail.org</a>
<b>Panama:</b>	Gherson Cukier	<a href="mailto:gcukier@chiriqui.com">gcukier@chiriqui.com</a>
Poland:	Teresa Orlik	<a href="mailto:zaklad.usprawnień@imid.med.pl">zaklad.usprawnień@imid.med.pl</a>
Portugal:	Anna Filipa Rocha	<a href="mailto:AnaFilipa777@hotmail.com">AnaFilipa777@hotmail.com</a>
Romania:	Bogdan Almaja-Guta	<a href="mailto:bogdisport@yahoo.com">bogdisport@yahoo.com</a>
<b>Russia:</b>	Dr. Anna Tomilova	<a href="mailto:tomilova@nczd.ru">tomilova@nczd.ru</a>
<b>Saudi Arabia:</b>	Tareq M Aref Hussein	<a href="mailto:web_rcs@shrc.edu.sa">web_rcs@shrc.edu.sa</a>
Slovakia:	Marta Heroutová	<a href="mailto:fyzio.pp@falck.sk">fyzio.pp@falck.sk</a> <a href="mailto:heroutovi@sudtarch.sk">heroutovi@sudtarch.sk</a>
<b>South Africa:</b>	Brenda Morrow	<a href="mailto:bmorrowstaffchrxhuct@mail.uct.ac.za">bmorrowstaffchrxhuct@mail.uct.ac.za</a>
Spain:	Laura Muelos Gomez	<a href="mailto:lauramgfisio@hotmail.com">lauramgfisio@hotmail.com</a>
Sweden:	Cecilia Rodriguez Hortal	<a href="mailto:Cecilia.rodriguez-hortal@sll.se">Cecilia.rodriguez-hortal@sll.se</a>
Switzerland:	Marta Kerstan	<a href="mailto:mkerstan@hispeed.ch">mkerstan@hispeed.ch</a>
The Netherlands:	Lianne van der Giessen	<a href="mailto:l.vandergiessen@erasmusmc.nl">l.vandergiessen@erasmusmc.nl</a>
Turkey:	Osman Coban	<a href="mailto:oscoban28@gmail.com">oscoban28@gmail.com</a>
<b>UAE:</b>	Saeid Rahbar Soureh	<a href="mailto:saeid849@yahoo.com">saeid849@yahoo.com</a>
UK:	Helen Parrott	<a href="mailto:H.Parrott@rbht.nhs.uk">H.Parrott@rbht.nhs.uk</a>
<b>Uruguay:</b>	Kitty Löwensberg	<a href="mailto:kittylowensberg@movinet.com.uy">kittylowensberg@movinet.com.uy</a>
USA:	Jaime Eilbacher	<a href="mailto:EILBACHER@email.chop.edu">EILBACHER@email.chop.edu</a>

### ***IPGCF CONTACT LIST FOR ALUMNI MEMBERS***

<b>Name</b>	<b>Email</b>
Esta Tannenbaum	<a href="mailto:esta.tannenbaum@rch.org.au">esta.tannenbaum@rch.org.au</a>
Helen Parrott	<a href="mailto:H.Parrott@rbht.nhs.uk">H.Parrott@rbht.nhs.uk</a>
Irene Maguire (new)	<a href="mailto:babasmurf@hotmail.com">babasmurf@hotmail.com</a>
Louise Lannefors	<a href="mailto:louise.lannefors@med.lu.se">louise.lannefors@med.lu.se</a>
Maggie McIlwaine	<a href="mailto:mmcilwaine@cw.bc.ca">mmcilwaine@cw.bc.ca</a>
Margareta Sahlberg	<a href="mailto:margareta.sahlberg@telia.com">margareta.sahlberg@telia.com</a>
Ruth Dentice	<a href="mailto:Ruth.dentice@sswahs.nsw.gov.au">Ruth.dentice@sswahs.nsw.gov.au</a>

#### **Alumni member**

Past country contacts or board members who wish to join our Alumni members should contact our Secretary Marlies with details of their terms with the IPG/CF and their areas of expertise/interest. We are compiling a list of experienced alumni members who might help us with conference preparations and they will receive all IPG/CF communications directly as supporters of the IPG/CF. Thank you to Irene for joining the Alumni members!

## **IPGCF TREASURERS REPORT JANUARY 2018**

Dear Members of the IPG/CF, Dear Country Contact Persons,

Welcome to 2018 and all the best to each of you!

Although a lot of things may change in our lives, certain things stay the same, like my reminder to pay the annual fee for the IPG/CF.

