



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

MAY 2024 NEWSLETTER



EASTER
GREETINGS

MEET OUR EC
ALEXANDER BAR

ICCrPT WEBINAR SERIES
DR HARRIET SHANNON
MS SIMONE GRUENIG

ICCrPT RESOURCES
VIDEO PRESENTATION
RECENT PRESENTATION
CONFERENCES

UPCOMING EVENTS
SAVE THE DATE!

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

Happy Easter Greetings!



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

Alexander Bär
(German)



He completed his state examination as a physiotherapist in 1999. Since then he has been working in a medical center specializing in heart and vascular diseases in northern Germany – the *Herz- und Gefäßzentrum Bad Bevensen* (<https://www.hgz-bb.de>). This center offers patients with heart and vascular diseases acute therapy and rehabilitation under one roof.

After working for ten years in all units of the center - including ICU cardiac and heart-thorax/vascular surgery in acute care and rehabilitation - Alexander became the director of physical therapy. In 2008 he completed a further training as a specialist in social and health care. He also works as an Instructor for outpatient heart group trainer. Alexander has published several articles on leg amputations und arteric-vessel-trainings in specialist magazines. He was also a co-author in a technical book for physical therapy used in internal medicine. Furthermore he worked as a lecturer and mentor for physiotherapy students and he collaborated in the development of a digital rehabilitation app.

Alexander is a member of the working group „Heart and Circulation“of the German Association for Physiotherapy.

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



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 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



ICCrPT
INTERNATIONAL CONFEDERATION OF
CARDIORESPIRATORY PHYSICAL THERAPISTS

30th April 2024 (Tues)
12:00-13:00 (Vancouver Time)
20:00-21:00 (London Time)
21:00-22:00 (Cape Town Time)

ICCrPT Webinar Series
"Outcome Measures in Acute Care - what are we using, how and why?"

Speakers:



Dr. Harriet Shannon
ICCrPT Executive Committee member
Associate Professor
UCL GOS Institute of Child Health
University College London
United Kingdom



Register here!



Ms. Simone Gruenig
ICCrPT Executive Committee member
Instructor
Department of Physical Therapy
University of British Columbia
Canada

On 30/04/2024 the ICCrPT held its second webinar for International colleagues under the topic, 'Outcome Measures in Acute Care: What are we using, how and why?'

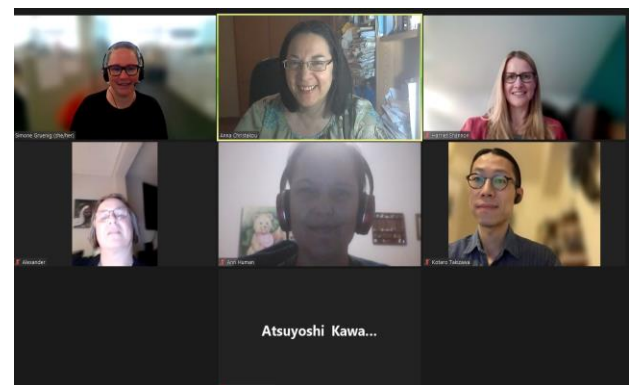
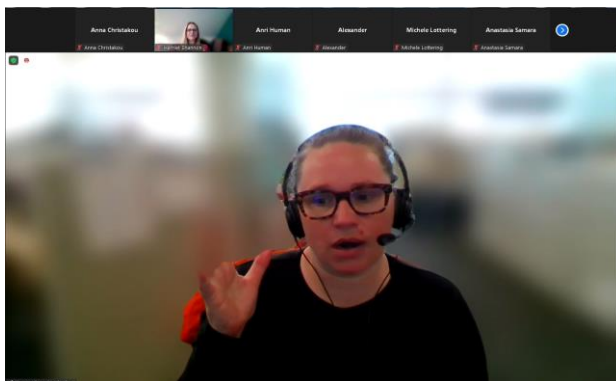
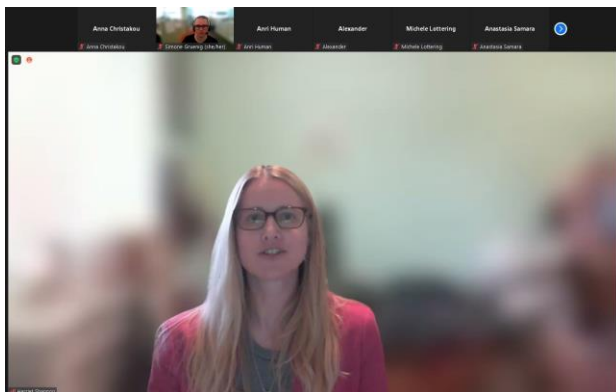
It was delivered by Harriet Shannon from UCL, London UK and Simone Gruenig from the University of British Columbia and Capilano University, Canada.

