



Unite & Work together to build a better
Cardiorespiratory Community of Practice

OCTOBER 2024 NEWSLETTER



EASTER
GREETINGS

MEET OUR EC
ALEXANDER BAR

ICCrPT WEBINAR
SERIES
DR ALISON LUPTON-SMITH
A/PROF ANRI HUMAN

ICCrPT RESOURCES
VIDEO PRESENTATION
RECENT PRESENTATION
CONFERENCE UPDATES

UPCOMING EVENTS
SAVE THE DATE!

Editorial Board:
Editor:

- Assistant Professor Anna Christakou

Members:

- Associate Professor Harriet Shannon
- Associate Professor Shirley Ngai
- Professor Yu-Jung Cheng



Meet the new executive committee (2023-2027)

Position	Name	Member Organization	Region
President	Dr. Shirley Ngai	Hong Kong	AWP
Vice President	Dr. Anna Christakou	Greece	EUROPE
Secretary	Dr. Yu-Jung Cheng	Taiwan	AWP
Treasurer	Dr. Alison Lupton-Smith	South Africa	AFRICA
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Lead	Prof. Anri Human	South Africa	AFRICA
Co-Lead	Dr. Alison Lupton-smith	South Africa	AFRICA
Member	Dr. Simone Gruenig	Canada	NORTH AMERICA
	Dr. Atsuyoshi Kawagoshi	Japan	AWP
Education Subcommittee			
Lead	Dr. Anna Christakou	Greece	EUROPE
Co-Lead	Dr. Shirley Ngai	Hong Kong	AWP
Member	Dr. Harriet Shannon	UK	EUROPE
	Dr. Yu-Jung Cheng	Taiwan	AWP
	Prof Anri Human	South Africa	AFRICA
Communication Subcommittee			
Lead	Dr. Harriet Shannon	UK	EUROPE
Co-Lead	Dr. Yu-Jung Cheng	Taiwan	AWP

The ICCrPT Education Subcommittee invited speakers who are experts in clinical practice, education, and research to share their knowledge with our members. The presentations can be found in the ICCrPT website.

Membership in the Cardiorespiratory Division is open to physiotherapists, researchers, educators and students with an interest in cardiorespiratory physiotherapy. Members benefit from access to specialised resources, networking opportunities, and continuing education



*If your association would like to be the next
"Featuring Member Organization", please send an email to
Assistant Professor Anna Christakou
a.christakou@go.uop.gr*

Recruitment of volunteers

If you're interested in serving as a working group member for any subcommittee, please feel free to contact the appropriate subcommittee leader!

Event Highlight - Webinar Series

Breathe easier: the role of physiotherapy in children with acute & chronic pulmonary conditions:



ICCrPT Webinar Series

5 August 2024 (Mon)

04:00-05:00 (Vancouver time)
12:00-13:00 (London time)
13:00-14:00 (Cape Town Time)
19:00-20:00 (Hong Kong Time)
20:00-21:00 (Tokyo time)

Speakers:



Dr. Alison Lupton-Smith
ICCrPT Executive Committee member
Senior Lecturer
Department of Health and Rehabilitation Sciences
Stellenbosch University
South Africa



A/Prof Anri Human
ICCrPT Executive Committee member
Associate Professor
Physiotherapy Department
University of Pretoria
South Africa

"Breathe easier: the role of physiotherapy in children with acute and chronic pulmonary conditions"



Registration:
Please complete the Google form using the link below or QR code.
<https://forms.gle/cs6H8clhKh1AmcDd8>
Teams link will pop up after google form submission. Confirmation will be sent by email.

This webinar highlighted the essential role of physiotherapists in enhancing health-related quality of life (HRQoL) in children by addressing respiratory health, with a focus on low- and middle-income countries (LMIC). Respiratory diseases in children, such as pneumonia, post-tuberculosis lung disease (PTLD), and neuromuscular disorders, significantly impact their development and HRQoL. Physiotherapists offer crucial interventions to mitigate these effects and improve lung function, and ultimately optimise HRQoL.

