



October 2020

Welcome to the International Confederation of Cardiorespiratory Physical Therapists (ICCrPT) newsletter: October 2020

A few words regarding European Respiratory Society (ERS) International Congress

I attended this year’s ERS [www.ersnet.org] International Congress from September the 7th to 9th. This year the congress was held virtually due to the COVID-19 pandemic.

There were over 33 000 delegates attending and over 450 sessions presented as well as E-posters, Industry sessions, Online materials and an Innovation Showreel.

There were many interesting and relevant sessions, which made it difficult, but also fun to choose which to attend. My highlights included sessions on Managing frailty within rehabilitation interventions for COPD, novel approaches to Pulmonary Rehabilitation, Digital Health Technologies and Psychological Disorders in Respiratory Populations. I also attended sessions for updates about practices in the management of Cystic Fibrosis, Asthma, and Bronchiectasis, and in Critical Care.

The physiotherapists Professor Dina Brooks from Canada received an **ERS Assembly Lifetime Achievement Awards** award and Chris Burtin from Belgium received the Early Career Member Award 2020.

I really enjoyed attending the virtual ERS congress and as an ERS member, I have access to most of the content until the end of 2020, which is a great advantage.

Brenda O’Neill PhD MCSP President of ICCrPT

A few words regarding European Society of Cardiology (ESC) International Congress

As a member of the ESC, the European Society of Cardiology (www.escardio.org) I took part in the annual congress. The meeting of the sports cardiology subgroup within the European congress of prevention and rehabilitation in Malaga was sadly cancelled because of the pandemic

Groups of the ESC:



The ESC congress was hosted from 29 August – 01 September 2020. Due to COVID the event could not take place in Amsterdam, so the organisation committee decided to rather host complete digital conference – The Digital Experience –

The access was free for members of the ESC, and set a record of 116,000 healthcare professional from 211 countries attending this event! This included 37 live sessions, 347 varying topic sessions and 4279 academic papers were presented online. As a member of our sport cardiology subgroup and member of the ACNAP (Cardiovascular Nursing and Allied Professions subgroup) I decided to report on my “highlights“. Obviously one session highlighted the actual COVID situation and upcoming cardiovascular disease. The recommendations on sports cardiology and exercise in patients with cardiovascular disease turned into the new 2020 European guidelines, expounded by the leading European researchers in these fields. Also related to these fields sessions on sudden death in relation to sport and the impact of toxicology were also hosted. Another one of my favourites covered the experiences in mechanical support devices, following cardiogenic shock and the when, how and what regarding LVAD devices. This was offered as a “meet the experts” focused case discussion. In addition, as a member I have access to most of this content for another 365 days. This digital congress was a great experience for me and I enjoyed the high quality of speakers and presentations.

Andreas Freund Member of the ICCrPT

Meet the Current Executive Committee

ICCrPT Executive Committee (2019 to 2023):

President: Brenda O’Neill (United Kingdom)

Vice President: Karin Wadell (Sweden)

Secretary: Shirley Ngai (Hong Kong)

Treasurer: Alison Lupton-Smith (South Africa)

Members (in alphabetical order): Anna Christakou (Greece), Andreas Freund (Germany), Anri Human (South Africa), Kentaro Kamiya (Japan), Tania Larsen (Canada), Herriet Shannon (United Kingdom)

Please contact the executive committee through the website info@cardioresp.physio

Please find the following link for the video of ICCrPT

<https://www.youtube.com/watch?v=ly5t0fXscCI&feature=youtu.be>

Enjoy it!

The executive committee member highlighted in this edition is

Dr Alison Lupton-Smith



Alison qualified as a physiotherapist from the University of Cape Town (UCT), South Africa, in 2007 and obtained her PhD at UCT in 2017. She is a full-time lecturer in the Division of Physiotherapy at Stellenbosch University. Prior to joining Stellenbosch University, she worked as a clinician in private practice. She has a strong clinical and research interest in both paediatric and adult cardiorespiratory physiotherapy, critical care and pulmonary rehabilitation.

Alison currently serves and represents physiotherapy on several national and international committees.

She is passionate about gaining and sharing knowledge and has published and has presented her work both nationally and internationally. Alison is dedicated to raising the profile of physiotherapy, improving the healthcare and patient experience in South Africa. When she is not working you will find her in the mountains!

Member organisations 2020

The members of the ICCrPT membership subcommittee will be in touch with their various regions regarding 2021 membership renewal and a few countries have indicated their interest in joining our ICCrPT family next year.

