

## **Report 2011 from ARIR – Associazione Riabilitatori dell’Insufficienza Respiratoria - ASSOCIATION FOR THE REHABILITATION OF RESPIRATORY INSUFFICIENCIES – ARIR – Italy**

Sergio Zuffo, PT, MSc  
[s.zuffo@meyer.it](mailto:s.zuffo@meyer.it)

### **Summary**

1. News
2. Ongoing 120
3. Routinely
4. Future
5. Acknowledgments

### **1. News**

- a. This past spring (2011), the ***Master’s Course in Respiratory Rehabilitation and Physiotherapy*** offered by the University of Milan obtained the **Certificate of Recognition – Level III Degree Program** – from the American Association for Respiratory Care and the International Council for Respiratory Care – **AARC and ICRC**
- b. **5 posters** by ARIR members were accepted at the **57<sup>th</sup> AARC Congress in Tampa** – see below – and 7 respiratory physiotherapists from our association attended the congress
- c. We have completed the Italian translation of **“A Guide to Aerosol Delivery Devices for Respiratory Therapists—2nd Edition”** and it will be soon be available on the web
- d. The **Specialization Course on Sleep Disorders –OSAS** – in conjunction with the University of Milan will be starting in January 2012.
- e. We have launched the on-line version of **Selezione ARIR from Respiratory Care and AARC Times**

### **5 Posters accepted**

<b>1</b>	<p><b>LONG TERM EFFECTIVENESS OF CPAP TREATMENT WITH NASAL PILLOWS INTERFACE IN PATIENTS WITH OBSTRUCTIVE SLEEP APNEA SYNDROME</b> Lanza, Andrea<sup>1</sup>; Mariani, Sara<sup>2</sup>; Sommariva, Maurizio<sup>2</sup>; Sambusida, Katrina<sup>1</sup>; Subert, Petra<sup>2</sup>; Proserpio, Paola<sup>1</sup>; Nobili, Lino<sup>1</sup>. 1 Centre of Sleep Medicine; 2 Physical Therapy and Rehabilitation Centre; Niguarda Hospital, Milan, Italy.</p>
<b>2</b>	<p><b>NON-INVASIVE VENTILATION IN CYSTIC FIBROSIS: THE ITALIAN RESPIRATORY PHYSIOTHERAPISTS’ POINT OF VIEW</b> Zuffo, Sergio<sup>1</sup>; Gambazza, Simone<sup>2</sup>; Capra, Alessandro<sup>1</sup> 1Rehabilitation Unit, AOU Meyer Florence, Italy 2Cystic Fibrosis, Pediatrics, AOU Meyer, Italy.</p>
<b>3</b>	<p><b>A VALID ACADEMIC PATH TO PROMOTE RESPIRATORY PHYSIOTHERAPY PROFESSIONAL</b> Privitera, Emilia<sup>2</sup>; Galimberti, Vittoria<sup>3</sup>; Brivio, Anna<sup>5</sup>; Gambazza, Simone<sup>1</sup>; Ptacinsky, Luciana<sup>4</sup>; Nosotti, Mario<sup>2</sup>; Santambrogio, Luigi<sup>2</sup> 1.Rehabilitation Unit, Azienda Ospedaliero Universitaria A. Meyer, Firenze, Italy. 2. Thoracic Surgery and Lung Transplantation, Fondazione IRCCS Ca’ Granda Ospedale Maggiore Policlinico, Milano, Italy. 3. Pulmonary Rehabilitation, Ospedale San Giuseppe Fatebenefratelli, Milano, Italy. 4. A.O. Ospedale Niguarda Ca’ Granda, Milano, Italy. 5. Pediatrics CF Center, Fondazione IRCCS Ca’ Granda Ospedale Maggiore Policlinico, Milano, Italy.</p>

4	<b>NON-INVASIVE REHABILITATION PROGRAM IN CYSTIC FIBROSIS PATIENTS WITH URINARY INCONTINENCE</b> Donà <sup>1</sup> , M; Mamprin <sup>1</sup> , G; Bosco <sup>1</sup> M., Soncin <sup>1</sup> A., Da Dalt <sup>1</sup> L., Ros <sup>1</sup> , M. "S. Maria di Ca' Foncello" Hospital – AULSS 9 – Treviso, Italy.
5	<b>CORRELATION BETWEEN DIFFERENT TESTS TO ASSESS EXERCISE CAPACITY IN PATIENT WITH CYSTIC FIBROSIS</b> Donà <sup>1</sup> M., Mamprin <sup>1</sup> G., Vecchiato <sup>1</sup> M., Da Dalt <sup>1</sup> L., Ros <sup>1</sup> M. "S. Maria di Ca' Foncello" Hospital – AULSS 9 – Treviso, Italy.

## 2. Ongoing

- a) 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 enrolling study participants.
- b) ARIR is continuing its work drafting documents for **GARD – Italy** (Global Alliance Against Chronic Respiratory Disease) relative to the following **projects**:
  - *Training courses for health-care providers to arrive at early diagnosis of COPD*
  - *Ongoing assistance for COPD patients*

## 3. Routinely

As usual we are:

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

As of today, more than 270 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:

- *non-invasive ventilation;*
- *rehabilitative pneumology in patients with tracheal cannula*
- *functional tests and the role of the physiotherapist*
- *respiratory physiotherapy in the neuromuscular patient and in the non-compliant patient – Level I course -*
- *retraining the respiratory patient for physical exercise and endurance;*
- *managing complications and comorbidity in the patient with chronic respiratory disease (Giornata ARIR 2011)*
- *3 basic courses on respiratory rehabilitation*

On the whole, and not counting university credits for the master's program, 207 continuous medicine education credits (CMEC) were assigned in 2011.

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 2012** for the sixth consecutive year.

- **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).*

- **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 2010 ICRC Meeting in Las Vegas, 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 Milan in March 2013.**

#### **5. Acknowledgments**

The ARIR, representing Italian respiratory physiotherapists, is continuing its work for the establishment of respiratory care in Italy through a constant group effort – on a voluntary basis – that involves cultural programs, university training, courses, conferences and publications and its participation in projects aimed at sensitizing the public to topics related to respiratory issues.

We wish to thank our colleagues who give so freely of their time and energy to further the growth of the Association and promote Respiratory care in Italy.

And we are extremely grateful to AARC and ICRC for their support and willingness to give their important help – both as a reference and with their meaningful interactions with our association.

Tampa, Monday, November 7th 2011.

Sergio Zuffo, PT, MSc