Harriet opened the session by offering an overview of the aspects of outcome measurement that are important for accurate measurements, including their reliability, validity, clinical meaningfulness and responsiveness. She also introduced the idea of core outcome sets as a way of ensuring consistency between both research and clinical groups, enabling better collaborations nationally and internationally.

Simone then offered practical guidance on chest x-ray and blood gas interpretation. She introduced the audience to a systematic approach to x-ray interpretation, making careful comparisons between right and left sides and understanding what looks 'normal' versus unusual. For blood gases, Simone had an invaluable flow diagram that acknowledged the complexities of blood gas analysis (available on the ICCrPT website on the slidedeck for the event).

During questions towards the end of the webinar, the differences between adults and children were discussed. Newer outcome measures including lung ultrasound and electrical impedance tomography were also considered. Our webinars are free to attend, and open to all with an interest in cardiorespiratory physiotherapy –

We hope to see you at our next event!



Topical publications in Cardiorespiratory practice

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

Cystic Fibrosis

- Poulsen M, Holland AE, Button B, Jones AW. Preferences and perspectives regarding telehealth exercise interventions for adults with cystic fibrosis: A qualitative study. *Pediatr Pulmonol.* 2024 Jan 30. doi: 10.1002/ppul.26889. Epub ahead of print. PMID: 38289142.
- Radtke T, Urquhart DS, Braun J, Barry PJ, Waller I, Petch N, Mei-Zahav M, Kramer MR, Hua-Huy T, Dinh-Xuan AT, Innes JA, McArthur S, Sovtic A, Gojsina B, Verges S, de Maat T, Morrison L, Wood J, Crute S, Williams CA, Tomlinson OW, Bar-Yoseph R, Hebestreit A, Quon BS, Kwong E, Saynor ZL, Causer AJ, Stephenson AL, Schneiderman JE, Shaw M, Dwyer T, Stevens D, Remus N, Douvry B, Foster K, Benden C, Ratjen F, Hebestreit H; Prognostic Value of CPET in CF Study Group. *Cardiopulmonary Exercise Testing Provides Prognostic Information in Advanced Cystic Fibrosis Lung Disease.* *Ann Am Thorac Soc.* 2024 Mar;21(3):411-420. doi: 10.1513/AnnalsATS.202304-317OC. PMID: 37879036; PMCID: PMC10913772.
- Buran MM, Savci S, Tanriverdi A, Kahraman BO, Gunduz D, Sevinc C. Clinical determinants of the modified incremental step test in adults with non-cystic fibrosis bronchiectasis. *J Bras Pneumol.* 2024 Feb 23;50(1):e20230230. English, Portuguese. doi: 10.36416/1806-3756/e20230230. PMID: 38422338.

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 Feb 3:S2213-2198(24)00147-8. doi: 10.1016/j.jaip.2024.01.045. Epub ahead of print. PMID: 38316184.

- Angelo Deus F, Castro CLFE, Oliveira VC, Figueiredo PHS, Costa HS, Xavier DM, Gomes WF, Lima VP. Aquatic exercise for people with asthma: a systematic review with meta-analysis of randomized controlled trials. *J Asthma.* 2024 Jan 10:1-13. doi: 10.1080/02770903.2024.2303776. Epub ahead of print. PMID: 38197764.

Bronchiectasis

- Spinou A, Hererro-Cortina B, Aliberti S, Goeminne PC, Polverino E, Dimakou K, Haworth CS, Loebinger MR, De Soyza A, Vendrell M, Burgel PR, McDonnell M, Sutharsan S, Skrgat S, Maiz-Carro L, Sibila O, Stolz D, Kauppi P, Bossios A, Hill AT, Clifton I, Crichton ML, Walker P, Menendez R, Borecki S, Obradovic D, Nowinski A, Amorim A, Torres A, Lorent N, Welte T, Blasi F, Makek MJ, Shteinberg M, Boersma W, Elborn JS, Chalmers JD, Ringshausen FC; EMBARC Registry Collaborators. Airway clearance management in people with bronchiectasis: data from the European Bronchiectasis Registry (EMBARC). *Eur Respir J.* 2024 Apr 12:2301689. doi: 10.1183/13993003.01689-2023. Epub ahead of print. PMID: 38609097.
- Franks LJ, Walsh JR, Hall K, Adsett JA, Morris NR. Patient perspectives of airway clearance techniques in bronchiectasis. *Physiother Theory Pract.* 2024 Mar 3;40(3):505-515. doi: 10.1080/09593985.2022.2126741. Epub 2022 Sep 20. PMID: 36124537.

