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PULMONARY • CRITICAL CARE • SLEEP

PULMONARY REHABILITATION ASSEMBLY NEWSLETTER

EDITED BY LINDA NICI, MD, ASSEMBLY CHAIRMAN

SPRING 2008



Message From the Assembly Chairman

Linda Nici, MD

Officers of the Assembly on Environmental and Occupational

Assembly Chairman
2006-2008: Linda Nici
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Planning Chairman
2007-2009: Roger Goldstein
rgoldstein@westpark.org

Program Chairman
2007-2008: Richard ZuWallack
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Nominating Chair
2007-2008: Chris Garvey
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Web Director
2007-2008: Brian Tjep
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It is with extraordinary pride and excitement that I announce the formation of the Pulmonary Rehabilitation Assembly of the American Thoracic Society. It is our hope and expectation that this Assembly will foster a multidisciplinary, collaborative effort among clinicians and researchers to understand the multi-systemic effects of chronic respiratory disease and to formulate an integrated approach to the care of these patients.

The Pulmonary Rehabilitation (PR) Section was formed in 1997, under the Nursing Assembly of the ATS. The section has been home to a large group of national and international researchers and clinicians from a variety of disciplines interested in PR for the treatment of chronic respiratory diseases.

Pulmonary Rehabilitation is an intervention that has become increasingly prominent over the last decade for the management of patients with chronic respiratory disease. The value of rehabilitation has been acknowledged in all the major statements describing the management of COPD. The Pulmonary Rehabilitation section within the American Thoracic Society has grown to reflect this increase in academic interest and practical delivery of the service. In 2006, in collaboration with members of the European Respiratory, the Section produced the ATS/ERS Statement on Pulmonary Rehabilitation. This document represents an international consensus describing the basis for PR.

While our knowledge base is best for COPD, PR is applicable (with suitable modifications) to a range of chronic lung diseases. The pro-

cess of PR involves patient assessment, exercise training, self-management education, nutritional intervention, psychosocial support, and outcomes assessment; it also includes a spectrum of interventional strategies that are directed at the primary and the secondary impairments associated with chronic respiratory disease. PR should be integrated into lifelong management and as such, provides an opportunity to coordinate care and focus on the entire clinical course of an individual's disease. Thus, components of PR (but not necessarily the program as traditionally considered) should be delivered depending on specific need. These may range from promoting smoking cessation in early COPD to palliative care in end-stage lung disease.

The mission of the Pulmonary Rehabilitation Assembly is to continually evaluate the role of PR using both quantitative and qualitative methods and provides educational tools for both clinicians and patients. Investigations in the science and implementation of PR must continue to address availability, effectiveness and maintenance of benefits.

Many people were integral in helping the Section become an Assembly and we would like to thank the ATS leadership, especially ATS Past President John Hefner and current ATS President David Ingbar for their vision and support. We'd also like to thank the ATS staff for their support and guidance.

We now look ahead to growing our membership, participating fully within the American Thoracic Society and contributing to academic

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Message From the Assembly Chairman

Linda Nici, MD

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pursuits, best clinical practice and patient advocacy within the entire spectrum of respiratory health and disease.

Assemblies are strong because of their members and their willingness to serve on committees and projects. We wel-

come hearing from new Assembly members who are willing to become active in ATS thru the PR Assembly.

Planning Committee

Roger Goldstein, MD, Chair

Roger Goldstein, MD, Professor of Medicine and Physical Therapy, University of Toronto will chair the Planning Committee of the new Pulmonary Rehabilitation Assembly. The

responsibilities of the Planning Committee will be to review the operation of the Assembly and make recommendations for changes in its objectives and activities. This commit-

tee will be involved in identifying short and long term goals and objectives of the Assembly and how they might best be implemented.

Program Committee

Richard ZuWallack, MD, Chair

Richard ZuWallack, MD, Professor of Medicine, St Francis Hospital, Hartford CT will chair the Program Committee of the new Pulmonary Rehabilitation Assembly. "I am delighted that pulmonary rehabilitation has achieved assembly

status in the ATS, and I look forward to working with the Program Committee to promote the scientific and educational aims of the International Conference. Like pulmonary rehabilitation, the Program Committee will have multidiscipli-

nary representation and will have strong input from different areas of the world. I welcome any ideas you may have regarding the program development for the International Conference. Please submit your abstracts to the new assembly!"

