



We help the world breathe®
PULMONARY • CRITICAL CARE • SLEEP

ASSEMBLY OFFICERS

Eileen G. Collins PhD
Assembly Chair
ecollins@uic.edu

Susan S. Jacobs, RN, MS
Planning Chair
ssjpulm@stanford.edu

Jiyeon Choi, RN, PhD
Program Chair
jic11@pitt.edu

Judith Tate, PhD, RN
Program Chair-Elect
tate.230@osu.edu

Kathleen O. Lindell, PhD, RN
Nominating Chair
lindellko@upmc.edu

Kathleen Abode, BSN, RN, MPH
Web Director
kja@med.unc.edu

ASSEMBLY CONTACT

Website:
<http://www.thoracic.org/assemblies/nur/index.php>
Email: nur@thoracic.org

IN THIS ISSUE

- Message from the Chair.....1
- Planning Committee Report.....2
- Program Committee Report.....2
- Programming Sessions.....3
- Web Committee Report.....4
- NUR Early Career Professionals.....4
- Integrative Therapies Interest Group..5
- Nursing Membership Meeting.....5
- Assembly Twitter.....6
- Mentorship Meeting Spot.....6
- Assembly/Committee Projects.....7
- BVALS.....7
- Early Career Professionals8
- Nursing CE Credit Available.....8
- Grant Awardees.....8
- Members Matter.....9
- Member Profile Update.....9
- ATS Foundation.....10
- Exhibitors Fundraising for ATS.....11
- BEAR Cage.....11
- Patient Education Material.....12
- Official ATS Documents.....12

MESSAGE FROM THE ASSEMBLY CHAIR

It is hard to believe that a full year has gone by since we met in San Francisco. Our meeting in San Francisco was so full of energy. I hope that we're able to replicate that this year. I hope that all of you will join us for the Nursing Assembly's Meet and Greet Reception. It will be held on Sunday from 11am-12:30pm in the Clinician's Center. This is a place for new members and attendees to meet members of the Nursing Assembly; it's also a great place to network with potential collaborators. For those of us who have been around for a while, it's a great place to meet up with friends and colleagues. Refreshments will be provided so please join us on Sunday morning.

Editor: Eileen G. Collins, PhD



Eileen G. Collins, PhD

The mentorship program is also open. If you're more established, please consider being a mentor to one of your more junior colleagues. More information is on the ATS website. If you have time, get involved with the Advocacy Group at ATS. Now more than ever, we need to be active participants in our country's governance particularly when it comes to healthcare and respiratory needs of the population. If you haven't yet signed up, think about signing up to visit Capitol Hill on Tuesday morning with ATS. Space is limited for this.

Over the past year, I have had many opportunities to meet and interact with other Assembly Chairs, our ATS leadership and staff. Our organization is in very good hands! The Board of Directors will be transitioning over the upcoming year to change how we function. This is still a work in progress but you can probably expect to see Board members serving on a variety of committees and reporting back to the Board. The idea is to facilitate communication and idea sharing. It was both interesting and satisfying to see how passionate and involved our leadership is and also how much outreach is done by ATS to underserved countries. We can be very proud of our organization.

There are many opportunities to become involved with ATS. Consider starting on a Nursing Assembly committee. Please reach out to me if you'd like to get more involved. You are the best judge of how we can put your talents to good use. There's plenty of work to go around.

I look forward to seeing all of you at the International Conference in DC. Please stop by the Meet and Greet to say hello. If you cannot make it to this meeting, I hope to see you in 2018. Thank you for the opportunity to represent you in this great organization!

PLANNING COMMITTEE REPORT

Susan S. Jacobs RN, MS

The Nursing Assembly Planning Committee (APC) saw the continuation and growth of projects started over this past year and continues to support assembly initiatives and review assigned project applications each year.