Key topics discussed include:

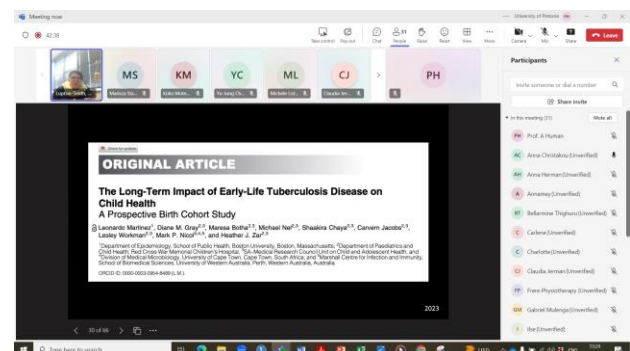
1. The Respiratory Burden of Disease in Children in LMIC:

In LMIC, children face a heavy burden of respiratory conditions due to high rates of infections, environmental pollutants, and limited healthcare resources. Respiratory diseases are a leading cause of morbidity and mortality in children in these regions. Physiotherapists play a crucial role in not only respiratory care, but also in disease prevention and health promotion.



2. Post-Tuberculosis Lung Disease (PTLD) in Children:

Children who survive tuberculosis often experience lasting respiratory impairments, including chronic lung damage. This condition can significantly limit their physical activities and developmental progress. Physiotherapy interventions, including pulmonary rehabilitation and breathing exercises, can optimize lung function and improve endurance, enabling children to lead more active and fulfilling lives.



3. The Role of Inspiratory Muscle Training (IMT) in Children with Neuromuscular Disorders:

Neuromuscular disorders in children, such as muscular dystrophy, often lead to respiratory muscle weakness, compromising their ability to breathe effectively. Inspiratory Muscle Training (IMT) is a targeted intervention that strengthens the muscles responsible for breathing, subsequently enhancing respiratory capacity, reducing respiratory morbidity, and improving participation in activities of daily living. This intervention can dramatically enhance their HRQoL by promoting independence and reducing respiratory complications. Paediatric physiotherapists play a pivotal role in managing respiratory conditions in children, particularly in LMIC, where the burden of disease is high and resources may be scarce. By addressing the respiratory needs of children with conditions like PTLD and neuromuscular disorders, physiotherapists can contribute significantly to improving their long-term health outcomes and QoL.



Recorded webinars are now available at <https://cardioresp.physio/professional-educational-resources-2/clinical-practice-2/>

Breathe easier: the role of physiotherapy in children with acute and chronic pulmonary conditions



Topic: Improving HRQoL in Chronic Pulmonary Disease in Children The Physio's Role

Dr. Alison Lupton-Smith
Senior Lecturer
Department of Health and Rehabilitation Sciences
Stellenbosch University, South Africa



Topic: Neuromuscular Diseases

A/Prof Anri Human
Associate Professor
Physiotherapy Department
University of Pretoria, South Africa

**We hope to see you at our next webinar!
Save the Date!!!**




28th Oct 2024 (Mon)
 10:00-11:00 (London Time)
 12:00-13:00 (Athens Time)
 19:00-20:00 (Tokyo Time)

ICCrPT Webinar Series
"Tele-rehab in cardiopulmonary disease management"

Speakers:



Dr. Tetsuya Takahashi
Professor and Deputy-Chair of
Department of Physiotherapy, Faculty
of Health Science, Juntendo University
Japan



Dr. Atsuyoshi Kawagoshi
ICCrPT Executive Committee member
Chief Chief Physical Therapist
Department of Physical Therapy
Akita City Hospital
Japan

Rundown:

- Online Cardiac Rehabilitation with Real-Time ECG Monitoring
- Application of Digital tools in Pulmonary Rehabilitation
- Q and A session

Highlights of recent conferences!