If you or your associated cardio-pulmonary subgroup are interested in becoming a member of ICCrPT, kindly contact one of the committee members. The benefits of ICCrPT membership are outlined below:

1. Ensuring representatives of the *international cardiorespiratory physiotherapy community* are informing and contributing to **key World Physiotherapy platforms** including:

- Policy and Standardsshould we say
- Policy Resources
- Practice Resources
- Education Resources
- Global Health Resources
- World PT Day Resources
- International Campaigns
- International Collaborations
- Executive Management Boards

2. Ensuring that the *international cardiorespiratory physiotherapy community* is informing and contributing to **key international WCPT events** including:

- Conference Planning Committees
 - International Scientific Committees
 - Abstract selection panels
 - International awards nomination and selection pathways
 - Conference prize nomination and selection pathways
 - The development and delivery of Cardiorespiratory themed focussed symposium
 - The development and delivery of Cardiorespiratory themed pre and post congress courses
 - The inclusion of Cardiorespiratory themed networking sessions
3. Ensuring that the *international cardiorespiratory physiotherapy community* remain informed of, and supported in order to **access WCPT information sharing** including:-
- Other professional networks
 - Other international speciality networks
 - WCPT information gateways
 - WCPT communication channels
 - The WCPT Experts database (DOVE)
 - WCPT press releases
 - WCPT social media
 - WCPT Toolkits
 - WCPT collated resources
 - Information about commercial partnerships
 - Publicity materials

Upcoming Congresses

WCPT Africa congress

The WCPT Africa congress (Benin, 10-13 July 2020) has been postponed to 2021 due to the COVID-19 pandemic and travel restrictions. The new dates for the congress are 28th to the 31st of October 2021, but the congress will still be called “Benin 2020”.

Jonathan Quartey, the chairperson of WCPT Africa

For further information on other international Physiotherapy events that were cancelled or postponed, please refer to <https://world.physio/news/postponed-and-cancelled-events>



World Physiotherapy Congress 2021 will take place online 8th – 10th April 2021. The Global physiotherapy community will enjoy cutting edge topics during the focused symposia, platform presentations, and posters. The ICCrPT committee look forward to seeing you there (virtually of course ☺). In our next Newsletter we will highlight a selection of key sessions that we think ICCrPT members may be specifically interested in (<https://congress.physio/2021>)

We are really looking forward Congress 2021!

News

WCPT has undergone a metamorphosis and the name and logo have changed.

Please visit the link

<https://world.physio/news/press-release-new-brand-and-website-global-physiotherapy-body> !

ICCrPT Member Organisation Focus.

In this edition the ICCrPT focus is on Cardiorespiratory Physiotherapy developments in UK



The Association of Chartered Physiotherapists in Respiratory Care, UK

The Association of Chartered Physiotherapists in Respiratory Care (ACPRC) is a national body which promotes health and best practice in respiratory physiotherapy for the benefit of all. It is a professional network of the Chartered Society of Physiotherapy (UK), with whom it works closely. The ACPRC was originally established in 1980, and with over 1,200 members is now one of the largest professional networks of physiotherapists in the UK.

The ACPRC supports and promotes respiratory care to physiotherapists and the wider multidisciplinary team. It has four clinical champions in critical care, paediatrics, long-term conditions and surgery, as well as expertise in research and education. The champions offer their expertise to both individuals and groups, deliver annual short courses to ACPRC members and non-members and sit on other national committees to ensure that the physiotherapy voice is heard.

The aims (pillars) of the ACPRC are connecting people, sharing knowledge and skills, research and best practice and leadership and innovation. This is achieved via the publication of a twice yearly, peer-reviewed scientific journal and monthly newsletter. In addition we have a website that currently contains a lengthy Covid-19 section with guidelines, clinical experiences and links to other relevant information. Our Twitter account has over 4,000 followers and Facebook receives regular traffic. The ACPRC advises other national bodies and has been instrumental in ensuring a collaborative, ‘joined up’ approach to the Covid-19 pandemic.

The ACPRC is a chosen partner for the 2020 UK physiotherapy conference (Physio UK) and organise their own conference every two years. The next one will be held online on Friday 23rd and Saturday 24th April 2021. Delegates will hear from clinical experts, find out about cutting edge research, engage with leadership activities and gain valuable insights from patients’ perspectives. They will also be able to submit clinical and research abstracts, which will be displayed as e-posters and via oral presentations. We are hoping that it will be our biggest, and most successful, conference to date.

ICCrPT Research focus

The ICCrPT would like to support research undertaken by our member organisations. For example, we can help you publicise surveys or provide advice.

An online survey is about to commence to establish current physiotherapy practice in Intensive care and specifically to report on the use of chest physiotherapy assessments and intervention techniques in both intubated and non-intubated critically ill patients.

This is led by Dr George Ntoumenopoulos (Consultant Physiotherapist Critical Care, St Vincent's Hospital Sydney) and Associate Professor Shane Patman (Former President of the International Confederation of Cardiorespiratory Physical Therapists [CCrPT]; Associate Dean, School of Physiotherapy, University of Notre Dame Australia).