The APC scored 8 new project applications and 7 renewals this past year. The Nursing Assembly had one project renewed (Maureen George PhD, RN "International Nursing Research Priorities: CARES (Critical care, Adult Respiratory Health, and Sleep)"). Susan Jacobs RN, MS, with Co-Chair David Lederer MD, had a new project funded that arose from the Nursing Assembly Oxygen Working Group "Optimizing Home Oxygen Therapy". This will be an all-day, multi-disciplinary workshop that includes nurses, physicians, patient oxygen users, and representatives from ATS Governmental Affairs, ATS Health Care Policy, the COPD Foundation, PHA (Pulmonary Hypertension Association), PFF (Pulmonary Fibrosis Foundation), LAM (Lymphangioliomyomatosis) Foundation, Alpha 1 Foundation, AARC (American Association Respiratory Care), ALA, CMS (Centers for Medicare and Medicaid Services), FDA, Apria Healthcare, and NAMDRRC (National Association of Medical Directors of Respiratory Care). The goal of the workshop is to develop actionable strategies to address home oxygen problems from the perspective of the patient, clinician, oxygen supplier, and payers/lobbyists.

The 'Oxygen Working Group' also developed an online 'Patient Supplemental Oxygen Survey' that went 'live' on the PAR website in the fall of 2016 and was completed by almost 2000 oxygen users across the United States. Two late-breaking abstracts from this data were accepted for a poster discussion session and a manuscript has also been submitted that is under review.

New to the APC this year was our charge to select the recipient of the 'Early Career Achievement Award'. The committee reviewed strong candidates in areas of scholarly, educational, and clinical contributions to Nursing as well as contributions to ATS.

PROGRAM COMMITTEE REPORT

Jiyeon Choi, RN, PhD, Chair & Judith Tate, PhD, RN, Chair-Elect

For the ATS 2017, the main focus of the Nursing Year in Review (A81) will be on current state of knowledge in critical care. Specific highlights will include symptom science, implementation science, palliative care, onco-critical care, intensive care unit survivorship and telehealth relevant to critically ill individuals and families. For scientific symposia, nursing will be primary sponsor for two symposia on the topics of COPD comorbidities (C88) and integrative therapy (B7). Additionally, nursing is also a part of two jointly-developed symposia (B91 and D90).

Nursing will also sponsor two Sunrise Seminars and two Meet the Professor sessions (SS212, SS312, MP412, MP512). For Post Graduate courses, we will offer a didactic course titled "Best Practices and Clinical Research Skills Development for Clinical Research Coordinators." (PG17). Our outside organization session on research funding opportunities (L5), will feature speakers from ATS Foundation, American Lung Association, National Institute of Nursing Research (NINR), National Center for Complementary Integrative Health (NCCI), and National Heart Lung and Blood Institute (NHLBI). Regarding the abstracts, because of a new abstract submission systems, fewer abstracts than usual were initially submitted to our assembly (18 total). After collaboration with members of the International Conference Committee, we were able to program one mini symposium titled "Measurement of Symptoms and Function (A17)" and one poster discussion session "Optimizing Patient Centered Approaches in Pulmonary, Sleep and Critical Care (B107)."

In order to resolve the issue with unusually fewer number of abstracts assigned to our assembly, during the International Conference Committee meeting, we revised the Abstract Classification System to expand the likelihood of capturing relevant abstracts submitted to nursing.

We invite the members of the Nursing Assembly to support our colleagues as they present their work in any of the sessions ATS International Conference. Hope to see all of you in May in Washington, DC.

