



**Report 2012 from ARIR – Associazione Riabilitatori dell’Insufficienza Respiratoria -
ASSOCIATION FOR THE REHABILITATION OF RESPIRATORY INSUFFICIENCIES – ARIR –
Italy. www.arirassociazione.org**

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Summary

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1. News

- a. Starting from the initiative of the ERS school committee, a new **HERMES** (Harmonizing Education in Respiratory Medicine for European Specialists) project has been launched in **respiratory physiotherapy**.

Following our encounters last year at the 57th AARC Congress – ICRC Business Meeting, with Governor Brendan Cooper (GB), and subsequent contacts with the European Respiratory Society – ERS – our association has three representatives participating in this project (Francesco D’Abrosca PT, MSc, Sara Mariani PT, MSc and Luciana Ptacinsky PT, MSc).

The primary aim of the HERMES respiratory physiotherapy task force project will be to:

- 1 review the current status of respiratory physiotherapy training and certification in Europe
- 2 examine how to raise skill levels in this specialist area
- 3 develop a consensus-based European respiratory physiotherapy syllabus and curriculum and give recommendations for a certification program.

The task force chairs for this project will be Thierry Troosters, elected head of assembly 9, and Fabio Pitta, chair of group 9.02 of ERS.

- b. The **Lega Italiana Fibrosi Cistica Onlus** – LIFC – [the Non-Profit Italian Cystic Fibrosis League] participated in, and won, the charity drive entitled "*Sosteniamo il Futuro*" sponsored by Fondazione Vodafone Italia with its "**Sport e Fibrosi Cistica? Perché no!**" [*Sports and Cystic Fibrosis? Why Not!*] project. Thanks to the financing it obtained, the league was able to provide the participating Italian regional CF centers with:
 - a. a training program for 76 care providers (55 PT, 21 physicians) working in the regional CF centers
 - b. 19 one-year work and research scholarships for physiotherapists at the regional CF centers
 - c. Equipment for physical assessment programs for all 19 participating centers.

- c. **2 posters** by ARIR members were accepted at the **58th AARC Congress in New Orleans** – see below – and 4 respiratory physiotherapists from our association attended the congress

2 Posters accepted

CONTROL ID: 1432140

TITLE: RANDOMIZED DOUBLE-BLIND MONOCENTRIC TRIAL ON TOLERABILITY, ACCEPTABILITY AND EFFICACY OF TWO FORMULATIONS OF INHALED 7% HYPERTONIC SALINE WITH AND WITHOUT HYALURONIC ACID IN REDUCING AIRWAYS INFLAMMATION IN PATIENTS WITH CYSTIC FIBROSIS PRELIMINARY RESULTS

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INSTITUTIONS (ALL): 1. IRCCS Fondazione Ca'Granda Ospedale Maggiore Policlinico, MILAN, Italy.
2. ARIR-Associazione Fisioterapisti Insufficienza Respiratoria, MILAN, Italy.



CONTROL ID: 1432072

TITLE: COMPARISON BETWEEN STANDARD AND EMPIRIC SPIROTIGER(R) SETUP IN PATIENTS WITH CYSTIC FIBROSIS

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3. Azienda Ospedaliera Universitaria A. Meyer, Florence, Italy.

4. ARIR-Associazione Fisioterapisti Insufficienza Respiratoria, Milan, Italy.

2. Ongoing

a. ARIR is continuing its work for **GARD – Italy** (Global Alliance Against Chronic Respiratory Disease) relative to the following **projects**:

- *Training courses for health-care providers – family physicians, primary care pediatricians - to arrive at early diagnosis of COPD*
- *Drafting a Ministry of Health document, to which the ARIR added the following sections:*
 - *Patient empowerment*
 - *Respiratory care equipment and pulmonary rehabilitation*
 - *Respiratory sleep disorders*

In this these sections of the document, the respiratory physiotherapist is defined as a specialist

b. Our association sponsored and is coordinating a controlled, randomized multicenter study on the **“Effects of home-based pulmonary rehabilitation in patients with severe or very severe chronic obstructive pulmonary disease (COPD)”**. We are currently continuing enrollment of study participants. Sixty-five patients have been enrolled so far. The data still remain to be analyzed and statistically processed.

c. We are preparing a **multicenter randomized controlled study** on the **"Effectiveness of noninvasive ventilatory support in post pulmonary lobectomy physiotherapeutic treatment"**. The study has been approved by the Comitato Etico [Ethics Committee] of the Fondazione Policlinico di Milano. **Aim of the study:** The study aims to determine if the addition of CPAP and NIV would be more effective than just physiotherapy alone in a random selection of patients who had undergone pulmonary lobectomy and bilobectomy.

d. **Multicenter participation protocol for colorectal surgery** prepared by Società ERAS (Enhanced Recovery After Surgery Society) c/o l'U.O. Chirurgia Generale e d'Urgenza della Fondazione Policlinico sulla chirurgia colon retto [Department of General and Emergency Surgery of the Fondazione Policlinico – Milan]

e. In conjunction with NITp [North Italian Transplant program] we are launching a shared **protocol for the evaluation and respiratory physiotherapeutic treatment of lung transplant patients** (presented at the 2012 Congress of SISQT - Società Italiana per la Sicurezza e la Qualità nei Trapianti [Italian Association for Safety and Quality in Transplant Surgery] Rehabilitation in lung transplantation: a shared protocol development. E. Privitera et al. U.O. Chirurgia Toracica e Trapianti di Polmone , Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan



3. Routinely

As usual we are:

- **Disseminating information about respiratory physiotherapy and the importance of what we do in Italy**
- **Continuing education, training and teaching:**

As of today, more than 280 health-care facilities in Italy have turned to our association for ongoing training in respiratory care.