If you would like to participate in this research project “International Survey of Chest Physiotherapy Management of Adult Intensive Care Unit Patients” please click this link <https://forms.gle/orXax1Y9pq7PZaZc6>

This online survey takes approximately 15 minutes to complete.

Topical publications in Cardiorespiratory practice

The ICCrPT Knowledge Translation Committee has chosen to highlight the following 2019-2020 publications relevant to Cardio Physical Therapy Practice:

[Cardiac rehabilitation for cancer survivor patients. -Statement from the American Heart Association](#)

This statement from the American Heart Association provides an overview of the existing knowledge and rationale for the use of cardiac rehabilitation to provide cardiac rehabilitation to cancer patients and survivors.

Gilchrist SC, Barac A, Ades PA et al. Cardio-Oncology Rehabilitation to Manage Cardiovascular Outcomes in Cancer Patients and Survivors: A Scientific Statement From the American Heart Association. Circulation 2019;139:e997-e1012.

[Is cardiac rehab effective for patients with catheter ablation for persistent atrial fibrillation?](#)

In this randomised controlled study, 61 patients treated with catheter ablation for persistent atrial fibrillation were included. Cardiac rehabilitation improved exercise capacity without increasing the risk for atrial fibrillation recurrence.

Kato M, Ogano M, Mori Y et al. Exercise-based cardiac rehabilitation for patients with catheter ablation for persistent atrial fibrillation: A randomized controlled clinical trial. Eur J Prev Cardiol 2019;26:1931-1940.

[Cardiac rehab for patients after cardiac valve surgery was associated with lower readmissions and mortality.](#)

This observational study included 41369 Medicare beneficiaries underwent open valve surgery in the United States. Cardiac rehabilitation enrolment was associated with fewer hospitalizations and mortality within 1 year of discharge.

Patel DK, Duncan MS, Shah AS et al. Association of Cardiac Rehabilitation With Decreased Hospitalization and Mortality Risk After Cardiac Valve Surgery. JAMA Cardiol 2019;4:1250-1259.

[Recent advances in rehabilitation for chronic disease including heart failure and COPD.](#)

This review summarises the evidence for benefit of in-person cardiac and pulmonary rehabilitation programs. It also includes the literature on newer developments, such as home based remotely mediated exercise programs, high intensity interval training, and alternative therapies such as tai chi and yoga for people with chronic obstructive pulmonary disease.

Richardson CR, Franklin B, Moy ML, et al. Advances in rehabilitation for chronic diseases: improving health outcomes and function. BMJ 2019;365:12191.

[Home-Based Cardiac Rehabilitation: A Scientific Statement from USA.](#)

This statement summarizes the future challenges and recommendations based on the review of the effectiveness and safety of the home-based cardiac rehab.

Thomas RJ, Beatty AL, Beckie TM et al. Home-Based Cardiac Rehabilitation: A Scientific Statement From the American Association of Cardiovascular and Pulmonary Rehabilitation, the American Heart Association, and the

American College of Cardiology. Circulation 2019;140:e69-e89.

[Is Yoga-based cardiac rehab for patients with acute myocardial infarction effective? -A report of a large scale RCT from India-](#)

The trial was conducted in 24 medical centres across India including 3,959 patients with acute myocardial infarction. Patients were randomized to receive either a Yoga-CaRe program (n = 1,970) or enhanced standard care involving educational advice (n = 1,989). Yoga-based cardiac rehab improved self-rated health and return to pre-infarct activities after acute myocardial infarction, but the trial lacked statistical power to show a difference in MACE. The authors concluded that Yoga-based cardiac rehab may be an option when conventional cardiac rehab is unavailable or unacceptable to individuals.

Prabhakaran D, Chandrasekaran AM, Singh K et al. Yoga-Based Cardiac Rehabilitation After Acute Myocardial Infarction: A Randomized Trial. J Am Coll Cardiol 2020;75:1551-1561.

[Cardiac rehab was associated with better long-term prognosis in heart failure patients with frailty. - A large cohort study from Japan-](#)

This observational study included 3277 patients with heart failure in Japan. Cardiac rehabilitation participation was associated with fewer hospitalizations and mortality within 1 year of discharge. This relationship was observed in patients with heart failure with preserved ejection fraction and frail patients with heart failure for whom no treatments to improve outcome have been established.

Kamiya K, Sato Y, Takahashi T, et al. Multidisciplinary Cardiac Rehabilitation and Long-Term Prognosis in Patients with Heart Failure. Circulation Heart Fail. 2020;13:e006798.

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ICCrPT

INTERNATIONAL CONFEDERATION OF
CARDIORESPIRATORY PHYSICAL THERAPISTS



Breathe | Pump | Function



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SUBGROUP OF WCPT
 **World Confederation
for Physical Therapy**