ATS 2017 - WASHINGTON, DC

SESSIONS SPONSORED BY THE ASSEMBLY ON NURSING

Session Code	Session Title	Session Time	
Postgraduate Courses			
Saturday, May 20, 2017			
PG17	BEST PRACTICES AND CLINICAL RESEARCH SKILLS DEVELOPMENT FOR CLINICAL RESEARCH COORDINATORS	8:00 AM	4:00 PM
Scientific Symposia			
Sunday, May 21, 2017			
A81	NURSING YEAR IN REVIEW	2:15 PM	4:15 PM
Monday, May 22, 2017			
B7	FROM RESEARCH TO BEDSIDE: OPTIMIZING WELL-BEING THROUGH INTEGRATIVE THERAPY	9:15 AM	11:15 AM
Tuesday, May 23, 2017			
C88	COPD COMORBIDITIES: GREATER THAN THE SUM OF THE PARTS	2:15 PM	4:15 PM
Jointly-Developed Symposia			
Monday, May 22, 2017			
B91	IMPLEMENTATION SCIENCE IN PULMONARY, CRITICAL CARE, SLEEP AND PEDIATRIC MEDICINE: HOW SOON IS NOW?	2:15 PM	4:15 PM
Wednesday, May 24, 2017			
D90	NUDGES IN THE ICU: WHEN AND HOW SHOULD INTENSIVISTS GUIDE SURROGATES' DECISIONS?	1:30 PM	3:30 PM
Sunrise Seminars			
Tuesday, May 23, 2017			
SS212	IMPLICATIONS AND MANAGEMENT OF ANXIETY, DEPRESSION, AND FATIGUE IN CHRONIC LUNG DISEASE	7:00 AM	8:00 AM
Wednesday, May 24, 2017			
SS312	PATIENT EXPERIENCE IN PULMONARY ARTERIAL HYPERTENSION	7:00 AM	8:00 AM
Meet The Professor Seminars			
Sunday, May 21, 2017			
MP412	PRACTICAL CONSIDERATIONS FOR PRAGMATIC TRIALS OF BEHAVIORAL INTERVENTIONS	12:15 PM	1:15 PM
Monday, May 22, 2017			
MP512	RESPIRATORY SYMPTOM RESEARCH: CONSIDERATIONS FOR PROPOSALS, PUBLICATIONS, AND REVIEWERS	12:15 PM	1:15 PM
Mini-Symposia			
Sunday, May 21, 2017			
A17	MEASUREMENT OF SYMPTOMS AND FUNCTION	9:15 AM	11:15 AM
Poster Discussion Sessions			
Monday, May 22, 2017			
B107	OPTIMIZING PATIENT CENTERED APPROACHES IN PULMONARY, SLEEP, AND CRITICAL CARE	2:15 PM	4:15 PM

WEB COMMITTEE REPORT

Kathleen Abode, BSN, RN, MPH

The ATS Website has plenty of informative web-based educational opportunities that will appeal to nurses providing clinical care, nurse educators, and nurses engaged in research. Quick Hits are brief image based cases with key clinical questions.

The Best of ATS Video Lecture Series provides great 15 minute educational videos. New Podcasts are added to the Website every week. Podcasts are concise, 20 minute discussions with ATS experts on the important topics in pulmonary, critical care and sleep medicine that most interest the various ATS assemblies. Check out the newest Nursing Assembly produced Podcast, "The Growing Field of Pediatric Palliative Care" soon to be followed by a Nursing Assembly Podcast on adult palliative care for people with end stage lung disease. In anticipation of the ATS International Conference in Washington, D.C.

this May, the Nursing Assembly Web Committee will produce an "Everything You Wanted to Know About ATS in D.C." Podcast that attendees will not want to miss! Stay informed and involved through the ATS Website Social Media page providing links to the Nursing Assembly Facebook page and Twitter feed.

EARLY CAREER PROFESSIONALS WORKING GROUP REPORT

Sharron J. Crowder, PhD, Chair

The Nursing Assembly's Early Career Professionals Working Group worked with the society wide committee to develop a more standardized approach to mentoring. The new format offered the creation of mentoring pairs as a result of survey matching primarily on the specialty, practice sites, career development interests and specific goals. During the 2016 ATS Conference, we had 21 participants in the mentoring program. There were *very positive* comments from both the mentees and mentors about their career enhancement session. **HERE IS MY CHALLENGE TO YOU: Let's top last year's number, we want at least 15 pairs (30 participants!!!). That's an attainable number for our assembly and think how we can foster the careers of individuals and leadership in ATS.**

As a reminder: This unique mentoring approach provides the opportunity for members to take advantage of a 1:1 mentoring session only held during the conference. Therefore, participation in the program requires that both the mentor and mentee attend the International Conference. We encourage all Nursing Assembly members, new or experienced, to become a mentor or mentee (or both!). Participants must complete a brief mentoring survey on the ATS website. That survey will be used to match the mentoring pairs.

