



**Action for Pulmonary Fibrosis travel fellowship for the American Thoracic Society (ATS) Conference, Dallas, May 2019**

I would like to sincerely thank Action for Pulmonary Fibrosis for supporting my attendance at this year's conference. Through your support, I had the opportunity to share some of the results of my PhD in a poster discussion session. Our research looked at the ability of two outcome measures to measure prognosis in 125 patients with IPF. One is called the four-metre gait speed (4MGS) test and is a measure of usual walking speed. The other is the Short Physical Performance Battery (SPPB) and consists of a balance and sit-to-stand test as well as the 4MGS test. It is a surrogate marker of physical frailty. We showed that the SPPB does not provide any additional prognostic information than the 4MGS test, a simpler, patient-friendly measure. The conference provided me with the opportunity to raise awareness of the 4MGS test and the role it may play in the clinical and research settings.

Whilst at the conference I had the opportunity to attend a number of interstitial lung disease sessions. It was interesting to see more research into the effects of pulmonary fibrosis on the whole body, not just the lungs. One of the emerging areas of research is frailty. Several studies described how to measure frailty and its consequences in patients with pulmonary fibrosis. I expect that in a few years we will find out how best to manage this condition in conjunction with pulmonary fibrosis.

I organized a symposium called 'Pulmonary rehabilitation in non-COPD chronic respiratory disease' for the ATS Pulmonary Rehabilitation Assembly. It included a presentation on using pulmonary rehabilitation to manage idiopathic pulmonary fibrosis as well as a talk by a patient with a rare interstitial lung disease called 'Lymphangiomyomatosis'. She talked about how her lung disease affected her life and how, following a lung transplantation, pulmonary rehabilitation helped her to regain her strength and independence. It was important and insightful to have patient representation at the session.

Thank you again for the opportunity to attend ATS 2019. Please let me know if I can contribute to Action for Pulmonary Fibrosis in any way.

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