European Respiratory Society Congress 7-11 Sept 2024 (Vienna)

By

Associate Professor Harriet Shannon

The European Respiratory Society (ERS) congress 2024 was held in Vienna, Austria in September and welcomed almost 20,000 delegates over the 5 days. It is a multidisciplinary conference with specific streams for physiotherapy, although many more sessions are relevant to the profession. One of the overarching theme of the conference was the relationship between man and machines both now and into the future. This included the role of remote monitoring for people with long-term respiratory conditions. Remote monitoring included devices, telemonitoring and mobile apps. These could be used to allow healthcare professionals to make informed decisions about whether a trip to hospital was required as well as tracking the progression of an illness. Health inequalities were also high on the agenda, particularly exploring the adaptations that might be needed to allow populations to access rehabilitation. As part of these studies, direct engagement with people from traditionally hard-to-reach groups played a large part. Solutions are not always easy and adherence remains a challenge for healthcare professionals but public and patient involvement at every stage of clinical trials is key to maximise effectiveness.

I would thoroughly recommend the ERS particularly to those with an interest in treating patients with long-term respiratory conditions, although there were also sessions relevant to critical care and in patients. Despite the huge number of attendees, there were plenty of opportunities to network with specific professions or specialties, with communities of practice being forged and developed in the bars and restaurants in Vienna each evening.

Perhaps I will see you in Amsterdam for ERS 2025!

World Physiotherapy Asia Western Pacific Region Congress

26-28 Sept 2024 (Bali, Indonesia)

By Associate Professor Shirley Ngai

The World Physiotherapy Asia Western Pacific (AWP) Region Congress was co-organized by World Physiotherapy AWP region and The Indonesian Physiotherapy Association in Bali on 26-28 September 2024. The congress theme was Collaboration & Transformation towards a Sustainable Physiotherapy Practice. Other than oral and poster presentations, the congress organized special workshops and focus symposia focusing on different specialties, including musculoskeletal, pediatric, neurological, cardiorespiratory, education, innovation of digital rehabilitation, and work-focused healthcare. The congress also provided the opportunity for expert panel discussions on the topics of Policy & advocacy sustainable physiotherapy practice and Physiotherapy

education to meet international standards in physiotherapy for a thorough discussion about physiotherapy practice and education standards.

For the cardiorespiratory workshop, the topic was entitled “Cardiopulmonary Exercise Test: Principle and Application” delivered by Dr. Shirley Ngai. The workshop focused on discussing the fundamentals of cardiopulmonary exercise testing (CPET), a crucial tool in assessing the functional capacity and performance of the heart and lungs during physical exertion. The session also had an in-depth discussion of the indications for CPET, how CPET was used to evaluate cardiovascular, pulmonary, and muscular systems in patients, especially those with chronic conditions; test protocols and procedures, patient safety considerations; and clinical applications of CPET in tailoring exercise prescriptions, evaluating treatment effectiveness and guiding rehabilitation programs.



**The South African Society of
Physiotherapy (SASP) and World
Physiotherapy Africa Region Congress**

12-15 Sept 2024 (Cape Town)

By Lizl Van Heerden from CPRG

South African Society of Physiotherapy

The 2024 SASP Congress, held in conjunction with the World Physiotherapy Africa Region, took place in Cape Town from 12-15 September. Physiotherapists from across Africa gathered at the Cape Town International Convention Centre, with the majestic Table Mountain as a backdrop, to celebrate 100 years of the profession.

Dr. Michel Landry, president of World Physiotherapy, set an inspiring tone during the opening ceremony. He highlighted his passion for global health, health policy, and the transformative role of AI in advancing physiotherapy.

The Congress theme "Enhancing Physiotherapy Outcomes through Research and Rehabilitation" was explored through a rich variety of presentations and networking sessions. Key topics included neurology, sports physiotherapy, neuro-musculoskeletal care, paediatrics, women's health, respiratory care, and mental health. Presentations from across the continent offered a platform for collaboration and discussions on shared challenges, such as access to quality physiotherapy care and raising standards in undergraduate education. The Congress not only fostered new connections but also encouraged attendees to explore innovative solutions to common challenges. With passionate and insightful speakers leading the way, the celebration of 100 years of physiotherapy was a proud moment—honouring the

profession's journey, progress, and the exciting future that lies ahead.