Once again, ATS will offer a location exclusively for mentors and mentees to meet during the conference. The meeting space is the **Carnegie Room in the Renaissance Washington DC Hotel** (Ballroom Level). It will be open *Friday, May 19th to Tuesday May 23rd, 7am-7pm*. Snacks will be provided!!

MEET AND GREET-This event was the opportunity to warmly welcome nurses and student nurses attending the International Conference, participating as a coauthor on an accepted abstract, and/or joining the Nursing Assembly. Additionally, first-time conference attendees were welcomed via e-mail prior to their arrival and invited to attend the Meet and Greet.

Please join us as we host this year's "**MEET AND GREET**" in the Clinician's Center Sunday morning at the **International Conference from 11:00 AM to 12:00PM**. This is our time to engage in conversation with attendees interested in learning about the Nursing Assembly, introduce them to current Nursing Assembly members, and provide valuable information to get the most out of the conference. This event is a great way to foster the growth of our *dynamic* Nursing Assembly!!

INTEGRATIVE THERAPIES INTEREST GROUP REPORT

Tania Von Visger, APRN, PhD(c), CNS, CCNS, PCCN- Co-Chair
and Ni-Cheng Liang, MD, Co-Chair

- Since the official formation of **The Integrative Therapies Interest Group** in May 2014, we have grown in numbers as well as in our passion to do great work.
- To guide our work, we **established these three goals** which are in perfect alignment with the ATS mission in promoting health and wellness.
- **Goal #1** - To provide an open forum for **clinicians to engage** in the critical evaluation and discussion of various types of Integrative Therapy.
- **Goal #2** - To create **Patient Education** Guidelines in the implementation of the most common Integrative Therapies for Pulmonary conditions regarding use, benefits, and safety profile.
- **Goal #3** - To **educate healthcare professionals** in the current scientific evidence about Integrative Therapies.
- We have been having **monthly conference call meetings** since the initiation of the group among our current inter- professional members with dialogue on topics relevant to these 3 goals.
- **The Integrative Therapy Needs Assessment** was created in 2015 and surveyed to ATS members in February and March 2016. The results of this survey were presented during the 2016 ATS Interest Group Meeting Conference in San Francisco. During this meeting, we engaged interested members in the discussion after **the Pro/Con Debate** about the use of Integrative Therapy and the directions of this Interest Group.
- We are in the planning phase for the 2017 Scientific Symposium entitled, **"FROM RESEARCH TO BEDSIDE: OPTIMIZING WELL-BEING THROUGH INTEGRATIVE THERAPY"** that will include well-known speakers in their perspective fields of practice.
- We are working on **Patient Education Information** about Integrative Therapy that will be disseminated during the 2017 ATS Conference.
- We are in the planning phase for **the 2018 Workshop** addressing evidence-based use of various integrative therapies. The deliverable from this workshop will be **Clinical Practice Guideline on Integrative Therapy use.**
- We are in the planning phase for **the 2019 Post-graduate workshop** that will include didactic and interactive content of various Integrative Therapies. We will edit/refine our survey instruments and re-assess ATS members' needs with regards to education and training.
- We are in the process of **creating and updating on-line resources** pertaining to the use of integrative therapies that is evidence-based for patients with respiratory disease, critical illness, and sleep disorders.
- Throughout 2017 and **moving forward**, we expect tangible products that will benefit ATS members such as Scientific Symposium, Sunrise Sessions, Post-Graduate workshops, conference workshop statement.

Assembly on Nursing Membership Meeting

*Monday, May 22nd 5:00pm – 7:00pm
Renaissance Washington Downtown*

*Renaissance Ballroom West B
Ballroom Level*

Be sure to follow us at [@ATS_Assemblies](https://twitter.com/ATS_Assemblies) for news on webinars, deadlines, and other things you might have missed in your inbox!



Meet Your Mentor HERE!



Struggling to find a quiet location to meet with your mentor? Look no further! This year at the 2017 ATS International Conference in Washington, DC, the Assembly Mentoring Programs is offering a meeting spot exclusively for mentors and mentee to meet.