Cardiac

- Patel L, Dhruve R, Keshvani N, Pandey A. Role of exercise therapy and cardiac rehabilitation in heart failure. *Prog Cardiovasc Dis.* 2024 Jan-Feb;82:26-33. doi: 10.1016/j.pcad.2024.01.002. Epub 2024 Jan 9. PMID: 38199321.
- Sharma H, Swetanshu, Singh P. Role of Yoga in Cardiovascular Diseases. *Curr Probl Cardiol.* 2024 Jan;49(1 Pt A):102032. doi: 10.1016/j.cpcardiol.2023.102032. Epub 2023 Aug 13. PMID: 37582455.

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. doi: 10.1152/ajpheart.00579.2023. Epub 2024 Feb 9. PMID: 38334974.

- 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. doi: 10.1016/j.jphys.2023.10.012. Epub 2023 Nov 29. PMID: 38036402.
- Silva HVC, Lunardi AC, Pinto ACPN, Macedo JRFF, Santos EDCD. Is Incentive Spirometry Superior to Standard Care in Postoperative Cardiac Surgery on Clinical Outcomes and Length of Hospital and Intensive Care Unit Stay? A Systematic Review with Meta-Analysis. *Braz J Cardiovasc Surg.* 2024 Apr 17;39(3):e20220319. doi: 10.21470/1678-9741-2022-0319. PMID: 38629953; PMCID: PMC11020284.

COPD

- Florian CA, Corina PC, Adelina M, Vlad C, Cristian O, Emanuela V. Respiratory Muscle Training and Its Impact on Balance and Gait in Patients with Severe COPD. *Medicina (Kaunas).* 2024 Feb 1;60(2):257. doi: 10.3390/medicina60020257. PMID: 38399544; PMCID: PMC10890123.
- Topcuoğlu C, Sağlam M, Yağlı NV. Comparison of the effects of high and low-moderate load lower limb resistance training on muscle strength and exercise capacity in individuals with COPD: A systematic review and meta-analysis. *Heart Lung.* 2024 Mar-Apr;64:107-116. doi: 10.1016/j.hrtlng.2023.12.003. Epub 2023 Dec 20. PMID: 38128253.

Critical Care

- Dimopoulos S, Leggett NE, Deane AM, Haines KJ, Abdelhamid YA. Models of intensive care unit follow-up care and feasibility of intervention delivery: A systematic review. *Aust Crit Care.* 2024 May;37(3):508-516. doi: 10.1016/j.aucc.2023.04.005. Epub 2023 May 31. PMID: 37263902.
- Arriagada R, Bachmann MC, San Martin C, Rauseo M, Battaglini D. Electrical impedance

tomography: Usefulness for respiratory physiotherapy in critical illnesses. *Med Intensiva (Engl Ed).* 2024 Mar 26:S2173-5727(24)00059-6. doi: 10.1016/j.medic.2024.03.006. Epub ahead of print. PMID: 38538496.

- Paton M, Le Maitre C, Berkovic D, Lane R, Hodgson CL. The impact of critical illness on patients' physical function and recovery: An explanatory mixed-methods analysis. *Intensive Crit Care Nurs.* 2024 Apr;81:103583. doi: 10.1016/j.iccn.2023.103583. Epub 2023 Dec 1. PMID: 38042106.
- Haines KJ, Ferrante LE. Prediction of Post-ICU Impairments-Is It Possible? *Crit Care Med.* 2024 Feb 1;52(2):337-340. doi: 10.1097/CCM.0000000000006082. Epub 2024 Jan 19. PMID: 38240513.