**The 60th Anniversary of the Panhellenic
Physiotherapy Association**

16 June 2024

By

Assistant Professor Anna Christakou

On Sunday, June 16, 2024, the anniversary event was held to mark the 60th anniversary of the establishment of the Panhellenic Physiotherapy Association with the theme "60 YEARS OF the Panhellenic Physiotherapy Association THE NEXT DAY" & "50 YEARS OF MEMBERSHIP IN THE WORLD UNION", in the auditorium of the General Hospital of Athens of "Evangelismos".

The President of the World Physiotherapy Federation, Prof. Michel Landry and the President of the European Region of the Physiotherapy Federation, Mrs Esther Mary D'Arcy were participated and commemorative plaques were awarded to them.



Topical publications in Cardiorespiratory practice

The ICCrPT Education Subcommittee has chosen the following 2024 publications relevant to our practices.

- Cursino de Moura JF, Oliveira CB, Coelho Figueira Freire AP, Elkins MR, Pacagnelli FL. Preoperative respiratory muscle training reduces the risk of pulmonary complications and the length of hospital stay after cardiac surgery: a systematic review. *J Physiother.* 2024 Jan;70(1):16-24.

Cystic Fibrosis

- Sinderholm Sposato N, Bjerså K, Gilljam M, Lannefors L, Fagevik Olsén M. Musculoskeletal aspects of respiratory function in cystic fibrosis: a cross-sectional comparative study. *Eur Clin Respir J.* 2024;11(1):2350206. doi:10.1080/20018525.2024.2350206
- Philipsen LKD, Olesen HV, Jensen JH, et al. Changes in exercise capacity in people with Cystic Fibrosis after one year of Elexacaftor/Tezacaftor/Ivacaftor treatment - A Danish prospective cohort. *J Cyst Fibros.* doi:10.1016/j.jcf.2024.04.010

Asthma

- Oliveira JM, Clark VL, Furlanetto KC, Gibson PG, McDonald VM. Core Function in Adults With Severe Asthma and Its Relationship With Breathing Symptoms. *J Allergy Clin Immunol Pract.* 2024;12(5):1254-1262.e1. doi:10.1016/j.jaip.2024.01.045
- Angelo Deus F, Castro CLFE, Oliveira VC, et al. Aquatic exercise for people with asthma: a systematic review with meta-analysis of randomized controlled

trials. *J Asthma.* 2024;61(8):780-792. doi:10.1080/02770903.2024.2303776

- Tsimouris D, Grammatopoulou E, Papandreou M, Gioftos G, Koumantakis G. The effect of manual therapy on diaphragm function in adults with asthma: Protocol for a randomized controlled trial. *F1000Res.* 2024;12:1361.

Bronchiectasis

- Hamzeh H, Kelly C, Lee AL, et al. Development of a core outcome set for physiotherapy trials in adults with bronchiectasis (the COS-PHYBE study): A Delphi study and consensus meeting. *Heliyon.* 2024;10(14):e34101. doi:10.1016/j.heliyon.2024.e34101
- Webb EM, Holland AE, Chang AB, et al. Current physiotherapy practice for adults with bronchiectasis: Data from the Australian bronchiectasis registry. *Respir Med.* 2024;233:107777.

Cardiac

- Vazquez-Guajardo M, Rivas D, Duque G. Exercise as a Therapeutic Tool in Age-Related Frailty and Cardiovascular Disease: Challenges and Strategies. *Can J Cardiol.* 2024;40(8):1458-1467. doi:10.1016/j.cjca.2024.01.005
- Amedro P, Gavotto A, Huguet H, et al. Early hybrid cardiac rehabilitation in congenital heart disease: the QUALIREHAB trial. *Eur Heart J.* 2024;45(16):1458-1473.