The Assembly Mentoring Programs' Meeting spot will be located in the Renaissance, Washington DC Hotel in the Carnegie room on the (Ballroom Level). The room will be available from:

Friday May 19th to Tuesday May 23rd between 7AM. to 7PM

Light snacks and beverages will be offered throughout the day. Laptops and printers will be made available for use and don't forget to pick up your Assembly Mentoring Program Ribbon and Pin!

We hope you can join us at the Assembly Mentoring Program's Meeting spot!

Interested in joining a mentoring program? Visit our Assemblies homepage and click on ATS Mentoring Program to learn more or contact Melinda Garcia at mgarcia@thoracic.org

Submit an Assembly/Committee Project Application for funding in FY2018!

We are happy to announce that ATS will once again accept NEW Assembly/Committee Projects for FY2018. All interested applicants should begin developing their ideas for Assembly/Committee Project Applications. Applications will be available on the ATS website at www.thoracic.org.

Please consider submitting an application for an Assembly/Committee project. If you have a suggestion for a project application and you need assistance, please contact your Assembly Planning Committee Chair Paula M. Meek, PhD, RN,BC at paula.meek@ucdenver.edu.

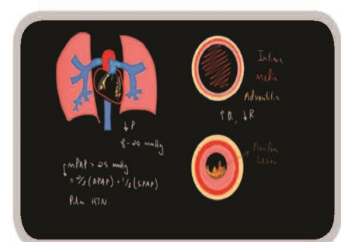
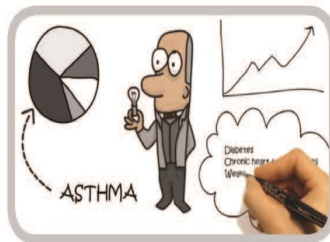
For questions regarding submissions please contact Miriam Rodriguez at tel: 212/315-8639 or email: mrodriguez@thoracic.org.

Best of ATS Video Lecture Series (BAVLS)

Do you have an amazing teaching video that you want to share with the world?
Then consider submitting to the Best of ATS Video Lecture Series (BAVLS).

For more information, please visit

<http://www.thoracic.org/professionals/clinical-resources/video-lecture-series/>



PROGRAMS AND SPECIAL EVENTS FOR EARLY CAREER PROFESSIONALS

Networking Exchange For Early Career Professionals

Saturday, May 20, 2017; 5:30-6:30 p.m.

Marriott Marquis • Washington D.C. University of DC/Catholic University (Level M1)

Free to all conference attendees

Attend a Workshop in the Center for Career (CCD)

Sunday, May 21 –Tuesday, May 23, 2017; 7:00 a.m. – 5:00 p.m.

Walter E. Washington Convention Center Hall D, (Middle Building, Level 2)

VISIT THE CCD TO PICK UP A ROAD MAP TODAY!



ATS 2017
*Where today's science
meets tomorrow's care™*

Washington, DC
May 19-May 24
conference.thoracic.org

ATS 2017: Nursing CE Credit Available

The ATS recognizes the importance of investing in nursing education. For the past five years, the ATS International Conference has offered opportunities for nurses to earn CE credit through selected symposia tailored to nursing. If you're interested in earning CE credit, check out the list of ATS 2017 accredited sessions.

ANNOUNCING ATS FOUNDATION RESEARCH PROGRAM 2017-2018 GRANT CYCLE

The Research Program is excited to announce that it is now accepting letters of intent! In 2017, the Research Program has increased the number of available Unrestricted Grants for early career investigators. In addition to 15 Unrestricted Grants, the portfolio offers grants with Alpha-1 Foundation, American Lung Association of the Mountain Pacific, Hermansky-Pudlak Syndrome Network, ResMed, PCD Foundation, Pulmonary Hypertension Association, and the ATS Foundation Tobacco-Dependence Research Fund, and 4 MECOR Awards. The deadline for letters of intent is June 6, 2017.

For more information on the current opportunities, please visit thoracic.org/go/researchgrants.

ATS Membership Matters



Tell us!

As an ATS Assembly member your experience is central to inspiring others to join or renew their membership. **Tell us why ATS membership matters to you! What is its value to you?**

Send a sentence or two, or even a punchy quote, to MemberValue@Thoracic.org. We appreciate hearing from you within three weeks of the date of this newsletter. Be sure to provide your name, the name of your institution, city and state/country. We may use your quote in a future membership promotion!

