



International Council  
for Respiratory Care




**ITALIAN ASSOCIATION FOR  
REHABILITATION OF RESPIRATORY  
FAILURE (ARIR)**

SIMONE GAMBAZZA, PT  
ARIR BOD, ARIR Journal Deputy-editor, Governor for Italy ICRC  
SERGIO ZUFFO, MSc PT  
Governor for Italy, ICRC, Hector Leon Garza Award

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International Council  
for Respiratory Care

**Summary**

**NEWS**

ONGOING  
ROUTINE  
FUTURE  
ACKNOWLEDGMENTS






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**3<sup>RD</sup> INTERNATIONAL CONFERENCE  
ON RESPIRATORY PHYSIOTHERAPY**

PHYSIOTHERAPY REHABILITATION AND THE BURDEN OF RESPIRATORY DISEASES:  
OPEN CHALLENGES AND NEW INSIGHTS  
FISIOLOGIA, RIABILITAZIONE E EMERGENZA MALATTIE RESPIRATORIE:  
SPIDE APERTI E NUOVE PROSPETTIVE



**NEWS**

**ENTUSIASMO RELAZIONALE  
E CRESCITA CULTURALE AL  
SERVIZIO DELLA SALUTE**

di Maria Rosaria Di Lorenzo, Presidente della Società Italiana di Fisioterapia (SIF)

"Gli incontri con i più  
importanti esperti del  
mondo della riabilitazione  
respiratoria, la presenza dei  
relatori internazionali,  
l'esperienza di lavoro  
in équipe e la qualità  
dei servizi offerti"

**March 2016**

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OPEN CHALLENGES AND NEW INSIGHTS  
FISIOTERAPIA, RABILITAZIONE E L'EMERGENZA MALATTIE RESPIRATORIE:  
SFIDE APERTE E NUOVE PROSPETTIVE

**NEWS**

→ **200** participants  
→ Physios, physicians, nurses, patients and industries  
→ Special guests from and outside Europe

**PLENARY SESSION: OUTCOME MEASURES FOR ASSESSING EFFICACY OF AIRWAY CLEARANCE TECHNIQUES**

**PLENARY SESSION: ADHERENCE: THE OTHER SIDE OF CARE**

**PLENARY SESSION: INTERVENTION USE OF NIV: MAKE SURE YOU DON'T MISS YOUR LAST CHANCE**

**PLENARY SESSION: THE MANAGEMENT OF ALS**

**PLENARY SESSION: COEXISTING COPD AND CHF: TWO DISEASES, ONE SOLUTION**

**PLENARY SESSION: FROM EXERCISE THERAPY TO PHYSICAL ACTIVITY: NEW FRONTIERS**



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**NEWS**

**SURVEY**  
**The PT ID**

Response Rate 70%  
135 questionnaires analysed

- ☐ Mean age 40yrs (22-60yrs)
- ☐ Female (108/135)
- ☐ Career in the respiratory field 10.6yrs over a mean 16.6 yrs
- ☐ 51% has advanced university skills:
  - Master in Respiratory physiotherapy and Pulmonary Rehabilitation
  - MSc
  - PhD

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**NEWS**

**SURVEY**  
**The PT ID**

**Pulmonary auscultation**

**Dyspnea measure**

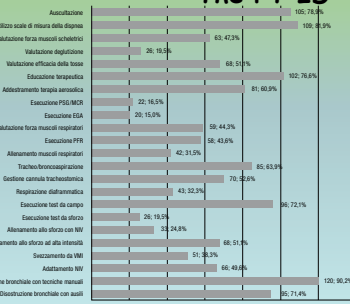
**Educational intervention**

**Aerosoltherapy training**

**Tracheo-broncho suctioning**

**Fields walk-tests**

**Airway clearance tech**



Topic	Count	Percentage
Auscultazione	105	76.9%
Uffici scale di misura della dispnea	105	76.9%
Validazione forza muscoli scheletrici	63	42.3%
Validazione deglutizione	26	19.3%
Validazione efficacia della tosse	68	50.1%
Educazione terapeutica	102	76.8%
Addestramento terapia aerosolica	81	60.3%
Esercizio PEG/NGR	22	16.5%
Esercizio EGA	20	15.2%
Validazione forza muscoli respiratori	50	44.3%
Esercizio PPR	38	43.0%
Alimentazione muscoli respiratori	42	31.5%
Tracheo-broncoaspirazione	85	63.9%
Gestione cannula tracheostomica	78	58.2%
Respirazione diaframmatica	43	32.3%
Esercizio test da campo	99	72.1%
Esercizio test da sforzo	26	19.3%
Alimentamento alla bocca con NW	33	24.8%
Alimentamento alla bocca ad alta intensità	68	51.4%
Suoneramento da NW	51	38.3%
Addestramento NW	69	49.3%
Disostruzione bronchiale con tecniche manuali	100	90.2%
Disostruzione bronchiale con ausili	85	71.4%

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NEWS

**Italian Recommendations on Pulmonary Rehabilitation.**  
**Scientific evidence and messages for clinical practice.**  
*Position paper of an Experts' Panel. Executive Summary*

Ernesto Crisafulli\*, Francesco D'Ambrosio\*, Oriana Delicati\*, Giuseppe Gaudetoli\*, Franco Pasqua\*, Elisabetta Zampogna\*, Maria Lazzari\* e Bruno Batù\* a nome del Gruppo di Studio "Pneumologia Riabilitativa" e Assistenza Domiciliare dell'Associazione Italiana Pneumologi Ospedalieri (AIPO) e di ARIR (Associazione Riabilitatori dell'Insufficienza Respiratoria).