Cardiorespiratory

- Green DJ, Marsh CE, Thomas HJ, Maslen BA, Collis J, Lester L, Naylor LH. Cardiac functional adaptation to resistance and endurance exercise

training: a randomized crossover study. *Am J Physiol Heart Circ Physiol*. 2024 Apr 1;326(4):H929-H937.

- Cursino de Moura JF, Oliveira , Muñoz-Franco FM, Sabater-Molina M, Martínez-González-Moro I, Gimeno-Blanes JR, Bonacasa B. Concurrent Resistance and Cardiorespiratory Training in Patients with Hypertrophic Cardiomyopathy: A Pilot Study. *J Clin Med*. 2024;13(8):2324.

COPD

- Zhu Y, Zhang Z, Du Z, Zhai F. Mind-body exercise for patients with stable COPD on lung function and exercise capacity: a systematic review and meta-analysis of RCTs. *Sci Rep*. 2024;14(1):18300.
- Zhang ZY, Li YH. Effects of different exercise regimens on prognosis of patients with chronic obstructive pulmonary disease: a systematic reviews and meta-analysis. *Ann Med*. 2024;56(1):2392022.

Critical Care

- Siesage K, Joelsson-Alm E, Schandl A, Karlsson E. Extended physiotherapy after Intensive Care Unit (ICU) stay: A prospective pilot study with a before and after design. *Physiother Theory Pract*. 2024;40(6):1232-1240. doi:10.1080/09593985.2022.2143251
- de Paula MAS, Carvalho EV, de Souza Vieira R, et al. Effect of a structured early mobilization protocol on the level of mobilization and muscle strength in critical care patients: A randomized clinical trial. *Physiother Theory Pract*. 2024;40(9):2004-2013.

Lung cancer

- Tao W, Huang J, Jin Y, Peng K, Zhou J. Effect of Pulmonary Rehabilitation Exercise on Lung Volume and Respiratory Muscle Recovery in Lung Cancer Patients Undergoing Lobectomy. *Altern Ther Health Med*. 2024;30(2):90-96.doi:10.1001/jamaoncol.2023.5248.
- Toohey K, Mizrahi D, Hart NH, et al. Exercise in cancer care for people with lung cancer: A narrative synthesis. *J Sci Med Sport*. doi:10.1016/j.jsams.2024.08.002
- Ding Q, Ma F, Ma X, Zhu X. Breathing exercises for patients with early-stage lung cancer: a meta-analysis. *Syst Rev*. 2024;13(1):243.

Paediatric rehabilitation

- David MMC, Gomes ELFD, Cavassini CLF, Luiz JG, Costa D. Comparison of the effects of high-flow nasal cannula and bilevel positive airway pressure treatments as respiratory physiotherapy interventions for children with asthma exacerbation: a randomized clinical trial. *Einstein (Sao Paulo)*. 2024;22:eAO0588. doi:10.31744/einstein_journal/2024AO0588
- Be'eri E, Fraenkel N, Bartov O, et al. A protocol for treating atelectasis in the chronically ventilated pediatric patient. *Pediatr Pulmonol*. doi:10.1002/ppul.27260

Pulmonary rehabilitation

- Lamberton CE, Mosher CL. Review of the Evidence for Pulmonary Rehabilitation in COPD: Clinical Benefits and Cost-Effectiveness. *Respir Care*. 2024;69(6):686-696. doi:10.4187/respcare.11541

- Criner GJ. Respiratory Assist Devices in Pulmonary Rehabilitation. Respir Care. 2024;69(6):651-663.

