



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

JANUARY 2024 NEWSLETTER



NEW YEAR
GREETINGS
DR. SHIRLEY NGAI

MEET OUR EC
DR. ATSUYOSHI KAWAGOSHI

FEATURING MO
CANADA

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WEBINAR ON ICU
DR. ANNA CHRISTAKOU,
DR. DAVID YU,
DR. YUTA TAKAHASHI

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Editorial Board:
Editor:
Assistant Prof. Anna Christakou
Members: Prof. Anri Human
Dr. Harriet Shannon
Dr. Shirley Ngai
Dr. Yu-Jung Cheng

New Year Greetings!

Wishing all of you a prosperous year in 2024 (Year of the Dragon)!

The beginning of a new year is always a good time to look back on the key events that happened in the past year and start planning the new events for the forthcoming year.

The new term of the executive committee started from May 2023. We were pleased to have a very successful ICCrPT networking session at the World Physiotherapy Congress 2023 in Dubai, with more than 30 congress participants from 21 countries/ regions, including Australia, Brazil, Belgium, Canada, China, Columbia, Greece, Hong Kong, India, Italy, Japan, Malaysia, Netherlands, Portugal, Rwanda, Singapore, South Africa, South Korea, Taiwan, UAE and Vietnam. We discussed matters related to education and professional practice in the field of cardiorespiratory physiotherapy. The member suggestions guided the committee to collate our key strategic areas and plans for 2024.



Dr. Shirley NGAI,
President, ICCrPT

Starting in 2024, we will be hosting a series of webinars, online member forums and special projects on education and professional practice. The information will be distributed via email to member organisations (by our membership subcommittee), social media such as our ICCrPT website, new Facebook page and new Twitter accounts. Please follow us to get the latest information regarding our events.

Your continual support is greatly appreciated.

Together, we can unite and build a stronger community of practice in Cardiorespiratory Physiotherapy!



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!

Meet our EC

Dr. Atsuyoshi Kawagoshi (Japan)

Atsuyoshi Kawagoshi completed his Bachelor of Science in 2009 and his PhD in 2014 at Akita University School of Health Science, Akita City, Japan. He is a board member of Japanese Society of Respiratory Physical Therapist from 2012 and since 2020 he is a Chief physiotherapist at the Department of Rehabilitation, Akita City Hospital in Akita city (Japan). In addition, he is also lecturing on pulmonary rehabilitation as a part-time lecturer.



His expertise and research topics are pulmonary rehabilitation, respiratory muscle training and physical activity in COPD or ILD patients. He has experienced a clinical training fellowship of the European respiratory society (ERS) in CIRO+ (expertise centre for chronic organ failure), the Netherlands, and is involved in international collaborative work to develop pulmonary rehabilitation. He recently contributed to the description of respiratory sarcopenia and published a position paper with four professional organisations on geriatric gerontology international as a co-author. He is greatly honored to be a member of the ICCrPT executive committee and will do his best to develop cardiorespiratory physical therapy and contribute to this field. His email address: acr00009@akita-city-hospital.jp

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
Membership Subcommittee			
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

Meet Our MO – Canada (by Dr. Simone Gruenig)



Cardiorespiratory Division

The Cardiorespiratory Division (CRD) is a vital component of the Canadian Physiotherapy Association (CPA), dedicated to advancing the practice, education, and research in the field of cardiorespiratory physiotherapy. As an integral part of the CPA, the division plays a crucial role in shaping the standards, guidelines, and professional development opportunities for physiotherapists specialising in cardiorespiratory care. The CRD is a very proud member of the ICCrPT.

The mission of the Cardiorespiratory Division is to promote excellence in cardiorespiratory physiotherapy through i) advocacy, ii) education, and iii) research iv) community engagement. By fostering collaboration and knowledge exchange, the division aims to enhance the quality of care provided by physiotherapists in the prevention, assessment, and management of cardiorespiratory conditions.

i) **Advocacy:** Serving as a unified voice for cardiorespiratory physiotherapists, the division advocates for policies and practices that promote optimal patient outcomes. It engages with policymakers, healthcare

institutions, and other stakeholders to influence positive change in the field.