- ☐ 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 advices** from experience and from the literature

Rassegna di Patologia dell'Apparato Respiratorio 2015, 30: 250-263

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NEWS

**SALVAGUARDIAMO IL NOSTRO RESPIRO**



Allergia, tosse, mancanza di respiro sono un problema?

**Prenota anche tu!**

**CONTROLLO GRATUITO**  
presso la nostra Farmacia:  
SALURIMETRIA  
(Diagnostica del respiro nel sangue)  
SPIROMETRIA  
(Diagnostica della funzione respiratoria)  
COLLOQUIO INFORMATIVO CON L'ESPERTO

è un servizio **gratuito**

presso della **FARMACIA EMILIA**  
BUCCINASCO - Via Emilia sng. Via Romagna  
info: 02 4882465  
mail: info@farmaciamedia.com

**Quando?**

Mercoledì 24 settembre 2016	Ore: 9:00 - 11:00
Venerdì 28 settembre 2016	Ore: 15:00 - 16:30
Venerdì 7 ottobre 2016	Ore: 15:30 - 16:30
Sabato 29 ottobre 2016	Ore: 9:00 - 13:00
Domenica 13 novembre 2016	Ore: 9:00 - 13:00
Venerdì 24 novembre 2016	Ore: 15:30 - 16:30
Venerdì 1 dicembre 2016	Ore: 15:30 - 16:30
Venerdì 18 gennaio 2017	Ore: 15:30 - 16:30
Sabato 19 febbraio 2017	Ore: 9:00 - 13:00
Venerdì 24 marzo 2017	Ore: 15:30 - 16:30

✓ **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:

- ☐ SpO<sub>2</sub>
- ☐ PFT
- ☐ questionnaires for COPD/ Asthma (GOLD)

(educational intervention for inhaled therapy on site -if used)

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NEWS

- ☐ Chair: *epidemiological aspects of obstructive sleep apnoea* (Lanza)
- ☐ Best abstract in Pulmonary Rehab (Panerai)





## European Respiratory Society

Through a combo subscription ARIR-AIPO (Association of Italian Pulmonologists), italian PTS will access automatically to ERS Membership

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## Summary

- NEWS
- ONGOING
- ROUTINE
- FUTURE
- ACKNOWLEDGMENTS







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ONGOING



CON IL PATROCINIO DI:



CON LA COLLABORAZIONE DI:




Cooperation with Italian Society of Respiratory Medicine, and Italian Society Asthma, Allergology and Clinical Immunology

So far ARIR has been recruiting **62** respiratory physiotherapists who will stand in nearly **300 Italian pharmacies** to enhance adherence to prescribed inhalation therapy in patients with COPD and Asthma.

*Data will be published soon*




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HERMES

Update from Hermes

Delphi 1  
August – November 2013  
To present drafted syllabus items and collect feedback for improvement


- 61 experts (Task force + national experts)
- 13 countries represented
- A majority of physiotherapists specialised in respiratory physiotherapy responded (75%)

Delphi 2  
August – November 2013  
To propose the restricted syllabus modules and items based on feedback in Delphi 1

- 163 respondents (Task force + national experts + ERS assembly 3.1.1)
- 13 countries represented
- A majority of physiotherapists specialised in respiratory physiotherapy responded (75%)

Delphi 3  
February – April 2014  
To propose the restricted syllabus modules and refine a final draft for syllabus publication

- 104 respondents (Task force + national experts + ERS assembly 3.1.1)
- 13 countries represented
- A majority of physiotherapists specialised in respiratory physiotherapy responded (75%)



Breathe | September 2014 | Volume 10 | No 3

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.

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ONGOING





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.

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ONGOING

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

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◆ Disseminating information about respiratory physiotherapy and the importance of what we do in Italy



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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





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✍ Continuing education, training and teaching




On the whole, and not counting university credits,  
**134.4**  
continuous medicine education credits (CMEs)

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University

✓ Master in Respiratory physiotherapy and  
Pulmonary Rehabilitation – 11° Edition 2017  
→ 180 participants so far




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10th EDITION






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+92 members



ASSOCIAZIONE RIABILITATORI  
DELL'INSUFFICIENZA RESPIRAT



Discusione Membri Eventi Foto File

Cerca in questo gruppo

Attività recenti





AGGIUNGI MEMBRI

MEMBRI

DESCRIZIONE

PROGETTO ARIR

NUOVI ORIZZONTI PER COSTRUIRE LA FIGURA DEL FISI...

CREA NUOVI GRUPPI

Crea gruppo

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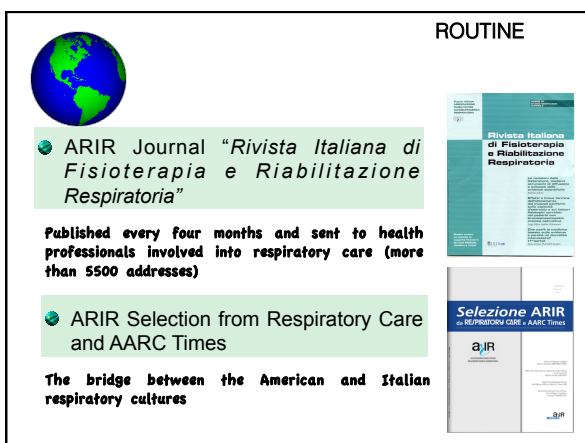
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FUTURE

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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FUTURE

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.*




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