ICCrPT Resources - Education Knowledge Transfer

Respiratory Journals

- European Respiratory Journal
<http://erj.ersjournals.com/>
- Thorax
<http://thorax.bmj.com/>
- BMJ Open Respiratory Research
http://bmjopenrespres.bmj.com/?utm_source=Internal_ad%20&utm_medium=Banner&utm_campaign=20151012_BORR&utm_content=leaderboard&utm_term=
- CHEST
<http://journal.publications.chestnet.org>
- BMC Pulmonary Medicine
<https://bmcpulmed.biomedcentral.com>
- Respiratory Research
<http://www.respiratory-research.com/>
- Respiratory Care
<http://rc.rcjournal.com/>
- Respiratory Medicine
<http://www.resmedjournal.com/>
- Pediatric Pulmonology
<http://onlinelibrary.wiley.com/journal/10.1002/%28ISSN%291099-0496/issues>
- Pediatric Critical Care Medicine
<http://journals.lww.com/pccmjournal/Pages/default.aspx>
- Journal Intensive Care Medicine
<https://uk.sagepub.com/en-gb/eur/journal/journal-intensive-care-medicine>
- Intensive Care Medicine
<http://icmjournal.esicm.org/index.html>

- Critical Care
<https://ccforum.biomedcentral.com/>
- The Lancet Respiratory medicine
<https://www.journals.elsevier.com/the-lancet-respiratory-medicine>
- COPD: Journal of COPD
<https://www.tandfonline.com/loi/icop20>



...AND MANY MORE INTERNATIONAL RESPIRATORY JOURNALS | ACADEMIC PUBLICATIONS | THAT YOU MAY BE INTERESTED IN

Journal of Chronic Respiratory Disease | International Journals on COPD | International Journal of Respiratory and Pulmonary Medicine | Journal of Asian Pacific Journal of Respiratory | Journal of Respiratory Medicine and Lung Disease | Journal of Pulmonary Medicine | World Journal of Respiratory | The Open Respiratory Medicine Journal | Singapore Journals of Respiratory Research | Journal of Pulmonary Sarcoidosis | Open Respiratory Medicine Journal | Lung Cancer International Journals | European Respiratory Journal | Journal of Current Respiratory Medicine | Journal of Respiratory Case Reports | Studia Pneumologica et Phthiseologica | Journal of Pulmonology | Advances in Respiratory Medicine | Journal of Acta Clinica Belgica |

Croatia Journal of Paediatric Pulmonology |
Journal of Thoracic Oncology | American
Journal of Respiratory and Critical Care
Medicine | Canadian Respiratory Journal |
Journal of Chest | Clinical Lung Cancer |
Asian Cardiovascular and Thoracic Annals
| Journal of Cardiovascular Translational
Research | Pulmonology and Respiratory |
American Journal of Respiratory and
Critical Care Medicine | American Journal
of Respiratory Cell and Molecular Biology |
Annals of the American Thoracic Society |
Annals of Thoracic Medicine | Canadian
Journal of Respiratory Therapy | Journal of
Asthma | Journal of Pulmonary
Pharmacology & Therapeutics | The
Journal of Thoracic and Cardiovascular
Surgery

<https://www.escardio.org/Congresses-Events/Preventive-Cardiology>

- American Thoracic Society Conference
May 17-21, 2025 San Francisco, USA
<https://conference.thoracic.org/>
- International Heart Congress Rome,
Italy or Virtually June 05-07, 2025.
<https://heart.magnusconferences.com/>
- European Respiratory Society
Congress 27 Sept to 1 Oct 2025
Amsterdam, Netherlands
<https://www.ersnet.org/congress-and-events/congress/priority-topics-congress-2025/>

ICCrPT Resources - Education

Upcoming Cardiorespiratory Congresses & Seminars

- 28th Congress of the Asian Pacific
Society of Respirology 7-10 November
2024 Hong Kong
<https://www.apsr2024.hk/>
- The UNION WORLD CONFERENCE
ON LUNG Health 2024 Bali, Indonesia
12-16 November 2024
<https://conf2024.theunion.org/>
- 6th World Hypertension Congress:
March 7-9, 2025 (Chennai, India)
<https://www.whc2025.com/>
- World Respiratory Medicine Congress
17-19 March 2025 Singapore
<https://www.mededmeetings.com/respiratory-medicine/onf2024.theunion.org/>
- ESC Preventive Cardiology: April 3-5,
2025 (Milan, Italy)



ICCrPT sessions in World Physiotherapy Congress 2025

Clinical Discussion Session

Networking Session

See you in Tokyo!



www.cardioresp.physio