In addition to the basic courses, this year the topics were:

- ✓ *Respiratory physiotherapy in young patients with complex pathologies*
- ✓ *Positive expiratory pressure: use of pulmonary reexpansion and bronchial disobstruction*
- ✓ *Retraining the respiratory patient for physical exercise and endurance: new frontiers*
- ✓ *Non-invasive ventilation in patients with chronic disease*
- ✓ *Functional tests and the role of the physiotherapist*
- ✓ *Assessment. Clinical evaluation of the respiratory apparatus; clinical and semeiotic respiratory examination; kinesiologic examination of the thoracic-abdominal system.*
- ✓ *Thoracic drainage in the surgical patient. Indications for respiratory physiotherapy*
- ✓ *Exercise reconditioning in cystic fibrosis patients*
- ✓ *Health education as a tool for improving treatment adherence in patients with respiratory disease*
- ✓ *1 basic course on respiratory rehabilitation*

On the whole, and not counting university credits for the master's program, 203 continuous medicine education credits (CMEC) were given in 2012.

In conjunction with the University of Milan, we are continuing a:

- **Master's Course in Respiratory Rehabilitation and physiotherapy: the course will be held again in 2013** for the seventh consecutive year.
 - The sixth edition, this year, has 21 physiotherapists enrolled.
- The **Specialization Course on Sleep Disorders –OSAS –** will be starting for the second consecutive year in January 2013.

- **Publications**

ARIR publishes two journals:

- **"Rivista Italiana di Fisioterapia e Riabilitazione Respiratoria"**
 - and, in cooperation with AARC:
- **"ARIR's Selections from Respiratory Care and AARC Times"**

- **Affiliations**

Our association is affiliated with many associations and especially with the

- ✚ *American Association for Respiratory Care (AARC)*
- ✚ *Italian Association of Hospital Pneumologists (AIPO)*
- ✚ *Italian Society of Cystic Fibrosis (SIFC).*
- ✚ *European Respiratory Care Association*



A large group of Italian physiotherapists attended the recent ERCA – 2012 Congress in Barcelona (Spain).

One of the posters presented concerned professional training and development for the respiratory physiotherapist (Emilia Privitera et al. **A VALID ACADEMIC PATH TO PROMOTE RESPIRATORY PHYSIOTHERAPY PROFESSIONAL**)

- **Communication**

Our **website** is also visible in English, and we are also on **Facebook**.

For a full picture of what ARIR has done and is doing, see the report and slides presented at the previous ICRC Meetings, go to: <http://www.arirassociazione.org/ITA/spazio%20arir-aarc.html>

4. Future

In addition to continuing with the programs and projects listed above, our most demanding commitment at this time is organizing the **International ARIR Congress that will be held in Genoa in March 2013**.

Congress Program available on web-site www.arirassociazione.org

5. Acknowledgments

The ARIR, representing Italian respiratory physiotherapists, is continuing its work for the establishment of respiratory care in Italy.

Our decade-long relationship with AARC has been stimulating and has helped us greatly in achieving our goals and pursuing our mission. We no longer feel alone and isolated, we have a perception that Italian respiratory physiotherapists and the respiratory care we offer have made great strides forward. There is still a long way to go, but we are traveling with young, capable and enthusiastic colleagues, and this gives us the strength to continue.

Please allow me to express our feeling of gratitude and friendship to Sam Giordano, we will never be able to repay him for all he has done and is doing.

Many sincere thanks to the entire international group – and not lastly – to our colleagues who give so freely of their time and energy to further the growth of the Association and promote Respiratory care in Italy.

Most cordially,

Sergio Zuffo PT, MSc

New Orleans, Monday, November 12, 2012.

*and Chiara Beccaluva, Catiuscia Bizzarri, Claudia Bonetti, Anna Brivio, Stefania Brogi, Clara Ceruti, Cinzia Cigolini, Rossana Cirauda, Serena Cirio, Alessia Colombo, Antonella Cortelezzi, Francesco D'Abrosca, Elisa De Mattia, Monica Donà, Giada Donato, Vilma Donizetti, Beatrice Ferrari, Gabriela Ferreyra, Rita Fumagalli, Vittoria Galimberti, Simone Gambazza, Barbara Garabelli, Giuseppe Gaudiello, Andrea Lanza, Marta Lazzeri, Sara Mariani, Cristina Martorana, Stefania Massa, Luigi Olper, Mara Paneroni, Giancarlo Piaggi, Manuela Piran, Emilia Privitera, Luciana Ptacinsky, Elena Repossini, Giovanna Rubino, Antonella Sanniti, Debora Scorsone, Maurizio Sommariva, Soo-Kyung Strambi, Cristina Tognozzi, Silvia Torlasco. **ARIR - Italy***