Lung cancer

- Takemura N, Cheung DST, Fong DYT, Lee AWM, Lam TC, Ho JC, Kam TY, Chik JYK, Lin CC. Effectiveness of Aerobic Exercise and Tai Chi Interventions on Sleep Quality in Patients With Advanced Lung Cancer: A Randomized Clinical Trial. *JAMA Oncol.* 2024 Feb 1;10(2):176-184. doi: 10.1001/jamaoncol.2023.5248. PMID: 38060250; PMCID: PMC10704344.
- Valdivia-Martínez M, Fernández-Gualda MÁ, Gallegos-García E, Postigo-Martin P, Fernández-González M, Ortiz-Comino L. Physiotherapy Interventions in Lung Cancer Patients: A Systematic Review. *Cancers (Basel).* 2024 Feb 25;16(5):924. doi: 10.3390/cancers16050924. PMID: 38473286; PMCID: PMC10931344.
- Li Q, Guo C, Cao B, Zhou F, Wang J, Ren H, Li Y, Wang M, Liu Y, Zhang H, Ma L. Safety and efficacy evaluation of personalized exercise prescription during chemotherapy for lung cancer patients. *Thorac Cancer.* 2024 Apr;15(11):906-918. doi: 10.1111/1759-7714.15272. Epub 2024 Mar 10. PMID: 38462754; PMCID: PMC11016390.

Paediatric rehabilitation

- Clarke SL, Milburn NC, Menzies JC, Drury NE. The provision and impact of rehabilitation provided by physiotherapists in children and young people with congenital heart disease following cardiac surgery: a scoping review. *Physiotherapy.* 2024

Mar;122:47-56. doi:
10.1016/j.physio.2023.09.001. Epub 2023 Sep
29. PMID: 38241942.

- Al-Harbi S. Early Mobilization in Pediatric Critical Care: Exploring the Gap Between Theory and Practice in Saudi Arabia. *Med Sci Monit.* 2024 Mar 2;30:e942467. doi: 10.12659/MSM.942467. PMID: 38429924; PMCID: PMC10916331.

Pulmonary rehabilitation

- Priego-Jiménez S, Cavero-Redondo I, Pascual-Morena C, Martínez-García I, Martínez-Vizcaíno V, Álvarez-Bueno C. Effect of different exercise programs on lung function in people with chronic obstructive pulmonary disease: A network meta-analysis of RCTs. *Ann Phys Rehabil Med.* 2024 Mar;67(2):101792. doi: 10.1016/j.rehab.2023.101792. Epub 2023 Dec 20. PMID: 38128349.
- Gloeckl R, Pitta F, Nyberg A. Optimising upper-limb exercise in patients with COPD: another step towards personalised pulmonary rehabilitation? *ERJ Open Res.* 2024 Feb 26;10(1):01012-2023. doi: 10.1183/23120541.01012-2023. PMID: 38410717; PMCID: PMC10895419.



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

- XXI International Symposium of Cardiopulmonary Physiotherapy and Intensive Care Physiotherapy:
June 12-15, 2024 (Brasilia, Brazil)
<https://assobrafir.com.br/sifr2024/>
- World Congress of Cardiology (together with the Oriental Congress of Cardiology): June 27-30, 2024 (Shanghai, China). <https://world-heart-federation.org/world-congress-of-cardiology/shanghai-2024/>
- 2nd World Congress on Heart and Cardiovascular Diseases
May 9, 2024 to May 10, 2024
Huay Kwang Thailand
<https://www.ctsnet.org/events/2nd-world-congress-heart-and-cardiovascular-diseases-0>
- Heart Failure Congress 2024
11-14 May, 2024 | Lisbon, Portugal
https://europe.medtronic.com/xd-en/d/emea/cardiac-rhythm/hf-congress.html?cmpid=PPC:GOOG:CardiologyCongressAd2:WE_EN_CRM_HFcongress2024-WBS1310_TX_GS_DEF_GEN_APR24&gclid=CjwKCAjw57exBhAsEiwAalxaZkluuIQR9h0Qz6ztJa76tF3XGOjUSDzN1hNThBcL7s0Pg2ZFf6N1eRoCsHgQAvD_BwE
- 1st Global Forum Cardiac Prevention and Rehabilitation:
August 29, 2024 (London, UK).
<https://forms.office.com/Pages/ResponsePage.aspx?id=fuOzgnGBXUixCzia5-0UqCGPG0T9BNFLpg-h-gP6PpVUQTJHM1pEWEtLMFZVNkozQTNKOTJXUDg3Sy4u>
- ESC Congress:
August 30-September 2, 2024 (London, UK).
<https://www.escardio.org/Congresses-Events/ESC-Congress>

See you in the next newsletter!



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