



**Report 2015 from ARIR – Associazione Riabilitatori dell'Insufficienza Respiratoria -  
ASSOCIATION FOR THE REHABILITATION OF RESPIRATORY FAILURE – ARIR – Italy.**

[www.arirassociazione.org](http://www.arirassociazione.org)

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## **Summary**

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### **1. News**

- a. Poor adherence to treatment regimens has been recognized as a substantial roadblock to achieving better outcomes for patients. Data show that as many as half of all patients do not adhere faithfully to their prescription-medication regimens — and the result is more than \$100 billion spent each year on avoidable hospitalizations (Cuttler DM, NEJM 2010). ARIR has fully adhered to “**Le 3C di Aderenza: Consapevolezza, Correttezza, Costanza**” project [Adherence: awareness, resolution, accuracy] cooperating with Italian Societies of Respiratory Medicine (SIMER) and Asthma, Allergology and Clinical Immunology (SIAAIC). So far ARIR has been recruiting 61 respiratory physiotherapists who will stand in nearly 200 Italian pharmacies to support patients/clients dealing with new prescribed inhalers, to assist them to their proper use, developing disease awareness and adherence to therapy.
- b. For the first time, ARIR is offering a **distance learning course** on respiratory physiotherapy assessment of patients with respiratory diseases. Each of ten lecture will be online monthly, asynchronously, gaining 30 CMEs on the whole. Optional 4 CMEs will be offered to those professionals who want to meet trainers on the field. A scientific tutoring (from ARIR) is available along the course length. This is another challenge for the Association, trying to reach every professional willing to deepen knowledge in the respiratory field.

### **2. Ongoing**

- a) Our association has three representatives participating in the **HERMES** (Harmonizing Education in Respiratory Medicine for European Specialists) Respiratory Physiotherapy project: Francesco D’Abrosca, MSc PT, Sara Mariani PT and Luciana Ptacinsky PT. After the publication of the syllabus (that can be found online at <http://ow.ly/zYkOD>), the respiratory physiotherapy HERMES task force are currently working on a comprehensive curriculum which provides a framework for implementation of a post-graduate training programme in respiratory physiotherapy in individual countries.
- b) The homecare provider Domedica s.r.l. keeps its commitment with ARIR sponsoring the **home-based project** launched last year aimed to follow-up patients with Cystic Fibrosis taking a specific formulation of colistimethate sodium. Ten Italian CF Centers are now participating, with almost 93 patients enrolled.
- c) ARIR has been working with **AIFI** (Italian Association of Physiotherapists) over this year, promoting respiratory culture among Italian physiotherapists through courses and scientific clinical-based round-tables.
- d) ARIR keeps working for **GARD – Italy** (Global Alliance Against Chronic Respiratory Disease). Three board members of ARIR, namely Emilia Privitera, MSc, PT, Sergio Zuffo,



MSc, PT and Marta Lazzeri, PT, are referees of commission ii (Surveillance of respiratory diseases), iii (Asthma and allergy in children: educational interventions) and v (Continuity of care: respiratory failure).

- e) Our Association sponsors and coordinates 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. 122 patients have been included so far.
- f) ARIR has coordinated a **multicenter randomized controlled study** on the **“Effectiveness of noninvasive ventilatory support in post pulmonary lobectomy physiotherapeutic treatment”**. The study aimed to determine if the addition of CPAP and NIV could be more effective than just physiotherapy alone in a random selection of patients who had undergone pulmonary lobectomy and bi-lobectomy. The study included 150 patients and is now over. Data are being processed statistically.
- g) In conjunction with NITp [North Italian Transplant program] a shared **protocol for the evaluation and respiratory physiotherapeutic treatment of lung transplant patients** was launched last year (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. We are currently continuing enrollment of study participants.

### 3. Routine

As usual we are:

- **Disseminating information about respiratory physiotherapy and the importance of what we do in Italy;**
- **Continuing education, training and teaching.** The course topics of this year have been:
  - Severe neurological acquired disease: dealing with respiratory issues;
  - Airway Clearance Techniques through high frequency oscillatory devices;
  - Exercise for patients suffering from respiratory diseases;
  - Basic course on pulmonary rehabilitation;
  - Respiratory physiotherapy in cardiac diseases;

On the whole, and not counting university credits for the master’s program, 105.1 continuous medicine education credits (CMEs) were given in 2015 by ARIR.

- In conjunction with the University of Milan, we are continuing a:
  - **Master’s Course in Physiotherapy and Respiratory Rehabilitation: the course will be held again in 2016** for its *tenth* consecutive year.
    - The ninth edition, this year, has 18 physiotherapists enrolled (164 participated so far)
- **Publications**

ARIR publishes two journals:

- **“Rivista Italiana di Fisioterapia e Riabilitazione Respiratoria”**



- and, in cooperation with AARC –on line :

■ **"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 Physiotherapists (AIFI)
- ✚ Italian Association of Hospital Pneumologists (AIPO)
- ✚ Italian Society of Cystic Fibrosis (SIFC)
- ✚ European Respiratory Care Association (ERCA)

• **Communication**

- From January 2015 ARIR shares with its members **standards operating procedures** about some of the common procedures performed along respiratory practice. Administration of visual analogic scale (VAS), PEP-Mask therapy for infants, One Repetition Maximum (1RM) SOPs are available so far on our website;
- ARIR helps its members staying up-to-date sending literature update on a respiratory physiotherapy issue, guided by expert commentary;
- From January 2014 ARIR reaches its members through newsletters, containing update of literature, information, events and job opportunities. 187 newsletters have been sent so far.
- 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 or visit our website [www.arirassociazione.org](http://www.arirassociazione.org).

#### 4. Future

- Three years after the second international Conference of Genova, the 3<sup>rd</sup> International ARIR Conference on Respiratory Physiotherapy will be hold in Rimini during March 2016. Entitled "Physiotherapy, rehabilitation and the burden of respiratory diseases: open challenges and new insights", professionals will be sharing their clinical and practical experience in the form of workshops, practical symposia and roundtable discussions. Advanced program is available at [www.arirassociazione.org](http://www.arirassociazione.org)
- *Recommendations on Pulmonary Rehabilitation* made by Italian Association of Pulmonologists (AIPO) together with ARIR will be soon available.

#### 5. Acknowledgments

ARIR is continuing its work for the establishment of respiratory care in Italy and the recognition of the respiratory physiotherapy professional. Activities performed during 2015 and planned for next year have been happening with the support of the whole ARIR board and its members.

Our sincere thanks go to the entire international group for this continuing opportunity to feed our cultural ambitions and to our distinguished colleagues of the board.

Most cordially,  
Simone Gambazza and Sergio Zuffo,  
Tampa, Monday, November 9<sup>th</sup> 2015