Did you know that as an ATS member you:

- Receive a discount of **20%** (average) on education products at the ATS Store?
- Benefit from **FREE** ABIM and ABP MOC self-assessment products?
- Have access to **NEW member benefits** that include:
 - Significant discounts on Springer respiratory books (print copies), and FREE online access to this book series,
 - Copies of our new ATS pocket guidelines.

Save \$1,200 – or more – per year on ATS products and services over nonmember rates.

See why [members love the ATS!](#)

Assembly Members: Help Us to Help You!

Have you:

- ◇ Moved?
- ◇ Changed your title?
- ◇ Added a new specialty, credential or other information?
- ◇ Or perhaps we just do not have a complete profile for you!

Please take a minute to update your contact information, assembly affiliations, and demographic profile today. And now you can also upload your PHOTO to your member profile!

Log in: <https://www.thoracic.org/login/ats-member-login.php>

By keeping your profile current, you help us provide programs and services that are most targeted to you.

ATS Assembly Members Give Generously to the ATS Foundation

Thank you for participating in the [2016 ATS Assembly Challenge!](#)

The annual challenge taps into the grassroots community — and competitive spirit — of the ATS assemblies in support of the ATS Foundation. This was the closest Challenge yet!



Irina Petrache, MD, chair for the Assembly on Respiratory Cell & Molecular Biology, receives RCMB's Assembly Challenge award from Dean Schraufnagel, MD, ATS Foundation Chair

The results are: the Assembly on **Respiratory Cell and Molecular Biology** raised the most dollars with \$94,718; **Nursing** had the highest member participation with 20.49 percent; **Allergy Immunology & Inflammation** had the highest number of first-time givers in December with seven new donors.

Many members made gifts supporting the [Research Program](#) and other core programs in the final days of 2016. There was tremendous energy around the Challenge this year, with assembly chairs crafting special messages to their members. Most chairs sent two or more personal emails to their members during the Challenge.

Congratulations to the Respiratory Cell & Molecular Biology, Nursing, and Allergy Immunology & Inflammation assemblies! They will receive special recognition in ATS communications, at ATS 2017, and within their own assemblies.

The ATS Foundation would like to thank all ATS assemblies for their outreach and generosity during the Challenge. You provided a big boost to Foundation year-end giving campaigns—and a boost to our upcoming grant-making capacity for talented investigators. Thank you for your enthusiastic support!

Truly, your energy, creativity, and participation were outstanding. Thank you for everything you do for the ATS, the Foundation, young investigators, patients, and respiratory health worldwide.



Eileen G. Collins, PhD, chair for the Assembly on Nursing, receives Nursing's Assembly Challenge award from Dean Schraufnagel, MD, ATS Foundation Chair



Mitchell A. Olman, MD, chair for the Assembly on Allergy Immunology & Inflammation, receives All's Assembly Challenge award from Dean Schraufnagel, MD, ATS Foundation Chair

A special thank you from Nursing chair Eileen Collins: "The involvement and participation of the Nursing Assembly in the Assembly Challenge was very significant. For the smallest assembly to have the greatest participation says something about the commitment of the Assembly to the mission and ongoing research activities of the organization."

To learn more about the ATS Foundation or to make a gift, visit foundation.thoracic.org.

ATS 2017 Exhibitors Doing Fundraisers for ATS Foundation

Actelion Pharmaceuticals US, Inc. in Booth 525

Actelion Pharmaceuticals, Inc. will donate \$25 for each attendee who takes part in their “Join the Conversation” digital graffiti activity. They have pledged a maximum donation of \$25,000.

AstraZeneca in Booth 637

AstraZeneca will donate \$5 for each attendee who completes their activity. They have pledged a maximum donation of \$7,500.