ii) **Professional Development:** The division is committed to supporting the ongoing professional growth of its members. This includes organising workshops, conferences, and educational events that cover the latest advancements in cardiorespiratory physiotherapy. Some of the educational sessions that have been hosted over the last couple of years have been a) Chest Radiology b) Long COVID Rehabilitation c) Arterial Blood Gas Interpretation d) Mobilisation with the Cardiac Patient Population e) ECMO best practices and f) Use of Outcome Measures with the Acute Care Patient Population.

iii) **Research and Innovation:** The division actively encourages and supports research initiatives aimed at advancing the evidence base for cardiorespiratory physiotherapy. By promoting innovation, it contributes to the development of best practices and improved patient care.

iv) **Community Engagement:** Engaging with the broader physiotherapy community and the public is a priority for the Cardiorespiratory Division. This involves collaboration with other divisions, healthcare professionals, and organisations to create a network of support and knowledge sharing.

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 initiatives. The executive meets bi-monthly and maintains active communication with its membership through email, newsletters and social media.

The Cardiorespiratory Division of the Canadian Physiotherapy Association plays a pivotal role in advancing the practice of cardiorespiratory physiotherapy in Canada. Through a commitment to professional development, advocacy, research, and community engagement, the division contributes to the overall growth and excellence of the physiotherapy profession.



Image: Freepik.com



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

Event Highlight Webinar Series – Clinical Practice in ICU & Beyond



(by Dr. Shirley Ngai)

It is our great pleasure to introduce the Webinar Series to members of our member organisations under World Physiotherapy and colleagues who are interested in the field of cardiorespiratory physiotherapy! The series will focus on professional practice, education, and research.

The first webinar was hosted on the 12th January 2024 (Friday) with a focus on “Clinical Practice in ICU & Beyond”. Our three invited speakers were from the Asia Western Pacific Region (Hong Kong & Japan) and the European Region (Greece) who are clinical, research and education experts in the field of Intensive Care Unit.

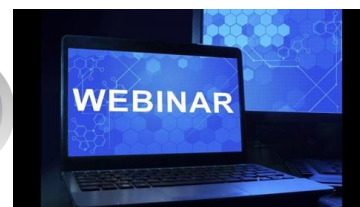
A total of 123 participants from different regions such as Australia, Greece, Hong Kong, Iraq, Japan, Macau, Malaysia,

Philippines, South Africa, Taiwan and United Kingdom attended. We would like to thank our speakers for their presentations on three key topics:

- Heterotopic Ossification in ICU. What do we do? (Dr. Anna Christakou)
- Diaphragmatic dysfunction and ICU-AW in septic patients (Dr. Yuta Takahashi)
- Early Mobilization in ICU (Dr. David Yu)



Next

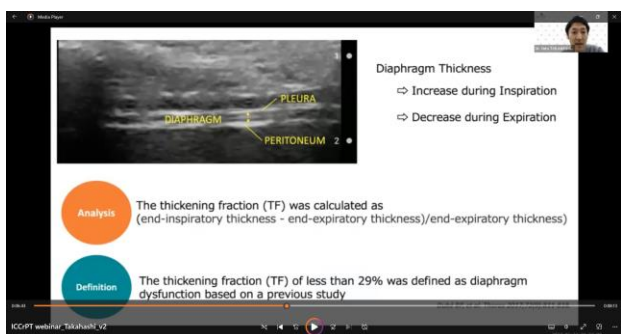
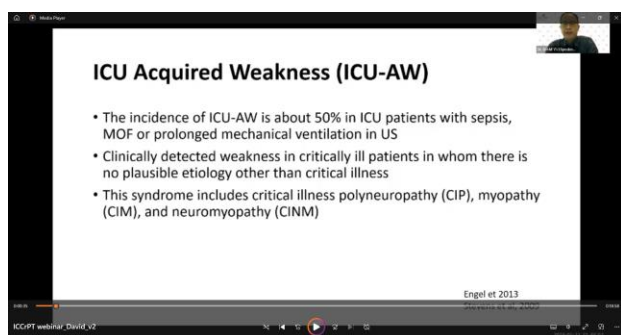
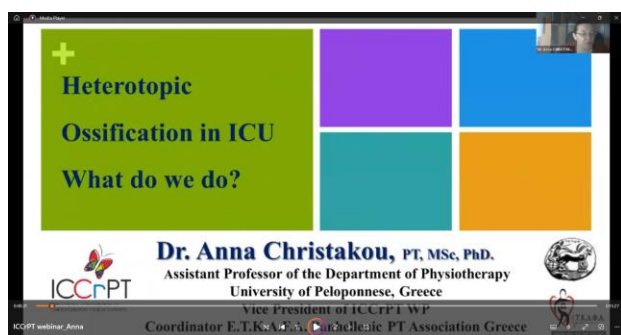


*Our Next Webinars will be hosted in
April, June, and August!
For details, please visit
<http://cardioresp.physio/>*

ICCrPT Resources - Education

Video presentation on key topics

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.



