It represents the update of the previous published in 2007, and comes from the awareness that in these eight years much progress has been made in various areas of the Pulmonary Rehabilitation.

Considering that the training exercise is the cornerstone of any rehabilitation program, wide space is given to the methods and strategies helpful to its optimization.

To provide those who began to work on pulmonary rehabilitation and colleagues which already do it, recommendations and advice from experience and from the literature. An updated bibliography will then explore the topics of COPD larger than COPD. Considering then that the training exercise is the cornerstone of any rehabilitation program, wide space is given to the methods and strategies helpful to its optimization.

It is a project to deliver awareness; a screening for chronic respiratory disease. Pilot pharmacy in Milan area where patients are addressed by their GPs or by advertisement to have a respiratory evaluation through:

- SpO₂
- PFT
- questionnaires for COPD/Asthma (GOLD)

(educational intervention for inhaled therapy on site of care)
Overview of the Delphi process

Content development:

A core syllabus for post-graduate training in respiratory physiotherapy provides a framework for implementation of a post-graduate training programme in respiratory physiotherapy in individual EU countries.

After the publication of the syllabus, the respiratory physiotherapy HERMES task force is currently working on a comprehensive curriculum which provides a framework for implementation of a post-graduate training programme in respiratory physiotherapy in individual EU countries.
ARIR is continuing its work for GARD – Italy (Global Alliance Against Chronic Respiratory Disease).

Three board members of ARIR were nominated as referees of commission II, III and V, namely Emilia Privitera, MSc, PT, Sergio Zuffo, MSc PT and Marta Lazzeri, PT.

Our association sponsors and keeps coordinating this controlled, randomized multicenter trial “Effects of home-based pulmonary rehabilitation in patients with severe or very severe chronic obstructive pulmonary disease (COPD)”.

128 patients have been enrolled so far
Disseminating information about respiratory physiotherapy and the importance of what we do in Italy

Now ARIR shares with its members standards operating procedures of some of the procedures performed along respiratory practice.

- visual analogic scale (VAS)
- PEP-Mask therapy for infants
- One Repetition Maximum (1RM)
- 6 minute walk test (6MWT)

are available so far on our website

Continuing education, training and teaching

On the whole, and not counting university credits, 134.4 continuous medicine education credits (CMEs)
Master in Respiratory physiotherapy and Pulmonary Rehabilitation – 11° Edition 2017
\(\rightarrow 180\) participants so far

ROUTINE

10° EDITION

ROUTINE

+92 members

ASSOCIAZIONE RIABILITATORI DELL’INSUFFICIENZA RESPIRATIVA

AIR

Worldwide Network of certified Pulmonary Physiotherapists
ARIR Journal “Rivista Italiana di Fisioterapia e Riabilitazione Respiratoria”

Published every four months and sent to health professionals involved into respiratory care (more than 5500 addresses)

ARIR Selection from Respiratory Care and AARC Times

The bridge between the American and Italian respiratory cultures
ARIR is working to reach citizens and patients directly through innovative projects, embracing new partnership, to foster patient’s awareness and autonomy.

*Improving device selection and patient compliance is our goal for next year*

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**NEW ARIR BOD**

**Martina Santambrogio, PhD, BSc, PT**
- Cell and molecular biologist
- In 2011 moved back to Italy and studied to become a physiotherapist.
- Since 2014 works in the respiratory field

**Mara Paneroni, MSc, PT**
- Director in chief of Rivista Italiana di Fisioterapia e Riabilitazione Respiratori
- Physiotherapist coordinator
  - Istituti Clinici Scientifici Maugeri – Rehabilitative Pulmonology Departement.
- Area of Interest: Exercise, Intensive Care, Telemedicine.

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On behalf of the ARIR board,

**Thanks!**

Anna, for your dedication to the respiratory care and to ARIR association, lasting for 20 years.