Nominating Committee: Assembly election profiles

Chris Garvey, FNP, Chair

The ATS Pulmonary Rehabilitation Assembly Nominating Committee members include Chris Garvey FNP (Chair), Rich Casaburi PhD MD and Bonnie Fahy MSN. The charge of the 2008 Nominating Committee is to identify a slate of

candidates for Pulmonary Rehabilitation Program Committee chair-elect (for 2009-2010) and Nominating Committee members (for 2008-2009). Candidates for the Nominating Committee will also be taken from the floor at the May ATS

PR Assembly meeting. The committee recognizes the exciting opportunity we have to help identify Assembly leadership that will enhance the recognition, stature and research base for pulmonary rehabilitation.

Web Director

Brian Tiep, MD, Chair

Brian Tiep, M.D. will direct the content of our Pulmonary Rehabilitation Assembly web page.

Assembly Projects

Integrated Care Workshop:

The worldwide increase of chronic disease presents a huge challenge to health and social care organizations and consume significant resources. The WHO predicts that chronic conditions will be the major cause of disability by 2020 and

if not well managed will become an increasingly expensive problem for individuals and governments. Good chronic disease management is essential. Key components of chronic disease management include evidence-based practice, self-management education, and integrated care across disciplines. There ap-

pears to be much overlap and therefore opportunity for collaboration between the 'rehabilitation' approach and the 'integrated care approach' in the management of chronic respiratory disease. Pulmonary Rehabilitation is uniquely positioned as an integrated, multidisciplinary

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Assembly Projects

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care model that provides chronic disease management in a continuum of care, based on the individual's needs and goals. This Assembly proposes to convene a workshop to better define and target key areas of research to promote the integrated care of chronic respiratory disease.

Self-management:

Self-management education is a vital component of pulmonary rehabilitation and is essential for maintenance of benefits achieved with PR programs. Jean Bourbeau, M.D. Associate Professor of Medicine, McGill University, Montreal, Canada has been instrumental in pro-

moting self-management education for patients with chronic respiratory diseases. Dr. Bourbeau chaired a consensus meeting on self-management for COPD at the European Respiratory Society meeting in Stockholm and is interested in promoting this topic within the PR Assembly.

Please consider submitting an Assembly/Committee Project Application for funding in FY2009!

This year for the first time there will be an **Online Application Process** using an electronic grants submission process called proposalCENTRAL. All interested applicants must submit their Assembly/Committee Project Applications online through proposalCENTRAL. To avoid being rushed at deadline time, applicants are encouraged to register and complete a professional profile at proposalCENTRAL as early as possible.

There will be a link to proposalCENTRAL on the ATS homepage at www.thoracic.org along with new comprehensive instructions that have been designed to correspond with the numbered fields within the online application. Please consider submitting an online application for an Assembly/Committee project. If you have a suggestion for a project application and you need assistance, please contact your As-

sembly Planning Committee chair Roger Goldstein, MD at rgoldstein@westpark.org.

Please contact Miriam Rodriguez with any questions at tel: 212/315-8639 or email: mrodriguez@thoracic.org.

Travel Awards

Each year, ATS attempts to secure outside funding for travel awards for each assembly. This award is to recognize the "best abstract" submitted to the assembly at the international conference (IC). Not all abstracts are considered for this award. In order to be eligible, the individual must:

1. be an ATS member
2. check the box on the abstract form indicating a desire to be considered for the award
3. attend the IC
4. have not received a grant or award from ATS that includes travel to the IC.

It is not yet known if funding for this award will be available for the Toronto IC this year. The amount of the Travel Award may vary from year to year, depending upon ability of ATS to secure funding.

ATS 2008 – Toronto Sessions Sponsored by the Assembly on Pulmonary Rehabilitation

Thematic Poster Session

Sunday, May 18, 2008

| | | |
|-----|--------------------------------|-------------------|
| A53 | COPD: PULMONARY REHABILITATION | 8:15 AM - 4:15 PM |
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Scientific Symposium

Monday, May 19, 2008

| | | |
|----|--|--------------------|
| B9 | PULMONARY REHABILITATION: DIFFERENT SETTINGS FOR DIFFERENT NEEDS | 8:15 AM - 11:00 PM |
|----|--|--------------------|

ATS 2008 – Toronto Sessions Sponsored by the Assembly on Pulmonary Rehabilitation