Topical publications in Cardiorespiratory practice

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

Cystic Fibrosis

- Darabseh MZ, Aburub A, Davies S. The Effects of Virtual Reality Physiotherapy Interventions on Cardiopulmonary Function and Breathing Control in Cystic Fibrosis: A Systematic Review. *Games Health J.* 2023;12(1):13-24. doi:10.1089/g4h.2022.0137
- Filipow N, Stanojevic S, Raywood E, et al. Real-world effectiveness of airway clearance techniques in children with cystic fibrosis. *Eur Respir J.* 2023;62(3):2300522. doi:10.1183/13993003.00522-2023
- Fainardi V, Capoferri G, Tornesello M, Pisi G, Esposito S. Telemedicine and Its Application in Cystic Fibrosis. *J Pers Med.* 2023;13(7):1041. Published 2023 Jun 25. doi:10.3390/jpm13071041

Asthma

- 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.* Published online January 10, 2024. doi:10.1080/02770903.2024.2303776
- Clemente-Suárez VJ, Mielgo-Ayuso J, Ramos-Campo DJ, et al. Basis of preventive and non-pharmacological interventions in asthma. *Front Public Health.* 2023;11:1172391. Published

2023 Oct 18. doi:10.3389/fpubh.2023.1172391

Bronchiectasis

- Chang AB, Boyd J, Bush A, et al. A core outcome set for bronchiectasis in children and adolescents for use in clinical research: an international consensus study. *Lancet Respir Med.* 2024;12(1):78-88. doi:10.1016/S2213-2600(23)00233-3

Cardiac

- Gore S, Khanna H, Kumar A. Effects of Comprehensive Outpatient Cardiac Rehabilitation on Exercise Capacity, Functional Status, and Quality of Life in People With Heart Failure: A Systematic Review and Meta-Analysis. *Phys Ther.* 2023;103(11):pzad119. doi:10.1093/ptj/pzad119

Cardiorespiratory

- Cadenas-Sanchez C, Fernández-Rodríguez R, Martínez-Vizcaíno V, et al. A systematic review and cluster analysis approach of 103 studies of high-intensity interval training on cardiorespiratory fitness. *Eur J Prev Cardiol.* Published online September 21, 2023. doi:10.1093/eurjpc/zwad309

COPD

- Chung AC, Chang CJ, Liu JF, Hung MS, Fang TP, Lin HL. The short- and long-term effects of lower limb endurance training on outpatients with chronic obstructive pulmonary disease. *Clin Rehabil.* 2024;38(1):85-97. doi:10.1177/02692155231192453

- Aktan R, Özalevli S, Yakut H, Özgen Alpaydin A. The effects of inspiratory muscle warm-up prior to inspiratory muscle training during pulmonary rehabilitation in subjects with chronic obstructive pulmonary disease: a randomized trial. *Physiother Theory Pract.* Published online January 11, 2024. doi:10.1080/09593985.2023.2301439
- Mellerick CR, Burge AT, Hill CJ, Cox NS, Bondarenko J, Holland AE. Impact of Test Instructions on 6-min Walk Distance in Adults With Chronic Respiratory Disease: A RANDOMIZED CONTROLLED TRIAL. *J Cardiopulm Rehabil Prev.* 2024;44:49-54. doi:10.1097/HCR.0000000000000836

