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Dear Sir / Madam

I would like to thank Action for Pulmonary Fibrosis for supporting my attendance at this year's ATS conference. I am in the first year of my PhD and this opportunity has allowed me to network with specialists in the field of pulmonary rehabilitation. I would like to highlight some pieces of research that I found interest and that may be of interest to your members:

- The four metre gait speed (4MGS) is a simple physical performance measure that is a strong predictor of mortality in older people. A group in the United Kingdom were able to determine that change in 4MGS following pulmonary (PR) was an independent predictor of all-cause mortality at one year in patients with Idiopathic Pulmonary Fibrosis (IPF).
- Using the Fried Frailty Score (comprising of weight loss, handgrip strength, exhaustion, walking speed and physical activity), it was determined that frailty affects one in four outpatients with IPF and that it is associated with reduced exercise capacity, health related quality of life and lung function.

Thank you again for the opportunity to attend ATS 2018.

Yours Sincerely

Sarah Jones

NIHR Doctoral Research Fellow