Vitalograph, Inc. in Booth 1630

Vitalograph, Inc. will donate \$1 for each attendee who completes their respiratory quiz. They have pledged a maximum donation of \$100



ATS BEAR Cage

(Building Education to Advance Research)

Sunday, May 21, 2017

2pm – 4pm

Center for Career Development

Walter E. Washington Convention Center, Hall D, (Middle Building, Level 2)

Hosted by the ATS Drug Device Discovery and Development (DDDD) Committee, the 3rd Annual BEAR Cage (Building Education to Advance Research) competition encouraged early career investigators to submit an innovative clinical or translational research proposal for the opportunity to participate in the live event at ATS 2017. Join us to see the top three finalists competitively “pitch” their proposals to a panel of translational science experts representing academia, industry, and governmental sectors. Come support and cheer on the finalists as they compete for the \$5,000 grand prize! All are encouraged and welcome to attend. For more information, please contact DDDD@thoracic.org.

2017 BEAR Cage Finalists

Marcus Y. Chen, MD

National Heart, Lung, and
Blood Institute (NHLBI)

Chest CT at Chest X-ray Radiation Dose

Sanghyuk Shin, PhD

UCLA Fielding School of Public Health

Unmasking Resistance: Impact of Low-frequency Drug-Resistance on Molecular Diagnosis of Drug-Resistant Tuberculosis

Prema R. Menon, MD, PhD

University of Vermont Medical Center

Communicating with Mechanically Ventilated Patients

Cough

When air passes out through our voice box with force, a sound is made that we all recognize as a "cough". The act of coughing usually begins with a deep breath in, followed by air leaving the mouth with force. A cough is your body's way of preventing material from entering your breathing tubes (airways) and clearing mucus or foreign material from your airways. Cough is the most common complaint for which patients seek medical care.



A cough is not a disease, but can be a common symptom of different upper and lower respiratory tract diseases. Even if you do not have a lung disease, you may cough.

What causes a cough?

A cough can happen when something irritates your nerve endings. Labeled cough receptors. These nerve endings are in many areas inside your body, from your head and neck area, to just above your navel (belly button). Inhaling particles, vapors, smoke, fumes, dust, or cold air may irritate these receptors and may make you cough.

Can a cough spread infection?

Cough can be a way of spreading infection to others. Infection (the flu) and tuberculosis (TB) are examples of infections that can be spread by coughing infected droplets into the air. While a cold virus (the common cold) can be passed on to others by coughing, cold viruses are much more likely to be spread to others by hand-to-hand contact. Hand-to-hand contact is when you shake hands with someone who has the infection or touch something that has the cold virus on it and then your touch your nose or eyes.

To help decrease the spread of infection, you should:

- Cover your mouth and nose with a tissue when coughing or sneezing. You don't want to spread germs to others.
- When a tissue is not available, cough or sneeze into your upper sleeve or elbow, not your hands.
- Dispose of used tissues into a waste basket.
- Avoid spitting as it can cause a risk that may infect others.
- Ask for and wear a facemask when visiting a healthcare facility if you are coughing or have cold symptoms.
- Wash your hands often and for at least 30 seconds using soap and water.
- Use an alcohol-based hand rub (sanitizer) when soap and water are not available.

Is there anything special that I should know about my cough?
If you have a cough, keep track of how long you have been

that provides vomiting is called pertussis (whooping cough). Such a cough-variant syndrome, according to the CDC, should alert one to the possibility of pertussis. For more information on whooping cough, see the ATS patient information series piece "Pertussis" at www.thoracic.org/patient.

Acute, Sub-acute and Chronic Cough

There are three time periods to use as you describe how long you have had your cough: acute (lasts less than 3 weeks), sub-acute (lasts 3 to 8 weeks) or chronic (lasts more than 8 weeks and does not let up).

● An acute cough is most often caused by the common cold. This cough usually starts to improve by the third to fifth day. Cough from the common cold usually is not a serious threat to health and usually does not last longer than 3-4 days.

People with a cold typically also complain of nasal stuffiness, runny nose, throat clearing, and a sore or scratchy throat. They also may feel like they have mucus dripping down the back of their throat. Acute cough can also be due to inhaling irritants such as pollen or strong fumes. Cough may be the first symptom of inadequate control of asthma. Less commonly, an acute cough can be due to more serious conditions such as pneumonia or heart failure.