Mini Symposia

Tuesday, May 20, 2008

C15 IMPROVING OUTCOMES AND EVALUATION OF PULMONARY REHABILITATION 8:15 AM – 11:00 PM

Poster Discussion Session

Tuesday, May 20, 2008

C105 EMERGING RESEARCH IN PULMONARY REHABILITATION 1:30 PM – 4:15 PM

Membership information

Hopefully everyone reading this Newsletter received an email on January 31 that offered members a chance to change their primary assembly status by filling out their name and identifiers at the bottom and returning to sender. If you have not received the email, please contact Miriam Rodriguez at ATS (email: MRodriguez@thoracic.org).

To review assembly selection, an ATS member can only designate one primary

assembly and up to two secondary assemblies. ATS has developed a means to ease the process for assembly designation. If you are going to the International Conference (IC), forms will be available for you to change your primary assembly to PR. These forms can be given to Linda Nici or Sue Lareau to submit on your behalf to ATS

The strength of any Assembly is their membership. We strongly encourage all

former section members to identify the Pulmonary Rehabilitation Assembly as their primary Assembly and to submit original research under Pulmonary Rehabilitation abstract headings.

Patients to Speak at Fourteen Designated ATS International Conference Symposia

The ATS Public Advisory Roundtable (ATS PAR) has selected patients to provide a patient perspective at fourteen symposia at the 2008 ATS International Conference Symposia. This concept has worked exceptionally well within the format of the PAR Symposium for the last six years and at an increasing number of sessions at the 2004, 2005, 2006 and 2007 International Conferences.

This is the fifth year that patient speakers will participate within the Assemblies' Symposia. The patients will make a five-minute presentation to offer insight into their personal journeys; to address their diagnosis, treatment, and how the disease has dramatically altered their lifestyle, family, career and relationships. They will share their perspective into what patients would like physicians and

researchers to know about physician/patient relationships; and the importance and relevance of the work in which investigators and researchers are engaged.

The symposia at which a patient-perspective will be presented are listed below:

| ASSEMBLY | SESSION CODE | TITLE | DATE/TIME |
|----------|--------------|--|--------------------------------|
| BS | A7 | Obesity and it's Impact on Lung Health Across the Lifespan | Sunday, May18 8:15-11:00 am |
| CP | A82 | COPD Exacerbations: Epidemiology, Prevention and Treatment | Sunday, May 18 1:30-4:15 pm |

Patients to Speak at Fourteen Designated ATS International Conference Symposia cont'd

| ASSEMBLY | SESSION CODE | TITLE | DATE/TIME |
|-------------------|--------------|---|------------------------------------|
| RNS | A85 | Sleep Medicine Grand Rounds | Sunday, May 18 1:30-4:15 pm |
| Joint CP-RCMB-RSF | A90 | Lung Cancer Translational Research: Integrating Innovations for Diagnosis and Treatment | Sunday, May 18 1:30-4:15 pm |
| CP | B2 | IPF: Issues in Management from Diagnosis to Transplant | Monday, May 19 8:15-11:00 am |
| NRSB | B9 | Pulmonary Rehabilitation: Different Settings for Different Needs | Monday, May 19 8:15-11:00 am |
| PC | B88 | Novel Therapeutic Targets for Reverse Remodeling Pulmonary Arterial Hypertension: From Bench to Bedside | Monday, May 19 1:30-4:15 pm |
| Joint BS-AII-CC | B89 | Status Asthmaticus | Monday, May 19 1:30-4:15 pm |
| RNS | C10 | Sleep Apnea as a Mechanism of Atherosclerosis: From Bench to Bedside | Tuesday, May 20 8:15-11:00 am |
| EOH | C86 | Candidate Interactions for Asthma and COPD | Tuesday, May 20 1:30-4:15 pm |
| RNS | D6 | Finding a Home for Portable Monitor Testing in Sleep Apnea | Wednesday, May 21 8:15-11:00 am |
| PED | D7 | Personalized Medicine: The Future of Asthma Care | Wednesday, May 21 8:15-11:00 am |
| CP | D82 | Living to Adulthood with Cystic Fibrosis: Current Concepts in Disease Management | Wednesday, May 21 1:30-4:15 pm |
| BS | D85 | Asthma Severity vs. Asthma Control: What Should we Use in Clinical Practice? A Pro/Con Debate | Wednesday, May 21 1:30-4:15 pm |

