

# PhySIG – Physiotherapy Special Interest Group

Date of initial approval of Special Interest Group:  
2021/2022

Chairperson - Gemma Stanford  
Secretary – Lisa Morrison  
Treasurer – David Kinoo

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

- To promote international communication and networking between CF physiotherapists.
- To promote education for CF physiotherapists.
- To participate and advise in the planning of the physiotherapy programme for the ECFS annual conference.
- To promote and facilitate collaborative research within CF physiotherapy.
- Share and disseminate knowledge of good physiotherapy practice and research, as well as information and resources to promote optimal physiotherapy management for people with CF.
- To be a strong voice to promote CF physiotherapy in lower and middle-income countries.
- To create and maintain collaborative links for clinical practice, research and education with other professional groups within CF care.

**These aims are all ongoing**

Outcomes already achieved:

This year we agreed the formal group format and have begun to recruit members. We established collaborative links with the IPG/CF and the ECFS Exercise working group. We are just concluding a formal consultation process to merge the IPG/CF group with PhySIG to enable clear focus and strategy for CF Physiotherapy SIGs.

In 2022 we organised 4 webinars on CF physiotherapy topics, we have 4 more planned for 2023. Our 2023 focus is the basics of airway clearance as we are aware of the difficulties of ACT training in low to middle income countries and are trying to address this.

Report for this year

- short term aims and objectives for the year
- current number of members
- measures taken to encourage ECFS membership
- outcomes/achievements (e.g. meetings, activities, website development, awards, publications etc).

## **Short term aims and objectives for 2022-2023**

This year was the first full year which PhySIG operated as a ECFS SIG. We had some specific aims for that first year which included:

- Recruitment of committee members and creation of a constitution – completed May 2022
- Completion of a launch event at the 2022 ECFS – completed in June 2022
- Recruitment of members for PhySIG through the launch event and other advertising – ongoing
- Initiation of our educational webinar programme with quarterly webinars – webinars started in May 2022 and are ongoing.

- Creation of a physiotherapy syllabus for education – completed April 2023.
- PhySIG representation on the ECFS scientific committee and education committee – completed June 2022.
- Liaison with the IPG/CF group to ascertain roles for both committees and how we could work together – ongoing work (see aims below). Including exploration of group fusion.
- Liaison with the CF and Exercise working group to achieve a collaborative pre-conference course for the ECFS 2023 – course running at ECFS 2023.

**Current number of members = 45**

#### **Measures taken to encourage ECFS membership**

- Webinar access posted onto ECFS education platform and advertised after each webinar
- All committee members are required to be ECFS members
- Membership of ECFS encouraged for all PhySIG members

#### **Outcomes/achievements**

- The ECFS 2022 was the official launch of PhySIG. We ran a launch and networking event which was both well-attended and well-received.
- During the ECFS conference we hosted a Tomorrow lounge session on sputum sampling which created a long discussion, and also stimulated creation of one of our webinars.
- We ran the following webinars:
  - 12<sup>th</sup> May 2022 – Physiotherapy, CF and COVID-19
  - 7<sup>th</sup> July 2022 – Sputum sampling
  - 8<sup>th</sup> September 2022 – NIV and CF
  - 1<sup>st</sup> December 2022 – Exercise recommendations in CF
- We have now completed a consultation process with the IPG/CF and are going to include them to create one large specialist interest group. The new group will have the title PhySIG (Physiotherapy Specialist International Interest Group). This fusion will be announced at the ECFS in 2023.
- We have established good collaborative links with the CF and Exercise working group and have planned the pre-conference course together which focuses on exercise testing for people with CF.
- We have worked to develop our webpage for the SIG which is due to launch soon.
- Some of our committee have been involved in recent publications on the future of CF physiotherapy and exercise in CF including...
  - Williams CA, Barker AR, Denford S, van Beurden SB, Bianchim MS, Caterini JE, Cox NS, Mackintosh KA, McNarry MA, Rand S, Schneiderman JE, Wells GD, Anderson P, Beever D, Beverley Z, Buckley R, Button B, Causer AJ, Curran M, Dwyer TJ, Gordon W, Gruet M, Harris RA, Hatziagorou E, Erik Hulzebos HJ, Kampouras A, Morrison L, Cámara MN, Reilly CM, Sawyer A, Saynor ZL, Shelley J, Spencer G, Stanford GE, Urquhart DS, Young R, Tomlinson OW; Youth Activity Unlimited – A Strategic Research Centre of the UK Cystic Fibrosis Trust. The Exeter Activity Unlimited statement on physical activity and exercise for cystic fibrosis: methodology and results of an international, multidisciplinary, evidence-driven expert consensus. *Chron Respir Dis.* 2022 Jan-Dec;19:14799731221121670. doi: 10.1177/14799731221121670. PMID: 36068015; PMCID: PMC9459449.
  - Stanford, Gemma, Tracey Daniels, Catherine Brown, Katie Ferguson, Ammani Prasad, Penny Agent, Alison Gates, and Lisa Morrison. "Role of the Physical Therapist in Cystic Fibrosis Care." *Physical Therapy* 103, no. 1 (2023): pzac136.

Aims for the coming year

**Aims for 2023**

- Complete joining of IPG/CF with PhySIG – by end 2023
- Complete basic airway clearance webinar series – by end 2023
- Run an airway clearance instructor course – probably pre-conference course at ECFC 2024
- Continue educational webinars focusing on needs of lower and middle income countries.
- Continue involvement with scientific and education committees
- Continue liaison with the CF and Exercise Working Group

Summary:

This year has been exciting for PhySIG while we worked out our groups aim and structure and how we fit with other SIGs. Through this time it became apparent that it was not practical to have two international physiotherapy groups, and from discussions with the IPG/CF we have decided to join with them, with the focus of the group remaining an ECFS SIG. This fusion will allow us to pool our resources to benefit the CF physiotherapy community. We will continue to work to help education in lower and middle income countries, and will keep up member communication with newsletters and social media posts.

Breakdown of expenses (please include total amount received as well as expenditure and, if applicable, the outstanding balance (Euros)) Please refer to the SIG TOR for examples of budget expenses:

Physiotherapy Special Interest Group - Record of Transactions

	Expenses		Income	
	DKK	Euro	DKK	Euro
2022 ECFS			22,350.00	3,000.00
ROT Physio Best Care Award	1,167.56	156.72		
Membership Chmelarova	372.50	50.00		
ROT meeting expenses	6,786.95	911.00		
	8,327.01	1,117.72	22,350.00	3,000.00
Result			14,022.99	<b>1,882.28</b>
Opening Accumulated surplus				-
Closing Accumulated surplus				1,882.28

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

3000 euros for 2023 please.