The annual fee is not compulsory; nevertheless I invite all countries, which are able to do so, to participate.

Although, we are aware that not all member countries are financially equally strong, I would like to ask you to check in your organization whether it would be possible for your country to pay the 50 Euro Annual Fee.

What is the money needed for?

Mainly for speakers at the CF-Conference, who are not funded by the Organizing Committee, special occasions and bank fees.

The IPG/CF Board works voluntarily. No Salary or expenses are paid to them.

### **The annual fee of 50 Euro is due by June 30, 2018**

There are two methods for payment:

1. Payment to the IPG/CF bank account. Bank details are as follows:

Bank Name:	Credit Suisse 8070 Zürich
Address:	cf-physio.ch, Artishus 1, 3527 Grossaffoltern, Switzerland
IBAN:	CH51 0483 5163 5631 6200 0
BIC:	CRESCHZZ80A
Account Nr:	0094-1635631-62
Account Name:	CFinternational
Currency:	EURO! Not Swiss Francs

Please declare clearly for which **country and year** you are paying e.g. *Switzerland 2018*

2. Cash payment to me at the Annual General Meeting on June 6, 2018 at the ECFS Conference in Belgrade

In both cases, the currency must be in EURO and you will receive a receipt.

Should another person be in charge of making the payment, please pass this information on to them.

### **The balance of the IPG/CF in December 2017 was 3,515.47 Euro.**

Thank you very much for your cooperation. If you need information or have a question don't hesitate to contact me.

Kind regards,

Peter Suter

IPG/CF Treasurer [Peter.Suter@usb.ch](mailto:Peter.Suter@usb.ch)

## **IPGCF June 2016 - June 2017 ANNUAL REPORTS FOR MEMBER COUNTRIES**

### ***Annual Report from Portugal 2016 – 2017***

The Portuguese Cystic Fibrosis Association has 3 physiotherapists, one is managing 3 patients north from Oporto, the other is managing 4 on the outskirts of Oporto, and the other is managing 18 patients and is solely devoted to the association project, the “Home-care physical therapy and exercise on CF patients”. We have planned an increase on the patients from 25 to 27 in the next month.

This year we have been focused mainly on our patients, teaching parents and patients exercises and a few physiotherapy technics they can do at home when not in session.

We had last year the celebration of the European CF day in November, where we had lectures and a demonstration of what is done in a session of physiotherapy.

This year will also have the celebrations of the European CF day on the 26th November, because on the actual day, the 21st, only a few could attend. This way we can have more people. We will have workshops on exercise and physiotherapy as well as lectures all day long.

We also have planned for the beginning of next year a series of meetings, workshops and lectures for parents and patients to attend as well as any other physiotherapists that have patients with CF on their clinics.

Ana Filipa Rocha, Portugal

## **RESEARCH UPDATE**

### **Are you keeping up with new physiotherapy research in Cystic Fibrosis?**

12 new records were added to the Physiotherapy Evidence Database ([www.PEDro.org.au](http://www.PEDro.org.au)) in 2017. They are shown below. Most have links to free full text.

[Cystic fibrosis: diagnosis and management -- NICE guideline NG78: methods, evidence and recommendations](#)

[Physical exercise training for cystic fibrosis \(Cochrane review\)](#)

[Non-invasive ventilation for cystic fibrosis \(Cochrane review\)](#)

[Oscillating devices for airway clearance in people with cystic fibrosis \(Cochrane review\)](#)

[Autogenic drainage for airway clearance in cystic fibrosis \(Cochrane review\)](#)

[Effectiveness of a home-based active video game programme in young cystic fibrosis patients](#)

[Non-invasive ventilation as airway clearance technique in cystic fibrosis](#)

[Timing of hypertonic saline and airway clearance techniques in adults with cystic fibrosis during pulmonary exacerbation: pilot data from a randomised crossover study](#)

[Respiratory muscle training improves respiratory muscle endurance but not exercise tolerance in children with cystic fibrosis](#)

[Chest physiotherapy can affect the lung clearance index in cystic fibrosis patients](#)

[A comparison of 2 respiratory devices for sputum clearance in adults with non-cystic fibrosis bronchiectasis](#)

[Combined exercise training improves glycemic control in adult with cystic fibrosis](#)

**Please feel free to provide feedback and forward your suggestions or content to the IPG/CF secretary – [marlies.wagner@medunigraz.at](mailto:marlies.wagner@medunigraz.at)  
Distribute this widely, and enjoy!**