Critical Care

- Eggmann S, Raab AM. The added value of physiotherapists in preventing pressure injuries in intensive care patients. *Intensive Crit Care Nurs.* 2024;80:103582. doi:10.1016/j.iccn.2023.103582
- Bickenbach J, Fritsch S, Cosler S, et al. Effects of structured protocolized physical therapy on the duration of mechanical ventilation in patients with prolonged weaning. *J Crit Care.* 2024;80:154491. doi:10.1016/j.jcrc.2023.154491
- Nydahl P, Fick LS, Eggmann S. Break down barriers - Can point prevalence studies change mobilization practice in the intensive care unit?. *Intensive Crit Care Nurs.* 2024;80:103537. doi:10.1016/j.iccn.2023.103537

CF

- Darabseh MZ, Aburub A, Davies S. The Effects of Virtual Reality Physiotherapy

Interventions on Cardiopulmonary Function and Breathing Control in Cystic Fibrosis: A Systematic Review. *Games Health J.* 2023;12(1):13-24. doi:10.1089/g4h.2022.0137

Lung cancer

- Xing R, Wang R, Zopf EM, et al. Effects of qigong exercise on physical fitness and patient-reported health outcomes in lung cancer survivors. *Support Care Cancer.* 2024;32(2):99. Published 2024 Jan 12. doi:10.1007/s00520-023-08296-z
- Rashid FA, Anwar W, Malik S, Bose M, Kandakurti PK, Hazari A. Physiotherapy in Head, Neck, Lung and Breast Cancer Survivors: A Systematic Review. *Gulf J Oncolog.* 2024;1(44):54-65.

Paediatric rehabilitation

- Sharma N, Chahal A, Sharma A. Chest Physiotherapy Interventions for Children During SARS-COV-2 Pandemic. *Clin Pediatr (Phila).* 2024;63(1):96-107. doi:10.1177/00099228231169892
- Benz C, Middleton A, Elliott A, Harvey A. Physiotherapy via telehealth for acute respiratory exacerbations in paediatric cystic fibrosis. *J Telemed Telecare.* 2023;29(7):552-560. doi:10.1177/1357633X21998205
- Childs AM, Turner C, Astin R, et al. Development of respiratory care guidelines for Duchenne muscular dystrophy in the UK: key recommendations for clinical practice. *Thorax.* Published online December 20, 2023. doi:10.1136/thorax-2023-220811

Pulmonary rehabilitation

- Jenkins AR, Cox NS, Tappan RS, et al. Summary for Clinicians: Clinical Practice Guideline on Pulmonary Rehabilitation for Adults with Chronic Respiratory Disease. *Ann Am Thorac Soc.* Published online January 19, 2024. doi:10.1513/AnnalsATS.202310-909CME
- Ntoumenopoulos G, Andersen T, Hardingham NM. Upper airway assessment and its implications for interventions by respiratory physiotherapists. *Physiother Theory Pract.* 2024;40(1):184-189.



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://bmcpulmmed.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/pccmjournals/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 Respirology | Journal of Respiratory Medicine and Lung Disease | Journal of Pulmonary Medicine | World Journal of Respirology | 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



ICCrPT Resources - Education Upcoming Cardiorespiratory Congresses & Seminars

- American Thoracic Society International Conference
May 17, 2024 - May 22, 2024
San Diego, California
<https://conference.thoracic.org/>
- Respire 2024
18-20 February 2024
Colombo, Sri Lanka
<https://www.apsresp.org/images/bulletin/2023/12/respire-2024.jpg>
- Philippine College of Chest Physicians (PCCP) 43rd Annual Chest Convention
5-8 March 2024
Manila, Philippines
secretariat@philchest.com
- Thoracic Society of Australia and New Zealand and the Australian and New Zealand Society of Respiratory Science (TSANZSRS 2024)
22-26 March 2024
Gold Coast, Australia
tsanzsrsasm.com/tsanzsrs-2024
- The 64th Annual Meeting of the Japanese Respiratory Society (2024)
5-7 April 2024
Yokohama, Japan
jrs.or.jp/meeting/academic
- 9th Asia Pacific Region Conference of International Union Against Tuberculosis and Lung Diseases
26-29 April 2024
Taiwan
aprc2024



Upcoming Events Save the dates!

1. Annual Member Forum

23 Feb 2024 (FRIDAY TIME 15:00 CET)



Format: Webinar

Content: Share about cardiopulmonary practice in different member organisations
Time and Zoom link will be distributed via email.

For enquiries, please contact Prof. Anri Human @ anri.human@up.ac.za

2. Webinar Series – April/ June/ August



See you in the next newsletter!