● A sub-acute cough most commonly happens after a respiratory infection (often from a virus). Other common reasons for a sub-acute cough are whooping cough (pertussis) and flare-ups of conditions such as asthma, chronic bronchitis, sinusitis or bronchiectasis. When a cough starts to get better but then worsens, you should see your healthcare provider.

● A chronic cough can happen to you for many reasons. Often, it is a combination of reasons that explain why you are coughing. Chronic cough can happen from upper airway conditions such as inflammation (swelling) of the membranes inside the nose (rhinitis) and sinuses (sinusitis) as a result of allergies or infections or from poorly controlled asthma. Cigarette smoking can cause chronic bronchitis and result

Patient Education Materials Available at the 2017 International Conference

The ATS now maintains over 100 patient education handouts as part of its Patient Information Series. The Series includes a wide variety of pulmonary/critical care/sleep and public health topics including: Bronchoscopy, Pneumonia, Mechanical Ventilation, Oxygen Therapy, Asthma, COPD, PFTs, Sleep Testing, Lung Cancer, VCD, TB, Emergency/Disaster, and Palliative Care. All pieces are available in English and many available in other languages, such as Spanish and Portuguese.

In addition to the Patient Information Series, a new Lung Cancer Screening Decision Aid is now available for free on the ATS Website, with bulk copies available for purchase.

All are encouraged to use these free-access materials, which are published in the ARJCCM, posted on the ATS Website at www.thoracic.org/patients and can be provided upon request in alternative formats for EMR systems. Stop by the ATS Center in Washington, D.C. to view copies of these materials. Contact Judy Corn, ATS Staff, at jcorn@thoracic.org for additional information or to suggest new topics.

Official ATS Documents: Informational Opportunities at the 2017 ATS International Conference in Washington, D.C.

If you're developing or interested in developing an Official ATS Document (Statements, Clinical Practice Guidelines, Workshop Reports, or Technical Standards), please consider attending one or more of these opportunities while you are in Washington, D.C. at the ATS International Conference:

- Documents Development & Implementation Committee (DDIC) Workshop/Meeting: Friday, May 19th from 6-9 PM, Renaissance Washington Downtown, Meeting Room 8-9. This session is **required** for all Guideline Panel Chairs and Chairs of new non-guideline projects. The session is **recommended** for Chairs of ongoing non-guideline projects. Please RSVP to John Harmon at jharmon@thoracic.org if you have not already done so. Note: CPG Chairs are required to provide a brief verbal update at this session.
 - ⇒ 6-7 PM – Presentations by DDIC members about the Official Document types, methodological requirements for each, and other practical issues (e.g., conflict of interest management, review, and approval); a light dinner will be served.
 - ⇒ 7-9 PM – Current Guideline Chairs (or their designees) will give progress reports and then troubleshoot informally with DDIC members and ATS staff. New Guideline Chairs will have the opportunity to listen to these reports and learn about the "trials and tribulations" of guideline development from experienced peers.
- Ad Hoc meetings: Whether you are developing or want to develop an official ATS document, you can schedule an appointment with Dr. Kevin Wilson (ATS Documents Editor) or Dr. Jan Brozek (ATS Methodologist). To schedule a meeting, email Kevin Wilson at kwilson@thoracic.org or Jan Brozek at brozekj@mcmaster.ca.
- Documents Meeting Space: Meeting space will be available to document developers from Sunday-Wednesday; contact Kimberly Lawrence at klawrence@thoracic.org for additional details.
- Guideline Methodology Training Program Information Session: Monday, May 22nd from 7-8:30 PM, Renaissance Washington Downtown, Meeting Rooms 12-13-14. Anyone who is interested in learning more about this new training program is welcome to attend. A brief description of the program will be provided, followed by time for questions and answers. A light dinner will be served. RSVP to kwilson@thoracic.org is required. Space is limited.
- Meet the Professors: A Meet the Professors Session entitled "Official ATS Documents: How to Get Involved" is being hosted by Dr. Raed Dweik (Chair of the Documents Development and Implementation Committee) and Dr. Kevin Wilson (ATS Documents Editor) on Tuesday, May 23rd from 12:15 until 1:15 pm. Registration is available through the Conference Registration Website.