ATS PAR Symposium

The ATS Public Advisory Roundtable (PAR) is pleased to announce the seventh ATS PAR Symposium to be presented at the ATS International Conference in Toronto on Tuesday, May 20th from 8:15-11:00 a.m. The topic will be "Rebuilding the Pulmonary Patient – From Laboratory to Lifestyle" chaired by John E. Heffner, MD and Donna J. Appell, RN. The program includes the following:

- ◆ Reevaluation, Rehabilitation and Resiliency: An Alpha-1 Patient's Journey from Diagnosis and Lung Transplant to Today – Len Geiger, Jacksonville, FL
- ◆ Cellular and Molecular Strategies for Rebuilding the Lungs of the Pulmonary Patient – Dan Weiss, MD, Burlington, VT
- ◆ The Role of Inflammation as a Limiting Factor in Pulmonary Rehabilitation – Annemie Schols, MD, Maastricht, The Netherlands
- ◆ Targeting Skeletal Muscles in Pulmonary Rehabilitation" – Francois Maltais, MD, Ancienne-Lorette, QC Canada
- ◆ Strategies for Post-Hospital Rehabilitation After Critical Illness – Margaret Herridge, MD Toronto, ON Canada
- ◆ Benefits of Pulmonary Rehabilitation on the Critical Care Patient: My Top 10 List" – Dee Storey, Saginaw, MI
- ◆ The New Evidence Base for Rehabilitation in Chronic Respiratory

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ATS PAR Symposium

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|---|--|---|
| <ul style="list-style-type: none"> ◆ Disease - Andrew Ries, MD, San Diego, CA ◆ Putting the Patient in Charge: the Benefits of Self-Management Education- Jean Bourbeau, MD, Montreal, QC Canada ◆ Disease Modification Strategies in Chronic Lung Disease: Implications | <p>for Pulmonary Rehabilitation - Bar- tolome Celli, MD, Wellesley, MA</p> <p>The ATS PAR Annual Poster Session will be open from Sunday, May 18 until Tuesday, May 20, 2008 in the Exhibit Hall of the Metro Toronto Convention Centre. Public Interest Organizations</p> | <p>(PIO's) concerned with lung and sleep disorders will present information about their organizations. A representative from each organization will be present at the poster session to provide additional information.</p> |
|---|--|---|

ATS Public Advisory Roundtable's Second Annual

Breathing Better with the ATS Forum

This is a forum at which patients will have the unique opportunity to network and learn more about their disease. This year the panelists will focus on pulmonary rehabilitation and its benefits.

Panel Includes:

Roger S. Goldstein, MD, Richard ZuWallack, MD
Suzanne C. Lareau, RN, MS, FAAN, Len Geiger

If you have any patients in the Toronto area, please encourage them to attend. They will have an opportunity to hear from and network with other patients and experts in the pulmonary community.

May 17th, 2008, 1:00 p.m. - 4:00 p.m.

The Sheraton Centre Toronto Hotel located at 123 Queen Street West Toronto, Canada
RSVP by: April 30th, 2008 by emailing par@thoracic.org or call Karen Belgiovine at (212) 315-8640

Fellows Get First Year of ATS Membership for Free!

ATS is offering a free year of ATS membership to all first-year pulmonology, critical care, sleep fellows and post-doctoral PhD fellows! This special program is intended to welcome fellows to the ATS community. The Society would like these junior entrants to the fields of respiratory medicine to take advantage of the benefits of membership and look to ATS as their professional home for post graduate and continuing medical education, networking on a global scale, and for helping them to serve the needs of patients and the public at large.

Today's fellows will be the research and clinical professionals who will achieve the next major advancement in the science and treatment of pulmonary disease, critical illness and sleep disorders critical to advancing science and practice of the fields.

To learn more about this newly launched program, send an e-mail to fellows@thoracic.org or visit the ATS Web site at www.thoracic.org and click "Free Year for Fellows" under the Membership drop down menu. Program directors are encouraged to share this information with their fellows and other colleagues.



PULMONARY REHABILITATION
ASSEMBLY MEMBERSHIP
MEETING

SUNDAY MAY 18TH 6:30-8:30 PM
SHERATON CENTRE TORONTO HOTEL
DOMINION BALLROOM S (2ND FLOOR)